

ECKANKAR

Soul Adventure

Vol. 2, No. 3

MAGAZINE

Have You Had a Spiritual Experience?



page 5

for you...

Explore

- Dance of a Lifetime
- Goose and Human—Soul to Soul
- Joy and Wonder: A Spiritual Exercise
- ECK Art Adventures
- And more!

ECKANKAR
Soul ✨
Adventure
MAGAZINE

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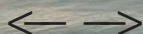
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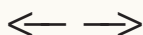
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enhance your
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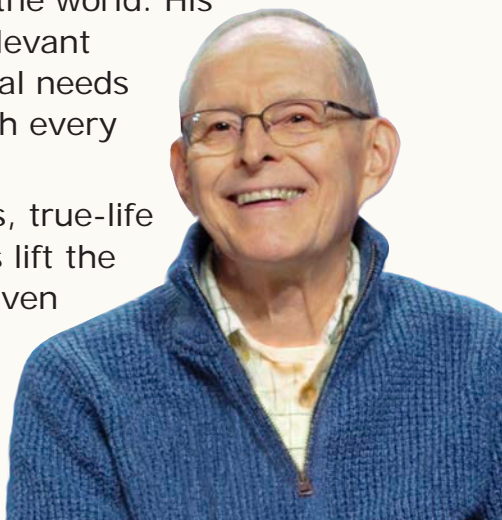
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Dance of a Lifetime

SRI HAROLD KLEMP

He is a spiritual guide, teacher, and award-winning, best-selling author. As the MAHANTA, the Living ECK Master and spiritual leader of ECKANKAR, Sri Harold Klempe 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.



ANNOUNCING

a New Way to Get Your
Soul Adventure Inspiration . . .

ECKANKAR

Soul
Adventure

U P D A T E

**Coming later this year,
it will bring you**

- amazing stories,
- uplifting artwork,
- insightful podcasts,
- heartwarming videos,
- eye-opening articles,
- free downloadable books, and
- techniques to consciously connect with the God Current.

If you currently subscribe to *ECKANKAR Soul Adventure Magazine*, your subscription will automatically transfer to the *ECKANKAR Soul Adventure Update*.

Stay tuned!



Goose and Human— Soul to Soul

S U S A N M .

M

MY HUSBAND AND I LIVE
BY A POND, AND ONE
MORNING I WOKE UP TO
THE SOUND OF SCREAMING
GEESE.

Across the pond, a battle was taking place: two Canada geese were defending their eggs from a fox. The fox wanted the eggs, and the geese were not cooper-

ating. While the female goose stayed by the nest, the male was flapping its wings and charging at the fox, trying to drive him away.

But the fox didn't give up. He tried again and again, until he finally found a way past the geese and got to the eggs.

Still the battle raged on into the night. By the next morning, not only were all the eggs gone, but the male goose had been killed. Now the female was all alone.

I watched for days as she swam alone, obviously in distress—her eggs taken, her mate gone. There was nothing left.

The next morning, as I watched her from the bedroom window, she spotted me, then climbed up the embankment onto our lawn and sat down.

Now, I have to mention that, at that time, geese were not my favorite birds. Canada geese are not only messy, but they can be mean when they want to



As
I watched
her from the
bedroom window,
she spotted
me.

be. I just didn't like them, and I really didn't want her in the yard. But her sorrow was so intense that it was impossible to ignore it. I knew she needed comfort, so I tried to feed her some corn. She wouldn't eat. She just sat there.

Inwardly I gently said to her, "I know you're in pain. If you need to be here for comfort, you're welcome to stay."

Then
I got the
nudge to
sing *HU*, this
beautiful God
Sound.

Then I got the nudge to sing *HU*, this beautiful God Sound, out loud from my window. *HU* has been so healing in my own life that I wondered if It might help her if she heard It. As soon as I started to sing, she got up and started to walk toward the window. I was surprised, but I kept singing.

