



Spiritual Wisdom Journal

Quarterly Inspiration from ECKANKAR

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SPIRITUAL SURVIVAL IN A CHANGING WORLD

Focus: Reinvent Yourself Spiritually

“Many people do not understand that life, with its burdens, is a treasure. The weight of disappointment makes us close our eyes to the gift of being in the world to learn about the loving heart.”

—Sri Harold Klemp,¹ *A Modern Prophet Answers Your Key Questions about Life, Book 1*

FEATURE ARTICLE



How to Begin Your Spiritual Renewal

By Sri Harold Klemp

Sometimes you need the experience of leaving something, of having the will to say, “This is not the way I want to live the rest of my life. I would

like to do something else.”

Once you decide to act on it, you find out that there are a lot of other things that come with a decision like this. Change means going from one state of consciousness to another. And this involves adjustments, which in most cases mean trouble. Adjustments equal trouble.

But when you get to the other side, all of a sudden you realize that things are better. That this life,

1. Sri Harold Klemp is the spiritual leader of Eckankar.

this state, this new condition existed alongside the original one all along.

What, then, kept you from being there? The lack of courage to make a move, to do something.

Key to Happiness

People who work at the same company have different experiences. Some are entirely happy with the way they are treated by their superiors. Others, although treated the same way, are miserable. The same conditions are one person’s heaven and the other person’s hell.

What makes the difference? Is it the working conditions?

The circumstances in our everyday lives are nothing like the harsh abuses of war, yet there are conditions that aggravate us, that make us wonder what this life is all about. The simplest way to deal

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How to Begin Your Spiritual Renewal

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with this is to put your focus on God by doing the Spiritual Exercises of ECK.² You may find yourself transported from your hell to the heaven that exists just one step away.

Whether a person is in ECK or not, it's their state of consciousness that makes them happy or unhappy.

It's what you do with what you have that makes all the difference. Whenever something comes into my life, I try to get the most out of it that I can.

A Way to Renew Yourself

There is a lot of attention on ecology nowadays. The Europeans are ahead of the Americans in garbage disposal habits because they have limited room for waste storage—landfills and so on. Separating the garbage into different categories has become a way of life.

If you tried to introduce a project like that here in the States, there would be a long, slow period of re-education as to how to go about it. And many people would protest, feeling that it was taking away their freedom.

In South America and the Middle East, archeologists have uncovered ancient cities that were abandoned suddenly. Scientists couldn't figure out why anyone would walk away from a perfectly good city. But as they dug through the rubble, they found that garbage had been thrown over the city walls until it was piled to the top of the walls. In time, the rats probably took up residence in the garbage and spread cholera and other diseases that threatened to wipe out the population, so everybody had to leave. Or maybe the garbage got so high that their enemies were able to climb up the pile and come over the wall.

Again, we have our castles, our walled cities around us. Why? Because the walls provide protection from the harsher things in life.

2. ECK is the Life Force, the Holy Spirit, the Audible Life Current which sustains all life. Also short for Eckankar.

“And so in ECK you need to do the Spiritual Exercises of ECK to continually renew yourself.”

But as you go through life, you keep throwing off karma, those graceless little acts that accumulate like piles of garbage. You throw it over the wall.

Pretty soon, unless you figure out a good way to get rid of this waste, spiritual corruption sets in.

And so in ECK you need to do the Spiritual Exercises of ECK to continually renew yourself. These spiritual exercises help you to sort these things into little piles, some to be recycled and reused to help you along in your search for God.

Finding a Use

The nondiscriminating mind takes all the waste and throws it into one big heap. It's all waste; therefore it's all no good.

But the person who is further along on the spiritual path sorts through the waste before it gets to that great big pile. He says, “Oh, this can be used by somebody else.” He saves the paper, saves the clothing. And in so doing, he is giving back to life. . . .

Learning to See and Listen

The ECK works in subtle ways. If there is something you need to know, you have to be of a mind to ask. Then you need the consciousness or awareness to know how the Holy Spirit speaks to you.

But so many people can't hear. Even in ECK, you first have to learn how to listen and how to see. You learn to listen for the Voice of God in whatever way It comes, and also to see the manifestation of the Light of God in whatever way It comes. The Holy Spirit, which is the Voice of God, is always working on your behalf to help you unfold spiritually, to become a better, more loving human being.

All that prevents you from taking that step is your state of awareness, your focus on God. How strong is it? How much do you want God?

How successful you will be depends on your answer.

—From *How the Inner Master Works*, Mahanta Transcripts, Book 12, by Harold Klemp

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View a short talk by Harold Klemp.

The spiritual leader of Eckankar speaks about reinventing yourself.

