

ECKANKAR

Soul ✨
Adventure

Vol. 1, No. 3

MAGAZINE

Past Lives, Present Lessons

page 5

for you...

Explore

- A lesson from the past • Dreams and reincarnation
- ECK art adventures • The highest truth
- Karma and reincarnation • And more!

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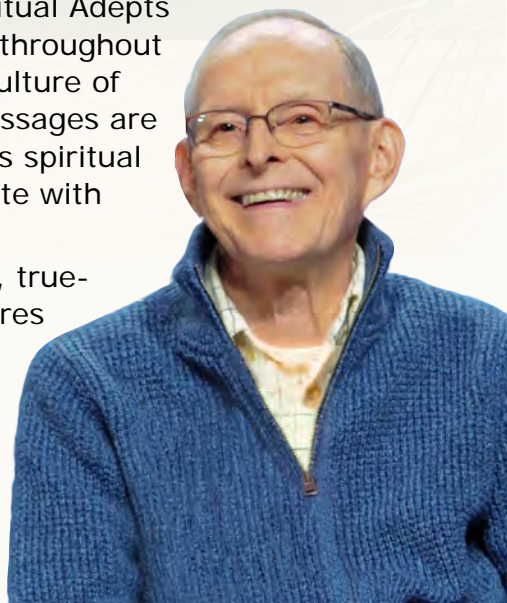
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Past & Present Lives

SRI HAROLD KLEMP

A LEADING AUTHORITY ON PAST LIVES, Sri Harold Klempe 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.



ECKANKAR
Soul ✨
Adventure

MAGAZINE

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!



Recurring Dreams about Dying

Would I Find My Name?

R I A N B E Y E R S

W

WHEN I WAS A CHILD, I HAD A RECURRING DREAM. I WAS DRESSED IN A SOLDIER'S UNIFORM, FIGHTING ALONGSIDE OTHER MEN.

Bullets flew across unfamiliar terrain as we engaged in a fire-fight with our enemies.

I was in command. One by one, my men were killed, leaving me the last man alive. As

the enemy troops moved toward me, I noticed they were wearing traditional Vietnamese-looking hats. If I was caught, I might be forced to reveal valuable information that shouldn't fall into enemy hands.

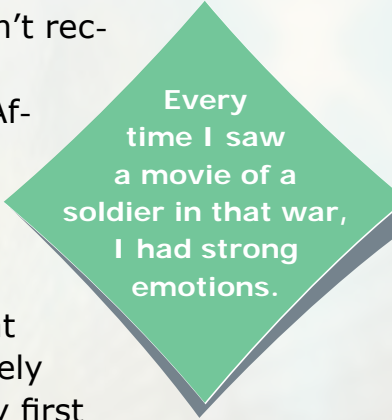
I looked down and saw my name on the uniform and the weapons I carried. Then my life ended.

I had this same dream for many years. But I didn't recognize the landscape.

I grew up in South Africa, and at that time our country had no access to television service. It wasn't until several years later that television became widely available and I had my first glimpse of the Vietnam War.

I was shocked. The landscape was the same one I saw in my dreams. The uniforms of the American soldiers, the weapons they carried, even the way the Vietnamese soldiers dressed—everything was the same, down to the smallest detail.

I didn't know what to think. After that, every time I saw a movie or show



Every
time I saw
a movie of a
soldier in that war,
I had strong
emotions.

that accurately depicted the experiences of a soldier in the Vietnam War, I had a strong emotional reaction.

Was This Dream a Past-Life Experience?

As I got older, I began to wonder if this was a past-life experience. I'd heard about reincarnation but wasn't sure if it was true.

Then I found Eckankar and learned that past lives are indeed real. Remembering our previous lives, and the lessons they taught us, can help us understand more about ourselves today.

I realized my recurring dream had actually been a memory of my past life as a soldier in the Vietnam War. But I wondered why this particular past-life memory created such a strong reaction in me. What did it mean?

Many years later, I visited the United States for the first time. I felt drawn to go to the Vietnam Veterans Memorial in Washington, DC. This monument honors United States soldiers who

I wondered if the name I saw in my dreams was there too.

died or went missing in action during the Vietnam War. Inscribed on the monument are more than fifty-eight thousand names.

