

An ECKANKAR *Soul* —   
*Adventure*



# Divine Guidance

**Gifts of Intuition,  
Dreams, Nudges, and Signs**

“*We are learning to work with intuition, which actually is Spirit speaking to us and giving us the gentle guidance to make our life better.*”

HAROLD KLEMP

# DIVINE GUIDANCE: 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, and beloved spark of God. **As Soul, you have the God knowledge within you.**

## **Stories • Inspiration • Spiritual Exercises**

Discover how **listening to your inner guidance**, a divine gift, **can**

- ◇ bring answers on how to better navigate your days,
- ◇ give you confidence in your own spiritual compass, and
- ◇ inspire you to self-mastery!

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

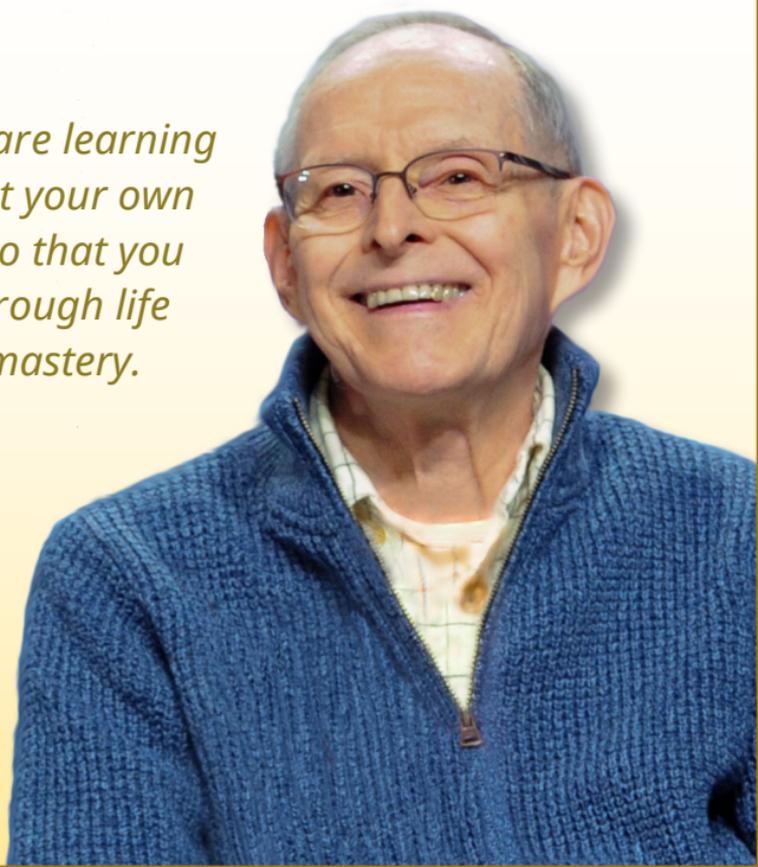
## MEET SRI HAROLD KLEMP

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

Sri Harold Klempe is the spiritual leader of Eckankar—the MAHANTA, the Living ECK Master. His role is to awaken the God 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 in the spiritual worlds.

“*You are learning how to get your own answers so that you can go through life with self-mastery.*”





# WELCOME THE MIRACLES

*How do you recognize truth?*

As Soul, a spark of God, the love bond between you and the Life Force, the ECK, is as natural as breathing. **Divine Spirit is always working on your behalf**, and you can attune yourself to Its love for you.

Inner guidance is one of Its many gifts.

Surely you've had the experience of getting **just the right nudge at the right time** and adjusting your course for a better outcome. Or perhaps you've **relied upon your intuition to good effect** in matters otherwise opaque.

Welcome, little miracles of wonder!

## Passing Along a Blessing

"Irene," a student of ECK, was on her way to a store when she saw a sign that read Garage Sale. **It sparked her curiosity, so she checked it out.** To her disappointment,

there were mostly items for babies and little children. Not much for Irene, a senior citizen.

But, over to one side, she spotted a child's rocker. For some reason, it just struck her. Then the quiet voice of the **Inner Master** said, "Buy this rocker, and it will give great comfort." Curious, Irene bought it.

That night, her daughter came over. Her daughter is a teacher at a special-needs school. Irene happened to think of the rocker, which was still in her car. She asked her daughter, "Would you be able to use this?"

Her daughter agreed to take it to the school.

**DID FOLLOWING  
A RECENT NUDGE**

**BRING YOU  
A BLESSING?**

The next day, after lunchtime, all the kids were supposed to nap. But **there was an autistic child who would never settle down.** He just roamed the room in circles. Never any rest. The teachers had to keep a close watch on him. However, on that day **his eye caught sight of the rocker** on the far side of the room.

He went over to it, sat in it, and rocked and rocked and rocked. **It felt so good.**

When Irene heard about this, she had her confirmation—indeed the rocker was giving great comfort. Such are the simple ways **Divine Spirit finds willing helpers** to pass along a blessing.

