



# Spiritual Wisdom Journal

Quarterly Inspiration from ECKANKAR

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**SPIRITUAL SURVIVAL IN A CHANGING WORLD**

## Focus: Spiritual Wisdom on Life after Death

*"Love is the only thing that can replace a loss of the heart, and Soul Travel (which is an expansion of spiritual awareness) is the gateway to love."*

—Sri Harold Klemp,<sup>1</sup> *Spiritual Wisdom on Life after Death*

### FEATURE ARTICLE



## Divine Evolution

By Sri Harold Klemp

You are Soul—an eternal, individual spark of God, who can never die. Each person is a divine being who comes to life on earth with a spiritual purpose.

Lifetime after lifetime, Soul grows in love and grace, ultimately to become a Co-worker with God.

A lifetime is a precious gift, an opportunity for spiritual growth and service to others. Most of all, life brings Soul the purity of love, compassion, and grace.

Death is a doorway, a transition into the in-

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

ner worlds. Births and deaths mark the journey of Soul. The translation, or movement, from one stage of experience to another is but a further step on Soul's journey home to God.

The great fear behind all fears is the fear of death. Death is such an absolute term. It means that's the end of everything. That's how people think of death. But if we look at the spiritual matter of the death of the physical body, we in Eckankar prefer the term *translation*; we say someone has *translated*.

Think of it in terms of translating one language to another—like from English into German, or from German into English or French. The meaning and content, the essence, is the same.

Likewise, Soul is the same and can carry Its body of knowledge from one lifetime into another.

The purpose of the ECK teachings is to make you aware of yourself as Soul. You begin to real-

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- 1-888-LOVE GOD, Dept. ISEG (USA only)
- ECKANKAR, PO Box 2000, Chanhassen, MN 55317-2000 USA.

## Divine Evolution

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ize your ability to move beyond the physical body even while you are still alive in the body. When Saint Paul said, “I die daily,” he referred to this process. It is similar to death in that in the Soul body, one actually leaves the physical body to take a look at the worlds beyond.

Here one gains confidence and courage and becomes acquainted with the other worlds, so that when the time comes, Soul moves through the transition very smoothly, very naturally. Death loses its sting; the grave loses its victory.

Sometimes the transition is made so gradually that the person who is near death finds it a pleasant experience.

I remember the way my grandmother would sit by her sewing machine and seem to be talking to herself. But she wasn't at all. She was speaking with friends and relatives from the other side; she was already able to see them.

This often happens with people who are about to die. The transition is very gradual, and you know they are in good hands. The person who leaves this plane generally does not miss it.

There's no reason to, once you realize the continuity of life.

When we leave the physical body permanently—if we are advanced to any degree at all—there need be no concern for this life on earth, for we have moved into a far greater expression of it.

Our divine evolution is a wonderful thing.

In most cases, as we make the transition into the heavenly worlds, we are totally unconcerned about it. As bright as the sunlight appears to our eyes, this physical world is a dark, small, mean place compared to the other worlds. You will see settings similar to those on earth, but larger and with a lot more light.

There will be a lightness and spaciousness about the body that you wear there. Soul is once again wearing a body, but It is on a higher plane. It is so natural that generally you don't give it a second thought. And you are always greeted by someone you know and love.

For people who love truth and love God, it's a smooth change. The key really is love.

—From *Spiritual Wisdom on Life after Death*,  
by Harold Klemp

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### A SPIRITUAL STORY

## My Father's Farewell

By Lillian Liberman, Mexico

My father had been brought up as an orthodox Jew, and although he was a very spiritual man, he was wary of the spiritual path I'd chosen for myself. Eckankar seemed foreign and unfamiliar to him.

But as I began to practice the Spiritual Exercises of ECK, my father immediately realized something was different about me. He also noticed that when I returned from an Eckankar seminar I was filled with more light and love.

“Whatever you're doing,” he said, “it must be good.”

One day, shortly after my return from a seminar, my father asked me, “How are your Masters in Eckankar?”

“They are the best in the universe,” I replied.

“That's good!” he said. I was happily sur-

prised. I'd expected him to challenge me about my beliefs. Instead, he was pleased with my response.

One Sunday after dining out, I hugged him as we were leaving the restaurant.

Suddenly, I felt a strong bond of love between us. I didn't realize then that this was a farewell hug.

Later that week, I had trouble sleeping. I tossed and turned for hours in my bed. I felt strange, as if something were about to happen. But I didn't know what.

Then I got a phone call from my mother, telling me that my father had translated (died). He had gotten up in the middle of the night, feeling unwell. Then he arranged his pillow, lay down on the bed, and peacefully died.

I realized that all my tossing and turning was because, as Soul, I knew my father had passed on. I just hadn't recognized it consciously.

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## My Father's Farewell

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I decided to do a spiritual exercise. I went into the living room and played a CD of thousands of people singing *HU*, an ancient love song to God. Then I closed my eyes and went into contemplation.

