

An ECKANKAR

Soul Adventure



Finding Your Life's Purpose

A JOURNEY TO SELF-DISCOVERY
AND GOD-DISCOVERY

“ *So what is the reason for living?
Life is God's blessing to each Soul. You
are here in this great laboratory of life
to learn how to give and receive love.*

HAROLD KLEMP

LIFE'S PURPOSE: AN ECK SOUL ADVENTURE

Soul adventures are spiritual experiences that touch us at the very core of our being.



You are Soul—an eternal, unique spark of God. As Soul, you have the **God knowledge** within you.

See how finding your life's purpose can . . .

- ◇ inspire you to give and receive God's love in an always-increasing measure,
- ◇ teach you to gracefully take each step on your journey, and
- ◇ open your heart in service to life!

The word *Eckankar* means Coworker with God. It is the Path of Spiritual Freedom. **ECK means** Life Force, God Current, or Holy Spirit.

This eBooklet offers inspiration, stories, tips, and spiritual exercises for finding and exploring your life's purpose.

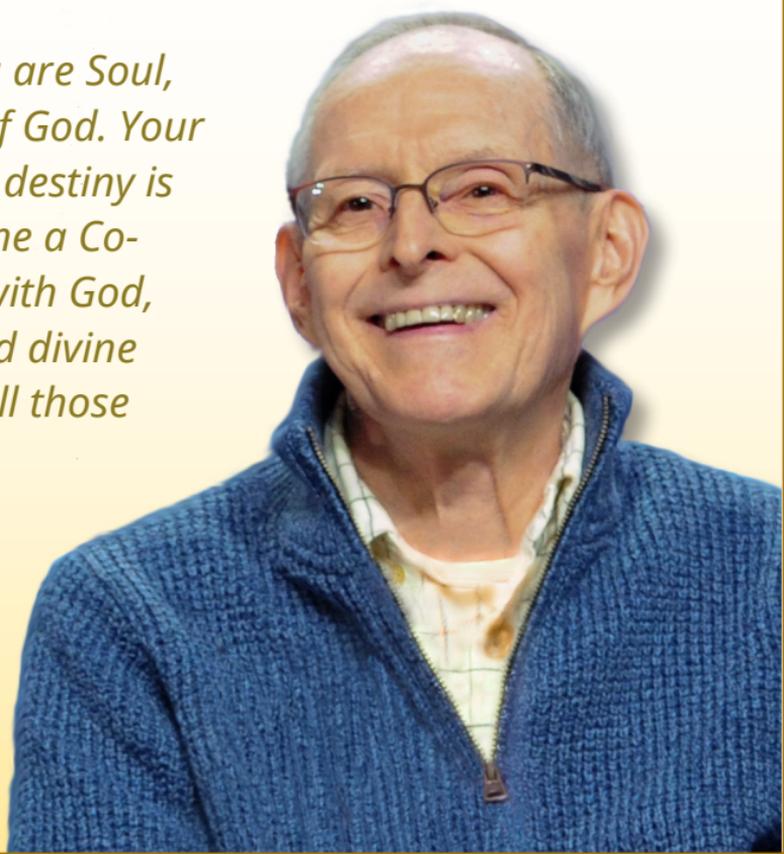
MEET SRI HAROLD KLEMP

A spiritual teacher who can help you on your path of spiritual self-discovery.

Sri Harold Klem is the spiritual leader of **Eckankar**—the MAHANTA, the Living ECK Master. His role is to awaken the knowledge and love for the divine things already in your heart.

As the Inner and Outer Master, he gives spiritual help via talks and writings, in the dream state and the spiritual worlds.

“ You are Soul, a child of God. Your spiritual destiny is to become a Co-worker with God, to spread divine love to all those around you.





THE TRAIL GUIDE

The secret of all time is that we are each to be a steward of divine love.

An article once ran in the *San Jose Mercury*, a West Coast newspaper, that carried the intriguing title **“A Bike Ride Stranger than Fiction.”**

Twin brothers decided to take their mountain bikes to one of the large parks in California. **They planned to make a forty-mile loop** along ridges and up and down trails to see if they could reach a certain summit.