She came all the way up to the window and stood there, looking into my eyes. For as long as I sang, she waited, her head tilted to one side, just listening.

As I was singing, I felt a special connection between us—a sense of understanding, trust, and compassion. At that moment, we were just two

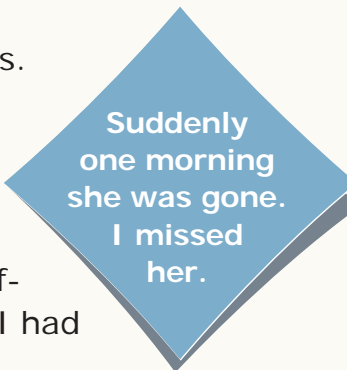
Souls meeting on the common ground of God's love.

Eventually I had to leave for work. I didn't expect to see her when I got home, but there she was, now sitting by the edge of the pond.

Every morning after that, I'd open the window and say good morning to her. She'd tilt her head to one side and listen until I began singing *HU*. Then she'd get up, slowly walk up to the house, stand beneath the window, and look into my eyes.

This went on for weeks.

Suddenly one morning she was gone. I missed her, because I'd come to care about this goose. I felt very differently about her than I had in the beginning.



Suddenly
one morning
she was gone.
I missed
her.

About a week later, I woke up to the all-too-familiar calls of a goose courtship ritual. I knew my goose had returned. And she'd brought a new mate with her. Soon she had made a new nest, and that summer we had lots of little goslings.

How did I know it was the same goose?

For a long time afterward, every few days I would find her standing outside my window, just looking in, waiting for me to open the window and sing this sacred God Sound, HU.

Through sharing the song of HU, we had both been changed. God's love was working through this little goose to show me a place in my heart that was ready to be free. A place that was free of judgments about the value of all God's creatures. A place that was open to accept more love.

God's
love was
working through
this little
goose.

And through the gift of HU, Divine Spirit helped this fellow Soul find a way to heal her heart and begin a new life.

Whenever we sing this sacred love song, we are opening our heart and being to the divinity of life and aligning ourselves with a greater reality. This brings the blessings of spiritual unfoldment and, ultimately, can reveal a greater vision of ourselves and the world. That can change everything. ❖

A high-angle, wide shot of a crowded city street, likely in Paris, featuring a tall, colorful structure with large, triangular sails in the foreground. The structure is decorated with French flags and has people riding on it. The street is lined with historic buildings and a central green space with trees. A large yellow curved graphic element is overlaid on the right side of the image.

ECK SOUL ADVENTURE

Soul Adventure Essentials



L

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!

A large, bold, blue letter 'T' is positioned on the left side of the page. The background of the entire page is a soft-focus image of a grassy field under a blue sky with white clouds. A thin vertical line separates the 'T' from the text on the right.

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.

TO HAVE A SPIRITUAL EXPERIENCE

How to Sing *HU*



W

WITH EYES 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. Continue for up to twenty minutes. Sing *HU* with a feeling of love, and It will gradually open your heart to God.

* * *

The whole focus of ECKANKAR is direct experience of the Light and Sound of God. This can come through practice of the Spiritual Exercises of ECK.

Different spiritual exercises are given in the ECKANKAR books, especially *The Spiritual Exercises of ECK*. Simply try them, and see if

they work. Don't push yourself, though. There's no reason to.

If you are successful with the spiritual exercises, you ought to become aware of either the Light or Sound of God. You may also meet the Inner Master, the MAHANTA, who always awaits the individual who is sincere in seeking truth.

Some people have quite an active inner life and travel widely in the inner worlds; others are quite content to let Divine Spirit guide them indirectly in their daily lives. Let any teaching you are studying fit you instead of trying to adapt to something that is not comfortable.

