



# Spiritual Wisdom Journal

Quarterly Inspiration from ECKANKAR

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SPIRITUAL SURVIVAL IN A CHANGING WORLD

## Focus: Life as a Spiritual Adventure

“When people come to ECK,<sup>1</sup> they sometimes find their lives speed up. Life becomes more adventurous and exciting.”

—Sri Harold Klemp,<sup>2</sup> *The Drumbeat of Time*

### FEATURE ARTICLE



## The Hero's Journey

By Sri Harold Klemp

**H**ave you ever felt a hunger for something you can't even put words to?

What if you are actually on a journey—a quest—that has

spanned the ages, continents, lifetimes? It has survived victories, tragedies, wealth and poverty, unimaginable gains and losses. Death and rebirth time and again.

The journey is worth everything. Because you are the hero, and your saga continues until the quest is fulfilled.

A hero?

“Are you ready for the adventure of a lifetime?”

Yes. You are Soul—an eternal, unique, divine spark of God. And you exist because God loves you. You are on an ancient quest for Self-Discovery and God-Discovery. Soul hungers to reclaim Its true purpose.

To love as God loves. To be a Co-worker with God. To serve all life in your own unique way.

Eckankar is a companion and road map on the hero's journey. It offers an experienced guide—a teacher of the highest order—the Mahanta,<sup>3</sup> the Living ECK Master. The way is then smoothed with inner and outer guidance you can access at any time.

And then there's an essential sacred word.

The word is HU, an ancient carrier of love between Soul and God. This word is a tuning fork that aligns you with the Source of All Life—the ECK—the Life Force, the Holy Spirit. It instantly connects you to the Divine Source which is always working on your behalf.

Eckankar addresses all aspects of life—the inner spiritual yearnings and the strength and poise it takes to meet daily life. No issue of life is outside the journey.

True spiritual freedom awaits you. And you, the hero, travel on. . . .

### For instance . . .

One afternoon I lay down on the living-room floor with a pillow from the couch and an old blue blanket.

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The *Spiritual Wisdom Journal* is an online newsletter published by Eckankar, [www.Eckankar.org](http://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](http://www.SpiritualWisdomJournal.org).

- 1. ECK is the Life Force, the Holy Spirit, the Audible Life Current which sustains all life. Also short for Eckankar.
- 2. Sri Harold Klemp is the spiritual leader 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.

## The Hero's Journey

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I created a spiritual technique in contemplation to see if it would open a vista so far unknown. Immediately I was in the Soul body, stationed on a planet in the spiritual worlds created perhaps just for this moment. As in an earlier experience, the Light of God came as lightning and the Sound as shattering thunder.

The intensity and violence of the storm grew in strength. Spears of blinding lightning ran webs across the canopy of the sky, illuminating the wind-tossed clouds. All this expressed the awesome might of God's Word, the ECK.

Boldly I stepped from the protective cave where I had taken refuge. I had no desire to be trapped in a state of inaction, even by the power of God. For when Soul reaches the heights of God's love, It also earns the freedom that goes with total responsibility.

So I freely chose to step outside and take my chances.

Forks of jagged lightning now fled the sky and

drove bolts of electricity into the ground around me. Yet it was within my power to maintain the unper-turbed state of consciousness that would ensure a circle of protection. The entire sky blazed with intensity from the Light of ECK. This was my world! I had earned it through the boldness of my desire for God. Nothing in it could harm me, for I *was* the Sound and Light.

Truth is in the Word of God. Each of us must someday become the Sound and Light, for in them alone is found the way to God.

That is the road to Mastership.

—Adapted from the *Eckankar Blog and Autobiography of a Modern Prophet*, by Harold Klemp

### Are You Ready?

Are you ready for the adventure of a lifetime?

Become all that you truly are with a dynamic program for advanced spiritual living. Every day brings fresh steps to explore the wonders of God's unconditional love for you.

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[Explore Advanced Spiritual Living](#)

## A SPIRITUAL ADVENTURE STORY

### Journey of Soul

*By Mary Meyers, Minnesota*

I grew up in a chaotic, unhappy home. Alcoholism, divorce, debts—it was no wonder I felt alone and unloved. My one comfort was my sweet pet parakeet. When he died, I cried alone in my room for a long time. I was only nine years old.

As I wept for the loss of my little friend, a man in a red robe appeared beside me. I was surprised, but his presence was comforting. He gently put his arm around my shoulder, and I felt a wave of divine love flow through me.

"Don't worry," he said. "Things will get better." Then he disappeared.

Questions raced through my mind: Who was he? How did he get here? Where did he go? There was no one to ask. But his visit made me feel better.

By the time I was sixteen, troubles had grown worse. I couldn't keep my grades up, my boyfriend

left me for a prettier classmate, and chaos ruled at home.

One night, during another terrible argument, I ran out into the street. I looked up at the full moon shining in the dark sky and begged for help.

"Oh God, please help me!" I cried.

Suddenly, the moon's bright light appeared to zoom toward me, forming the face of the same man who helped me when my pet parakeet had died.

He smiled gently, and I again heard his words within me: *Don't worry. Things will get better.* Then the light zoomed back into the moon.