So the two young men, full of adventure, set out on their bikes to rough it, racing up and down hills and ravines. **After a while, they were exhausted.**

One asked, **“Will we be able to make the summit and still get back** to the ranger station before dark?”

This ride was turning out to be a lot more strenuous than they'd bargained for. Yet, in

spite of their exhaustion, **they pushed on.** Before long they managed to reach the summit.

Both exclaimed in wonder, “Wow, what a view!” Then more soberly, one said, **“Now we’d better get out of here.”** Off in the distance at the next ridge, **they could see a rainstorm sweeping in. Trouble.** Rain would turn the trails to mud.

When the rainstorm unleashed its vengeance, biking went from bad to worse. The trail had indeed turned to mud.

They drove themselves without mercy, to the point of thinking it was the end. Yet the brothers struggled on.

Finally, they collapsed. They’d toppled into the mud—flat on their backs, unable to stir a muscle.

**WHAT KEEPS
YOU GOING
WHEN YOU
THINK YOU
CAN’T GO ON?**

One concluded, **“Well, it’s been a good life.”** So they lay there, in the mud, exchanging stories of adventures they’d shared in their all-too-short lives.

Suddenly, an old man appeared before them. He had a walking stick in hand and wore an old rain cap on his head. But his most striking feature was a long white beard.

The man studied them. Finally, he asked, **“What are you doing?”**

The twins answered in unison, as twins often do. **“We’re going to die,”** they said. It was said mostly in jest. The two peered up miserably at the old gentleman.

Finally, one said, **“Where’d you come from?”** Still flat on their backs, they looked up, too worn out to budge.



Brushing the question aside, the old man stated, **“I am a caretaker.”**

“Where’s the trail back to the ranger station?” they asked.

His eyes reflected a gentle, compassionate look. **“That’s the way home,”** he said, pointing to a place hidden beyond trailside brush.

Indeed, just a few yards away was the

elusive trail they'd sought. The old man regarded them with amusement. **"So you guys aren't ready to die."** His gentle humor was like a healing tonic.

Unaccountably refreshed, they roused, straddled their bikes, and headed for the trailhead a few yards away. **They stopped and turned** to wave their gratitude to the old gentleman, **but he had vanished.**

The Rest of the Story

There was an odd follow-up to their adventure. One twin, the writer of **this article, told of a later dream** in which the old caretaker appeared to him.

The young man asked, "What are you doing in my dream?"

The old one replied, **"I came to say that you have more adventures ahead of you and to be thankful."**

"For what?" the young man asked.

"You are a wild spirit and have a big heart." Smiling, he added, **"Be thankful for every minute you are here."**

The young man shot back, “You mean wander the hills alone like you?”

“No. **Be the caretaker of your life.**”

When the dreamer awoke, **contentment and happiness hovered over him** such as he’d not felt for a long time.

His conclusion from this dream was that we are all caretakers for ourselves and each other, and **it’s important to take every step with grace.** For life is a precious journey.

“And most of all,” the young writer urged, **“Don’t ever give up.”**

He’d **met the ECK Master Fubbi Quantz.** 



Fubbi Quantz
is an
ECK Master
who has
served as a
spiritual guide
for many
years.

TRY A SPIRITUAL EXERCISE

GOD'S SWEET LOVE



Consciously open your heart to God's love, which is always and forever flowing out to you like a quiet mountain stream.

It's easy to do.

Sing HU, and, in your mind and heart, watch this quiet stream of God's love flow gently into your heart and being.

HU opens your heart to God. It opens you to God's sweet love. 🌿

How to Sing HU

Your **eyes** can be **open or closed**.

- ◇ **Take a few deep breaths** to relax.
- ◇ Then begin to **sing HU** (pronounce like the word *hue*) in a long, drawn-out sound: HU-U-U-U.

- ◇ **Take another breath, and sing *HU* again.** You can continue for up to twenty minutes.
- ◇ **Sing *HU* with a feeling of love,** and It will gradually open your heart to God.