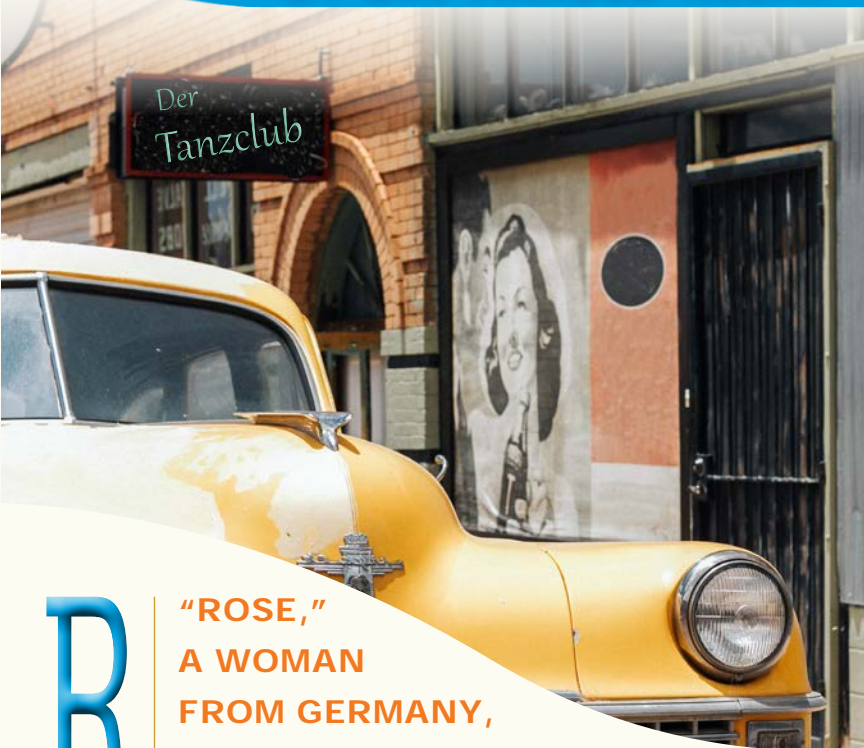
Take your whole lifetime to make up your mind if you want. After all, it is your life.

A Modern Prophet Answers Your Key Questions about Life, Book 1

ONWARD AND UPWARD

Dance ✦ of a Lifetime

BY SRI HAROLD KLEMP



R

**"ROSE,"
A WOMAN
FROM GERMANY,
HAD A DREAM WHERE
SHE WAS AT A GREAT DANCE,**
but everything looked like it was
from the early 1950s. The clothes,
the people, the music, the decora-

tions, even the very structure of the room—it was all from the early 1950s. It occurred to Rose that that was when she was born.

In the dream, Rose looked around for a partner. She was going to dance with her aunt. But her aunt was dancing with someone else, and she looked happy. So Rose looked for another partner. But everybody was already dancing.

In this lifetime, Rose has had a very difficult time with her mother.

In this lifetime, Rose has had a very difficult time with her mother. It's been a rough road. They haven't always seen eye to eye. Her mother would give very definite rules, and Rose would have to follow them. Rose didn't like it, and this caused hard feelings.

In her dream, Rose looked along the wall. There, sitting on a chair all

by herself, was her mother.

"I'll go dance with her," Rose decided. "She looks unhappy."

She went over to her mother and asked if she'd like to dance.

The mother said she'd love to. So they started dancing and, true to form, her mother said, "Straighten your shoulders. Put that arm up higher." And other rules that a German mama might have for her child.

Rose noticed that they danced together extremely well.

But Rose noticed that they danced together extremely well. In fact, it was the best she had ever danced. Rose admitted to not being a very great dancer out here in the physical world. But there, even with her mother, it was just wonderful.

Rose thought to herself, *No one's ever led me through a dance like this before.*



When Rose awoke, she knew the meaning of the dream. Between lives, before this one, Rose had chosen that particular Soul to be her mother. Rose had said, "This is a onetime deal only, OK?" Rose knew she needed certain spiritual disciplines so she could lead a safe and happy life and eventually find ECKANKAR.

