



# Spiritual Wisdom Journal

Quarterly Inspiration from ECKANKAR

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## SPIRITUAL SURVIVAL IN A CHANGING WORLD

### Focus: Understanding Out-of-Body and Soul Travel Experiences

“Here was proof to me that I could survive outside my physical body and conquer the fear instilled by that haunting bugaboo called death. In the Soul body, I am free!”

—Sri Harold Klemp,<sup>1</sup> *Autobiography of a Modern Prophet*

#### FEATURE ARTICLE



## What Is Soul Travel?

By Sri Harold Klemp

In the simplest terms, Soul Travel is an individual moving closer to the heart of God. This movement takes a variety of forms.

Soul Travel is, for the

most part, a tool for use in the worlds below the Soul Plane, first of the true spiritual worlds. It takes one through the Astral, Causal, Mental, and Etheric Planes. As a whole, these are the planes of time and space. Soul Travel occurs in two general ways. One form is the sen-

*“If you can imagine a scene, then you can be there this same instant in the Soul body.”*

sation of fast movement of the Soul body through the planes of time and space. In reality, though, is such movement possible?

You see, Soul exists on all planes, so what feels like movement, or travel, is simply Soul coming into an agreement with fixed states and conditions that already exist in some world of time and space.

If you can imagine a scene, then you can be there this same instant in the Soul body. That is the imaginative technique. It may feel as though you are hurtling through space at a breakneck speed, like a rocket, and zooming on a journey to outer space. In fact, though, Soul (you) is motionless. It is shifting its attention to some higher state. That shifting of attention results in a feeling of fast motion to the material senses.

Soul Travel begins with a Spiritual Exercise of ECK<sup>2</sup> in a physical setting.

A contemplative may hear a rushing sound, like a wailing wind in a tunnel, along with a sensation of incredible speed. But as explained, Soul doesn't move; Soul *is*. Time and space adjust to Soul's state of consciousness, and it is this adjustment of time and space that renders an illusion of movement or breathtaking speed. A seeming, rapid change of location is one aspect of Soul Travel that may prove to be a daunting obstacle for the timid. These people fear going beyond themselves.

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The *Spiritual Wisdom Journal* is an online newsletter published by Eckankar, [www.Eckankar.org](http://www.Eckankar.org). It is sent out quarterly to anyone who signs up for a [free subscription](#).

To share this newsletter with a friend, copy this link and paste it in your email: [www.SpiritualWisdomJournal.org](http://www.SpiritualWisdomJournal.org).

1. Sri Harold Klemp is the spiritual leader of Eckankar.  
 2. ECK is the Life Force, the Holy Spirit, the Audible Life Current which sustains all life. Also short for Eckankar.

## What Is Soul Travel?

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Soul Travel is, therefore, for the bold and courageous in spirit. But remember, since one doesn't in fact travel anywhere, it's impossible to get lost.

Keep that principle in mind during a spiritual exercise. It will lend the confidence to open your heart to love and so delight in any enlightenment that finds you.

Another form of Soul Travel is the expansion of consciousness. This aspect is the true state of personal revelation or enlightenment that we aspire to in ECK. It visits both the timid and the bold, and is a gentler, less robust version of movement in consciousness. Most people experience this sort of gradual shifting of awareness.

Love and wonder define Soul Travel the best.

—From *Past Lives, Dreams, and Soul Travel*,  
by Harold Klemp

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### A SPIRITUAL STORY

## Proof

By Laurence Cruz, California

This is the story of my first Soul Travel experience. It was the proof I'd been looking for.

I had just graduated from college and was working in a pizza restaurant in Oxford, United Kingdom. One night, I did a short spiritual exercise to connect with the ECK, Divine Spirit. I then went to bed, as usual.

In the middle of the night, I was in a dream. I don't remember the dream, but the best way I can describe what happened is to say it was like an old celluloid movie when the film gets stuck. The projector heats the celluloid, and the film burns through; you can see it on the screen. So the dream was happening, and then the "film" of the dream just kind of burst, and I was no longer in a dream.

