



Spiritual Wisdom Journal

Quarterly Inspiration from ECKANKAR

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SPIRITUAL SURVIVAL IN A CHANGING WORLD

Focus: Soul Travel to Discover the Most Secret Part of Yourself

“Soul Travel is a valuable skill that can be learned by almost anyone who is willing to invest the time and patience. It is a bridge over the gulf that divides the human from the spiritual consciousness.”
—Sri Harold Klemp,¹ *The Call of Soul*

FEATURE ARTICLE



Soul Travel with the Spiritual Exercises of ECK

By Sri Harold Klemp

Soul Travel is a natural progression that is reached through the Spiritual Exercises of ECK.

A chela² in Africa lay down in bed, covered his ears with pillows, and listened to the ECK Sound, which was like a sibilant, rushing wind in the distance—but still very close and within him. Soon, he felt a sucking motion at the top of his head, but he was not afraid. He then felt himself totally withdraw from his physical body and hover in space over the bed.

“The whole of this space was lighted with shim-

mering atoms and bright giant and small stars,” he said. He looked at himself and discovered he was in the radiant Soul body, very youthful and full of energy and power.

Then he sang “Sugmad,” a name for God, in a gentle lullaby. In that moment he realized that all the atoms and all the stars were part of him. As he sang quietly to himself, an energy vibrated continuously and flowed out from him to sustain all things and beings in this unending universe of stars. He felt mercy and love for all beings in this universe of light. He experienced a great Sound flowing from his center, touching and giving joyful bliss, life, and power to all in his universe. This left him in spiritual ecstasy, because of the act of giving.

The ecstasy returns to him even now in his physical state. This was an experience of brief homage paid to the Sugmad (God), and it has enhanced his life in every way.

This experience began as Soul Travel, but it went beyond that and ended as a spiritual journey to God. A touch of God is not the Sugmad in Its fullness, because the God experience, all at once, would devastate the individual, causing a setback for many ages.

The classic Soul Travel experience is leaving the human body in full awareness and having the Light and Sound of God flow directly into the Soul body. But some people have done that in earlier incarnations and have no desire to go through the ABCs of spiritual school again. The Mahanta³ may

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

2. A spiritual student, often a member of 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.

Soul Travel with the Spiritual Exercises of ECK

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give them a few brief refresher Soul Travel experiences, and from then on they go on to seeing, knowing, and being. This phase of experience in ECK is the ECKshar consciousness. To see, know, and be are the qualities of Soul that are at the forefront of attention in the Soul Plane and above.

Beginners in Soul Travel usually stay close to the body. The Mahanta or his designee will help the individual get above the human state of consciousness and take a short journey in the near Astral Plane. These experiences may include the awareness of moving out of the body, going through ceilings or walls, and flying into a blackness. A patch of light glimmers at the edge of the blackness, and the novice Soul Traveler emerges into the light, which is a world of light.

Here he may walk city streets that closely resemble those on earth. The people, however, are busy with duties that are unknown on earth: welcoming new arrivals who have died on the Physical Plane and are ready to resume their lives on the Astral, guiding people who have come to the Astral Plane by chance during a dream, and serving the spiritual hierarchy in many other things that are routinely done to make life go on in the worlds of God.

Soul Travel is a means of hearing the Sound

and seeing the Light of God, in a way which cannot be done in the human body. The Sound and Light are the wave upon which Soul rides back into the kingdom of heaven; they are the twin aspects of ECK. When an individual has gone through the phases of visions, dreams, Soul Travel, and the ECKshar consciousness, and is an experienced traveler in all the regions of God, then he receives the enlightenment of God. This is God Consciousness, and nothing more can be said about it here because words fail.

The imaginative faculty within yourself is like a muscle. You're going to have to train it day after day. What you are actually doing is learning how to become aware and observant of yourself in a different state of consciousness.

One way is to go to different places in your imagination. Maybe you'll want to re-create a plane ride: I'm sitting in the airplane seat. What do I see? What do the people look like? What happens when I walk down the aisle? What is on the food tray?

As you go through the day, you'll find yourself looking at objects and making mental notes, because that physical information about the dresser or the clothes in your closet will be helpful when you sit down in your chair and try to visualize it for Soul Travel.

—From *The Call of Soul*, by Harold Klemp

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A SPIRITUAL STORY

This Must Be Soul Travel!

By Suzie Kurtz, Ontario, Canada

I was very curious about Soul Travel when I was new to Eckankar and wanted to experience it for myself.

So, with great anticipation, I practiced my nightly spiritual exercises, hoping I would leave my body and travel the inner worlds as Soul.

But most of the time, I just dozed off to sleep and woke up the next morning with little recollection of any experiences. Still, I patiently wrote down in my journal whatever I learned from my dreams. This went on for a long time.

