



Spiritual Wisdom Journal

Quarterly Inspiration from ECKANKAR

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SPIRITUAL SURVIVAL IN A CHANGING WORLD

Focus: What Is True Happiness?

“Our search for happiness is actually the search for God; it is a search for this Golden Age when Soul dwelt in the high worlds of Spirit and the high worlds of God.”

—Sri Harold Klemp,¹ *Touching the Face of God*

FEATURE ARTICLE



The Key to Happiness

By Sri Harold Klemp

When your life is right, when you can see correctly, when you are seeing life without illusion and seeing yourself in relationship with life as it truly is—I think you will then be a truly happy person.

Why? Because when you see truly, then your hopes about what you expect in life are going to be very close to what you are getting out of life.

There’s nothing wrong with dreaming big dreams or setting your sights high. The mistake comes when we expect that God is going to let us win the Reader’s Digest sweepstakes and in the meantime we sit around waiting for the phone call. People wait and wait for fortune to fall on them. It’s a passive way of living. I can almost assure you that this person will have about one chance in three hundred million to be happy.

Start where you are, begin with what you have.

Ask, “Where am I today? How can I build my own life with the help of the ECK?”² Look at yourself squarely and say, “I am at this point today; where do I want to be in five years?”

There’s nothing wrong with material things. The old saying in the Bible that people got wrong was “Money is the root of all evil.” It’s not money, it’s the love of money. There’s nothing

wrong with a good car, a good television set, and a good home. These are all things we can rightly aspire to in this lifetime.

Change of Consciousness

When things are going hard for you, you may wonder, *What’s happening here? Has the Mahanta,³ the Inner Master, forgotten me? Has the Mahanta left me?*

Sometimes you need the experience of leaving something, of having the will to say, “This is not the way I want to live the rest of my life. I would like to do something else.”

Once you decide to act on it, you find out that there are a lot of other things that come with a decision like this. Change means going from one state of consciousness to another. And this involves adjustments, which in most cases mean

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“It’s what you do with what you have that makes all the difference.”

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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.

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

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trouble. Adjustments equal trouble.

But when you get to the other side, all of a sudden you realize that things are better. That this life, this state, this new condition existed alongside the original one all along.

What, then, kept you from being there? The lack of courage to make a move, to do something.

People who work at the same company have different experiences. Some are entirely happy with the way they are treated by their superiors. Others, although treated the same way, are miserable. The same conditions are one person's heaven and the other person's hell.

—From *How the Inner Master Works*, Mahanta Transcripts, Book 12 and *What Is Spiritual Freedom?* Mahanta Transcripts, Book 11, by Harold Klemp

What makes the difference? Is it the working conditions?

The circumstances in our everyday lives are nothing like the harsh abuses of war, yet there are conditions that aggravate us, that make us wonder what this life is all about. The simplest way to deal with this is to put your focus on God by doing the Spiritual Exercises of ECK. You may find yourself transported from your hell to the heaven that exists just one step away.

Whether a person is in ECK or not, it's their state of consciousness that makes them happy or unhappy.

It's what you do with what you have that makes all the difference. Whenever something comes into my life, I try to get the most out of it that I can.

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A SPIRITUAL STORY

What Makes Me Laugh?

By Fran Blackwell, Florida

Today brought me a new experience: I slipped and slid down a wet grassy slope into the canal behind my house. Waist deep in yucky water, everything I grabbed to pull myself out of the water uprooted itself.

I called out to the Mahanta, saying, "I got myself into a fine mess. I'll go into the stillness within and find a creative solution out of this mess with your guidance. However I do feel a sense of urgency as I'm invading the home of snakes, spiders, and other critters, not to mention all kinds of bacteria. And alligators. So if it is for the good of the whole to keep all the dangers away till I make my escape, I will be ever so grateful. Thy will be done."



A few moments later, I was guided to grab hold of a few bamboo reeds at water's edge. They held! It took all my strength to pull myself up out of the canal. My clothing was waterlogged, adding at least fifty pounds. But I was able to scoot on my seat inch by inch, and make it to safety. Dry ground!

"Thank you. May the blessings be!" I gasped.

I had to laugh as I made my way to the laundry room. I stuffed everything into the washer, then climbed into a hot, soapy shower (just in case I had picked up any flesh-eating bacteria looking for lunch).

I have to say, I love these conscious experiences in which I can be present, observant, fearless, and truly in the moment. Best of all, once I was safe, I got to share my laughter with the Mahanta. It doesn't get much better than this!

—From the 2017 *Eckankar Journal*



View a short talk by Harold Klemp.

The spiritual leader of Eckankar speaks about the role of humor in spirituality.

