


ECKANKAR

# Soul Adventure

Vol. 1, No. 2

M A G A Z I N E



Life  
after  
Death?

*page 4*

*for you...*

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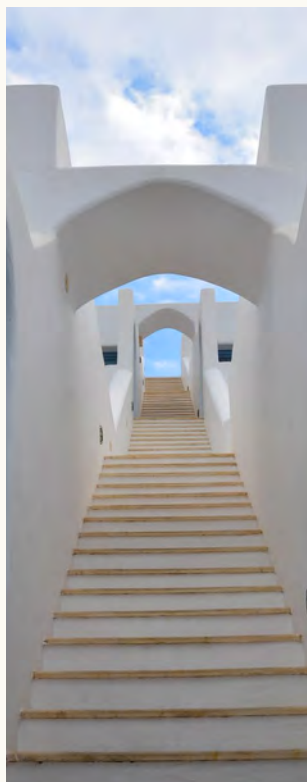
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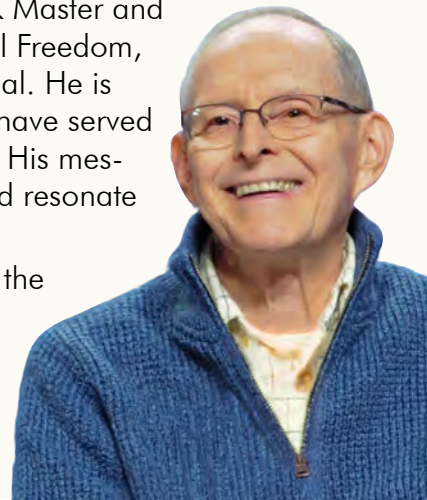
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## **His Next Great Adventure**

SRI HAROLD KLEMP

**A** POIGNANT REASSURANCE that all is well spiritually. Sri Harold Klemp is a spiritual guide, teacher, and award-winning author. As the MAHANTA, the Living ECK Master and spiritual leader of Eckankar, the Path of Spiritual Freedom, he helps seekers reach their full spiritual potential. He is the latest in a long line of spiritual Adepts who have served throughout history in every culture of the world. His messages are relevant to today's spiritual needs and resonate with every generation.

The miraculous, true-life stories he shares lift the veil between heaven and earth.





## Who Are We, and Why Are We Here?

H

### HOW MANY HAVE BEEN SPURRED

on their spiritual journey by these questions! Well, the same questions might be raised about the purpose of this publication.

First off, it does not presume to provide answers out of hand. Rather, it offers techniques and inspiration to help you find your own authentic answers.

Truth lives in the heart.

Many thousands of people all over the world, from every walk of life, find the techniques and unique perspectives shared herein to be life-charging and life-changing.

Four times a year, this magazine presents new adventures of divine miracles, amazing spiritual artwork, keys to raising your spiritual IQ, and techniques to consciously connect with the God Current.

Stay tuned!





# Is There Spiritual Life after Death?

J A C K L I L E

I

**I WAS TO BE THE CLERIC FOR A LOCAL LIGHT AND SOUND SERVICE**

and thought it best to get a haircut. My longtime barber had translated (passed on) unexpectedly. His shop partner, Cheryl, had cut my hair on occasion, so I switched to her.

When I sat down in her barber chair, Cheryl asked the usual question: "How do you want your hair cut?"

I replied, "Just a light trim" and then added, "I'll be wearing a suit this weekend and want to look nice."

Even as these words were coming out of my mouth, I wondered, *Why am I saying this?*

I was soon to learn the answer.

### Cheryl's Spiritual Questions

Of course, Cheryl asked why the suit, and we spent the next thirty minutes talking about Eckankar. She fired off some of the usual questions:

1. ***"Is it Christian based?"***

"No, Eckankar is not a Christian-based religion."

2. ***"Do you believe in God?"***

"Yes, we believe in God."

3. ***"How would you describe God?"***

Knowing of her background in Catholicism, where God is described with the attributes of omniscience, omnipotence, and omnipresence, I replied, "God cannot really be compared to anything in the human experience except that of love. In the ECK teachings, we simply say God is love."

4. ***"Do you believe Jesus was the Son of God?"***

"A son of God, but not the one and only son of God. We believe Jesus was a mortal man who had a spiritual mission to teach the love of God for mankind."

5. ***"Do we have a Soul?"***

"You don't *have* a Soul, you *are* Soul. Soul is who and what you truly are, and as Soul you are eternal. Soul exists because God loves It (you)."

