

ECKANKAR

# Soul Adventure

Vol. 2, No. 2

MAGAZINE

## How Do We Soul Travel?

*page 5*

*for you...*

### Explore

- Healing from Grief via Soul Travel
- Become a Magnet of Love • A Gateway to Soul Travel
- ECK Art Adventures • And more!

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*Adventure*  
MAGAZINE

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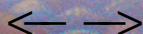
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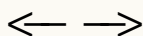
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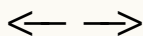
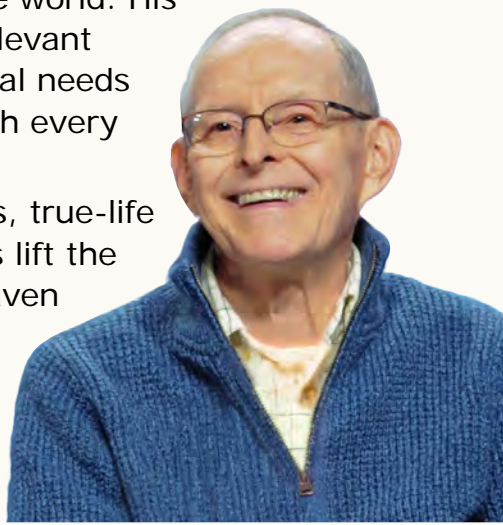
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## Healing from Grief via Soul Travel

SRI HAROLD KLEMP

**A** LEADING AUTHORITY ON SOUL TRAVEL, Sri Harold Klempe is a spiritual guide, teacher, and award-winning, best-selling author. As the MAHANTA, the Living ECK Master and spiritual leader of Eckankar, 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.

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!





# A Magnet of Love

N A N C Y   T A Y L O R

T

**THE FIRST TIME I SAW HIM, I WAS HEADED INTO THE DOWNTOWN PITTSBURGH COFFEE SHOP** where my friends and I met every morning for coffee, conversation, and laughter before heading off to work.

He was a bum, but not a bum. His clothes were always neat and clean. He appeared ageless with his distinctive black beard and penetrating dark eyes.

There was something spiritual about him.

He was there every morning for six weeks. Passersby often gave him money even though he had no begging cup. I was sure he wasn't there for money. He seemed to be there for me, and then after six weeks he was gone.

## I Knew He Had Rescued Me

I asked my friend Al if he had ever seen the man before.

"Once," he replied. "I was at a very low point in my life, sitting on a bench, plotting something I would have regretted the rest of my life.

"He approached out of nowhere and told me to 'play a number.' Of course I didn't win anything, but it gave me time to get my emotions together, and I abandoned my desperate plan.

"The next day," Al went on, "he was standing at the bus stop when I got off. We nodded, and I said an inward thank-you. I knew he had rescued me."



I  
asked my  
friend Al if  
he had ever  
seen him  
before.

The last time I saw him downtown was at the bus stop. As I got off the bus, there he was, as if he knew where I would be. His eyes were so clear and deep. Who was this man who had such a magnetic presence? I just couldn't get him out of my mind.

One day on my way home, I saw him again.

This time, he was standing on the corner, very near to my house. The air around him was filled with the aroma of sandalwood. His appearance so close to home frightened me.

Who was this man?





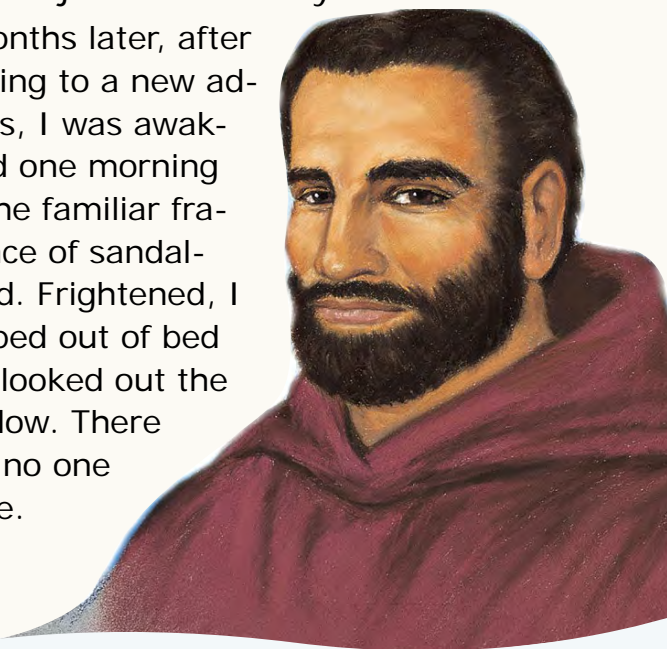
## Who Could He Be?