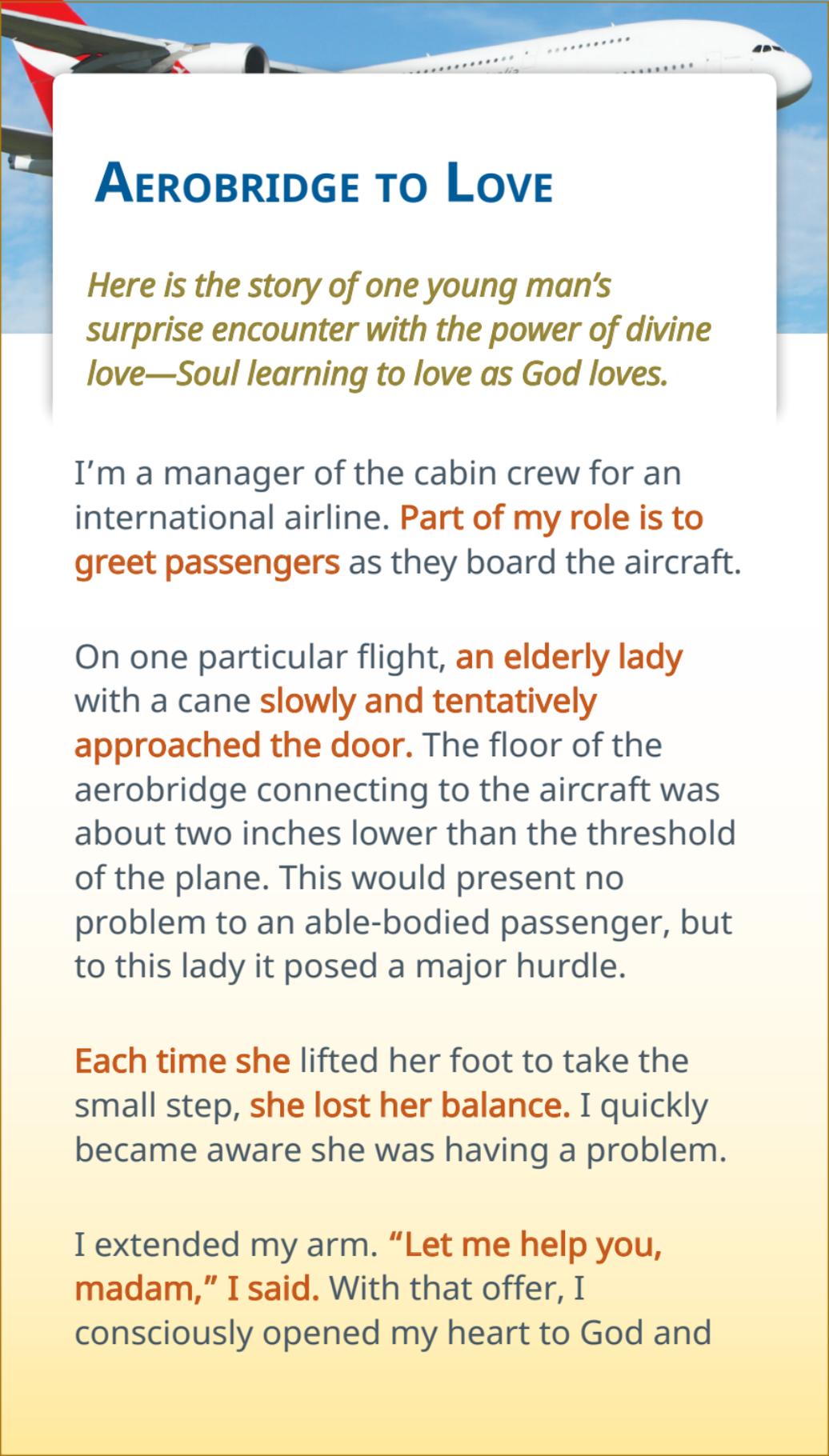
“ *Giving God’s love to others is the reason we’re all here. God’s love comes to us directly from God and through others.*

Part of Soul’s lesson is to learn to somehow give this love back to life and to everything living.

Give it back to every living thing.

HU

Sacred Sound—Ancient Mantra



AEROBRIDGE TO LOVE

Here is the story of one young man's surprise encounter with the power of divine love—Soul learning to love as God loves.

I'm a manager of the cabin crew for an international airline. **Part of my role is to greet passengers** as they board the aircraft.