In a very special way, her mother led her to a very secure future and a good life. Rose is a happy woman now. She has a lot of zest for living. She accepts the blessings of the Holy Spirit with all her love and gratitude. ❖

—Adapted from "Thanks for the Help and Love" in *The Road to Spiritual Freedom*

Open to Your Full Potential

TODAY IS A SPECIAL TIME IN THE HISTORY OF MANKIND.

“It is now possible to tell of past lives, dreams, and Soul Travel without fear of censure, persecution, or worse. A window of opportunity is open. It has opened for you.

What makes a spiritual life? Do you want freedom, knowledge, truth, or wisdom? Love?

Look no further. The passkey is in your hands!

ECKANKAR's Spiritual Experiences Guidebook

A scenic view of a coastline. In the foreground, a rocky cliff with green moss or lichen frames the top and right sides. Below the cliff, a body of water is visible, with a small waterfall or stream flowing down the right side. In the background, a green hill or cliff rises from the water, with a few small figures of people standing on top. The sky is blue with some clouds, and a faint rainbow is visible in the distance. The overall atmosphere is peaceful and natural.

Joy and Wonder

A SPIRITUAL EXERCISE

HERE'S A SPIRITUAL EXERCISE TO TRY IF YOU WANT TO EXPERIENCE THE LIGHT OR SOUND OF GOD:

Shut your eyes and look into the Spiritual Eye. (It's between your eyebrows, in the center of your forehead.) Sing *HU*, an ancient name for God, one of the most powerful words for spiritual upliftment.

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.

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

The Sound of Soul

Explore!

SPIRITUAL EXERCISES ARE YOUR GATEWAY TO SPIRITUAL EXPERIENCES.

The Spiritual Exercises of ECK give you confidence in yourself. You learn that you are Soul, you are eternal. Then you know with certainty that you live forever, that death cannot destroy you.

When you do the Spiritual Exercises of ECK, fill yourself with love and goodwill.

Be patient with yourself. It is a rare person who has instant success and dramatic results right away. Expect subtle, gradual changes in your outlook on life over a period of weeks or months. A good way to keep track of this is by using a journal to note any insights, perceptions, or changes you notice in yourself.

Explore and experiment.

*ECKANKAR'S Spiritual
Experiences Guidebook*

ASK AWAY!

Q&A

Understanding Spiritual Experiences

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 what we experience on our Soul Adventures.

Read on for clues that may help you.

Q *I would like to see my past lives. How do I go about this?*

A It is easiest to trace past lives through a study of your dreams.

To awaken such past-life dreams, make a note of things you greatly like or dislike.

Do that also with people. Then watch your dreams. Also note if a certain country or century attracts you. There is a reason.

When we practice the Spiritual Exercises of ECK faithfully, the Inner Master will open us up to those things that are important to see concerning past lives. Most of them need not concern us. No matter what we were in the past during any other life, we are spiritually greater today.

The wealth and position we enjoyed in past lives mean nothing unless we know how to lift ourselves from materialism into the higher worlds. This does not mean to shun the good things of this life—family, home, wealth. God loves the rich man as much as the poor. We get no special benefits if we fall for the negative tricks of asceticism or unusual austerities.

We live the spiritual life beginning where we are today. We look to see the hand of Divine Spirit guiding us toward the greater consciousness, which leads us to becoming a more direct vehicle for Spirit.

Q I have been visited several times by an eye which appears on my inner screen. It always brings a feeling of love. What is it?

A The single eye you see means your final destiny is complete service and devotion to God. Soul is actually chosen by God before It becomes aware that It is one of the chosen ones.

Usually, people who see the eye miss the desertlike world upon which they stand while viewing it. This means that all substance and life for Soul is beyond the sandy wastes of the lower worlds. The only goal for such a one as you is God, the Ocean of Love and Mercy.

A Modern Prophet Answers Your Key Questions about Life, Book 1

ECK ART ADVENTURES

Visiting a Sacred Place



ARTWORK BY KAREN NEVIS

“The Temple of ECK stands as an outer symbol of the holy temple of God within every heart.

