Focus: Spiritual Wisdom on Inner Guidance

“God is always speaking to us and all life through the Holy Spirit. . . .

“Listen to God’s Voice. Respond to It spiritually and know that despite every appearance to the contrary, all is well and in its rightful place.” —Sri Harold Klemp,¹ The Living Word, Book 2

Your Lifeline to Inner Guidance

By Sri Harold Klemp

You are the captain of your own ship; you have the most to gain or lose from its condition.

But you are not at sea alone. The ECK and the Mahanta² offer every guidance to keep you off the rocks and destruction. Whenever you need to boost your confidence, do a Spiritual Exercise of ECK.

It is a lifeline.

The real heart of my message to you is an affirmation of all the opportunities in your life to grow spiritually. Seize the moment; seize the hour; seize the day. Glory in the fact that you are a spark of divine creativity. All human conditions allow a chance to try your wings, to explore the places that the ECK Masters call home.

Let the ECK and the Mahanta be your guide in all things.

When you reach a certain level of spiritual unfoldment, you are actually near the forefront of those who are walking the spiritual path. The only one walking with you now is the Inner Master, whose voice is very subtle. You have to learn to listen carefully for the instructions—when to go left, go right, halt, or advance at double time.

The instructions given by the Inner Master are perceived as nudges, feelings, or intuition. Sometimes they come as direct experiences through the dream state, via Soul Travel, or in any number of different ways.

When you listen to them, you know directly what steps to take in order to get through that level of unfoldment.

The farther you go, the fewer maps are available to chart the path. There are fewer travelers. There are fewer players to tell you what to look for, what to watch out for. It is up to you to keep your eyes wide open and stay alert to the guidance of the ECK. . . .

A man wrote to report an incident that had happened to his wife, “Zina,” where she had received the protection of the ECK in her daily life. This took place in another country where there is less freedom and it’s easier for the military forces to control people or take them into custody than it is here. This family is not wealthy, and every day the wife would go to the shipyard, buy fish,

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¹ Sri Harold Klemp is the spiritual leader of Eckankar.
² 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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Your Lifeline to Inner Guidance

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clean and smoke them, and then resell them. In this way she was able to add a little to the household finances.

This particular day, as usual, Zina went to buy and sell the fish, when the naval patrol came through and made a lightning raid on the wharf, pulling in a lot of the hawkers and people who were changing foreign currency, which was illegal. Selling fish was not illegal, but the arm of the law in that country isn’t very particular until they get you down to the police station to interrogate you and find out who belonged there and who didn’t.

These people were taken to the naval-patrol station, where they were interrogated and some were beaten.

Zina wasn’t beaten, but she was interrogated.

When she started to chant HU, an ancient and sacred name of God, quietly and inwardly, the Inner Master gave her the nudge to call her husband’s name out loud.

She wondered, Why should I be calling my husband’s name when I ought to be calling the name of one of the ECK Masters? But she listened to the nudge, followed it without question, and started chanting her husband’s name.

All of a sudden one of the naval men walked up to her and said, “Why are you calling my name?” She said, “I was calling my husband’s name. I haven’t eaten all day, and I’m getting very dizzy.” He then reached into his pocket and took some money out. He said, “Here, take this money, go to our naval canteen right over there, and get yourself something to eat.”

So she took the money and went across the room to the naval canteen to get herself some food.

Zina was also very bright. She happened to look outside the door just then, and she saw a taxicab sitting there with the door open. Without even a backward glance, she walked outside, got into the cab, and shut the door. The cab took off.

She said the reason they didn’t pursue her was because the other naval personnel had seen this naval man talking to her and giving her money. They just assumed she must be a relative.

She felt this very definitely was help from the Inner Master, but she had to use her own common sense too. When you see a taxicab with the door open, get in!

—From ECK Wisdom on Inner Guidance, by Harold Klemp

A Lesson on Anger

By Patience Etemah-Khama, Ghana

When I was about fifteen years old, I learned an important spiritual lesson on the dangers of letting anger rule my decisions.

One afternoon, I returned home from school. The walk home had taken forty-five minutes, and I was tired and hungry. I looked forward to eating lunch and resting before doing any of the household chores.

But as soon as I got home, my mother asked me to go back out and buy fifty liters of vegetable oil. This meant at least a twenty-minute walk in each direction, and on the way back I’d be carrying a heavy can of oil on my head.

Angrily, I took the oil can and left. I was furious and smoke them, and then resell them. In this way she was able to add a little to the household finances.

Looking for Answers? Guidance? Protection?

Help can come as a nudge, a dream, a vision, or a quiet voice within you. This book offers new ways to connect with the ever-present guidance of ECK, the Holy Spirit.

Each story, technique, and spiritual exercise is a doorway to creative problem-solving, greater confidence, and love for life.

Click here to purchase it for only $3. Start today!
A Lesson on Anger

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ous with my mother for asking me to do this.

Still fuming, I decided to take a shortcut to the market to save myself time. It was a dangerous route. I had to walk along a narrow road close to a canal fed by wastewater from a factory. A dam holds back the dark, chemical wastewater until late in the afternoon. When the water is released, the canal fills to capacity, then overflows, flooding the road.

