



Spiritual Wisdom Journal

Quarterly Inspiration from ECKANKAR

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SPIRITUAL SURVIVAL IN A CHANGING WORLD

Focus: How Past Lives Are Affecting You Today

“This incarnation is a gold mine, a rich life, worth every ounce of trouble that rebirth brings.” —Sri Harold Klemp,¹ *Past Lives, Dreams, and Soul Travel*

FEATURE ARTICLE

Learning about Ourselves By Sri Harold Klemp



During my first years in ECK, I had the good fortune to experience many past-life recalls. Some were pleasant. There were also a number of unpleasant ones, recalls of lost opportunities in reaching some desired goal. Not memories to celebrate in the least.

Yet each lifetime, even a supposed failure, gives a fuller understanding about your spiritual nature. You learn about yourself as a spiritual being.

Soul is immortal. It has no beginning or end. It (you) exists because of God’s love for It, which is the whole philosophy of Eckankar in a nutshell. Our mistakes in this and past lifetimes are the polishings of a precious gem in the rough.

Some years ago on my first visit to Paris, I roamed this fabled city that remains the glamorous belle of Europe. Paris had been my town on more than one occasion in recent incarnations. The last major lifetime there, the one I shared with my daughter, was during Napoleon’s ill-fated march on Moscow in 1812.

Napoleon had marshaled four hundred thousand troops and crossed the Russian border in June, but by October the Russians had forced his retreat in the biting cold of winter.

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

A SPIRITUAL STORY

A Deadly Race against Time

By Debbie Kaplan

A few months before attending an Eckankar seminar, I had a disturbing dream. In the dream I was at the seminar, running to the main auditorium. I opened the doors and looked inside—and every single person in the auditorium was in a wheelchair!

Upon awakening, I couldn’t figure out the dream, but I recorded it in my dream journal.

Life went on. About two months later my husband offered to buy me a very nice weight-lifting machine.

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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 (use the Subscribe link below).

Video on Past Lives

Go to www.Eckankar.org. Under “Video” on the right side of the screen, click on “Past Lives.”

A SPIRITUAL EXERCISE TO TRY

The Radio Announcer Technique



Do you feel there are mislaid pieces of information about some aspect of your life—for example, a disturbing dream or a problem—that feels like a link to a past life? If so, try this technique to help fill in the missing pieces.

Go into contemplation. That means, shut your eyes but open your heart and mind.

Now listen for a Sound of ECK (Holy Spirit). It may be any common, familiar sound. Or, there may be silence too.

Visualize turning on a radio. Next, imagine an announcer's voice filling the airwaves. Listen to him sum up the highlights of the dream or problem whose meaning is unclear to you.

Sing HU² for a few minutes to relax. This pause is like taking a commercial break.

Then imagine the radio announcer saying, "And now, here's the rest of your dream." Let him fill in the missing pieces of the dream and thus unravel its meaning.

In the case of a bad or frightening dream, you can be sure the dream censor³ has not allowed the whole story to come out. So begin with the assumption that something is missing. You don't know all the details. Then let your inner faculties get the answer via the Radio Announcer technique.

A solution could come during this spiritual exercise, but it may appear later in a dream. Again, you may awaken with a clear understanding of your dream or problem.

So be aware.

—From *Past Lives, Dreams, and Soul Travel* by Harold Klemp

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

3. An automatic subconscious function of the mind that can block or scramble dreams or memories.

Learning about Ourselves

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Only fifty thousand French soldiers escaped the Russian regulars. The rest died.

Along with other young men of France, I had been compelled to leave wife and home for war. There was no choice in the matter. All able-bodied men received orders to join Napoleon's vast military forces.

The march into Russia began in the summertime, but we saw little of the enemy—except for the major battle at Borodino in September. It was a phantom force that liked to slip away before a major face-to-face encounter. . . .

In late autumn, I fell to a grave illness outside Moscow during the ragged retreat of the French army. Here my last days in that lifetime were attended to by a young Russian woman whose family tried folk remedies to restore me from a bout with pneumonia. In this life she is my daughter. All attempts at recovery, though, failed as frostbite ate at what little health remained.

Napoleon had underestimated the enormity of supplying his large army with food and clothing.

As a consequence I left that life a disillusioned man. His shortsighted plans were at the root of our bad luck. They caused my untimely passing. Our summer uniforms, in tatters after the harsh summer campaign, were a thin joke to the Russian bear of winter.

I brought two strong feelings into this life from that period in the early nineteenth century. One is a distaste for cold weather. The other, a respect for leaders who draw up careful plans before launching big projects. . . .

Our character is made up of virtues and shortcomings, and all are a development from past lives. A reason lurks in the background of every twist of personality. Each trauma from a forgotten life shapes our conduct in a given way. Without exception.

Unless, of course, the force of Divine Spirit enters our consciousness to override the mind's knee-jerk reaction to life's challenges.

Divine law is the beginning and end of all truth. That law includes karma and reincarnation.

—From *Spiritual Wisdom on Karma and Reincarnation* by Harold Klemp

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Ask a Modern Prophet about Your Past Lives

I would like to see my past lives. How do I go about this?

It is easiest to trace past lives through a study of your dreams.

To awaken such past-life dreams, make a note of things you greatly like or dislike. Do that also with people. Then watch your dreams. Also note if a certain country or century attracts you. There is a reason.