**HAVE YOU  
EXPERIENCED A  
MIRACLE?**

The ECK teachings offer spiritual exercises to enliven your personal connection with the God Current. With a little practice, you will come to **trust this endless wave of love and guidance** as you navigate your days.

Enjoy the miracles! 



TRY A SPIRITUAL EXERCISE

## BRING UPLIFTMENT TO YOUR LIFE



As one develops the inner link with Divine Spirit, one's ability to take charge of his own life increases.

If people would trust their heart and know that if they love God and open their heart—if they love God through loving their neighbor—they would find that God brings help, guidance, and protection to them in ways that most others don't know.

The way to do that is to sing *HU*, a sacred name for God. You just sing this very quietly to yourself or inwardly.

So SING *HU*,  
A LOVE SONG  
TO GOD,  
EVERY DAY.

You may see the Light of God; it can be a blue light, a white light, a yellow light, or a green light. You can see it many different ways.

Or you may **hear the sound** of tinkling bells, a flute, a full orchestra, or something as simple as a sigh.

But you will be **filled with love**.

There will be some kind of communication from God, directly or indirectly, that will **bring upliftment to your life** that was never there before.

Sing *HU*, and this will help **open your heart** to God's love. **Then you will find miracles** happening in your life too. 

“ *Sometimes the Holy Spirit may work in a gentle way. It may give you just a nudge, a feeling of how to act, what to do, which dentist to go see—something right down to earth.* ”



## How to Sing *HU*

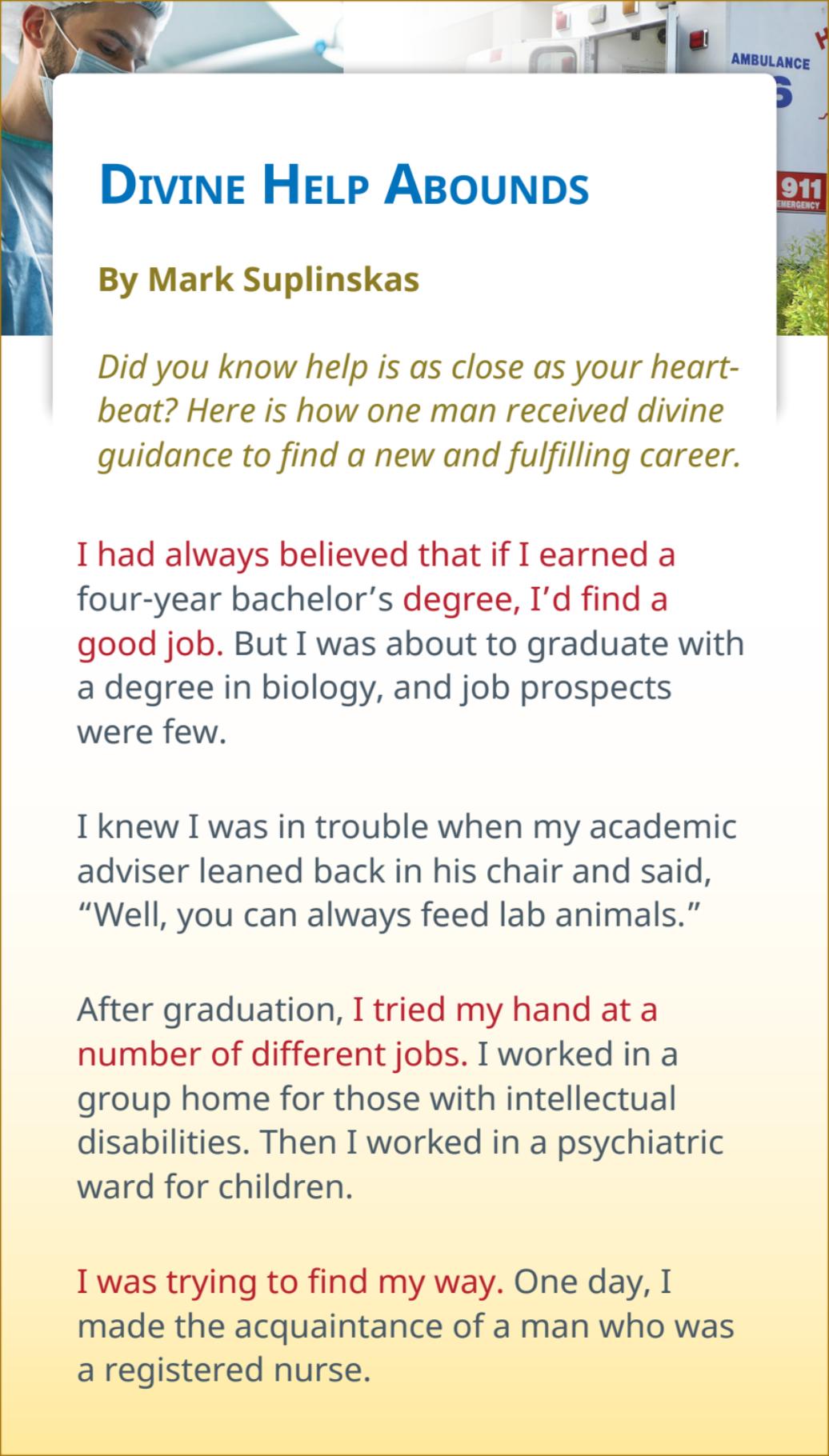
Your eyes can be open or closed.