### The Big Questions: Karma, Reincarnation & Soul

Other topics were sprinkled throughout our conversation. We talked about karma and reincarnation before getting around to the really big questions. "What's it all about? Why are we here?" Cheryl then asked.

I compared Soul to a very young child who only wants to serve itself by having fun and avoiding responsibility. So, like children, Soul has to go to "school" (also unwillingly) to learn the many lessons necessary to grow into maturity. Earth is such a school, and all of the necessary lessons are not learned in a single day or lifetime.

We played with the school metaphor for a while, and I introduced the concept of being a Co-worker with God. I gave examples of some historical figures who gave service. She thought about it and then asked, "But when do you get to rest?"

I almost chuckled at the seriousness of her tone and replied with my own question: "When have you been the most happy?"

That question seemed to take her aback, so I followed with, "Were you most happy lying around doing nothing, or when you were doing something you love?"



**"What's  
it all  
about?"  
she asked.  
"Why are we  
here?"**

She replied enthusiastically, "Yes, with other people." Then I suggested that could be one aspect of being a Coworker with God.

Until this point, our conversation was mostly along a philosophical vein. Then Cheryl asked a question that was going to lead to a deeply personal revelation: "Do people reincarnate together and maintain a relationship?"

"Yes, through the bond of karma or the bond of love. But the nature of the relationships will change—as a mother one time and then as the daughter or son the next. There are many possibilities, but usually love is the bond."

### Life-after-Death Encounters

By now, my haircut was finished. I was getting ready to leave, when Cheryl began to tell me her story.

She had twin daughters, Kathy and Katie, but Katie died from leukemia two years ago at the age of twenty-one.

About a month after her passing, Cheryl awoke one morning at three o'clock with the full awareness that Katie had been there to say good-bye, as she was moving on.

**I  
was  
getting ready  
to leave, when  
Cheryl began  
to tell me her  
story.**

Cheryl told me there was a most beautiful fragrance in the room. She got up and walked throughout the house, but the aroma was only in her bedroom. Too excited to sleep, she waited four hours to call Kathy, her other daughter, who was away at college.

As soon as Kathy answered the phone, Cheryl started to tell her what had happened. But Kathy quickly blurted out her story:

"Mom, you'll never believe this, but Katie was here in my room last night. She was pulling on my toe to wake me up like she used to do when we were kids. I kicked her hand away, because I have a test this morning and needed to sleep, but she kept pulling. I finally woke up.

"She was here to tell me good-bye. The room was filled with a heavenly scent. Even my roommate could smell it when she woke up. Mom, it was real! Katie was real!"

Cheryl and Kathy knew that Katie, as Soul, survived death. The bond of love brought her back to say good-bye.

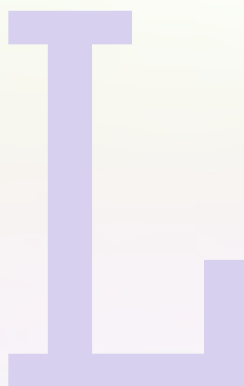
Since Katie's visit, mother and daughter have been trying to find that fragrance in perfumes and other scents, but nothing comes close.

Usually I let my hair get rather long, but now I can't wait for my next haircut so I can hear the rest of their story. ❖



# Soul Adventure Essentials





## **LIFE IS A SOUL ADVENTURE!**

AN AMAZING JOURNEY OF SELF-DISCOVERY AND GOD-DISCOVERY. Nothing escapes the eye of Soul. Everything that happens to us counts as spiritual experience.

You are Soul, an eternal, unique spark of God. Soul is learning to love as God loves. You—Soul—exist because God loves you.

Eckankar offers creative spiritual practices to let you see beyond the surface of daily events and live to your highest potential.

Welcome to the adventure of a lifetime!

## **EXPERIENCE HU, THE SOUND OF SOUL**

A divine sound courses through all life—through every blade of grass, every galaxy, every atom of our bodies. HU is an ancient, sacred name for God—a carrier of love between God and Soul. When sung or chanted with an open heart, it opens the lines of communication to the most sacred part of yourself.

HU acts as a tuning fork, aligning Soul with higher states of love, creativity, healing, and awareness. It is the clear Voice of God, with the power to transform the lead of human consciousness into the gold of an enlightened Soul.

Find your own proof of the love and power of HU.