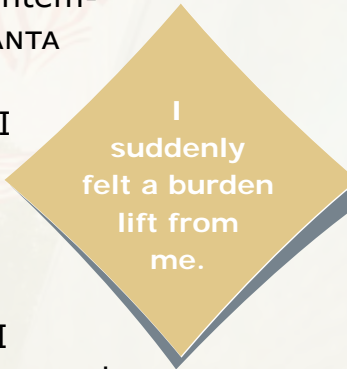
When I arrived, I was taken aback to see the vast number of names on the monument's wall. I wondered if the name I saw in my dreams was there too. But since the names weren't listed alphabetically, I couldn't imagine finding it.

I stopped and did a contemplation, asking the MAHANTA to help me.

"If my dream is real," I asked the Inner Master, "can you help me find my name on the wall?"

A few moments later, I came out of contemplation and began walking along the monument. I hadn't gone very far, when I had a nudge to look at the wall. Inscribed there was the name I saw so many times in my dreams.

As I gazed at the name, I suddenly felt a burden lift from me. I realized I had felt responsible for the deaths of my men. Now I understood there was



I
suddenly
felt a burden
lift from
me.

no need for guilt. We had all done the best we could.

This experience validated that my recurring dream really was a past-life memory. With the MAHANTA'S help, this recognition helped me release a hidden burden I had unknowingly carried with me.

Now I know that life doesn't end with death. Soul is eternal. Every experience in this life and past lives can help me take another step closer to becoming a Coworker with God. ❖

“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
Coworker with God.

Those Wonderful ECK Masters



A photograph of a sailboat on the ocean. The sail is white and partially visible on the left. The boat's hull is blue and yellow. A wooden wheel is visible in the foreground. The sky is blue with some clouds. A thick yellow curved line starts from the top right and loops around the text.

ECK SOUL ADVENTURE

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!



T

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*



THE LIGHT AND SOUND OF GOD ARE THE TWO ASPECTS OF THE HOLY SPIRIT THAT EQUAL DIVINE LOVE. The highest form of love that you can bring into your life is through the Light and Sound. That's what we look for. . . .

These are the two aspects of the Holy Spirit. And the Holy Spirit is the Voice of God.

When a person walks with God, he finds joy in the everyday things he does. Gradually his life begins to expand. The person is becoming godlike.

Try this simple spiritual exercise to help you hear and see the two aspects of God, the Light and Sound.

Go somewhere quiet. Sit or lie



down in a comfortable place. Put your attention on your Spiritual Eye, a point just above and behind your eyebrows. With eyes lightly shut, begin to sing a holy word or phrase, such as *HU, God, Holy Spirit, or Show me thy ways, O Lord*. But fill your heart with love before you approach the altar of God, because only the pure may come.

Be patient. Do this exercise for several weeks, for a limit of twenty minutes each time. Sit, sing, and wait. God speaks only when you are able to listen.

If you want to lift yourself to a higher state of consciousness—so that the political issues, the family issues, the social issues of the day do not throw you out of balance, so that you can find a happier, more contented life while you're living here—sing *HU*, the most beautiful prayer.

HU, the Most Beautiful Prayer





Past & Present Lives

BY SRI HAROLD KLEMP

W

WE ARE EACH THE SUM OF ALL OUR THOUGHTS, FEELINGS, AND ACTIONS FROM THIS LIFE AND EVERY LIFETIME IN THE PAST.

The past is a fascinating study. Even more so is learning of a present condition that saw birth in a past life.

To celebrate their wedding anniversary, a couple took a cruise. A port of call was Mexico. The couple went to see the Mayan ruins at Tulum, took many pictures, and also bathed in the turquoise waters nearby. The cruise was a happy, memorable event.

But it proved to be more than a physical journey.



Just Coincidence?

Soon after their return home, both the woman's husband and her father became ill with the same problem, congestive heart failure. They were taken to the same hospital, the same floor, and shared the same doctor. An interesting quirk of timing and location.

On top of that, the wife, four months before the cruise, had been brought to that very hospital and saw the same doctor, because she too had a heart problem.

A small world indeed.

The woman who wrote this account to me is a student of Eckankar. She reports that it was an obvious spiritual lesson of sorts. But what?

The Past-Life Dream

She asked the MAHANTA, the Inner Master, for an insight.

Then came a dream. It showed her a past life when she, her husband, even her father, and the doctor were Mayans. On the day of a great festival, crowds of people in bright colors and feathers filled the streets around the temples. The doctor was a high priest. He was at the top of the temple stairs performing human sacrifices. The MAHANTA spared her the experience

of reliving her family's and her own death.

The dream was clear. The priest who did human sacrifices in those ancient days was now their doctor. His field of service today was to heal hearts, not rip them out.