I got a very unexpected answer. During a visit to my doctor, I picked up a book on Eckankar in the waiting room and began to leaf through it casually. I turned a page and could not believe my eyes. There was a picture of my persistent stranger!

"Who is this man?" I demanded to know, waving the picture under my doctor's nose.

"He is a spiritual Master. His name is Rebazar Tarzs," came the reply. The doctor gave me the book, but I laid it aside. I just wasn't ready.

Months later, after moving to a new address, I was awakened one morning by the familiar fragrance of sandalwood. Frightened, I hopped out of bed and looked out the window. There was no one there.



Eventually, I decided to look into Eckankar. I realized I'd found my spiritual path. In the ensuing years as an ECKist, I often sensed the inner presence of Rebazar Tarzs, but I didn't see him again.

## **Will I Ever See Him Again?**

One Sunday, as I left the house to attend an ECK Satsang (study) class, I told Rebazar inwardly that I was no longer afraid and would like to see him.

Two blocks from home, I turned a corner, and there he was! My mysterious stranger. My magnet of divine love.

Dressed in an orange shirt, the same color as mine, he waved to me. And I waved back, tears of gratitude streaming down my face.

Within a few days, my problems began to resolve. I finally understood what Rebazar had tried to show me for years: Divine love protects and showers me with an abundance of blessings each and every day.

Someday I, too, will be a magnet of love. ❖

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!



## 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.

# How to Sing *HU*



## TO TRAVEL TO YOUR INNER WORLDS, TRY THIS SPIRITUAL EXERCISE.

Do it each evening before sleep. Shut your eyes, then sing *HU* or your secret word for five or ten minutes. (A secret word comes with the Second Initiation. An individual may request this initiation after two years of study in the ECK discourses.)

Right before dozing off, say to the MAHANTA, "Please take me to the place where I can learn all that is good for my unfoldment. Take me to a Temple of Golden Wisdom."

Or say, "Let me see what it's like to Soul Travel; you have permission to help me."



Let a feeling of warmth and goodness fill your heart. The MAHANTA is a trusted friend and companion who loves you as you love him. Be assured of his love, protection, and guidance.

You will be safe in every way.

Seekers in ages past discovered and followed a teacher who could guide them beyond the spiritual limitations of body and mind. Countless others, including many saints, have mastered the art and science of Soul Travel.

It is in your hands to become adept at it too.

*Past Lives, Dreams, and Soul Travel*

# Healing from Grief ✧ via Soul Travel

BY SRI HAROLD KLEMP



A

**A WOMAN I'LL CALL DONNA FOUND ECKANKAR AFTER HER SON JUSTIN'S DEATH IN A MOTORCYCLE ACCIDENT.**

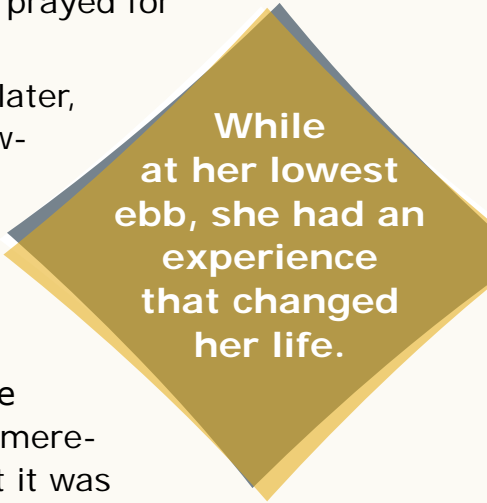
She was very close to her son. Devastated by her loss, Donna was unable to find comfort at church. She regularly cried through the entire service. If only there were a way to feel closer

to God, then maybe He would help her understand why the accident had occurred. More important, where was Justin now? Was he all right? She constantly prayed for help.

