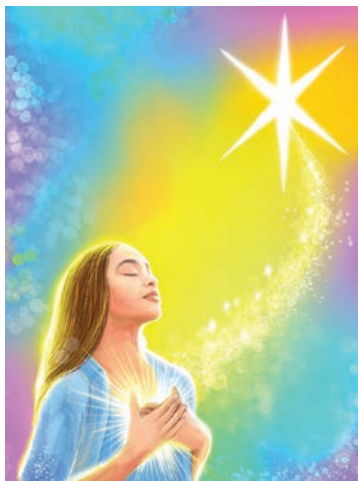


Health Is Harmony



Health is harmony. To maintain harmony, one must guard the three entrances—the mouth, the ears, and the eyes. Be aware of what enters the mouth and what comes out of it. Watch closely what your ears hear and how you process this information. Observe carefully what your eyes see and how that affects your emotions.

Health is self-discipline. The ECK Masters who have been granted longevity work at it all the time. They work to maintain harmony in their being.

The way to stay in harmony with the ECK is to continually practice the Spiritual Exercises of ECK, in one way or another. There are a number of different ways to practice them so that, in the end, you become the HU Itself.

HU opens you as a channel for the greater healing of Divine Spirit.

Every thought, word, or deed either purifies or pollutes the body. This is very important, very powerful, because it deals with your state of consciousness.

If, at some point, you need an edge for health or for peace of mind, look to what's coming into your world. Look to your form of music, or your form of news. Be aware of whatever ways you let the external world into your internal world.

What's coming in is going to go back out. Then it rebounds like an echo and returns to you. It strengthens and grows to have a very strong influence in your life. This influence can be for either beneficial things or harmful things. So the choice is yours.

Every thought, word, or deed either purifies or pollutes your body.

The HU Song is a purifier. It will uplift and strengthen you in wisdom and awareness.



ECKANKAR Seminar Handout

(adapted from "Tips for Spiritual Healing" in *ECKopedia* (pp. 278–79, under "spiritual healing") and "An Edge for Health" in *Raise Your Spiritual IQ! Experience Journal* (p. 38))