That's how the Law of Karma deals with misdeeds.

A bright sidelight to the dream is that she had a healing. She no longer needs to take any heart medication.

The
MAHANTA
spared her the
experience
of reliving
her own
death.

The Past-Life Lesson

Many of our dreams relate to past lives. Once we come to that realization, we can begin to access the experiences that lie hidden within our memory banks.

And, yes, it is possible to bring hard-won lessons from past lives into the present for a better understanding of our situation in life today. The spiritual exercise of the HU song can pull aside the veils that shade your inner vision.

For the spiritual student, it's all about liberation. It's about experiencing the freedom, joy, and wisdom of Soul. ❖

Using Dreams to Awaken Your Past

A TECHNIQUE TO
EXPLORE PAST LIVES





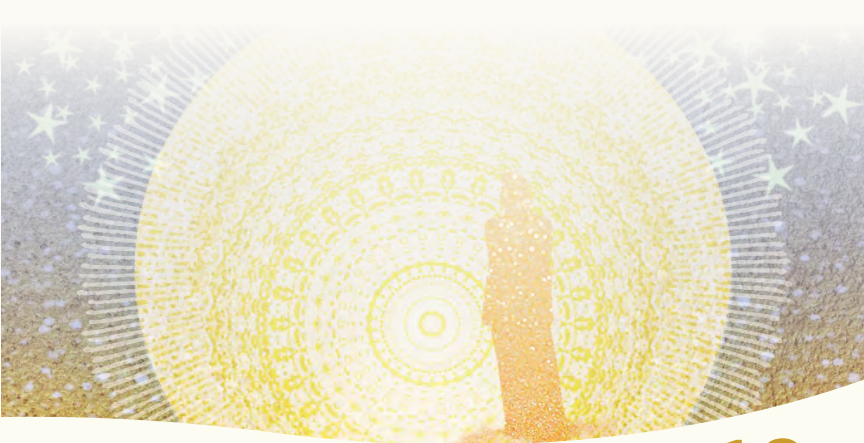
TRY THIS SIMPLE TECHNIQUE TO AWAKEN MEMORIES OF YOUR PAST LIVES.

Begin by making a list of things you greatly like or dislike. Do that also with people. Is there a certain country or century that attracts you?

There is a reason.

Before you go to sleep at night, take a few moments to reflect on your list. Then, as you close your eyes, chant the ancient song of HU inwardly or aloud for as long as you wish.

When you wake, take care to jot down anything at all you remember from your dreams. This signals your agreement to become aware of the inner worlds of your dreams and the memories of Soul.



DID YOU KNOW?

The Highest Truth

THE HIGHEST TRUTH IS NOT WRITTEN IN ANY BOOK, it's written in your heart. All the books in the world are useless unless they can help you open your heart.

Open your heart to what? To the love of God.

This is why we do the Spiritual Exercises of ECK. If you are into physical fitness, you run, walk, ride a bicycle, or find some kind of exercise that will make you more fit or keep you as fit as possible.

There are also exercises that we do to keep fit spiritually.

The spiritual exercises open your heart to the Light and Sound of God, which is simply divine love, the love of God. When your heart opens to love, with it come wisdom and understanding.

How the Inner Master Works

ASK AWAY!

Q & A

Understanding Karma & Reincarnation

As 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 experience on our Soul Adventures.

Read on for clues that may help you.

Q *I am eight years old. I think the ECK, Divine Spirit, knew I was going to do something wrong before I did it. So I got sick to pay for my future karma. Can this happen?*

A Yes, it can. If you know that thoughts are real, it should make you think twice before even thinking of doing wrong.

Most of our illnesses, though, are from something we've done in the past—such as eating too much of a certain food that our particular body cannot digest. At your age, I ate as much candy, cake, or pie as possible, because I never truly believed they would hurt me. They did.

You'll do better all around if you take it a little easy in everything. Enjoy yourself, but also understand that the responsibility to help or harm yourself, either physically or spiritually, rests mainly in your hands.

So first ask the MAHANTA inwardly about the right way to act. Your life can then become easier and far richer in more ways than you could ever imagine.

Every thought, word, or deed either purifies or pollutes the body. This is very important, very powerful. It has to do with your state of consciousness.

You can be open to either beneficial things or harmful things. The choice is yours.

Adapted from Youth Ask a Modern Prophet about Life, Love, and God and The Spiritual Laws of Life

Q Why do we have bad dreams?