A SPIRITUAL EXERCISE TO EXPERIENCE  
THE LIGHT AND SOUND OF GOD

# How to Sing *HU*

S

**SHUT YOUR EYES AND LOOK INTO THE SPIRITUAL EYE.** (It's between your eyebrows, in the center of your forehead.) Sing *HU* (like "hue"), an ancient name for God, one of the most powerful words for spiritual upliftment I can give you.

As you sing *HU*, listen for a holy Sound. It may come in any number of ways: like the sound of a rumbling train, a singing bird, buzzing bees, a mellow flute, or even soothing guitars. It brings joy and wonder.

The holy sounds are the creative action of the Life Force, the ECK, as It moves atoms in the invisible worlds. The Sound to reach your ears resonates with your state of consciousness.

While singing *HU*, imagine the holy Sound of God cascading over you, like a waterfall of sparkling pure waters. It is cleansing the blemishes of spirit. This Sound Current may also impart an insight into your past behavior that is the root of a current problem today.

The Sound opens a secret path to the joys of love and grace. You find peace, joy, and spiritual freedom.

*Is Life a Random Walk?*



# His Next Great Adventure

BY SRI HAROLD KLEMP

O

**OUR LIFE IS A GOLDEN OPPORTUNITY**

to grow in love, wisdom, and compassion. In the earlier stages, much of our time is spent fending for ourselves and those who depend on us for love and support.

When our life finally begins to wind down, many of us come to a facility where kind-hearted people are dedicated to making our last days as comfortable as possible. We then embark on the end-of-life journey everyone takes.

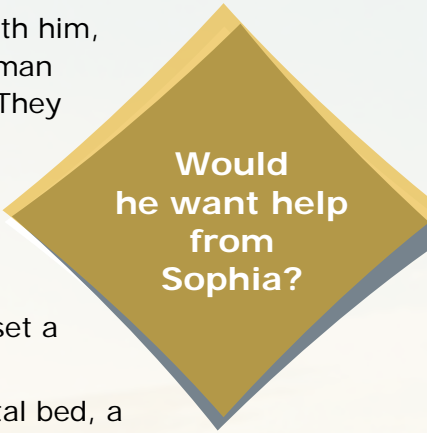




"Sophia" is a hospice worker, a spiritual counselor, who'd just met Tom, a new patient. A member of the Greek Orthodox Church, he had recently taken communion from a priest of that faith. A friend was also giving him emotional support.

Would he want help from Sophia? She wondered. Although it seemed highly unlikely, she called to introduce herself.

Speaking on the phone with him, she sensed he was a special man with a good sense of humor. They acknowledged all the support he had, but she offered to visit him should he care for the company. To her surprise, he agreed. "I'd love for you to come!" he said. They set a meeting for the next day.



Would  
he want help  
from  
Sophia?

She found Tom in a hospital bed, a devoted dog by his side. He struggled to breathe throughout their visit, but still he demonstrated a positive attitude and a sense of gratitude. He confessed he'd agreed to her visit because she "sounded bubbly."

At peace with dying, he said he felt ready to go that very day. He knew he was in God's hands.

### **"What Religion Are You?"**

As people sometimes do, he asked about her religion. "Most people haven't heard of it," she said; "it's Eckankar." Unexpectedly, he exclaimed, "I know Eckankar!" He'd been a plumbing contractor who helped build the Temple of ECK years ago.

She was thrilled. "How perfect," she said, "that I'm your spiritual counselor." Way back when, Tom had attended some events at the ECK Temple.

Earlier, they had discussed his utter dislike of religions that excluded other religions. Sophia replied, "That's one of the things that attracted me



We  
exist  
because  
God loves  
us.

to Eckankar: its respect for other religions.” She also mentioned being drawn to the foundational teaching that we exist because God loves us.

On a nudge, she asked if he had been introduced to the HU. He wasn’t sure. So she offered him a HU card, which he readily accepted.

Before leaving, she gave Tom her business card, and they agreed he would call her if needed. Both had greatly enjoyed the visit.

A big surprise came the next day.

Sophia explained that Tom hadn’t looked like a man imminently dying. She’d had a lot of experience with that. As a result, she was caught unawares when she learned he’d passed over the very next morning after their conversation!

It seemed he needed a reminder of Eckankar and God’s love before setting out on his next great adventure.