On one particular flight, **an elderly lady** with a cane **slowly and tentatively approached the door**. The floor of the aerobridge connecting to the aircraft was about two inches lower than the threshold of the plane. This would present no problem to an able-bodied passenger, but to this lady it posed a major hurdle.

Each time she lifted her foot to take the small step, **she lost her balance**. I quickly became aware she was having a problem.

I extended my arm. **"Let me help you, madam," I said**. With that offer, I consciously opened my heart to God and

declared myself a vehicle, to be of service in any way I could to the best of my ability.

What happened next caught me by surprise. The lady gazed up at me with eyes that were deep pools of love.

She looked at me, Soul to Soul.

In that moment, **time and space collapsed.** I saw this woman in her youth. Young, bright, and energetic, she was bounding up a set of stairs, two steps at a time, holding not one but two young children in her arms. She was at once a loving wife and caring mother, leading a healthy, active life.

**HAVE YOU HAD
A SPECIAL
SOUL-TO-SOUL
EXPERIENCE?**

I could barely contain the enormity of the divine love I was feeling. It was as if **God had opened the floodgates of heaven.** Right there in front of all the passengers, I broke into a torrent of joyous tears.

My elderly passenger, in all her dignity, **understood.** "Thank you," she said simply, and she moved toward her seat.

As I watched her, I felt as if **God had returned more than a millionfold the little bit of love** I had given.

Truly **we can serve God and all of life, anywhere,** at any time. ~

“ So often you’ll hear me say, **‘Soul’s mission is to serve life.’**

Basically, it’s helping people. It’s helping them do the things that they need to make life easier for them.

And in so doing, you are working for the Holy Spirit, for the good of other people. And you are doing much good for yourself.





ANSWERS TO YOUR SOUL ADVENTURE QUESTIONS

What is the spiritual quest?

The spiritual quest is to **live a God-Realized life.**



What's at the core of God-Realization if not divine love? So, the quest means learning to **give and receive God's love in an always-increasing measure.** One doesn't have to run around frantically in search of it. God's love is all around.

But you must learn to **open your heart** to it.

One way is by doing an **easy spiritual exercise**, which I'll give you here.

**IS THERE
SOMEONE OR
SOMETHING
THAT OPENS
YOUR HEART?**

◇ **The key is to contemplate on all** the things in your life **you're grateful for**, like your family and friends, your health, your opportunities, or the MAHANTA.

- ◇ Then **sit or lie down** and get comfortable.
- ◇ Next, begin to **sing, "Thank you,"** either aloud or silently. Let a parade of all the things you're grateful for march across the screen of your mind, from left to right.

This is a pleasant exercise. **It will begin to open your heart to God** in a greater way than ever before.

The quest! People have pursued it across the pages of history, yet it has always eluded them. They were looking for a precious treasure out there. But **it was hidden in their very own hearts** the whole time. 

I'm not sure what it means to really love God. How can I develop a loving relationship with God?

Put your attention upon divine love. Put your love into the things you do. Give your love to your dear ones.

HOW, OR TO WHOM, COULD YOU GIVE DIVINE LOVE TODAY?

Love is all there is. It is the beginning and end of life. **Ask the Inner Master** to guide

you in the ways of God's love, and **life will bring you every experience needed**. That is the easy way.

In time, **divine love will take you to the top of the spiritual mountain**. There, you will experience the wonders of Self-Realization and God-Realization in the proper seasons of your life.

And, in the end, **you will love God completely.** 



ECK ENROLLMENT

ECKANKAR'S SPIRITUAL LIVING COURSES

*Go higher, further, deeper
on your path of
spiritual self-discovery!*



WHAT WILL YOU EXPERIENCE?

This ever-expanding adventure can bring you personal transformation from the moment you begin. This includes

- ◇ monthly **self-discovery courses** with advanced **spiritual techniques** for private study;
- ◇ opportunities to explore the courses in **small-group discussion classes**;
- ◇ quarterly letter and updates from a **God-Realized teacher** with timely perspectives;
- ◇ **spiritual initiations**—profound steps of enlightenment;

- ◇ a **community of like-hearted people** who respect spiritual freedom and love truth;
- ◇ opportunities for further **spiritual training and service.**

Start Your ECK Adventure



AdvancedSpiritualLiving.org



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ECKANKAR
The Path of Spiritual Freedom

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