<https://www.youtube.com/watch?v=tD0tkw0t1mM>

A SPIRITUAL EXERCISE TO TRY

Count Your Blessings



An ECK Higher Initiate wanted to be more open to love. He asked me if there was a special technique for greater surrender that would bring this about.

There is a technique, but unlike other spiritual exercises, it does not have a beginning, middle, and end. This technique involves attitude, and it is one that must be lived. In a word, it's called *gratitude*.

Throughout the day, contemplate on all the blessings in your life. The power of gratitude opens the heart to allow love to enter. But once the love comes in and we receive the gifts of Divine Spirit and of life, the way to keep the gifts flowing is to be grateful.

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

For more spiritual exercises, visit www.Eckankar.org and explore the Spiritual Exercise of the Week.

QUESTIONS AND ANSWERS

Ask a Modern Prophet about True Happiness

What is true happiness?

Soul longs to return to God. The search for God is really the search for happiness, and vice versa. There is a great loneliness that some people experience—they look for a mate; they look for health, wealth, and well-being. This is Soul's desire to return to God as it manifests in the feelings that we carry here on the physical plane. We look for something from the Golden Age. Perhaps we enjoyed it during a past lifetime on the physical plane, or we're remembering the state of Soul as It actually existed on the spiritual planes before It was sent into the lower worlds for experience.

Soul's mission is to become a Co-worker with God. It is simply that and nothing more.

—Answer from *How to Find God*, Mahanta Transcripts, Book 2, by Harold Klemp

I would like to be happy, but I am often depressed. Can you help?

I received your request for healing, and the matter has been put into the hands of Divine Spirit to do with as It will. As a further suggestion, have you approached professional counseling, besides medical doctors? The Family Service Association is listed in the phone book's white pages in many larger towns.

The reason I offer the suggestion is this: Spirit brings help through a coordination of effort on both the invisible planes and the physical. Spiritually, then, the matter is turned over to Divine Spirit. To complete our willingness to do our own part down here, we make appointments with professional

counselors who are trained to dislodge entities.

These are only suggestions. In addition, it will be useful to sing *HU* softly whenever you feel the negative presence. *HU* is an ancient name for God and sounds like the word *hue*, but is sung in a long, drawn-out, continuing way.

How can we be happy when we have difficult experiences in our life?

Usually we're not happy then. The difficulty takes up all our time and attention. But it's later, when an old relationship, for example, is replaced by a new and better one, that the sunbeam of happiness again finds us.

Life is a stream of happy and unhappy experiences, because that leads to Soul's purification.

How do you get by in the dark times? Try to give love to someone, especially then.

I feel that my purpose in life has to do with helping others. But I am not clear as to how to do this or what exactly is my purpose for being here. Can you help?

Doing something to help others must be a personal decision. The path of ECK is one of harmony and balance. Personal duties and responsibilities are attended to first before we leave home, in a sense, to serve others.

The Spiritual Exercises of ECK are helpful initially to open ourselves to a greater flow from Divine Spirit. Yet with receiving more of Its Sound and Light comes the need to give of ourselves in some manner to others. This giving, or outflow, serves to balance us in our daily life. It is best to go slow when stepping

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on the path of ECK, whether we wish to serve or to study.

Much of the insight you asked for will come from the Inner Master, that inner part of myself. This will come either directly or simply through a knowingness of what to do the next day upon awakening.

Trust this guidance from the Mahanta as long as you see it to be positive. But take your time and go slowly.

The path to God seems so slow at times. Why does it take so long for people like me to recognize truth?

Most people have a deep longing to hear truth, but it is doubtful that many of them would know it if

it were to fall on the ground in front of them. Nevertheless, the search for it is on.

Life throws problems at us: Is this the true Master? Would the true teachings be done in this or that manner? The centuries turn as on a slow axle.

The wayward make their hesitant way back to the source of life when all the petty parts of them have been dissolved through the disappointments and sorrows of living. Then, and only then, is there enough consciousness embedded in the Soul body to see truth when it steps quietly before It.

Is there any meaning on earth except that the people on it must bump heads and make peace not with others, but with themselves?

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—Above four answers from *A Modern Prophet Answers Your Key Questions about Life, Books 1 and 2*, by Harold Klemp

The Secret of Laughter

Somebody wrote me a letter recently and said that he had discovered my deep secret. He now saw very clearly why a talk went in a certain direction and why it sometimes turned out that people laughed.

“Some of your stories,” he said, “have made me wonder what the subject had to do with ECK. Then one day, while laughing at something humorous you had said, all of a sudden I realized what it was all about: Laughter is a healer, and this is what the ECK uses to open the door to Soul.” I thought, Oh, no! He’s found out the secret! —From *The Secret Teachings, Mahanta Transcripts, Book 3*, 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 October:

2019 ECK Worldwide Seminar

Realize Your Divine Dream

October 25–27, 2019, 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.

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