I found myself in a green meadow, fully conscious that I was having my first Soul Travel experience. It was a very English pastoral scene. The field sloped slightly down to the sea, and a line of tall trees was off to my right. A herd of black-and-white cows grazed beyond. This was all scenery I'd grown up with. Then I heard a soft sound off behind my left ear. The serenity, love,

and clarity were nothing like I'd ever experienced in the physical body. I just said, "Mahanta,<sup>3</sup> thank you. This is it—I'm Soul Traveling!"

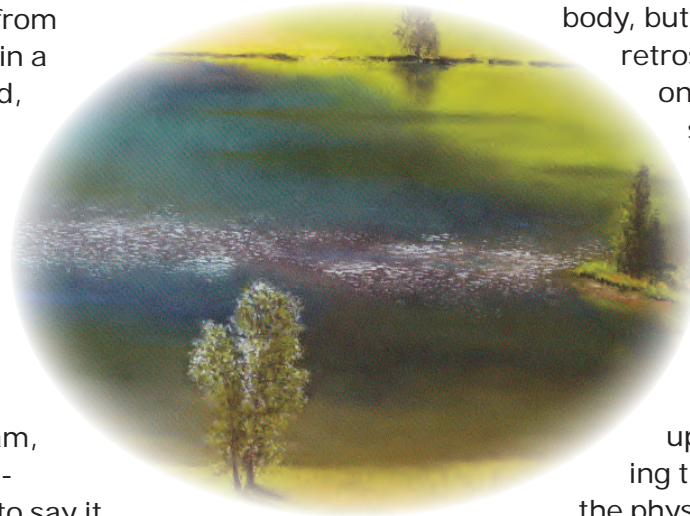
I didn't see the Master, but I was aware of his presence. I didn't look down at my body, but I kind of wish I had, in retrospect. It was like I was on wheels, because I could sense no legs. If I wanted to turn left, I just floated that way. It felt like I was on one of those Segways people roll around on these days.

One of the first things I noticed when I looked up was the sunlight coming through the tall trees. In the physical realm, I have to wear glasses, but this body had perfect vision.

I started singing *HU*, that most ancient, secret name for God, to anchor myself. I wanted to stay in the experience, so I gently sang *HU* with love. Off to the left a little, between me and the sea, was a small, modern office building—a two-story brick structure with tinted windows.

It made me wonder, *What is that kind of building doing here in the middle of my English country scene?* And the moment I questioned it, I experienced a *Star Trek* moment. With a zap, the building transformed into a ruined castle. That made much more sense to my mind, because it looked just like a ruined castle a mile away from where I grew up. It appeared just thinking about it made it happen.

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3. The Mahanta, the Living ECK Master is the spiritual leader of Eckankar, who assists spiritual students via talks and writings, in the dream state, and in the spiritual worlds.

## Proof

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I had read about that in *The Tiger's Fang*, by Paul Twitchell. The power of thought is more instantaneous on planes above the physical. And I believe I was in a beautiful part of the Astral Plane.

Then I decided to try something. *I'm going to try and fly out across the sea*, I thought. I concentrated, but I was forcing it too much. I kind of took off, but it wasn't really happening. Then I woke up.

The next morning I ran my Soul Travel experience through my mind and remembered it all with crystal clarity. Then I recalled Sri Harold saying that the true test is how you feel afterward. I felt like I was walking on clouds for three days! It was a lightness and joy I'd never known before—so saturated with divine love.

Every time I reflected on experiencing the reality of myself as Soul and feeling the presence of the Mahanta, I cried tears of gratitude. My gratitude for this priceless gift of proof continues to this day.

