



Spiritual Wisdom Journal

Quarterly Inspiration from ECKANKAR

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SPIRITUAL SURVIVAL IN A CHANGING WORLD

Focus: Spiritual Laws: Tools for a Richer Spiritual Life

“The spiritual laws are based on the Law of Love. They do not punish for the mere pleasure of inflicting pain. They do it to teach people a spiritual lesson, which is part of their entire education. . . . So that one day Soul can become a Co-worker with God.”

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

FEATURE ARTICLE



The Ways of Divine Law

By Sri Harold Klemp

What prepares you for the true path of God? The experiences of life.

You might think it’s a holy book, like the Bible or *The Shariyat-Ki-Sugmad* [Eckankar’s holy scripture].

But what really prepares you for the true path of God is the experiences you have. This is what determines your capacity to accept the love and wisdom of God.

When times are hard, some people complain. And as they complain about the hard times, they shut themselves off from the opportunities that lie within their troubles.

Other people have learned to be patient. They look for the lessons within their hardships or troubles.

. . . Whenever troubles come up, don’t say, “Why me?” as if you’re the only one who’s ever had troubles! Everyone has troubles. If you are on earth, you have troubles. This very small attitude—that you have the worst troubles—means that you’re just kidding yourself. But even worse, it means you’re shutting yourself off from the Voice of God.

When trouble comes, realize that you ultimately have created that problem for yourself, according to the Law of Karma, the Law of Cause and Effect. You created this problem for yourself because of a lack of knowledge of the ways of divine law.

The way to get this knowledge is not through a holy book or scripture. Scriptures can be guidelines. They can give you a clue of what life is all

about, what the spiritual laws are. But ultimately it gets down to testing these laws in your daily life.

In other words, you have to experience life in order to grow spiritually. There is no other way.

Once you realize this, you won’t be so quick to point your finger at someone else who seems to have no order or control in his life. You won’t be so quick to say, “That person’s made such a mess of his life. What a sorry human being. God’s love must really be great to even let that person be on earth.” That sort of attitude is the height of arrogance. And such an attitude may not be right on the surface. We’re too cordial and civil for that. But the attitude is still parked way down there in the left pocket somewhere, where we think, *Boy, those people sure don’t know how to run their lives. There but for the grace of God go I.*

Continued on page 2

Inside

- 2 A Spiritual Story: Never Give Up**
- 3 A Spiritual Exercise: The Open Heart**
- 3 Questions and Answers about Spiritual Laws**
- 4 How to Meet Spiritually Like-Minded People**

The *Spiritual Wisdom Journal* is an online newsletter published by Eckankar, www.Eckankar.org. It is sent out quarterly to anyone who signs up for a [free subscription](#).

To share this newsletter with a friend, copy this link and paste it in your email: www.SpiritualWisdomJournal.org.

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

The Ways of Divine Law

continued from page 1

We have our complaints and our problems and troubles, and it never occurs to us that our troubles are just as easy for other people to solve as their troubles are for us to solve.

We're very wise about other people and often very foolish and ignorant about how to make our own lives better.

How do you begin? I try to make this as easy as possible. You begin by chanting *HU*. You begin

by singing this love song to God. Why? Because it opens your heart. It opens your heart to the Light and Sound of God.

When I say that the way to divine wisdom and understanding comes through experience, I'm talking about more than just outside experience, such as you might get at work, at home, or in the family. I'm speaking about the spiritual experiences you get during the Spiritual Exercises of ECK.

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

Back

A SPIRITUAL STORY

Never Give Up

By Adelheid Reinhardt, Arizona

Many years ago, long before I learned about the love of the ECK, the Mahanta, and the Law of Cause and Effect, I had a family with a karmic burden much bigger than I could handle. There was plenty of drama, misunderstanding, tragedy, and pain, creating a difficult childhood for our three children. I was overwhelmed by the complicated family dynamics.

While the children were still young, my husband and I divorced. We still lived close to each other for a few years as we helped our children through their education, but later I moved on and lived on my own. Eventually my contact with the children broke off as our relationship became more strained.

When I found Eckankar I learned about the presence of the Mahanta,² the Light and Sound of God, divine love, and the importance of the spiritual laws. In order to heal after this painful family experience, the Mahanta's guidance led me to emigrate to the United States.

Every day I would send my children loving attention and blessings in the name of the ECK.³ I was learning about the healing power of love. Every so often I would fly back to Germany to see them. Each visit helped me to become a better channel for the ECK. I continued to practice the spiritual exercises and listened to the Mahanta's guidance. Step-by-step, I began to heal the relationship with my family members, and my two daughters and I eventually reestablished a beautiful relationship. But my son remained silent and absent.

I continued to send him kind inner thoughts and all my love. I didn't want to impose any wishes on him, and I didn't expect anything from him.

I just inwardly shared a neutral blessing with him and had no hidden agenda. Not one day passed without me sending him my heartfelt love.

Years passed by. Recently I flew back to Germany to celebrate my granddaughter's confirmation. The whole family gathered happily together on a bright and sunny Sunday. Early that afternoon, during a short walk along a nearby lake, my son approached me. He looked at me kindly and said, "I'm so grateful you made the extra effort to come all the way from the United States to help celebrate the confirmation of your granddaughter."

For me, this unexpected moment was a miracle. Our hearts opened, and we began to talk for the first time in years. My heart was open to the point of tears. We enjoyed a long and loving conversation. I could not have imagined more. The painful separation of years past was forgotten in one moment. We opened a deep and compassionate understanding of each other. *I have the best son!* I kept thinking to myself.