A A good dream is one that helps you grow stronger, wiser, and more full of love.

So what are bad dreams for?

Children often have nightmares until the age of six or eight, and sometimes longer. Grown-ups do too, though not so often as a rule. But why scary dreams for good people?

A negative dream is generally a memory of a past life.

It may include experiences of mistreatment, suffering, and even death. Some of us even have dreams of being born, which can give a feeling of suffocation.

These experiences are part of everyone. Children still remember bits and pieces of past lives, and these bad dreams are a part of them.

Bad dreams are old fears.

Having a disturbing dream is like airing out a musty room in spring. You need to face that old fear until it loses its grip, for only then can you be free to live this life to its fullest.

So good and bad dreams both hold spiritual lessons.



ANIMALS ARE SOUL TOO!

A Little Bird Answers My Question

E L Y C E E . S I N G L E T O N



I WAS DRIVING TO WORK AND SPIED A LITTLE BIRD on the dividing line between lanes. Concerned for its safety, I quickly doubled back to the spot.

When I turned around, I saw a man shooing the bird to the side of the road where there were no cars around. As I got out of my car, I asked the man, "Where did you come from?" He replied that he'd pulled over for the bird.

The bird was now on someone's front lawn and out of danger from passing cars. I asked the man if he thought it was injured. I told him I'd take it to The Raptor Trust—a sanctuary for injured and orphaned birds,

about forty minutes away. The man said he thought the bird was a fledgling. "It's too late in the season for fledglings," I said. But I wasn't really sure.

We continued to talk about whether or not I should take the bird to the sanctuary. During our brief conversation, the little bird flew up and over the front of my car, swung around through my open window, and landed on the steering wheel.

The man and I looked at each other and agreed on what I had to do. Some answers come so much easier than others! ❖

“The best way to listen to our animal companions is to see them as Soul. This means recognizing their eternal spiritual nature and knowing that God loves them just as much as God loves you.

Animals Are Soul Too!