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—From the 2018 *Eckankar Journal*



## Announcing the *Animals are Soul* Blog

Eckankar is delighted to offer the *Animals Are Soul* blog as a spiritual resource for people of all faiths and backgrounds. Enjoy introducing animal-loving friends and family to a unique ECKANKAR blog with gentle, yet profound, stories of heart-warming spiritual connections. [www.AnimalsAreSoul.blog](http://www.AnimalsAreSoul.blog)

### A SPIRITUAL EXERCISE TO TRY

## A Gentle Exercise before Sleep



**T**ry doing this spiritual exercise each evening before you go to sleep. Close your eyes, and sing *HU* or your secret word for five minutes.

Then just before you go to sleep, say to the Mahanta, "Please take me to the place where I can learn whatever is important for my spiritual unfoldment. Take me to a Temple of Golden Wisdom."

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

If you can establish the golden heart, which is actually the viewpoint of Soul, you'll find it easier to have inner experiences and let go of the fear. If you have fear in Soul Travel, you have fear in other things, and it's holding you back in your life.

—From *The Spiritual Exercises of ECK*, by Harold Klemp

For more spiritual exercises, visit [www.Eckankar.org](http://www.Eckankar.org) and explore the Spiritual Exercise of the Week.

## New on ECKANKAR's YouTube Channel

Brand new to ECKANKAR's YouTube Channel is the "Stories and Songs from the Heart" playlist, featuring stories and performances by students of Eckankar around the world. You're invited to watch and share these videos with your friends and family.

[www.youtube.com/user/EckankarOfficialSite](http://www.youtube.com/user/EckankarOfficialSite)





## QUESTIONS AND ANSWERS

## Ask a Modern Prophet about Out-of-Body and Soul Travel Experiences

*Why is there such a focus on Soul Travel, and what is it?*

Soul Travel has its range of experience. Some people notice it as just a shift in consciousness. All of a sudden something happens in their lives where they become aware they understand something they hadn't before.

It comes like a soft, golden kiss of God. Then they just *know* something.

Soul Travel can also be a stronger experience where people are actually lifted completely out of the body and they have some experience in the other worlds. It depends upon what they're ready for, what's necessary for their spiritual development.

*When fear stops you from continuing a Soul Travel experience, can you overcome that fear?*

First of all, I'm glad to see you using the word *continuing*. It means that you have at least had a little experience with Soul Travel.

You are right, it is only fear that stops us from progress with Soul Travel. What happens when you love someone or something with your whole heart? Right, fear is pushed out of your mind!

Therefore, can you go into contemplation by putting a thought into your heart about something you did once that made you happier than you'd ever been before? Then take with you the thought: I love God with all that is within me.

I hope that this will help you get over your fear. It is quite a natural thing, but you will see it growing less powerful as you keep on with the spiritual exercises.

*I would like to know if animals such as lions, cows, and dogs have Soul Travel experiences.*

Some animals do. They're the same as people, in that animals have many different levels of consciousness.

Like us, all animals dream. Some remember, many don't. Specially gifted ones, like spiritually advanced people, do Soul Travel. In time, scientific research will be able to expand its knowledge of what happens when people and animals sleep.

You can begin exploring your interests in these fields of knowledge through dreams or Soul Travel. Eventually, science will catch up to the knowledge of those who already can explore the spiritual states of living beings—human or animal—by Soul Travel.

—From *A Modern Prophet Answers Your Key Questions about Life, Books 1 and 2*, by Harold Klemp

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## MEET SPIRITUALLY LIKE-MINDED PEOPLE

## You Are Invited to a Spiritual Gathering

Eckankar seminars are an opportunity to join with other spiritual seekers and students of Eckankar for one to three days of workshops, small group discussions, inspiring creative arts, programs for youth and families, and outstanding speakers. Sri Harold Klemp is the featured speaker at the two major Eckankar seminars (spring and fall) each year.



Coming in April:

**2019 ECK Springtime Seminar**  
*Shining Your Light as Soul*  
**April 19–21, 2019, Minneapolis, Minnesota, USA**

For more information, to preregister for this seminar, or to see a short video including an excerpt of a seminar talk by Sri Harold Klemp, go to [www.ECKseminars.org](http://www.ECKseminars.org).

*Meet people from around the world who share how the teachings of ECK help them in their lives.*

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