Five months later, while at her lowest ebb, she had an experience that changed her life. At first, she thought it was merely a dream, but it was actually Soul Travel.

Donna awoke in vivid consciousness in the other worlds. A bespectacled woman with grey streaks in her dark hair met her, and they talked for a few minutes. "Do you know my son Justin?" she finally asked the woman.

"Of course I know him," said the woman. "He lives right over there in that white house." The scene was a normal setting of cottages, such as near a lake resort.



**While  
at her lowest  
ebb, she had an  
experience  
that changed  
her life.**



Donna and Justin had a long conversation. He assured her his health was better than it had been on earth. Then looking closely at her, he said, "I know what you're doing to yourself. Please stop. You're only hurting yourself." Before they parted, she asked to hold him in her arms, since she didn't get a chance to do so before his death. Laughing, he said, "OK, Mom."

Soul Travel had put her right there with her loved one. She could actually feel him in her arms. Then she awoke.

Justin's scent still lingered with her, and a peaceful, happy feeling lasted for weeks before it began to fade.

Donna was now determined to learn where he was. Somewhere on earth, she knew, somebody had the answer. That's when her sister introduced her to Eckankar. The first book she read was by Paul Twitchell, the modern-day founder of Eckankar. It convinced her that here was the answer to her prayers. Here was an explanation that made sense.

So she does the Spiritual Exercises of ECK daily. And she directs her efforts to seeing the Light and hearing the Sound—keys to the secret worlds of God.

## The Search for Truth

Stories like this may inspire one to search for truth and love too, but finding them depends upon doing the right thing. For those in ECK, it is doing the



spiritual exercises. They are in the ECK books and discourses and take twenty minutes a day. Simply a love song to God or a conversation with Divine Spirit, they can help you find a new appreciation for life. Many people develop their own spiritual exercises, once they catch the knack of it from the ECK teachings. ❖

## The Key

“ THE SPIRITUAL EXERCISES OF ECK ARE A KEY TO YOUR SECRET WORLDS.

They can be so simple. Just close your eyes in some quiet place, and sing *HU* to yourself. Relax, and let the love of God into your heart.

When you do the spiritual exercises, you set aside a time to be quiet and open yourself to the Holy Spirit, the Light and Sound of God. You will come to see and live your life more fully.

You will come to love the song of HU.

*The Sound of Soul*



# A Gateway to Soul Travel

A SPIRITUAL EXERCISE



## IF YOU WANT TO LEARN TO SOUL

**TRAVEL**, do this technique tonight. Before sleep, shut your eyes and place your attention on the Spiritual Eye. It's right above and between the eyebrows.

Then sing *HU*. Fill your heart, mind, and body with warm love.

This feeling of love grants the confidence to venture into some new, unexplored area of your spiritual being. A way to fill yourself with love is to call up a warm, comfy memory, like a child's hug or a mate's kiss.

Just so the feeling warms your heart with deep love.

Now, eyes still shut, look into the Spiritual Eye for the holy person who is your ideal, whether Christ or an ECK Master. In a gentle voice say, "I give you permission to take me to the best place for my spiritual good."

Then chant *HU*, *God*, or some other holy word.

Next, see yourself in a familiar place, like a special room in your home. Be assured that the guide who comes is a dear, long-standing friend.

Do this session five or six times over as many days. Record your experiences with this spiritual exercise in your dream notebook or journal.

*ECKANKAR's Spiritual Experiences Guidebook*

DID YOU KNOW?

# Soul Is Multidimensional

It shares all the aspects of God. Soul can be everywhere at all times, and all places at the same time. This is that part of God that you are.

Begin remembering your dreams to get an idea of who and what you are as Soul.

*Touching the Face of God*



ASK AWAY!

# Q&A

## Understanding Soul Travel

**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 Soul Travel and exploring the worlds we experience on our Soul Travel Adventures.

Read on for clues that may help you.