When we practice the Spiritual Exercises of ECK faithfully, the Inner Master will open us up to those things that are important to see concerning past lives. Most of them need not concern us. No matter what we were in the past during any other life, we are spiritually greater today.

The wealth and position we enjoyed in past lives mean nothing unless we know how to lift ourselves from materialism into the higher worlds. This does not mean to shun the good things of this life—family, home, wealth. God loves the rich man as much as the poor. We get no special benefits if we fall for the negative tricks of asceticism or unusual austerities.

We live the spiritual life beginning where we are today. We look to see the hand of Divine

Spirit guiding us toward the greater consciousness, which leads us to becoming a more direct vehicle for Spirit.

—From *Youth Ask a Modern Prophet about Life, Love, and God* by Harold Klemm

In my dreams, I am often with friends from the past whom I no longer see in the physical. These people had a big influence in my life at one time, but why are they in my dreams so often today?

Your question deals with the very broad sweep of reincarnation. The family you live with today is only a small part of the extended family from your past.

Each person's past link with other people in this life is more like being a member of a far-flung clan, which goes well beyond the close members of today's family. So in this life, other members of your extended family come as schoolmates, friends of childhood, teachers, and the like.

They remain in your dreams because they are a very real part of you. For this lifetime, though, they have chosen a different mission and lifestyle, so you go along your separate paths.

But your inner bond spans time.

—From *A Modern Prophet Answers Your Key Questions about Life*, Book 1, by Harold Klemm

The Call of Soul by Harold Klemm

"A cry in the night is the lonesome call of Soul for God. And this is what we're trying to answer with the teachings of ECK. To show people that there is a way to like themselves and not be afraid of the night, to enjoy living again." —Sri Harold Klemm

The Call of Soul is a must-read for every Soul seeking spiritual liberation in this lifetime!

This book offers priceless knowledge about the Light and Sound of God and Its miraculous power to feed the hunger of Soul. It includes the CD *HU: A Love Song to God* with a twenty-minute HU song, spiritual exercises, and stories about the HU.

Are You at a Spiritual Crossroads?

Are you ready to take another important step on your road to spiritual freedom and mastery?

If yes, then let's get started.

For free information, with no obligation, or to learn about the advanced spiritual study of Eckankar, contact:

- www.Eckankar.org
- 1-800-LOVE GOD, Dept. SWJ (USA only)
- ECKANKAR, PO Box 2000
Chanhassen, MN 55317-2000 USA

MEET SPIRITUALLY LIKE-MINDED PEOPLE

Come to a Spiritual Event



Coming in April:

2012 ECK Springtime Seminar
Spiritual Renewal in
The Year of Graceful Living
April 6–8, 2012
Minneapolis, Minnesota, USA

For more information or to preregister for this seminar, go to www.ECKseminars.org.

To view a video, “The ECK Seminar Experience,” go to www.ECKseminars.org.

A Deadly Race *continued from page 1*

I accepted his offer, and two men came to my home to set up the machine. It turned out that the proper handlebar for the machine was missing. The installers gave me a bar from an older machine. “It’ll be OK,” they said. “Use the old bar, and as soon as the new one comes in at the shop, we’ll send it out to you.”

They left, and I started to try out the machine. Within the first five minutes the handlebar slipped from the machine. My foot was almost severed from my leg.

For one long moment, time stood still.

I stared at my leg. Then I saw the Mahanta⁴ standing next to me. Without words, he told me it was OK. This “accident” was a result of karma from another life. I would be all right.

Things happened fast after that. The ambulance I called whizzed me to the hospital. As the surgeons reconstructed my foot, they told me that I was lucky to have survived. But, as Soul, my attention was on the deeper reason for this event. I had to know why. What karmic tie had brought about this horrible accident? I asked the Inner Master⁴ to show me a fuller picture of the true cause-and-effect relationship at work in my life.

I discussed some of my dreams, which held the clues to my injury, with a Higher Initiate in Eckankar. As he listened the picture became clear.

The karma that caused my injury was with the two men who had delivered and set up the ma-

chine. Two lifetimes ago I had caused them similar misfortune which led to their deaths.

I, as Soul, had chosen this lifetime to repay the debt for that transgression against the spiritual laws of life. As I looked further at the past-life records, it was clear that the accident was meant to end this lifetime.

But the Mahanta had interceded on my behalf.

On the path of Eckankar one can work off tremendous amounts of karma in the dream state and through the daily Spiritual Exercises of ECK. Unwittingly, I had been in a race against time. Yet through the grace of the Mahanta, the Inner Master, he had lifted enough of the karmic load so the accident wouldn’t cost my life.

Looking back, I realize that I had had a burning desire to study Eckankar for three or four years before becoming a member. Now I know why. It was a race against an internal clock. With five small children it would have been hard for them if I’d left this life so soon. Now I’ll get to see them grow up.

It was also a relief to understand my wheelchair dream—that’s my mode of transportation these days. However, I’m hopeful of one day walking again.

I’m forever grateful to the Mahanta for the protection and help necessary for me to stay in this life for more spiritual lessons, love, and growth.

—From *Past Lives, Dreams, and Soul Travel*
 by Harold Klemp

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4. The Mahanta is a title to describe the highest state of God Consciousness on earth, often embodied in the Living ECK Master. The Living ECK Master can assist spiritual students physically as the Outer Master, in the dream state as the Dream Master, and in the spiritual worlds as the Inner Master. Sri Harold Klemp is the Mahanta, the Living ECK Master.