



# Spiritual Wisdom Journal

Quarterly Inspiration from ECKANKAR

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SPIRITUAL SURVIVAL IN A CHANGING WORLD

## Focus: Becoming the Awakened Soul

“To see the Light and hear the Sound is to experience spiritual upliftment that pulls you into the worlds of knowing.” —Sri Harold Klemp,<sup>1</sup> *The Awakening Soul*

FEATURE ARTICLE

## Our Spiritual Wake-Up Calls

By Sri Harold Klemp

Throughout most people’s lives, there are turning points, or wake-up calls. These are very important in the spiritual life, because something significant happens.

Usually we’re not so sure that this significant happening is for our good. In fact, we usually think something went wrong. We hang on to our old ways and our old thoughts, our old habits, hanging on because we know the past. It’s comfortable. It may not be the best, but at least it’s like an old friend. The future is unknown, a deep, black ocean that terrifies us.

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

## Inside

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A SPIRITUAL STORY

## The Gift of Awareness

By Karen Candito

When I was fourteen years old, my father arranged a family outing. My sister and I spent one Saturday cruising with him on a naval aircraft carrier. There were hundreds of other civilians like us on board, but the ship was so massive that no one felt crowded.

For a large portion of the day I wandered around the ship alone. I felt confident and wonderfully free. Being an awkward teenage girl, it surprised me to find that the order and precision (which is so much a part of military life) gave me a familiar sense of stability and security.

That entire day, I also felt unusually connected to my father, as if we were two sailors sharing a sacred moment. I wanted to stay forever.

Twenty years later, at the age of thirty-four, I found myself facing problems in my family life. I noticed myself getting unreasonably impatient with my children, who were eight and ten years old at the time, for small things like not cleaning their rooms in the exact way I’d insisted upon or not setting the table exactly right. If my husband didn’t put the newspaper away where it belonged just after reading it, I became irritated and let him know it.


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A SPIRITUAL EXERCISE TO TRY

## A Wonderland of Love



Do this technique at bedtime. Shut your eyes as you prepare to go to sleep. Far off in the distance, look for a dot of golden light. It will be dim at first, then it will grow in size and intensity as it moves rapidly toward you.

Watch it grow in size until you see it is the  symbol—the letters EK. Its color is that of an old bronze metal with a good many dents on the polished surface. This demonstrates the enduring nature of ECK.<sup>2</sup>

Concentrate upon the golden letters , and softly chant HU, the sacred name of God. Soon you should see the Light and hear the Sound of God. This is your key to the wonderland of God's divine love.

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

### “Miracles in Your Life” Video

Click this box to view a very special video presentation about HU, a majestic love song to God.

## Our Spiritual Wake-Up Calls

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These spiritual wake-up calls come sometimes in dreams, sometimes in symbols or daily events, occasionally from an ECK Master.<sup>3</sup>

Most of us are people who like routine; we like things to stay exactly as they are. But if we keep going through our lives, doing things exactly as we've always done them, we're never going to move forward on the path to God. It can't happen. We're going to be exactly where we were, forever and ever. For those of you who understand the spiritual works, you know that this is impossible. You either go forward or you go backward, one or the other. . . .

. . . Most of you have gone through years of uncertainty, going from one religion to another; going from one interest in the occult to another,

from philosophy to psychology, to any of these different subjects, even mathematics. Trying to understand the key to life and truth. And sometimes, you make little gains here and there, but you back off at some point. Then you say, “There's got to be more.” Something, some inner nudge, leaves you dissatisfied with the knowledge that you have gained up to this point. And some hidden thing inside your heart drives you on in your search for God and truth.

—From *Our Spiritual Wake-Up Calls*, Mahanta Transcripts, Book 15, by Harold Klemp.

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\*For anyone not a member of Eckankar.



2. The Life Force, the Holy Spirit, which sustains all life.
3. ECK Masters are spiritual Adepts who can assist and protect people in their spiritual studies and travels.

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## The Gift of Awareness

*continued from page 1*Ask a Modern Prophet about  
Becoming the Awakened Soul*How does having the Mahanta, the Living ECK Master as a spiritual guide help someone become an awakened Soul?*

The holy book of Eckankar, *The Shariyat-Ki-Sugmad*, Book One, tells how the ECK Sound Current is often weak at first. However, the Master gives a student unique methods to begin opening the Spiritual Eye.<sup>4</sup> As it opens, the Sound becomes ever clearer, more distinct, more compelling, a magnet of love.

This divine music then begins to draw Soul higher. The journey home to God may now proceed in earnest.