**Q** *Why is it so important in Eckankar to learn Soul Travel?*

**A** Soul Travel, in a broad sense, is of much value because it is a link to the expansion of consciousness. The rule of destiny holds that people at some time

will begin to awaken to who and what they are. A knowledge of past lives may also open to them by way of dreams or déjà vu. A few catch a glimpse of future events.

Note that Soul Travel means moving into the higher realms of God, to places people haven't yet dreamed of. Soul Travel reveals a majesty and security that abounds in the arms of God alone.

For this reason, Soul Travel transcends astral or mind travel, and rote prayer, elevating one into profound spiritual areas. Whenever Soul reaches the far orbits of the inner planes through Soul Travel, the human heart opens to God's all-consuming love.

It is our very purpose to discover that love.

*ECKANKAR's Spiritual Experiences Guidebook*

**Q** *What are the inner worlds like?  
What will I see?*

**A** Those of you who are able to visit the higher worlds of God know there are places which beggar the largest mansion on earth. Some of the buildings and homes

in the other worlds are of such beauty and size and light that anyone who gets there is in awe of the wonders that exist in creation. These things exist. Anything that any human being can create here is a paltry, shabby, thatched-roof shack in comparison to the buildings in heaven.

If you have the ability to go to these other worlds—either in the dream state or through Soul Travel—you can have the experience and learn these realities for yourself.

You'll find that the bounties of God are much greater than the four corners of this little earth. This earth is just a tiny little pebble in God's worlds. It's a surprising thing, sometimes, that God even knows where this pebble is located in Its worlds. It'd be like trying to find a certain grain of sand on the beach.

But that's the language of love. God's love is so great that It created every kind of abundance for those people who would make an effort to look for it and find it. . . .

The language of love is the love God has for us and that we have for each other. We try to show this to those we love in some small way that gives this love back to God.

*The Road to Spiritual Freedom*



ECK ART ADVENTURES

# Meeting the Master



ARTWORK BY MARK DAEHLIN

“

**The liberation of Soul comes in meeting the Living ECK Master, who then leads us to the spiritual exercises which lead to the Sound and Light. And then comes the liberation.**

*The Journey of Soul*



I

**I HAVE COMMITTED MY LIFE'S WORK TO MAKING FINE ART THAT REFLECTS MY SPIRITUAL QUEST.**

Before working I often ask that the vision of inner worlds infuse and enliven my art.

In "Meeting the Master II," I tried to convey the sense of space and light I experience in the inner worlds.

The shafts of sunlight commingle with the sound of the rushing river. In the picture the seeker meets a Master who is preparing him to go on a journey.

Making art has helped me learn to build trust with the Inner Master. These inner worlds have helped me find solace and wonder and joy.

MARK DAEHLIN



K A T H Y   T U C C A R O

T

**THE DAY BEFORE LEAVING FOR TWENTY DAYS OF WORK OUT OF TOWN, I WAS TRYING TO GET THINGS DONE.** I felt the pressure of near panic rising throughout my body. Knowing I needed to calm down, I began singing *HU* in the car as I drove around to all my errands.

The minute I decided to sing *HU*, I turned the corner and saw a sign that read Stay Calm! Seek Alignment! It was an oil-change business, but the meaning for me was so obvious that I started laughing so hard I almost cried.

I knew I was out of alignment with

the ECK and letting negativity and worry overtake me. So I aligned myself with the Holy Spirit and let God take charge. Immediately I relaxed, thanked the MAHANTA, and felt better for the rest of the day!



ECK QUOTABLES

## In Your Own God Worlds

“**USE YOUR CREATIVE ABILITIES TO GO A STEP FURTHER.** Experiment with the spiritual exercises, and try new things. You're in your own God Worlds. I've gone to different extremes, trying very complicated exercises I developed for myself, dropping them when they didn't work anymore.

It's like a vein of gold running through a mountain. You're on it for a while, then the vein runs out, and you have to scout around and find another one.

Are you learning something new every day from what you're doing? Are you getting insight and help from within? This is what you ought to be working for.

*The Call of Soul*

# Spiritual Gold for You

## CURIOUS ABOUT SOUL TRAVEL?

One in three Americans admits to a remarkable experience—either of leaving the physical body or some other phenomenon. Few may have understood its nature.