### A Divine Timetable

Sophia reflected upon God’s boundless love for each of us, and how the full realization of that magnitude is God-Realization. And what if God so loved Tom that six years earlier He had called her to hospice spiritual care—just so she could remind Tom of Eckankar and God’s love as he lay on his deathbed? Sophia closed by saying, “It touches me to tears, as usual.”

A remarkable story, this lead-up to Tom’s next great adventure. ❖

“One of the several Temples of Golden Wisdom here on the Physical Plane is the Temple of ECK in Chanhassen, Minnesota. This Temple is for a spiritual purpose. It’s not just for ECKists but also for people of all religions. The Temple of ECK is both a Golden Wisdom Temple and a local community church.

*ECK Wisdom Temples, Spiritual Cities, & Guides: A Brief History*

DID YOU KNOW?

# God Learns through You

**A** SECRET OF SPIRITUAL DOCTRINE IS THAT GOD LEARNS THROUGH YOU—rather, through your experiences as Soul.

God creates Souls and the many celestial spheres where they may have thousands upon thousands of adventures, and then waits to see what they learn while dashing from here to there. And, yes, God did add a freedom-giving but often troublemaking item to the resources of Soul: free will. It would either prove to be a flower or a thorn. Man could do as he liked, but he was fully responsible for his choices too.

So you are a spark of God, of the same substance as the Holy Spirit, the Light and Sound.

And your mission?

It is to become a Co-worker with God.

*Those Wonderful  
ECK Masters*



# Q&A

## Understanding Divine Evolution

**A**s spiritual leader of Eckankar, Sri Harold Klemp receives thousands of letters from seekers of truth around the world. All want direct and useful answers about how to travel the road to God. He replies personally to many of these letters.

Here are questions he has been asked about reincarnation and mastering the worlds we create on our Soul Adventures.

Read on for clues that may help you.

**Q** *Can we know what will happen at the time of death?*

**A** The purpose of the ECK teachings is to make you aware of yourself as Soul. You begin to realize your ability to move beyond the physical body even while you are still alive in the body. When Saint Paul said, "I die daily," he referred to this process. It is similar to death in that in the Soul body, one actually leaves the physical body to take a look at the worlds beyond.

Here one gains confidence and courage and becomes acquainted with the other worlds, so that when the time comes, Soul moves through the transition very smoothly, very naturally. Death loses its sting; the grave loses its victory.

Sometimes the transition is made so gradually that the person who is near death finds it a pleasant experience. I

You  
begin to  
realize your  
ability to move  
beyond the  
physical  
body

remember the way my grandmother would sit by her sewing machine and seem to be talking to herself. But she wasn't at all. She was speaking with friends and relatives from the other side; she was already able to see them.

When we leave the physical body permanently—if we are advanced to any degree at all—there need be no concern for this life on earth, for we have moved into a far greater expression of it. Our divine evolution is a wonderful thing.

In most cases, as we make the transition into the heavenly worlds, we are totally unconcerned about it. As bright as the sunlight appears to our eyes, this physical world is a dark, small, mean place compared to the other worlds. You will see settings similar to those on earth, but larger and with a lot more light.

There will be a lightness and spaciousness about the body that you wear there. Soul is once again wearing a body, but It is on a higher plane. It is so natural that generally you don't give it a second thought. And you are always greeted by someone you know and love.

For people who love truth and love God, it's a smooth change. The key really is love.



Our  
divine  
evolution is a  
wonderful  
thing.

*ECK Wisdom on Life after Death*

**Q** *Sometimes I have trouble finding the lesson or message in my dreams. . . . Does each dream have a spiritual meaning or lesson involved? Or are some just purely creations of my imagination?*

**A** Every experience, waking or dream, has a lesson or message to impart to us. But let the meanings of your inner and outer experiences come naturally. In other words, if the lesson or spiritual meaning of a dream isn't clear, don't force it.

Soul, the spiritual self that you are, will send another dream again in some other way until your human self can easily grasp the meaning.

In Eckankar, dream study works on all levels. As with all things of a divine nature, accept each dream as a spiritual



gift. Wonder about it. Roll it gently around in your mind to see whether loving patience on your part will reveal its significance.

This approach is the reason the Eckankar spiritual studies are called the Easy Way.

One other point.

Dream experiences are real experiences from another time, place, or dimension. Some of them are from past lives, which you'd expect to be straightforward. Yet here's where the mind—or what you called “just purely creations of my imagination?”—comes in.