- ◇ Take a few deep breaths to relax.
- ◇ Then begin to sing *HU* (pronounced 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.

Experience *HU*

# HU

Sacred Sound—Ancient Mantra



# DIVINE HELP ABOUNDS

By Mark Suplinskas

*Did you know help is as close as your heart-beat? Here is how one man received divine guidance to find a new and fulfilling career.*

I had always believed that if I earned a four-year bachelor's degree, I'd find a good job. But I was about to graduate with a degree in biology, and job prospects were few.

I knew I was in trouble when my academic adviser leaned back in his chair and said, "Well, you can always feed lab animals."

After graduation, I tried my hand at a number of different jobs. I worked in a group home for those with intellectual disabilities. Then I worked in a psychiatric ward for children.

I was trying to find my way. One day, I made the acquaintance of a man who was a registered nurse.

*Hmmm, not a bad deal, I thought to myself. Good pay, licensed, and you can help patients, teach, or work in administration. It seemed like the right job for me.*

So I applied to the school of nursing at the university I graduated from. **I was promptly turned down.**

Next I applied for graduate school, hoping to pursue a master's degree in biology. That school turned me down too.

### **“Now What?”**

So there I was, standing in the middle of the campus in midsummer with no place to go.

I looked within to the MAHANTA, the inner side of the Living ECK Master.

**The MAHANTA is always with his students and can guide them**—if they ask and if they listen.

**DISCOVER  
MORE ABOUT THE  
INNER MASTER,**

**THE MAHANTA.**

So, I asked, “Now what?”

This was a conversation of the heart between me and my inner guide.

He replied, **“Go to the school of nursing.”**

“But it’s summer. They’re closed. There’s no one there,” I mused.

“Just go over to the school of nursing.”

***What do I have to lose? I thought.*** I hiked over to the school. It seemed miraculous, but the door was unlocked, so I walked in. A receptionist greeted me.

“Can I talk with someone about getting into the school of nursing?”

**HAVE YOU EVER  
UNEXPECTEDLY  
RECEIVED  
DIVINE HELP?**

“Well, no one is here,” she began. Then she glanced up and noticed someone walking in behind me. **“Oh, it’s the dean. I didn’t expect her back today.”**

**Another minor miracle, yes?**

The receptionist asked the dean if she could talk with me for a few minutes. The dean said, “Sure,” then invited me into her office and opened my application file. It was right there on her desk.

## A third miracle.

We talked a few minutes, and then, while scribbling on a slip of paper, she said, “Look, take these three classes over the summer. **If you get good grades, we’ll let you in.**”

So I did, and they did.

## Being Where You Are Most Needed

Over the years I’ve worked as a registered nurse in hospitals, psychiatric wards, outpatient hospitals, prisons, and rehab units.



I have worked as staff nurse, head nurse, nurse supervisor, and assistant director of nursing.

I just retired after seventeen years as director of nursing for a state veterans’ home and hospital.

As a nurse, I’ve seen and experienced a lot. But **most importantly** I found **I was always**

just where the MAHANTA wanted me to be—  
with people who were in trouble and  
needed help.

The MAHANTA is not a job-placement service.  
But **if you ask, and if you listen** to his  
guidance, **he will help you** be where you  
are most needed. 🌿

“*Spirit is always with us, always  
guiding, always protecting, always  
attempting to bring joy and make  
our life better, but that doesn't  
mean that we are always aware  
and listening.*”



# ANSWERS TO YOUR QUESTIONS ABOUT DIVINE GUIDANCE



*Does God actually speak to us?*

God speaks through the voice of conscience, holy scriptures, feelings, and even the positive urgings of other people.

Yet there are other ways.

God's Voice also reaches us through human love, intuition, dreams, the Spiritual Exercises of ECK, or a direct experience with the Light and Sound of God.

Showers of love rain down upon us simply because we are Soul, a divine spark of God.

**TODAY,  
LISTEN TO THE  
WHISPERS OF  
YOUR HEART.**

When you're having any kind of trouble, and you want an insight into what you can do or an understanding to get through the problem, sing the song of HU.

But first **fill your heart with love.**

**Listen to God's Voice.**

Respond to It spiritually,  
and know that despite  
every appearance to the  
contrary, **all is well** and in  
its rightful place.

**IN WHAT WAYS  
DO YOU  
PERCEIVE GOD'S  
VOICE?**

**HU has the power of God,** and It has the  
love of God. 🌿

“ *Soul doesn't think;  
It perceives.* ”



## 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](https://AdvancedSpiritualLiving.org)



Student Services  
+1 952 380 2222



**ECKANKAR**  
The Path of Spiritual Freedom

[Eckankar.org](https://Eckankar.org)