My mind raced again. Who was he? How did he do that? I wondered whether I was crazy. But the experience wasn't frightening. It comforted me.

Life improved for a while before troubles began again. After graduating from high school, I went on a thirty-year merry-go-round of challenges includ-

*"After high school, I went on a thirty-year merry-go-round of challenges. I found myself wondering about the purpose of existence. Why was I here? What good had I done?"*

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## Journey of Soul

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ing rocky marriages, miscarriages, and messy divorces.

Coupled with an unhappy career and money problems, eventually I found myself wondering about the purpose of existence.

Why was I here? What good had I done? At one point, I even considered taking my own life.

Then I remembered the strange man and his words. There was more to life than what I understood. Somehow, I managed to keep moving ahead one day at a time.

One summer, I went to a party, where I met a lovely couple. We sat on lawn chairs and talked for several hours about life and spirituality. As we parted, they told me about a spiritual discussion class and asked if I'd like to come. I accepted.

The class was at an ECK Center. When I walked in, I noticed there were portraits on the wall. I stopped in amazement. There was the picture of the man who com-

forted and encouraged me in my darkest hours!

"Who is that?" I asked, pointing at his portrait.

"That's Yaubl Sacabi," someone responded.

"He's one of the many wonderful ECK Masters who can help on our journey home to God."

The class began. I learned we are Soul and exist because God loves us. We're here on earth to learn more about giving and receiving divine love. Although we're all at different stages of spiritual unfoldment, each of us is destined to eventually become a Co-worker with God in this or another lifetime.

After the class, I understood why I went through so many troubles. Life isn't a burden or a curse. I was on a journey to learn more about myself as Soul. All my experiences were simply an opportunity to learn more about the spiritual laws of life and divine love. And in my darkest hours, I'd even been helped by an ECK Master.

Now I know that life is, and always will be, a wonderful, spiritual adventure!

—From the 2012 *Eckankar Journal*



*"That's Yaubl Sacabi. He's one of the many wonderful ECK Masters who can help on our journey home to God."*

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### A SPIRITUAL EXERCISE TO TRY

## Sharpen Your Perceptions



**F**or this exercise you will need a notebook. Look at a picture, or take a walk and look at some scenery. Note every detail you can about what you see: shapes, colors, lines, forms, textures, and so on. Then go to your notebook, and write down as much detail as you can.

You will probably be surprised how little you remember. For example, walk by a house. When you get home, can you remember how many windows it had? What kind of door did it have? Was the roof shakes or tiles? What sort of shrubs were in the yard, and if there was a fence, how was it constructed? Later, go back and compare your notes with the house.

Do this again and again, until you can accurately recall the subject of your interest. A fun way to practice this technique is with a friend. Take a walk together, and choose something to study carefully. Then, on your way home, see what details you can both remember.

For those who wish to have better recall of conversations and experiences from their Soul Travel journeys, try this variation: After a conversation with someone or after listening to a recording of words or music, see how much detail you can recall. These simple techniques, practiced over time, will prove rewarding for remembering your inner journeys.

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

For more spiritual exercises, visit [www.Eckankar.org](http://www.Eckankar.org) and explore the "Spiritual Exercise of the Week."

## Ask a Modern Prophet about Your Spiritual Journey

### Why Are We Here?

*In the grand scheme of things, why are we here? I believe I understand that we are here to attain Self-Realization, then later God-Realization on our journey home to God to truly be a Co-worker. Why this "journey" in the first place?*

Why this journey home to God?

Do you know the parable of the prodigal son? A young man, born into all the advantages of a wealthy family, decided to leave home and see the world. Well, he wasted his money and ended up in a far land, among strangers, working as a swineherd. He would gladly have eaten what the pigs did.

One day it came to him: Here he was living nearly like a beggar. Even his father's servants fared better.

So the wastrel returned home.

"Father," he said, "I'm a waste. I'm not worthy to be called your son. Make me as one of your servants."

But his father greeted him with joy and dressed him in the finest clothes. Further, his father made

up a feast in celebration of his son's return home.

A beautiful story once told by Christ. He, like all true avatars, told people of their divine heritage. And so do we.

The journey to God is a journey back home to God. The high heavens are the true home of Soul. It is in exile in these lower worlds of time, space, and matter to learn the lessons of humility and love. Like the prodigal son.

On earth, the common state of awareness is the human consciousness. As one learns more about love and humility through the trials of many lifetimes, he moves higher in consciousness. First comes cosmic consciousness. Later, for one in ECK, Self-Realization and Spiritual Realization.

The highest level comes to the few who love and serve God with their whole being—God-Realization. It's a state of wonder and bliss beyond words. It's Soul's real destiny.

Now you know the story.

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

### MEET SPIRITUALLY LIKE-MINDED PEOPLE

## You Are Invited to a Soul Adventure Seminar

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.



October 23–25, 2020, Minneapolis, Minnesota, USA

**2020 ECK Spiritual New Year Celebration**

***The Power of Gratitude***

***A Secret to Spiritual Living***

"One who is thankful for every good thing will find the richness of heaven in the humblest detail of his spiritual life. The window of gratitude opens to us the heavens of God." —Sri Harold Klemp

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).

**For updates on this event, visit [Eckankar.org](http://Eckankar.org) after July 31.**

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