<https://www.youtube.com/watch?v=BY2qDH0CV9Y>

A Past-Life Dream Restores Me

By Brian Determan, Texas

For some reason, I often felt hopeless back when I was growing up. As the years passed, I lost my passion for life and began to doubt myself. The hopelessness persisted into adulthood.

I wondered if this feeling might have been caused in a past life. So one night, before going to sleep, I invited the Mahanta³ to take me to the spiritual worlds to explore why I had been feeling hopeless. Then I had two related dreams, but at different times.

In the first dream I was in an unknown house. I walked into the living room and found a book on the coffee table, *Uncle Tom's Cabin*—the famous American antislavery novel. It was a joy to see, as I sensed it was a gift from someone. When I woke up, though, I was puzzled. Although I remembered the book from my college history class years ago, it was not one of my favorites.

In my second dream, several months later, I was in a tall house with a half-circle window in the wall I stood facing.

Suddenly I saw there was an arrow in the window, making it look like an old-fashioned elevator floor indicator. Through the window I could see it repeatedly change from dawn to dusk outside.

Then I saw something moving on the wall to my left. Two or three African-American women in Victorian-style clothes were walking alongside a



wagon drawn by a brown horse. An African-American girl, about twelve years old, was seated in the front of the wagon. At first she looked so joyful, so full of passion for life. But I saw the girl lose her passion and grow hopeless in the face of oppression. This robbed her of her confidence, her belief in herself.

I woke up and immediately knew this young girl was me. I'd been glimpsing a past life! I realized my current-life lesson was to restore confidence and faith in myself, and my passion for life, by consistently doing the Spiritual Exercises of ECK. It worked!

I've gained confidence in myself, and my passion for life is restored. I taught myself how to create short videos and movies. It has become my passion, and I've been pretty successful at it.

It was so rewarding to receive these dream gifts from the Mahanta. Thanks to them, I've been able to take another important step on the path to spiritual freedom.

—From the 2019 *Eckankar Journal*

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.

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A SPIRITUAL EXERCISE TO TRY

Create a Brighter World



If you have an uncomfortable experience or dream—or one you don't understand—take it into contemplation. Begin by singing *HU* for a few minutes. Then rewind the dream or experience, and run it through your mind. Next, visualize a door that opens into golden sunlight. This is the Light of God.

Now take the uncomfortable experience from the darkness; take it from the silence and solitude through the open doorway where it is dissolved by the Light and Sound of God.

This exercise can get you in the habit of looking for a brighter, more creative world, where you can find more inner satisfaction. With the help of the Inner Master, the Mahanta, you are learning to take charge of your life. You are becoming the aware Soul, the creator of your own worlds.

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

For more spiritual exercises, visit www.Eckankar.org and explore the Spiritual Exercise of the Week.

QUESTIONS AND ANSWERS

Ask a Modern Prophet about Reinventing Yourself Spiritually

I am depressed over the condition I find my life in. I cannot even look for a job because I am afraid I would just be bored with it, and I am not able to face another failure. What can I do?

Sit down and list the things you like and do not like about yourself, in separate columns. Look at them once a month. As you review the past thirty days, look for any changes the Holy Spirit has brought to you.

Self-discipline is an absolute necessity if one is to have a productive life. Replace old tastes and preferences with new, better ones. But do it in the name of God, with love and a sincere heart, or nothing will come of this experiment.

You must also look at how you wish to spend your time at work. Plot out a rough plan for getting (and holding) a job that has the things in it needed to keep your interest. Take care of the outer needs of the body because they are important for a sense of well-being. What you want to do is live the complete life.

The Spiritual Exercises of ECK build up spiritual momentum for Soul to realize the godlike being that It is; therefore, it is imperative that you do them for a twenty-minute period every day. If you

have the discipline for that, I will certainly be with you at all times.

Lately I have been through a very lonely time where sadness has been a frequent visitor. When I realized that the way back to God was mine to travel alone and that I couldn't even talk about some of these things with my husband, the pain was intense.

The troubles we face are only for our own unfoldment. Our trials are difficult for us, but they mean little to our neighbor. He has his own troubles.

The way becomes narrower, but as our self-discipline to do those things that help us along the path increases, we discover that life can no longer defeat us. We move tranquilly under the protection of that Presence we know as the ECK, the Holy Spirit.

Our service to God, then, is given in the little things of life. The joy of spiritual awareness that now lights up our consciousness puts discouragement aside.

Each problem we control makes us greater in the eyes of God and one step closer to self-mastery.

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

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.

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Coming in April:

2020 ECK Springtime Seminar
Accepting the Blessings of Life

April 10–12, 2020, 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.

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