



Spiritual Wisdom Journal

Quarterly Inspiration from ECKANKAR

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S P I R I T U A L S U R V I V A L I N A C H A N G I N G W O R L D

Focus: Waking Dreams: How to Know If You're Making the Best Choice

"A waking dream is an outer event in your life that comes to confirm some spiritual lesson in a way that fits only you."

—Sri Harold Klemp,¹ *How to Survive Spiritually in Our Times*, Mahanta Transcripts, Book 16

FEATURE ARTICLE



Learning Grace

By Sri Harold Klemp

A schoolteacher told me about an experience she'd had ten years ago. Before she left for work one morning, she went into contemplation to ask a question of the Inner Master.

The Inner Master is one of the fundamentals in ECK.² This is the inner side of the present spiritual leader of Eckankar.

The ECK books are simply to show people how to go inside themselves, into the pureness of their heart, where they can get answers directly from the Inner Master about things of a spiritual nature, insights to help them in their life.

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

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

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A SPIRITUAL STORY

Working the Waking Dream

By Robert Claycomb

Some years ago, I was considering a course in speed-reading and approached a teacher whose opinions I respected for advice. "Does this technique work?" I asked.

"You have to work *it*," he replied firmly.

Although I never took the course, I applied his sound advice to a different technique: paying attention to guidance from the Holy Spirit, which often comes through waking dreams.

Waking dreams are unusual coincidences or symbols that crop up in your daily life to answer spiritual questions. Sometimes if you have a specific dilemma, you can set up your own, easy-to-understand symbol and what it will mean when you see it.

Last fall, I was contemplating finding a new job. Possibilities for further promotions or raises seemed slim at my firm.

Then two interesting positions were posted in the company cafeteria. Each was a grade higher in pay and responsibilities than my current job. This was such a rare occurrence that I had to follow up.

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A Little Box of ECK



To help you counteract negative thoughts during moments of crisis, try this idea suggested by an ECK youth. Make an “ECK box.” Cut out about twenty-four small pieces of paper; on each paper write a different ECK principle, loving thought, or lighthearted idea.

Some examples are:

“Soul doesn’t have a shadow.”

“I love you.”

“Let the Master guide you.”

“Don’t let the Kal, the negative power, interfere with your life.”

Whenever you feel mad or sad, pull out a piece of paper and read it aloud.

These small reminders from the ECK will help chase negative thoughts away. They can lighten up the darker attitudes that slip into our consciousness now and then.

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

Sing HU HU (pronounced like the word *hue*) is the most ancient, secret name for God. The chanting of *HU* is a love song to God. It can be sung aloud or silently to oneself. It can open your heart to receiving and giving more divine love.

Learning Grace

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Her question was, “What quality will help me grow the most spiritually?”

She thought the answer probably would be love, or perhaps getting more joy out of life—she wasn’t really sure.

In contemplation the answer came through, very softly and gently: “Grace.”

Soon it was time to leave for work. Though she didn’t have enough time to look in the dictionary for the full definition of grace, she decided it must mean an attitude of thankfulness. *Living with gratitude for the blessings of God*, she thought. *That must be grace.*

Still thinking this over, she got in her car and headed for the school where she taught.

As soon as she pulled onto the highway, a huge truck unexpectedly cut her off and almost drove her off the road. It took her a minute to get over the shock, but as she started to calm down, she became very angry at the truck driver.

Suddenly she realized that she was allowing her anger to take over.

“Now wait a minute,” she said. “I just got the answer in contemplation that the quality that would help me the most in my spiritual unfoldment is grace.” Letting go of her anger, she was able to consider the possibility that the driver never even saw her. She gave thanks for the fact that she hadn’t been injured or killed in what could have been a very serious accident.

A little farther down the highway she caught

up to the truck. It was moving very slowly up a hill. As she pulled around it, something made her glance over.

There on the side of the truck, in great big letters, was the word *GRACE*.

This is an example of the waking dreams that we talk about in Eckankar. Sometimes the Holy Spirit will arrange for an outer confirmation of what was revealed in your inner worlds, in your heart. This connection between the inner and outer is what we call the waking dream.

In this case, the woman got the message from the Inner Master that the most important quality she could develop was grace.

Out on the highway, instead of giving in to anger, she gave thanks. Her gratitude gave her the awareness to look over at the truck. And the word she saw confirmed the answer she had gotten in contemplation just a little while before.

The ECK, or Holy Spirit, uses any number of ways to bring you answers or insights about the right thing to do.

It brings confirmation into your life in times of doubt.

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

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Ask a Modern Prophet about Waking Dreams

Does Divine Spirit only communicate in symbols like the waking dream?

The Golden-tongued Wisdom is a more direct way in which the ECK speaks to an individual. It comes in some way that you can hear or see, usually through the voice of another person or through the written word. Its purpose is to give specific directions on how to arrange your life in a more spiritual way. The Golden-tongued Wisdom is like a Chinese fortune cookie from the ECK.

* * *

An ECKist went to the store to buy milk. She took her time, carefully examining the freshness date stamped on each carton. Just then an old man came over and stood next to her. "You MUST check the freshness date!" he said. When she didn't respond, he became vehement about it. "You absolutely MUST check that freshness date!" That's exactly what she had planned to do, until someone told her she *had* to do it.