The dream censor is a function, or part, of the mind. For purely karmic reasons, it may decide that a certain past life would be too much of a shock to you. You might break off a relationship. Yet that relationship in the present time may be necessary to bring an important insight to you.

So the dream censor tones down dreams. It lets a dreamer go ahead with life and so profit from past-life experiences.

*Youth Ask a Modern Prophet about Life, Love, and God*

**Q** *People reincarnate to resolve karma created in past lifetimes. But, observing world events, it seems people are creating more karma for themselves. Will people learn to work together while resolving their karma? If we take responsibility for our actions, then when will our karma be finished so reincarnation is no longer necessary?*

**A** The whole process of refining Souls through resolving karma made in past lives is a slow, careful one. The mills of karma grind slowly, but exceedingly fine.

Yes, people are very busy every day creating new karma for themselves. The reason is they overreact to every slight. They show a lack of respect first for themselves, then for others. They need still to develop the quality of grace. Grace and respect are two signs of a mature spiri-

People  
need to  
develop the  
quality of  
grace.

tual individual, whatever his religion or beliefs.

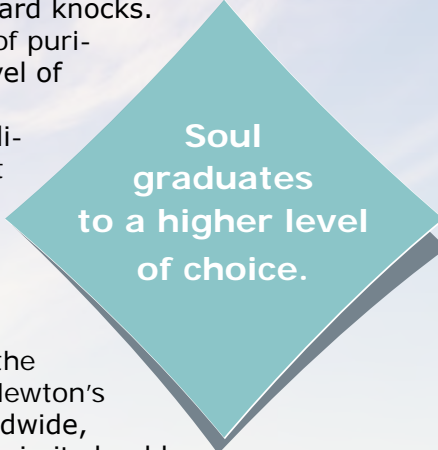
Karma works itself off by levels through the hard experiences of life, the university of hard knocks.

A Soul that completes a certain level of purification then graduates to a higher level of choice, experience, and service.

You'll find that many leaders in politics belong to the school of adolescent Souls. It explains their shortsighted and irresponsible behavior as the supposed representatives of their electorate. But they too will someday move above their own limitations.

For a better understanding about the workings of karma, read Dr. Michael Newton's book *Journey of Souls* (Llewellyn Worldwide, Woodbury, Minnesota). The knowledge in it should give you a greater degree of contentment.

*ECK Wisdom on Karma and Reincarnation*



Soul  
graduates  
to a higher level  
of choice.

“[People] misunderstand why this world exists. It is not to have peace. This doesn't mean that the people in this world are not to strive for peace. They are. But in striving for peace they are purifying themselves. They are becoming spiritual beings. This is why God sent them here to begin with.

*The Drumbeat of Time*

# Blue Star Reflections



ARTWORK BY MARY BEHR

“The individual who sees the six-pointed Blue Star of the MAHANTA is able to draw on the inner experiences for use in his outer world, and vice versa.

*Cloak of Consciousness*



I

**I WAS INSPIRED BY THE LOVE OF ECK** to create a six-pointed blue star. It represents the presence of the МАНАТА—an expression of the Spirit of God which is always with me.

As I started designing the star on a large canvas, a fountain of love, white and blue light, and the sound of ECK music began to flow through me. Day by day it inspired me as I worked on the blue star.

I just love doing artwork for ECK!

MARY BEHR



# Temples of Golden Wisdom



ARTWORK BY RAOOF HAGHIGHI

“We are moving into a golden age of spirituality. As we enter the twenty-first century, a creative fountain is being opened, and many more people will be able to manifest that which is of the higher worlds. Often the preparation or training for this creative flow takes place in the Temples of Golden Wisdom.

*ECK Wisdom Temples, Spiritual Cities, & Guides: A Brief History*



I

**I HAD ALWAYS WANTED TO VISIT THE TEMPLE OF ECK IN CHANHASSEN, MINNESOTA.** A few years before being able to see it, I had a colorful, vivid dream that felt so real I remember every second of it.

In my dream I was walking around the Temple. It was very peaceful. The surroundings were green, with golden gates and beautiful golden footpaths winding all around the Temple.

As I walked, I suddenly noticed a massive golden temple in the sky next to the ECK Temple. Words could never describe the beauty of it. It was so bright I was amazed. When I awoke, I said to myself, "I have to paint this beautiful experience!"

A few years later, when I was blessed with being able to physically visit the Temple of ECK, it truly felt I had already been there—many times!

