



# Spiritual Wisdom Journal

Quarterly Inspiration from ECKANKAR

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SPIRITUAL SURVIVAL IN A CHANGING WORLD

## Focus: Intuition—Listening to the Heart Speak

“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.”

—Sri Harold Klemp,<sup>1</sup> *ECK Wisdom on Inner Guidance*

FEATURE ARTICLE



## 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<sup>2</sup> and the

ter, 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.

Mahanta<sup>3</sup> 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.

### Following Your Nudges

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 Mas-

“The instructions given by the Inner Master are perceived as nudges, feelings, or intuition.”

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.

You can no longer rely on memory and estab-

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

## Your Lifeline to Inner Guidance

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lished patterns. The rules change so quickly that you can only go by your inner direction.

### A Way of Life

This is the way of life for the individual on the path home to God. This is also what makes the path of ECK different from many other religions.

ECK is actually the path of life. We want to know what to do with our life to make it worth the trouble.

What makes this life meaningful? Why is today more meaningful than yesterday? What is the purpose of all the little things that occur?

In ECK we live an active life. We may not know what tomorrow will bring, but it doesn't matter; we try to do the best we can today with the spiritual insight that we have gained through the Spiritual Exercises of ECK.

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

### Creativity and Imagination

A woman recently had a brush with death after she became ill with toxic shock syndrome. The disease began to get the better of her. At one point, her feet became numb, her blood pressure fell to a dangerous level, and the pain was nearly beyond endurance.

A team of young doctors set to work to save her life.

The night her illness reached a crisis, she felt very afraid of sleep. She thought it necessary to stay awake to survive, and that night proved to be the

longest of her life. To make it till morning, she made up a Spiritual Exercise of ECK. She imagined herself in the company of the Mahanta (the Inner Master) and other ECK friends. She saw herself relaxing in their arms. The exercise was simplicity itself.

Later she made up other exercises that included HU, an ancient name for God, which she sang repeatedly.

The night passed, and the illness with it. This crisis brought her a realization about the Spiritual Exercises of ECK: It took a real effort to create them during this emergency. She then realized the value of doing them daily before the onset of trouble.

Waiting until the hour of desperation could be too late. As it was, it still took her a lot of imagination and effort to create them during the pain of her illness. But her daily practice of the spiritual exercises had made it easier to reach for the love and support of the Mahanta and other ECK initiates.

The experience was a crossroads for her. In the future, she plans to give up several negative traits that have held her back spiritually and put more energy into higher ambitions. It's a far better response to the Voice of God.

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.

*—From ECK Wisdom on Inner Guidance, by Harold Klemp*

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## A SPIRITUAL STORY

## Thy Will Be Done

*By Sara King, Minnesota*

Recently I had a nudge to see a movie that had just been released. "Wouldn't it be nice to see a movie?" a soft voice inside me whispered.

"Well yes," I replied, "but who would go with me? Would they fuss if I ate popcorn with loads of butter and a big sugary soda?"

"You don't have to go with someone. You could go alone," the soft suggestion continued. "Then you can eat all the buttery, messy popcorn you want."

*Hmmm.* Debating with the inner voice, I said "It's really lame to go by myself."

The soft voice answered ever so gently, "But you *would* like to see the new movie. You even said you *wished* to see it."

"True," I answered in the inner conversation. "Perhaps if it shows late, but not too late, maybe it would work."

"Why don't you check the times at your favorite movie house?" the inner voice said.

So I checked the times the movie was playing. The last show was at 9:30, not too late. Any later, and I wouldn't go.

I finished chores and again contemplated whether I should go or not. I found I really did want to see the movie.

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## Thy Will Be Done

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"All you'd be doing otherwise is watching television," my inner companion whispered.

Still I dawdled, waiting for the moment, the right moment. "Now!" I heard the inner voice say.

Quickly I scooped up my purse and keys, petted the pup, and scampered for my car. The inner conversation had been so soft, and I had asked, listened, and acted so seamlessly, that I hardly noticed.

I drove with purpose so I'd be at the movie house right on time, 9:30 per the website. Hopefully I'd find my favorite parking spot, the one across from the ice-cream trolley, against the apartment complex, three spaces in. Because there were so many people downtown, I worried about getting parked and making it to the movie on time. As I approached the ice-cream trolley, I glanced left into the parking lot, and there was a spot. I said inwardly, "A clear parking spot just for me. Wonderful. Thank you, Mahanta!" It was perfectly lit with a streetlamp. If I walked quickly to the movie house, I would be on time.