Suddenly, I heard my father's voice. He was speaking with Wah Z, the Inner Master.

"I'm not so important," my father said.

"Yes, you are very important," Wah Z replied.

"But not so much," responded my father.

Then I felt the Mahanta<sup>2</sup> nudge me to speak.

"Yes, Daddy, you are very important!" I said.

"You're here?" he asked, sounding surprised.

I began to say, "Yes, Dad, this is—," but he interrupted me.

"Eckankar!" he said, as he surrendered himself totally to the Mahanta. There was a noise like the rush of a strong wind, and he was gone.

That night, my son drove me to my parents' home to be with the rest of our family. I had been tremendously moved by the experience with my father. When we arrived, I still felt the strength and peace of the Mahanta's presence.

The next morning, as we prepared to go to the funeral, my son called me to the door.

"Mom, come quick!" he shouted. We all ran together to look outside. In the sky above us was a huge rainbow. I could feel the presence of God surrounding us as we stood together in silent amazement.

<sup>2</sup> 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.

The rainbow was a divine message that my father was doing fine on the next step of his spiritual journey. As we drove through the city, smaller rainbows appeared throughout the sky, reminding us of God's love.

After the funeral, I returned to my mother's home. That night, just as I was about to fall asleep, I felt an invisible hand caress my hair. I knew it was my dad, coming to say a final good-bye.

"I know it's you," I said inwardly.

Then I felt the caress on my hair again, along with a warm feeling of love and appreciation.

A few days later, my father had one final surprise for all of us. My parents lived in a fifth-floor apartment, and the foliage of some of the bigger trees in the garden was level with the windows.

As our family sat in the living room, chatting, a beautiful eagle alighted in one of the branches close to the window and stayed there awhile, watching us.

I was amazed! Eagles are rare in Mexico, and I had never seen one in the middle of Mexico City. The eagle looked at each one of us, as if confirming we were all OK. Then it was gone.

The whole experience showed me, once again, the truth of the fundamentals of the ECK teachings: First, that we are Soul, an eternal spark of God. Second, that there is never a moment when we do not have the love and the protection of the Mahanta. And third, that life is all about love.

These three basic truths never cease to be amazing.

—From the 2015 *Eckankar Journal*

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### A SPIRITUAL EXERCISE TO TRY

## To Deal with the Pain of Separation



The pain of losing a loved one is a sorrow common to all people, regardless of belief. It's natural to miss someone who has been so much a part of ourselves.

How does a person grieve? There's no one way because our feelings about each loved one who leaves are different in each case.

To deal with the pain of separation, make an effort to help others. Offer to babysit someone else's children or pets. Or call the local hospital, and say you have a few weeks free in which you could be a volunteer.

Right now you have to go beyond your sorrow.

—From *Spiritual Wisdom on Life after Death*, by Harold Klemp

## Ask a Modern Prophet about Life after Death

*Our five-year-old daughter passed on unexpectedly. She lit up my life to a degree I cannot describe. My son says she came to teach us about love. I would like to believe that my love for her is the love of God. Please help us during these difficult times.*

The hand of sorrow has touched your family deeply. The wisdom of your son is right: Your daughter came to teach you all to love each other more.

We understand that life is a series of comings and goings, but somehow the passing of a child is harder to accept than is the passing of one well along in years. It is hard to see now, but life will replace the joy you have lost with even greater joy. But first you must heal your sorrow, and that will take time.

Any words I write to you about the loss of your daughter cannot heal the ache of your heart. I would suggest that in contemplation you ask to meet the Mahanta as a family, including your daughter, of course. You will receive the understanding you need about human love being the link to love for God and the Mahanta.

*Eleven years ago, our son committed suicide. This year our neighbor's boy did the same. What*

*happens to those who do this? I just don't understand why he wanted to leave so badly.*

We can only do so much when our dear ones shut out love and destroy themselves. Yet, take comfort: Soul is eternal.

You did all that was humanly possible to encourage him to anchor himself in this life. Please do not feel that you have failed him in any way. He knows you haven't and does not want you to carry an unnecessary burden of grief over time.

For a while, these unfortunate Souls wander in one of the inner worlds, the Astral Plane, lost. Some must relive their act of self-harm again and again.

Thereby they learn how precious life is.

Eventually, the wheel of karma turns, and they are reborn. Their new life may be harsh, but it is to teach them love.

Your son's act of self-harm is of a temporary nature, for finally he, as Soul, will recognize his responsibility to life and serve it gladly without regrets. The Mahanta is working with him even now to help him adjust his spiritual viewpoint, so that he may become worthy of service to God.

—From *Spiritual Wisdom on Life after Death*, 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.



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

Coming in March:

**2016 ECK Springtime Seminar**

*Golden Wisdom in The Year of the Shariyat*

**March 25–27, 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](http://www.ECKseminars.org).

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