This road was the shortcut I chose. By the time I got there, the dam was already open, spilling its dark waste into the canal.

I noticed the water was rising very slowly. I thought that if I hurried, I could still use this same shortcut on my way back home. I quickly made my way to the store and bought the vegetable oil.

On my way back home, I had a strong nudge not to take the shortcut. Yet I refused to listen. I was still furious with my mother. I was so filled with anger I was not able to accept this clear guidance from the ECK. Instead, I slowly made my way to the narrow canal road with the heavy can of oil on my head.

When I got there, I found myself alone on the road. The canal was already full, with water overflowing onto the empty street.

Once again, a strong inner nudge urged me to turn back. Again I refused to listen.

*If I hurry, I thought, I can make it to my street before the road completely floods.* So I moved forward into the black wastewater.

I managed to walk halfway through the flooded road. Then I felt something give way beneath my feet.

Suddenly I was sinking rapidly into the water. I realized I’d stepped into quicksand hidden beneath the chemical waste. In just a few moments, I found myself immersed in the filthy liquid up to my chest.

I was in big trouble. There was no one in sight; it was just me and the water. Then I remembered to sing HU. HU is an ancient love song to God that can bring help and guidance from the ECK in times of trouble.

I sang HU and asked the Mahanta, the Inner Master for help. At first nothing happened. I reflected on the cost of my anger as I continued to sing HU. The ECK had given me clear guidance, but I had ignored it. Now my life was at stake.

Then a miracle happened. A man suddenly appeared as if from nowhere. He saw me in the water and ran over to help. After lifting the heavy can from my head, he quickly pulled me free of the quicksand.

I was so grateful for his help and thanked him. I knew he was sent by the Mahanta to help me.

I walked home drenched in mud and the chemical wastewater, but I was no longer filled with anger. Instead, I was filled with humility and gratitude. Inwardly, I thanked the Mahanta for saving my life.

My experiences that day taught me three important lessons. First, that singing HU can work wonders. It can open your heart so you can receive the blessings and love of God.

Second, I learned that I am never alone. The Mahanta is always with me, in every situation, bringing me help and guidance.

Third, I realized that unchecked anger can interfere with the love, wisdom, and guidance of the Inner Master. To have the clearest communication with Divine Spirit, it’s important to always be an open and loving channel for the ECK.

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To Listen for God

Try this simple spiritual exercise to help you hear and see the two aspects of God, the Light and Sound.

Go somewhere quiet. Sit or lie down in a comfortable place. Put your attention on your Spiritual Eye, a point just above and behind your eyebrows. With eyes lightly shut, begin to sing a holy word or phrase, such as HU, God, Holy Spirit, or “Show me thy ways, O Lord.” But fill your heart with love before you approach the altar of God, because only the pure may come.

Be patient. Do this exercise for several weeks, for a limit of twenty minutes each time. Sit, sing, and wait. God speaks to you only when you are able to listen.

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—from the 2015 Eckankar Journal

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—from The Spiritual Exercises of ECK, by Harold Klemp
Ask a Modern Prophet about Inner Guidance

How does God speak to us?

God speaks through the voice of conscience, holy scriptures, feelings, and even the positive urgings of other people. Yet there are other ways. God’s Voice also reaches us through human love, intuition, dreams, the Spiritual Exercises of ECK, or a direct experience with the Light and Sound of God.

Our workplace, home life, church attendance, school life, and many other interests can reveal valuable insights about our response to the Voice of God.

The Creator, the Highest Being, speaks to creation through the Holy Spirit, the ECK. This voice of divine love is very real. Those who enter the higher reaches of heaven here and now in their states of consciousness see the holy Light and hear the divine Sound of God clearly in everyday life. The Light and Sound are God’s way to communicate directly with us. They help develop our creativity, which makes us godlike.

Showers of love rain down upon us simply because we are Soul, a divine spark of God. Its Voice, which showers the love, is the pure Light and Sound.

God is always speaking to us and all life through the Holy Spirit. It is easy to forget Its guidance when we’ve strayed far off the path to becoming a Co-worker with God. A lost job, illness, and a hundred other problems are often a secret message from the ECK to turn us back to God.

Listen to God’s Voice. Respond to It spiritually, and know that despite every appearance to the contrary, all is well and in its rightful place.

—Answer adapted from The Living Word, Book 2, by Harold Klemp

How can someone tell whether he is being guided by the ECK or by the mind?

You can’t ever be sure.

Why?

The mind has a power to make you believe you are always right. That’s why a headstrong person acts so smart. He thinks he’s always right, though he’s often wrong.

So, then, what is the good of ECK?

If guided by the ECK, the Holy Spirit, we are more likely to change our minds when new information comes along. We’re quicker to admit that an earlier decision based on sketchy information needs to change. Those under the guidance of the ECK are always alert. The purpose of the ECK is to have each individual at the peak of awareness.

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

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 October:

2016 ECK Worldwide Seminar

Year of the ECK Missionary

October 21–23, 2016, 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.