I entered the theater just as a mom and her son were getting tickets and snacks. The small boy had to be about three or four years old, and he had a huge box of chocolate-covered raisins in his hand. He had a glow about him, and he smiled as he held the box. It was so big. I understood how he felt. They're my favorite too.



A young, blonde girl, sixteen or so, rang up the bill, swiped the mom's credit card, then looked sad. "Your card has been declined," she said.

My stomach lurched. I've been there. The young mom looked at her son. "Give the box back to the lady" was all she said. She hardly seemed surprised. Sad, resigned, but not surprised.

I handed my card to the attendant and said softly but clearly, "I'll pay their bill."

"What?" The mother asked. I looked at the ticket seller and said, slightly louder, "I've got their bill. Put it on my card."

As the machine debited my card, the mom stammered, "You don't have to do that."

"I know" was all I said. I realized meeting this mother and her son had been a connection arranged by the ECK. I had said, "Use me as Thou wilt. Guide me, and I will move. Thy will be done." The mother and child were my opportunity to serve.

I turned back to my own order for a ticket and popcorn. "Extra butter, and a large soft drink, please," I said to the young girl behind the register.

As she ran my card, she looked at me and said, "That was so nice! I've got your ticket. No charge."

I was blown away, so grateful. "Thank you so much!"

She said again, "That was so nice!"

I'm so glad I listened to that inner nudge.

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—Adapted from the 2020 *Eckankar Journal*

### A SPIRITUAL EXERCISE TO TRY

## A Spiritual Exercise to Listen to God



**T**ry 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 daily 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.

—From *ECK Wisdom on Inner Guidance*, by Harold Klemp

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

## Ask a Modern Prophet about Your Intuition

*How can I improve my intuition, especially in these confusing and challenging times?*

We can get so upset about the social, political, spiritual, and religious issues that we lose our balance. We begin to do strange things like tell people to clear out of Montana when we live in New York City. And people don't like it, and they tell us they don't like it. They cause problems.

Singing *HU*, the most beautiful prayer, is a spiritual technique that you can use to keep your balance in this world. It can help you keep your perspective.

Sing *HU*. It can allow—through dream experiences, intuition, or other means—a way for the Inner Master to get through to you. The Inner Master can then let you know which way's up and which way's down—really.

Our political leaders may say, "What is up is down, and what is down is up." By chanting *HU*, you keep your perspective. You say, "This is the ash can of the universe, but we are here to do the best we can, to make it a garden if we can."

If people do things that upset us, that means that we're losing our balance. And that means we're going to do some foolish thing that's going to cost us in the end. So why do it? Why let the emotions take us over, cause us to do some stupid thing and create more karma? And it will usually be bad karma. So why do that?

When you chant *HU*, often the Inner Master will come to you and give you a perspective. Often the Master will say, "Hey, this stuff has been going on for centuries. And it's going to go on for centuries more."

Lord Acton said, "Power tends to corrupt and absolute power corrupts absolutely." If you recognize that this is part of the human condition and can accept it, if you can learn to adjust your life so that you're not always underneath the crushing wheels of power struggles, if you can do that and keep your wits when all around you others are losing theirs, then maybe you've gained spiritually in this lifetime.

These things are the realities of everyday life. These are the things that test Soul. These are the things that test you.

*HU* can protect. *HU* can give love. *HU* can heal. It can give peace of mind. That doesn't mean forever. It just means that if you face a crisis of some kind or another, remember to chant *HU*.

—Answer from *The Slow Burning Love of God*, Mahanta Transcripts, Book 13, by Harold Klemp

*I find it hard to ask questions during contemplation and then listen for answers. Can you tell me the best way to listen and get answers without my mind going to other places, causing distraction?*

The answers may not come during contemplation. Often they come later in the day or week. But they do come.

Your mind, like the minds of many others, likes to jump around. It's unable to focus on one thing. The Mahanta does give you answers in contemplation, but they get lost in a sea of other answers, creations of your mind.

But read on. There is a way to overcome the play of mind.

Once, in a grocery store, I complimented the woman at the checkout stand on how fast she could identify the many different greens and vegetables in plastic bags and then punch the right codes into the computer. She was as fast as an automatic scanner. She was modest about her skills.

"Practice and repetition," she said. "Practice and repetition."

It's the same with the Spiritual Exercises of ECK. It takes practice and repetition. Before long, the mind will behave and stop acting like a spoiled child, for that's what it is. It's used to having its own way.

But if you practice the spiritual exercises on a regular schedule, like a meal, you'll get the inner nourishment you seek.

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

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