The special methods the Master gives to a lover of God are the Spiritual Exercises of ECK. Many, many are available in the outer works of Eckankar. Moreover, the Master will also pass along others in the dream state or contemplation. The latter match one's state of consciousness. The experiences that accrue from them are, like the outer exercises, designed to refine one spiritually.

—Answer from “Love Is a Many-Splendored Thing,” by Harold Klemp, 2010 *Eckankar Journal*

*How can I attain full consciousness, both in the inner and outer worlds?*

The simplest key to being “conscious” is the art of listening. By all means listen to others, but also listen—and watch—for the silent voice of the Mahanta, the Inner Master, that speaks through others, the waking dream, and intuition, for example.

To be conscious is to be humble and compassionate in the presence of life. In short, love fills your being. The ego is out.

—*A Modern Prophet Answers Your Key Questions about Life*, Book 2, by Harold Klemp

### To discover more about Soul's awakening, read *The Call of Soul*, by Harold Klemp.

“An initiation is a most holy moment. An ECK initiation is simply a spiritual rite that brings you closer to ECK, the Holy Spirit. . . . During the time of initiation, people open their awareness and recognize the linkup with Divine Spirit.

“Sometimes the awareness of this linkup comes in a gentle way, like a dream. Sometimes it comes later, when you wake up one morning with a feeling of love and wholeness you've never felt before. It begins to change you in little ways. Little by little, your Spiritual Eye opens and your heart opens to love.”

—Sri Harold Klemp, *The Call of Soul*



It suddenly became obvious that life didn't flow for me unless my family followed my demanding and inflexible rules.

What was this rigidity that I was trying to impose on my family? How much longer could they live with my need to control everything they did? Why did I have such an inner need to discipline life in every tiny detail? I knew I had to release myself from something, but I was afraid to face what that something was.

Whenever I encounter a spiritual stumbling block like this, I like to do one of the Spiritual Exercises of ECK. I sit quietly, close my eyes, and sing HU, an ancient name for God. This particular evening I asked Wah Z (the spiritual name of Sri Harold Klemp, the Mahanta, the Living ECK Master) for help and insight into my problem. Shortly after, I had a dream.

In the dream I was back on the deck of an aircraft carrier, with the brisk sea air caressing my face. I felt the same peace and contentment I had felt that wonderful day on the ship when I was fourteen.

Then I looked down at myself and discovered that I was a man. A Japanese man standing on the deck of a Japanese ship! I realized that in a previous lifetime, I had been a sailor in the Japanese navy.

I had the memory of loving that life. I loved the freedom, the travel, and my distinguished military career. In that lifetime, I felt successful and was content with myself. The love that I experienced in that life explained

4. The Spiritual Eye, or Third Eye, is located just above and between the eyebrows; it is the window between the physical and spiritual worlds.

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## 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 discussion, 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:

**2014 ECK Springtime Seminar**  
*Spiritual Adventure in*  
*The Year of Light and Sound*  
**April 18–20, 2014**  
**Minneapolis, Minnesota, USA**

For more information or to preregister for this seminar, go to [www.ECKseminars.org](http://www.ECKseminars.org).

You can also see a short excerpt of a seminar talk by Sri Harold Klemp.

### Enlightenment

“Enlightenment is a gentle thing if it’s right, if you’re ready for it. It gives you a different state of consciousness.”

—Harold Klemp,  
*The Awakening Soul*



Meet people from all over the world who share what they’ve learned on their own spiritual adventures in the Light and Sound of God.

To view a video, “The ECK Seminar Experience,” go to [www.ECKseminars.org](http://www.ECKseminars.org).

## The Gift of Awareness *continued from page 3*

why I had felt so strong, free, and connected on the aircraft carrier in this lifetime.

I also saw in the dream that I had carried some habits and attitudes from that incarnation into this one—characteristics that were not helpful now.

I was trying to impose the rules and regulations, which had made my past military life comfortable, on my present family. How could I expect my loved ones to live life on a military schedule or to make beds so tight a dime could bounce off them?

Somehow I had connected my memories of freedom and contentment with regimentation and discipline. I had been afraid to trust that I could be free and content without my inflexible rules.

We so often hold on to past-life habits and

ideas no longer useful to us in our present state of consciousness. With the help of the Mahanta, I am learning to work with the rhythm of life. I am learning that letting go of old, worn-out ideas doesn’t mean losing other things, like security or happiness. I have everything I need right here and now.

—*Stories of Past Lives, Dreams, and Soul Travel*,  
 Harold Klemp, Series Editor

### Video Clip on Ways of Spiritual Dreaming

For insight on how dreams can help you become an awakened Soul, go to [Eckankar Official Site on YouTube](#).

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