I know the many loving thoughts I sent him daily contributed to the healing between us.

Sometimes karma is heavy. But the Mahanta's love is greater than karma. It helps us move through it as we wait patiently for healing to take place. This may not happen the way we'd like, but it happens according to the divine plan. It happens in God's time. It is up to us to be a clear channel by practicing the Spiritual Exercises of ECK. The rest is "Thy will be done."

—From the 2017 *Eckankar Journal*

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.
3. ECK is the Life Force, the Holy Spirit, the Audible Life Current which sustains all life. Also short for Eckankar.

A SPIRITUAL EXERCISE TO TRY

The Open Heart



In this spiritual exercise, you practice keeping an open heart throughout everyday life. It's very tough; I have to work at it all the time too.

No one technique will work for everyone, but there are ways to keep your attention on having an open heart. Start with something you can love, even a pet or a plant, and just love it a lot. As the love comes, let it pour through you.

The habit of love is catching; it builds, gains momentum, and becomes easier. But like a plant that needs watering and loving care every day, the habit of love takes constant attention.

Love won't come through unless the heart is open. To work with an open heart is to love or care for something or someone more than you do for yourself. This is the first step to the divine love that we are looking for.

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

QUESTIONS AND ANSWERS

Ask a Modern Prophet about Spiritual Laws

If every day in my spiritual exercises I declare myself a true vehicle for God and during the course of the day I find myself in situations that don't look, seem, or feel right, what does that mean? Does it mean I need the experience for my spiritual development or that I am there to help others or that I made the wrong choice?

Every situation in your life has some spiritual purpose to it.

By doing the Spiritual Exercises of ECK every day, you open your heart and mind to the ECK, Holy Spirit, to give the experiences of most spiritual use to you.

As you've seen, not every experience is to your liking. Life is about making choices. The spiritual exercises open your awareness to see which of your decisions have a better outcome. Time and experience do teach

us to make better long-term choices.

In a spiritual sense, there isn't an absolute right or wrong choice. But wait! Is that to say that anything goes? Not on your life.

The Law of Karma sees to that. Every choice, as you're learning, bears a consequence.

In a nutshell, your life today is the sum of all your past choices. So who's to blame for what? It all gets down to Number One—us—as the creator of our own fortunes and misfortunes.

Researchers have discovered two new decision centers in people other than in the head. These are the heart and intestines. That means, an individual would do well to make choices with something other than his head. He should also pay attention to "gut feelings" and to the whisperings of his heart.

Of course, these three minds receive messages from Soul. Imperfect choices mean incomplete experience. But isn't the gathering of experience the way to develop a greater degree of spiritual purity?

So, every experience is a teacher. Keep up with your spiritual exercises. They open your heart to love divine. Then all will benefit.

A while ago, I was doing a spiritual exercise that was an extension of the "as if" principle. At the time, I was unhappy with work and relationship issues, and
Continued on page 4

What Would You Choose?

The goal of the *Spiritual Wisdom Journal* is to meet your spiritual needs. Here are three topics we think might be of interest: (1) Understanding Near-Death Experiences, (2) How to Create Your Future, (3) How to Interpret Your Dreams. Which is of greatest value to you? What other topics would be of interest? Contact us at SpiritualWisdomJournal@eckankar.org.

Experience HU
The Sound of Soul

Check out this inspiring new video about HU, the Sound of Soul. If you like it, give it a thumbs-up and leave a comment, or send a link to friends and family by text message or social media.

Ask a Modern Prophet about Spiritual Laws

continued from page 3

so I began to write in my journal each day about the life I wanted to create for myself.

It changed me completely and helped me focus on particular goals. Within weeks, the experience I had written about in my journal began to manifest.

How do I know, when practicing an exercise of this nature, that I am working in alignment with spiritual law and not infringing on the spiritual freedom of others?

In your first paragraph, the key words are “the life I wanted to create for myself.” So was it an upright, honest goal?

Then, in your third paragraph, the key words are “work-

ing in alignment with spiritual law and not infringing on the spiritual freedom of others.” One could too casually say, Well are you? But that is exactly your question.

So give room for the ECK, the Mahanta, to determine whether your goal is in keeping with the divine laws.

Phrase your wishes on this order: “If I am ready, let me pass from my present situations into ones more in keeping with a higher state of consciousness.” Then hold your wishes lightly in mind. And let whatever will be, be.

Do not overlook an important fact. Your ability to even envision a brighter future is not by chance. This vision alone is say-

ing something that is obvious.

It says you are no longer satisfied with things as they have become. Who or what has changed?

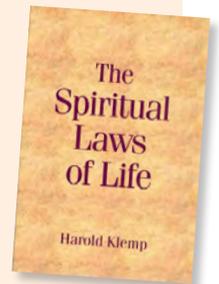
This answer is purposely vague. You must examine these and other such issues honestly in your own heart. Ask the Inner Master’s guidance too. Back

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

As awakened captains of our destiny,

we can meet today’s challenges in a more relaxed and happy way. The spiritual laws of life give us the many resources to make the very best decision at any one moment.

Available in print through ECKBooks.org or your favorite bookstore. It is also available as an e-book at e-bookstores.



More stories, exercises, and insights for you!

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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 March:

2018 ECK Springtime Seminar

Awaken to the Secret of Miracles

March 30–April 1, 2018, 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.