

# The Sacred Chants of ECK



*Adapted from ECKopedia: The ECKANKAR Lexicon*

A mantra is a word or phrase which is chanted in order to link up with Divine Spirit, the ECK.

It can be described as a sacred prayer-song which, when repeatedly chanted, gradually converts the devotee into a living center of spiritual vibration which is attuned to some other center of vibration vastly more powerful than his own.

Chanting a mantra produces a series of spiritual effects, mainly that of love. When one concentrates the mind on the mantra, a deep sense of peace and love arises. Mantra chanting focuses the mind to a sharp point that is capable of penetrating through the ordinary thoughts to the deeper layers of Soul which lie beneath.

To the ordinary man, the mantra would appear to be nonsensical. Nevertheless, it is a powerful instrument of love and detachment for the ECK chela who practices it regularly.

He reaches out to people whom he will never know and changes the course of their lives from the Kal forces which might be gripping them to the ECK, which will lead them to God.

Few, if any, will ever learn what has happened, but the mantra built up by the ECKists, either individually or collectively, will bring about a change in the worlds: first the world of man and then that of the spiritual heavens where necessary.

Knowledge of the creative word lives deeply in the heart of every ECK Initiate.

The essential mantra in ECKANKAR is HU.

*Continued on back*

## Sacred Chants of Eck

	(Plane)	(Chant)	
HIGHER WORLDS	ANAMI LOK	HU (HYOO)	GOD-REALIZATION
	AGAM LOK	HUK (HOOK)	
	HUKIKAT LOK	ALUK (ah-LOOK)	
	ALAYA LOK	HUM (HYOOM)	
	ALAKH LOK	SHANTI (SHAHN-tee)	
	ATMA LOK (SOUL PLANE)	SUGMAD (SOOG-mahd)	
	ETHERIC (INTUITION)	BAJU (BAH-joo)	
LOWER WORLDS	MENTAL (MIND)	AUM (AHM or ah-UHM)	SELF-REALIZATION
	CAUSAL (MEMORY)	MANA (MAH-nah)	
	ASTRAL (EMOTIONS)	KALA (kah-LAH)	
	PHYSICAL (SENSES)	ALAYI (ah-LAH-yee)	

## Other Eck Mantras

Your secret word

MAHANTA (may-HON-tay)

May the Blessings Be

ECK (E-C-K)

Baraka Bashad

Shariyat



ECKANKAR Seminar Handout