I keep a sketchbook where I capture my dreams. Basically, it's a dream diary with images. When I can't describe an experience with words, that's when I start to draw or paint it. I am so grateful to be able to capture some of my inner experience through art.

ECK has given me so much, every day, every moment. I think art is a great tool to help share the ECK experience with others.

RAOOF HAGHIGHI

# The Eagle of Light



ARTWORK BY RYAN, CANADA

“Basically, the eagle is the enlightened Soul. . . .  
In ECK, we like to think of ourselves as eagles  
because we are working with the enlightenment  
of God.

*We Come as Eagles*



I

**I HAVE ALWAYS HAD A PASSION FOR DRAWING**, but I could not do it very much because I had activities and did not have the time to draw. During COVID, when I had to stay inside and had nothing to do, I decided to focus on my passion. I spent hours drawing. When I did this, I felt freer, just like an eagle flying freely in the sky.

The teachings of ECK have helped me see life from a higher perspective, like an eagle. When I feel worried about something, singing *HU* always calms me down and gives me a different view. For example, when someone is really mean, I can see their good side and be nice to them.

Eagles also have remarkable vision. They have a special view because they are up so high. When they are up that high, everything below looks so miniature. When I have a problem, I look down on it as if from an eagle's eye to see the situation from a higher view. Then the problem is easier to solve.

When I see an eagle flying in circles, it always means to me to move on. Because as an eagle circles around in the sky, it moves to a higher circle.

Being creative through my love for drawing makes me more connected to my inner spiritual guide, the MAHANTA.

RYAN (at age 11)



# No Limits

Soul is immortal, and  
Its future is the future  
of a thing whose growth  
and splendor has no  
limits.

*The Shariyat-Ki-Sugmad, \**  
Book Two

\*Means "Way of the Eternal"

# On the Mountain of God

A TECHNIQUE OF THE IMAGINATION



# F

## FIND A QUIET PLACE FOR THIS SPIRITUAL EXERCISE

where no one will disturb you for ten or fifteen minutes. Then shut your eyes and look behind and between your eyebrows. That is the location of your Spiritual Eye.

Now imagine you are climbing to the top of a broad green mountain. Follow the dirt path that leads to a meadow dressed in a carpet of bright, cheerful flowers. Powder-white clouds kiss the summit of the mountain and will instill in you a sense of great joy and wonder.

That is the Mountain of God.

When you reach the top, lie upon the thick, soft carpet of luxurious grass. Feel the sunshine play on your face, arms, and body. Now shut your eyes there on the mountain, too, as you did at the beginning of this spiritual exercise.

Then look gently but steadily into your Spiritual Eye for the Light of God. While waiting for It to appear, sing *HU* slowly, again and again.

The Light may appear as a soft field of light, similar to the soft white clouds above the mountain. Or it may be a pinpoint of light—blue, white, yellow, purple, or even green or pink.

Continue to watch for the Light within your Spiritual Eye. Now also start listening for the Sound of God—the vibration of the Holy Spirit moving the atoms of life. You may hear It as the sound of a flute, a rushing wind, the chirping of birds, a crashing waterfall, ringing bells, or the buzzing of bees. These are actual, not imaginary, sounds.

*ECK Wisdom on Spiritual Freedom*



# Stop, Drop, and Roll

K A A R O N   K E E N E

S

**SOME FIRE-SAFETY EXPERTS SAY THAT IF ONE CATCHES FIRE,** the best way to survive is to stop, drop to the floor, and roll to extinguish the flames.

Sometimes, when life becomes challenging, I feel a bit like I am on fire with a negative attitude. During a spiritual exercise, I was given a new way to use the “stop, drop, and roll” technique:

*Stop* in my tracks and recognize the negative attitude. *Drop* the attachment to whatever is triggering the negative feeling. *Roll*, with a rolling HU song, to extinguish the negative.

I am so grateful for this ECK fire-extinguishing technique. It can turn a tough situation into a rewarding interlude and allow the ECK to shine through!

# What's Different about Eckankar?

## DO ECKISTS BELIEVE IN GOD?

Yes, and moreover, they *experience* God.

There are no words to adequately describe the reality of God.

Eckankar teaches that there is one supreme God, the Creator; neither male nor female. God's spiritual essence is divine love, and this life-giving current—the ECK—can be experienced as Light and Sound.