Then one night, it happened!

I was lying in bed, feeling very relaxed.

Quietly, I began to sing HU, an ancient love song to God. As usual, I started dozing off to sleep.

All of a sudden, I had the sensation of feeling feathery light, as if I was floating on air. I knew my body was in bed, and yet there I was—floating!

With my eyes closed, I looked around with my inner vision. There were trees everywhere. Then I knew I was out of my body.

Slowly I floated toward the kitchen, and I found I was in the middle of a forest. The wall that separated the bedroom from the kitchen was gone. I looked toward what was supposed to be the kitchen window.

Instead of seeing the street, I saw a river sur-

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This Must Be Soul Travel!

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rounded by shrubs and trees and heard the sound of rushing water.

Happily, I said to myself, *This is fantastic! I'm out of my physical body. This must be Soul Travel!*

Then I accidentally wiggled a toe on my right foot.

Immediately I was back in my body in bed. I remained awake for a while, trying to compre-

hend this incredible and awesome experience. It was so real!

As I lay there, I thought, *So this is what Eckankar is all about. It is a teaching to realize and know one's True Self!*

I had proven that I am Soul, a spiritual being that is separate from the physical body. It was the beginning of my conscious spiritual journey back home to God.

—From the 2012 *Eckankar Journal*

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A SPIRITUAL EXERCISE TO TRY

Imaginative Techniques



Soul Travel occurs in two ways. One form is experienced as the apparent movement of the Soul body through the planes of time and space. It is not really movement, because Soul already exists on all planes. What seems to be movement, or travel, is simply Soul coming into agreement with fixed states and conditions that already exist in the lower worlds.

This explains the imaginative technique for Soul Travel. You imagine a scene, and you are there in the Soul body. It may feel as though you are moving along very quickly, and this is why it is perceived as travel. Actually, it is the process of changing the setting around you.

To practice this, you can take a scene from your memories and control the actions in it. For example, imagine the sea beating against a beach. Now try to see the sea as being as still as lake water. Try it on things you know by stilling or stopping actions.

You may experience a rushing sound, like wind in a tunnel, and the sensation of moving incredibly fast.

The other form of Soul Travel is the expansion of consciousness. This is closer to the state of true personal revelation or enlightenment that we are looking for in ECK.

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



View a short talk by Harold Klemp.

The spiritual leader of Eckankar speaks about learning how to ride the wave of God.

<http://www.eckankar.org/soultravel.html>

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You can also request it by calling or writing:

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

*For anyone not a member of Eckankar



Ask a Modern Prophet about Soul Travel

I've heard that we should use our imagination to Soul Travel, but can we use too much imagination? Sometimes I'll have an experience and am not sure whether I've made it up.

To imagine Soul Travel is the first thing one must do before actually getting out of the body.

A girl who plays second base for a baseball team in town is called a “natural.” But she works hard at her fielding and hitting. Her brothers are all good ball players, and in her mind she imagines herself every bit as good as they are. And so she *is* good, not only because of her imagination, but mainly because she practices harder than the other girls on the team.

Keep on imagining that you do Soul Travel, and one day you will suddenly do it. You will have no more doubt about the difference between imagination and Soul Travel. Wait and see!

I would like to know if animals such as lions, cows, and dogs have Soul Travel experiences.

Some animals do. They're the same as people, in that animals have many different levels of consciousness.

Like us, all animals dream. Some remember, many don't. Specially gifted ones, like spiritually advanced people, do Soul Travel. In time, scientific research will be able to expand its knowledge of

what happens when people and animals sleep.

You can begin exploring your interests in these fields of knowledge through dreams or Soul Travel. Eventually, science will catch up to the knowledge of those who already can explore the spiritual states of living beings—human or animal—by Soul Travel.

How can I better remember my inner experiences?

Do not be too concerned if your memory of the inner experiences goes more into the background for a while. The ECK Masters work with the individual through the different planes in order to maintain balance in the physical, everyday life.

Look to the Mahanta for spiritual insight. This may come through gentle nudgings on how to try something new with the spiritual exercises. Do those things in your contemplations that you like to do.

It is often very effective to finish contemplation as usual, then, when going to bed for the night, simply say to the Mahanta in everyday language: “I give you permission to take me where I am ready to go. This is in your hands.” Go to sleep without another thought of it.

Take your time, and don't hurry. It is better to go slowly and learn the lessons of Divine Spirit well.

—From *A Modern Prophet Answers Your Key Questions about Life*, Book 1, 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.



Coming in April:

2017 ECK Springtime Seminar
Reach Your God-Given Potential
April 14–16, 2017,
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.

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