ECK ART ADVENTURES

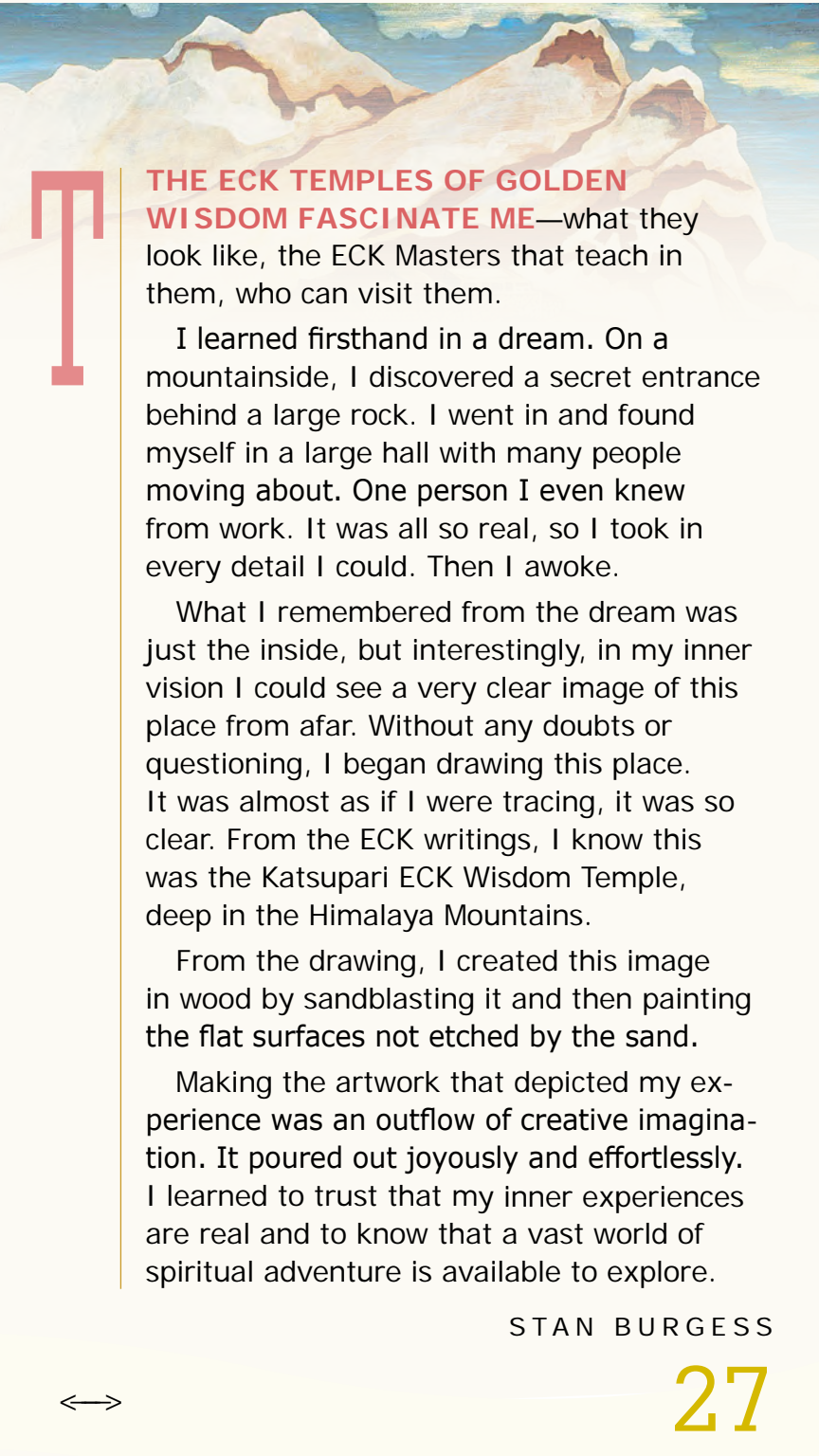
Katsupari



ARTWORK BY STAN BURGESS

“Katsupari is an ECK monastery and Temple of Golden Wisdom in the Buika Magna mountain range of northern Tibet under the guardianship of the ECK Master Fubbi Quantz. Many spiritual students come here in the dream state to study.

*Adapted from A Cosmic Sea of Words:
The ECKANKAR Lexicon*



THE ECK TEMPLES OF GOLDEN WISDOM FASCINATE ME—what they look like, the ECK Masters that teach in them, who can visit them.

I learned firsthand in a dream. On a mountainside, I discovered a secret entrance behind a large rock. I went in and found myself in a large hall with many people moving about. One person I even knew from work. It was all so real, so I took in every detail I could. Then I awoke.

What I remembered from the dream was just the inside, but interestingly, in my inner vision I could see a very clear image of this place from afar. Without any doubts or questioning, I began drawing this place. It was almost as if I were tracing, it was so clear. From the ECK writings, I know this was the Katsupari ECK Wisdom Temple, deep in the Himalaya Mountains.

From the drawing, I created this image in wood by sandblasting it and then painting the flat surfaces not etched by the sand.

Making the artwork that depicted my experience was an outflow of creative imagination. It poured out joyously and effortlessly. I learned to trust that my inner experiences are real and to know that a vast world of spiritual adventure is available to explore.

STAN BURGESS



Blue Light Infinity



ARTWORK BY TERRY HAUSCHULZ

“Truth, goodness, love, and beauty are commonly regarded as poetic ideas, but they are, in essence, spiritual facts. . . . They are the language of Soul and must bring about an awakening of that pervading, persuasive urge in man to realize himself in his totality, as a being essentially spiritual and eternal.

The Shariyat-Ki-Sugmad, Book 2



B

BLUE LIGHT INFINITY WAS CREATED using a technique called the Droste effect on a blue daisy. The inner or outer experience of blue light is associated with the MAHANTA. So for me, this photograph speaks of the infinite presence of the MAHANTA—an expression of the Spirit of God which is always with me.

When I create images, my intention is to open the heart. This starts with knowing that Divine Spirit, the ECK, is always speaking to me. My part is to listen, and when I do, I have the joy to create and innovate.

I always hope that the viewers will have at least a bit of the joy I had in creating the image.

TERRY HAUSCHULZ

A Gift for You

EVER WONDER ABOUT REINCARNATION?

Have I lived before? Are there past-life roots to my fears? Did I really fall in love at *first* sight? Why do bad things happen to good people?

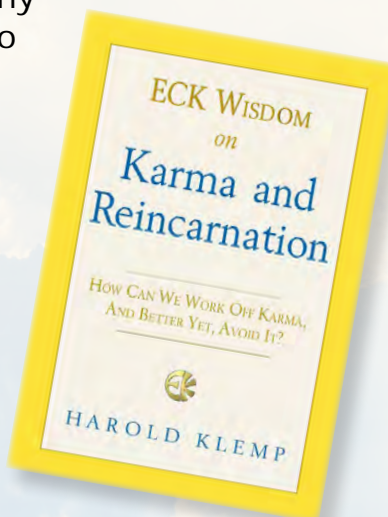
In *ECK Wisdom on Karma and Reincarnation*, Sri Harold Klemp shows that, without past-life regression or hypnosis, you can naturally reduce fear of dying (and living).