—Sri Harold Klemp



B

**BEING AT THE TEMPLE IS
A SPIRITUAL EXERCISE
FOR ME.**

I have been to the Temple of ECK many times while attending ECKANKAR seminars. I love gardening and being outdoors, and there are many changes for me to observe year to year.

This painting captures one of those times. It is always such a privilege to be at the Temple in the beauty and amazing energy. This painting takes me back there and strengthens my inner connection with this sacred place.

KAREN NEVIS



Miraculous Protection in the Operating Room

E M M A N U E L O N Y E J I U W A

S **SEVERAL YEARS AGO, MY WIFE WAS DIAGNOSED** with a massive growth of fibroid tissue in her womb. To treat this severe and painful condition, the doctors recommended surgery.

We were reluctant to take such a serious step. But soon her pain increased, and she was unable to get out of bed. Eventually, we agreed to the surgery.

As she was wheeled into the operating room, I stayed behind and sat on a bench by the closed door. I knew I needed to surrender the outcome of the surgery into the hands of the ECK, the Holy Spirit.

I began to sing *HU*, the ancient love song to God, and opened my heart completely to the MAHANTA. Later, I learned my wife had done the same thing until she lost consciousness.

The operation was supposed to take at least two hours. So I was surprised when the door opened after fifteen minutes and the chief surgeon walked out, followed by other doctors. My wife was wheeled out of the operating room and back into the ward.

I wondered what was going on. Was the operation over already?

I
knew I
needed to
surrender the
outcome of the
surgery.

None of the doctors or nurses would tell me what happened, so I went to find the chief surgeon.

When the chief surgeon saw me, his first words were "Please, thank God!"

Then he added, "I'll thank God for you!"

As we sat down together, he explained.

The surgeon suddenly heard a voice. "Look up," it commanded.

Ready to make his first cut into my unconscious wife, the surgeon suddenly heard a voice. "Look up!" it commanded.

He paused and looked up.

To his horror, the anesthesia was incorrectly set to a lethal amount. It would have sent an overdose of the drug into my wife's sleeping body. Immediately, he stopped the operation.

If not for the voice, my wife would have died on the operating table.

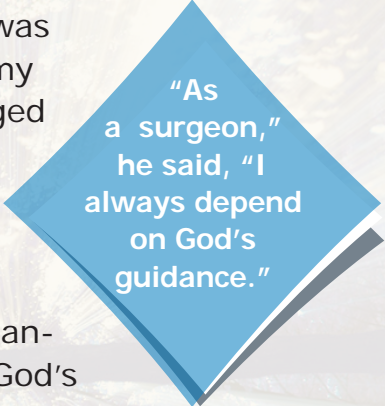
"As a surgeon," he said, "I always depend on God's guidance. That is why you should give thanks to God!"

The operation was postponed, and my wife was discharged from the hospital the next day.

But there was more. We were about to witness another miracle of God's love and protection.

Once home, all my wife's symptoms vanished! We waited for the pain to recur, but it never did. Even the fibroid lumps disappeared, and nine years later she is still pain free.

This experience taught me that when we open ourselves to the MAHANTA with our whole heart, we can receive miraculous protection and healing. In every moment of life, the MAHANTA's love is always there. It is so reassuring. ❖



"As a surgeon," he said, "I always depend on God's guidance."

Spiritual Gold for You

IN THIS GUIDEBOOK . . .