Whether you are just curious or someone who has already experienced the freedom and joy beyond the physical world, you can begin with a daily spiritual practice.

Choose your preferred format below to begin your Soul adventure, and taste the love and freedom that are the birthright of Soul.



**DOWNLOAD FREE PDF**

**PURCHASE EBOOK FOR 99¢**

# What's Different about Eckankar?

## WHAT IS THE DAILY PRACTICE OF AN ECKIST?

Eckankar is a deeply individualized creative practice. You can learn the art of contemplation—an “inner-active” means of awakening the Spiritual Eye to explore the inner worlds of Spirit. Just as each person is a unique individual, so too is each person’s inner experience.

ECKists are encouraged to practice the Spiritual Exercises of ECK twenty minutes a day. Establishing this sacred connection on a regular schedule, like a meal, brings the inner nourishment one seeks.

Approached with love and wonder, these creative exercises uplift Soul and offer a direct experience of the Light and Sound of God.



[TELL ME 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!

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.

Every year Eckankar hosts a major in-person Soul Adventure seminar in Minneapolis, Minnesota, attended by thousands from around the globe. Sri Harold Klemp is the featured speaker at these events.

There are also Eckankar events happening around the world. To see what's available in your local area, **check it out now**.

ECKANKAR  
*Soul*   
*Adventure Events*

**EXPERIENCE MORE!**

# Link Up

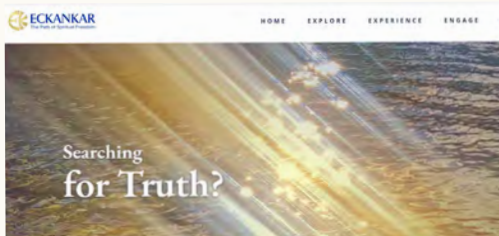
## Subscribe for Free

to the *Eckankar Soul Adventure Magazine*. Click on the link, and you won't miss a single issue.



## Visit Eckankar.org

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



## Hear the Gift of HU

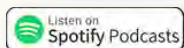
Sacred sound. Ancient mantra. Experience the life-changing, life-affirming power of HU, the Sound of Soul, in your life. [GiftofHU.org](http://GiftofHU.org)



## 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!



## Follow Eckankar on Social Media

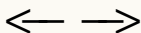
You can connect with Eckankar on your favorite platform—

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



**Call** (952) 380-2200 (direct)

**Write** ECKANKAR, PO Box 2000  
Chanhassen, MN 55317-2000 USA





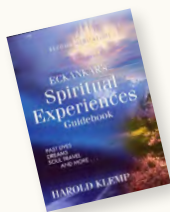
# Resources

By Sri Harold Klemp



## The Call of Soul

Discover how to find spiritual freedom in this lifetime. Includes a CD with dream and Soul Travel techniques.



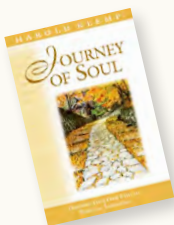
## ECKANKAR's Spiritual Experiences Guidebook

Find keys to accelerate your pursuit of truth, enrich your daily life, and experience the love of God in your own heart.



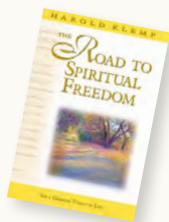
## Past Lives, Dreams, and Soul Travel

These stories and exercises help you find your true purpose and greater love than you've ever known.



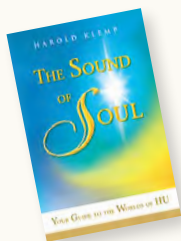
## Journey of Soul

You'll find how the answers you've been looking for lie in your own experience.



## The Road to Spiritual Freedom

Wisdom and heart-opening stories reveal a secret truth at work in your life. There is divine purpose and meaning in your every experience.



## The Sound of Soul

This potent volume of contemplation seeds and spiritual exercises can get you started on the journey of a lifetime—your return to the heart of God.

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*Art by Mark Daehlin (pages 2, 4, 13–14, 26–27), Dawn Meader (pages 1–2), Karen Nevin (pages 20–21), and Betsy White (page 8).* 230118

# Glossary of ECK Terms

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

**chela** A spiritual student 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.