Discover past-life recall through spiritual exercises (a higher form of guided meditation) and a study of dreams.

Bring more harmony to your life by untangling karmic webs from long ago.

An extraordinary read!

Click the button below to receive your gift.



[SEND MY GIFT](#)



What's Different about Eckankar?

WHAT MAKES ECKANKAR THE PATH OF SPIRITUAL FREEDOM?

Spiritual freedom is a central tenet of the teachings of Eckankar. Each Soul is on a journey of Self-Realization and God-Realization. As one moves into higher states of awareness, Soul achieves freedom from the limitations of mind, emotions, karma, and reincarnation. With this freedom comes unconditional love, wisdom, and responsibility.

The ECK path celebrates the individuality and freedom of Soul. As such, spiritual freedom imbues the ethics and values of the Eckankar culture and organization.

DOES ECKANKAR SEEK TO CONVERT OTHERS?

No. It is against spiritual law to push one's beliefs on others or to hold anyone to a spiritual path. The ECK teachings are based on compassion, respect, personal responsibility, and giving others freedom.



[WANT TO KNOW MORE?](#)



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!

BECOME A LIGHT TO THE WORLD!

This is the theme of the upcoming Eckankar Soul Adventure seminar in Minneapolis, Minnesota on October 21–23, 2022.

You are invited to join thousands of like-minded seekers and spiritual students from across the globe attending this in-person special event. Sri Harold Klemp is the featured speaker.

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

ECKANKAR *Soul* *Adventure Seminar*

EXPERIENCE MORE!

NOTE: There are also Eckankar events happening around the world.

To see what's available in your local area, check it out now.



Link Up

Subscribe for Free

The *Eckankar Soul Adventure Magazine* is published quarterly. Click on the link, and you won't miss out on a single issue.



Visit Eckankar.org

Eckankar's website offers many more ways to enhance your Soul adventure.



Hear the Gift of HU

Sacred sound. Ancient mantra. Experience the life-changing, life-affirming power of HU, the Sound of Soul, in your life. GiftofHU.org



Listen to the *Eckankar Soul Adventure Podcast*

Join us for dynamic heart-to-heart conversations on spiritual topics that will help you uncover the truth within your own heart.

Hear real-life stories, and discover creative spiritual practices you can try at home. Make your life a real Soul adventure!



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Facebook, **Instagram**, **YouTube**, or **Twitter**.



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Resources

By Sri Harold Klemp



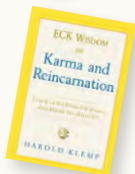
Those Wonderful ECK Masters

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



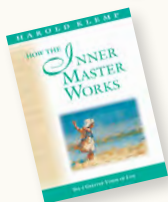
HU, the Most Beautiful Prayer

Learn much more about HU—this carrier of love between God and you.



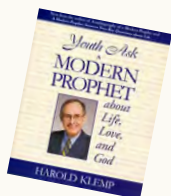
ECK Wisdom on Karma and Reincarnation

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



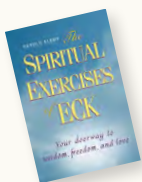
How the Inner Master Works

The Inner Master is the key to unlocking life's mysteries.



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

Sri Harold Klemp offers a listening ear and sage insights.



The Spiritual Exercises of ECK

Your doorway to wisdom, freedom, and love.



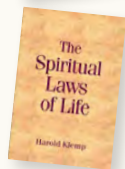
Animals Are Soul Too!

Stories of love, companionship, and spiritual gifts from our animal friends.



A Cosmic Sea of Words: The ECKANKAR Lexicon

An easy-to-use guide to key spiritual terms and concepts for today's reader.



The Spiritual Laws of Life

Learn how to keep in tune with your true spiritual nature.

The *Eckankar Soul Adventure Magazine* is a quarterly publication from Eckankar, PO Box 2000, Chanhassen, MN 55317-2000 USA. Published online, it is available as a **free subscription**. More information about Eckankar at www.Eckankar.org.

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220404



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

- Dreams and our spiritual journey
- Learning through dreams
- A technique to better understand yourself
- ECK art adventures
- Plus so much more!