## WHAT MORAL AND ETHICAL VALUES DOES ECKANKAR STAND FOR?

ECKists believe in personal responsibility for every thought, word, and action. The Law of Karma (cause and effect) teaches Soul right from wrong.

For a moral and ethical compass in everyday life, Sri Harold Klemp has recommended the "Two Laws" distilled by historian Richard Maybury from the ethical, legal, and religious traditions of humanity:

- Do all you have agreed to do, and
- Do not encroach on other persons or their property.

These laws are key to spiritual freedom. Soul is eternal.



[WANT TO KNOW MORE?](#)

# A Gift for You

C

## CAN WE KNOW WHAT HAPPENS WHEN WE DIE?

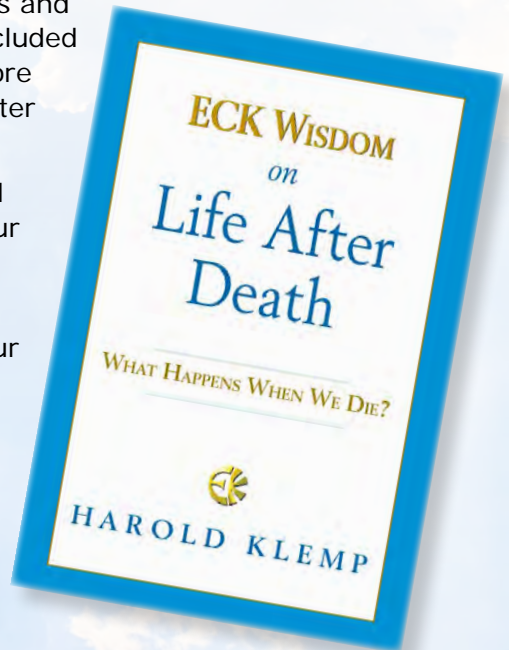
Explore this downloadable book, and gain new perspectives on

- seeing heaven *before* you die,
- meeting with departed loved ones,
- near-death experiences,
- help from spiritual guides,
- whether animals go to heaven,
- and dealing with grief.

Try the techniques and spiritual exercise included in this book to explore the secrets of life after death.

All that lies ahead is already within your heart.

Click the button below to receive your gift.



[SEND MY GIFT](#)



# Advanced Spiritual Living Courses

## 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**

# You Are Invited to Attend!

# A

**ALL ECKANKAR SOUL ADVENTURE EVENTS ARE AN OPPORTUNITY FOR YOU TO JOIN WITH OTHER SPIRITUAL SEEKERS AND STUDENTS OF ECKANKAR.**

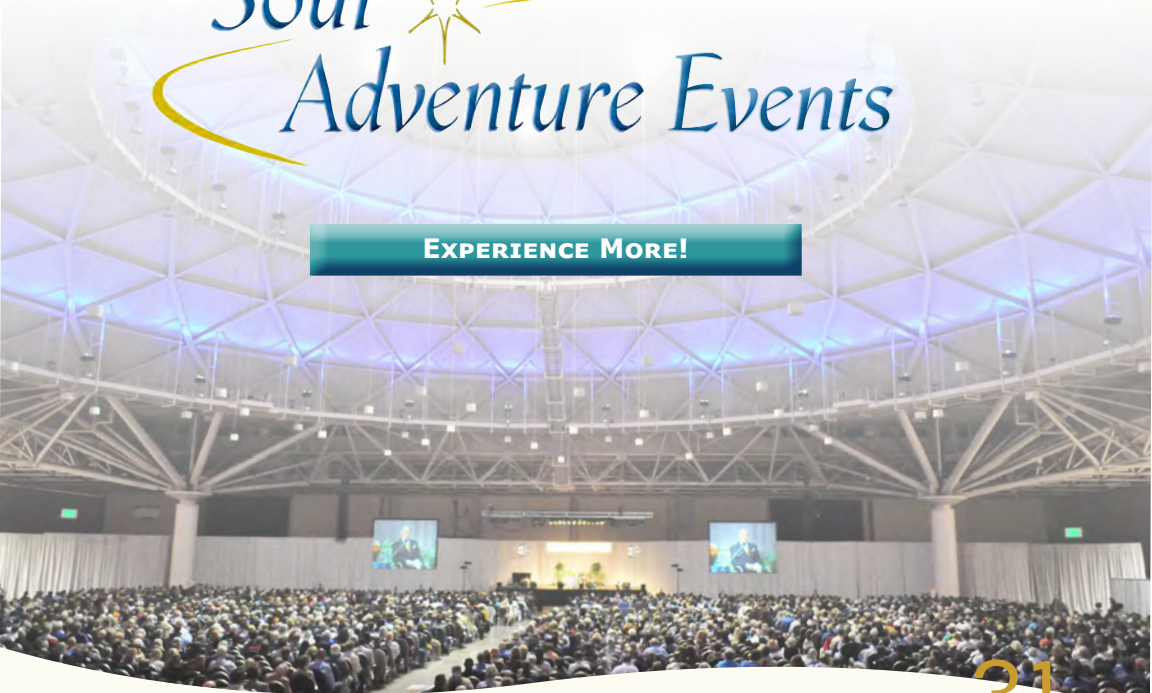
One to three days of workshops, small group discussions, inspiring creative arts, programs for youth and families, and outstanding speakers.