Glaring defiantly at the old man, she reached into the cooler and picked up a carton that had the second freshest date. Nobody was going to tell *her* what to do.

The next morning she got up early to make breakfast for her family. As usual, she turned on the radio to listen to the news as she cooked. One particular report suddenly caught her attention. The Health Department had issued an alert: certain cartons of milk had been found to be contaminated and should not be used. The report went on to identify the cartons in question.

The woman immediately went to the refrigerator and took out her carton of milk. Sure enough, the one she had bought—with the second freshest date—was contaminated. She was given a second chance to catch it before she served it to her family.

This is one example of how the Mahanta works through the Golden-tongued Wisdom. The ECKist was given a warning through the words of the old man, who for no reason at all felt compelled to tell her, "You must check the freshness date."

—Excerpts from *The Dream Master*, Mahanta Transcripts, Book 8, by Harold Klemp

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Can waking dreams improve our relationships?

An ECKist had a nice little pillow with a saying on it, "To err is human. To forgive, canine." It had a special meaning for her, because of a waking dream she had had.

The waking dream had followed an incident where she had been very rude to her mother. This young woman hadn't been feeling well, and her mother got into her line of fire. So the young woman had snapped at her. Later she wished she hadn't been so hasty and so angry.

After her mother had left, she wondered, *Should I make this right? Or should I just let it go and write it off as one of those little experiences in life? What should I do?* She didn't know.

She went in to take a shower. The question was still going through her mind. She took her shower and dried off, then she went to the sink to brush her teeth. All the time she was wondering, *Should I call my mom and apologize?* She took out her toothbrush, put some stuff on it, stuck it in her mouth, and started brushing.

Suddenly, she discovered she was brushing her teeth with soap.

She had meant to unscrew the top of the toothpaste and put it on her brush. Instead she had gone to the soap dispenser, which has a pump on it—a totally different mechanism—and squirted the soap on her toothbrush. Then she very calmly and placidly put the brush in her mouth and started cleaning her mouth out with soap.

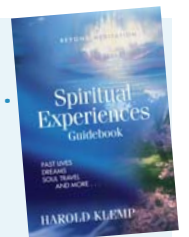
Through this waking dream, she got the message from the Mahanta, the Inner Master. It was: clean up your act with your mother.

This little waking dream was God's love in action.

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

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- 1-888-LOVE GOD, Dept. ISEG (USA only)
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*For anyone not a member of Eckankar.

You Are Invited to a Spiritual Event



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:

2013 ECK Worldwide Seminar
The Year of Light and Sound
October 25–27, 2013
Minneapolis, Minnesota, USA

For more information or to preregister for this seminar, go to www.ECKseminars.org. See a short excerpt of a seminar talk by Sri Harold Klemp.

Working the Waking Dream

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As I hurried to the personnel office my mind was spinning. Was this really the right thing to do? Should I leave a job I liked for the unknown? Would I spend a year or two adapting and learning new things, only to find I didn't like it? Would I leave my department in the lurch?

Since it was Friday, I decided to ponder my application over the weekend.

That night, I sat silently in contemplation and asked the Mahanta, my spiritual guide, for a waking dream. I needed a clear sign to proceed with this job hunt or stay put. My first thought was to use red and green traffic lights as a waking-dream symbol for myself—red for no, green for yes—but they are too common. I would get even more confused. Suddenly a dream I once had of an elephant popped in my head.

Red and green elephants! That would really be a good test. If I saw a red elephant, I would stop looking for a new job. A green elephant would confirm my application.

I implored the ECK, Holy Spirit, to send this unusual symbol in a dream, a cartoon on TV, a billboard, or anywhere it saw fit. Then I would have a sure answer.

I awoke the next morning and recorded my dreams. No elephants had shown up. To engage my mind fully in the issue at hand, I filled out the application forms from work and updated my résumé. I tried to keep my mind off the waking dream, but by midmorning Sunday, with still no elephants in sight, I thought, *I'll go to work and print a nice laser copy of the résumé. That way, if the elephant is green, I'll be ready.*

In the office I turned on a computer, popped in my disk, and tried to open the file. But the screen fluttered and the program crashed. Did my disk have the wrong format? I persisted until I found a machine that opened my file. But when I tried to print it, the text came out skewed and distorted.

This is nuts, I said to myself. Before giving up I went upstairs to the computer in my lab to try one last time.

As I sat in front of the computer, my eyes came to rest on the desk before me. There beside the telephone was my answer.

My supervisor had recently hired a postdoctoral fellow from India to work in the lab. As is the tradition in his country, he'd brought a gift for his new employer. It was a hand-sized elephant sculpted in red clay.

"There it is," I whispered as a smile crept across my face. I put my résumé away and went home. I felt relieved to know I had followed my waking dream. I realized I was really very happy with my job. Sometimes revelations turn out to reflect what the heart has known all along.

What I didn't know was that there was more to come.

Three weeks later, a notice came from the administrator's office. Research positions were being rescaled and everyone at my level would advance a grade. Pay increases would be retroactive for a month. I got the promotion and the raise after all!

This adventure is only one example of how waking dreams work. It is one fun way Eckankar has helped me participate more fully in the mystery of life. Try it for yourself—but remember, you have to really pay attention and work it!

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

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