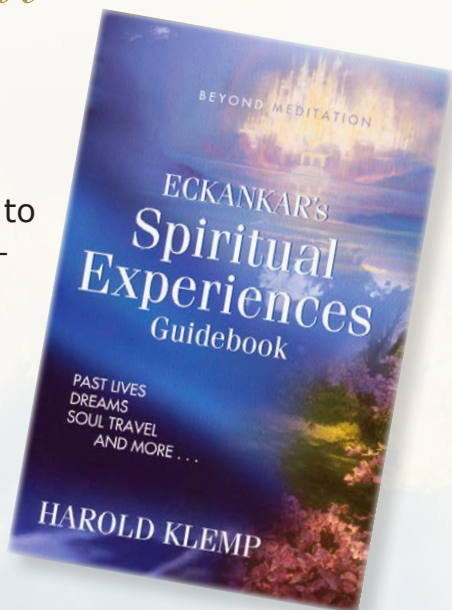
You will find keys to accelerate your pursuit of truth.

You will discover the Spiritual Exercises of ECK as creative techniques to aid any seeker of God in the quest for enlightenment.

The personal insights you gain can enrich your daily life, help open your Spiritual Eye, and reveal the love of God in your own heart.

Enjoy your journey!

Click the button below to download your free copy of *ECKANKAR's Spiritual Experiences Guidebook*!



FREE PDF DOWNLOAD

What's Different about ECKANKAR?

WHAT DOES ECKANKAR TEACH ABOUT MEDITATION AND MINDFULNESS?

Various forms of meditation are a popular practice today, yet many people are looking for something more. ECKANKAR teaches contemplation—an active, creative, and personal approach to connect with Divine Spirit.

There are hundreds of spiritual exercises to use in contemplation and in daily life. You'll likely find one for every challenge or spiritual desire you may have.

Those who have previously tried meditation report how easily the Spiritual Exercises of ECK fit into the rhythm of life.



[TELL ME MORE](#)

ECKANKAR'S 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 newsletter with 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.

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

FIND OUT MORE!

Link Up

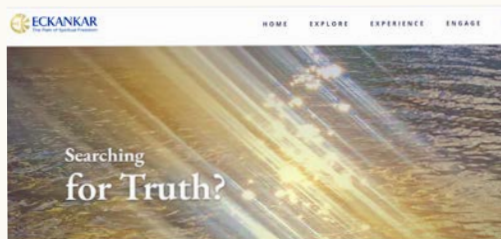
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to the *Eckankar Soul Adventure Update*. Enjoy easy access to tips, tools, and inspiration every month.



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



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!



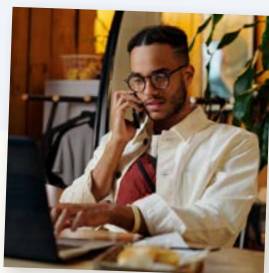
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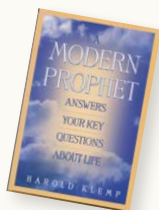
Write ECKANKAR, PO Box 2000,
Chanhassen, MN 55317-2000 USA





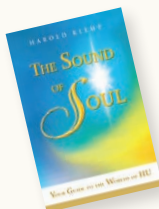
Resources

By Sri Harold Klemp



A Modern Prophet Answers Your Key Questions about Life, Books 1–3

The Living ECK Master answers hundreds of questions from people searching for truth and spiritual purpose in their lives.



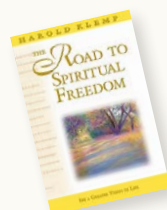
The Sound of Soul

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.



The Temple of ECK

Visit the Temple of ECK through Sri Harold Klemp's words, Temple descriptions, and beautiful color and black-and-white photographs.



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.



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Photos by Tammy Attama (pages 11–12), Corey Austin (pages 13, 14), Bruce Fuller (page 3), Doug Kunin (page 33), Hannah Mende (pages 1–2, 10), Steve Runfeldt (page 35), and Kristy Walker (page 5). Art by Tammy Attama (page 4), Karen Nevis (pages 2, 22, 26, 27) and John Villemonte (pages 29, 30, 31).

230957

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 and the Living ECK Master.

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 An ancient, sacred name for God. It is a carrier of love between God and Soul and can be sung aloud or silently to oneself to align with the God Current. It is the Sound of Soul.

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.