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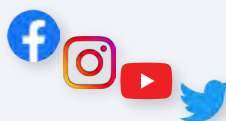
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# Resources

By Sri Harold Klemp



## Is Life a Random Walk? (free PDF)

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Spiritual guides people have looked to since the beginning of time for guidance, protection, and divine love.

## Youth Ask a Modern Prophet about Life, Love, and God

Sri Harold Klemp offers a listening ear and sage insights.

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How you got here, how to learn from your past lives, and much more!

## The Drumbeat of Time

Secrets of building spiritual strength every day.

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You *can* replace your fears with God's love.

## ECK Wisdom Temples, Spiritual Cities, & Guides: A Brief History

An overview of some key features of Eckankar

## We Come as Eagles

Discover your greatness as Soul.

## ECK Wisdom on Spiritual Freedom (free PDF)

Are you ready to open your spiritual wings?

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# Glossary of ECK Terms

**Blue Light** How the MAHANTA often appears in the inner worlds to the chela or seeker.

**chela** A spiritual student, often a member of Eckankar.

**ECK** The Life Force, Holy Spirit, or Audible Life Current which sustains all life.

**Eckankar** *EHK-ahn-kahr* The Path of Spiritual Freedom. Also known as the Ancient Science of Soul Travel. A truly spiritual way of life for the individual in modern times. The teachings provide a framework for anyone to explore their own spiritual experiences. Established by Paul Twitchell, the modern-day founder, in 1965. The word means Coworker with God.

**ECK Masters** Spiritual Masters who can assist and protect people in their spiritual studies and travels. The ECK Masters are from a long line of God-Realized Souls who know the responsibility that goes with spiritual freedom.

**HU** *HYOO* The most ancient, secret name for God. It can be sung as a love song to God aloud or silently to oneself to align with God's love.

**Living ECK Master** The spiritual leader of Eckankar. He leads Soul back to God. He teaches in the physical world as the Outer Master, in the dream state as the Dream Master, and in the spiritual worlds as the Inner Master. Sri Harold Klemp became the MAHANTA, the Living ECK Master in 1981.

**MAHANTA** An expression of the Spirit of God that is always with you. Sometimes seen as a Blue Light or Blue Star or in the form of the MAHANTA, the Living ECK Master. The highest state of God Consciousness on earth, only embodied in the Living ECK Master. He is the Living Word.

**planes** Levels of existence, such as the Physical, Astral, Causal, Mental, Etheric, and Soul Planes.

**Soul** The True Self, an individual, eternal spark of God. The inner, most sacred part of each person. Soul can see, know, and perceive all things. It is the creative center of Its own world.

**Soul Travel** The expansion of consciousness. The ability of Soul to transcend the physical body and travel into the spiritual worlds of God. Soul Travel is taught only by the Living ECK Master. It helps people unfold spiritually and can provide proof of the existence of God and life after death.

**Sound and Light of ECK** The Holy Spirit. The two aspects through which God appears in the lower worlds. People can experience them by looking and listening within themselves and through Soul Travel.

**Spiritual Exercises of ECK** Daily practices for direct, personal experience with the God Current. Creative techniques using contemplation and the singing of sacred words to bring the higher awareness of Soul into daily life.

**Sri** A title of spiritual respect, similar to reverend or pastor, used for those who have attained the Kingdom of God. In Eckankar, it is reserved for the MAHANTA, the Living ECK Master.

## Coming Next Issue

- Discover connections to your past lives
- How dreams reveal spiritual lessons
- An out-of-body healing adventure
- Plus so much more!