



# Spiritual Wisdom Journal

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SPIRITUAL SURVIVAL IN A CHANGING WORLD

## Focus: How to Keep Focused Spiritually

"The Holy Spirit, which is the Voice of God, is always working on your behalf to help you unfold spiritually, to become a better, more loving human being.

"All that prevents you from taking that step is your state of awareness, your focus on God. How strong is it? How much do you want God?" —Sri Harold Klemp,<sup>1</sup> *How the Inner Master Works*

### FEATURE ARTICLE



## Learning to See and Listen

By Sri Harold Klemp

The ECK<sup>2</sup> works in subtle ways. If there is something you need to know, you have to be of a mind to ask. Then you need the consciousness or awareness to know

how the Holy Spirit speaks to you.

But so many people can't hear. Even in ECK, you first have to learn how to listen and how to see. You learn to listen for the Voice of God in whatever way It comes, and also to see the manifestation of the Light of God in whatever way It comes. The Holy Spirit, which is the Voice of God, is always working on your behalf to help you unfold spiritually, to become a better, more loving human being.

All that prevents you from taking that step is your state of awareness, your focus on God. How strong is it? How much do you want God?

How successful you will be depends on your answer.

I get so many wonderful letters from the members of ECK in Africa. They are naturally open to Divine Spirit. Their developing nations often are in turmoil, just as the United States once went through its turmoils. People are more open to life when

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.

everything is up in the air and they constantly have to think on their feet.

### Let Me See Your Pass

A Nigerian, entering the building where he worked, was stopped at the door by a security guard. "Do you work here?" the guard said, his tone challenging.

"Yes, I do," the ECKist said.

"May I see your pass?"

The ECKist opened his wallet and fished around for it. He finally found it and showed it to the guard. The guard was satisfied.

"You thought I was lying, didn't you?" the ECKist asked as he put his wallet back in his pocket.

"No," the guard said, "it's just that you have such a beautiful light on your face." He had detained him because he wanted to talk with him. You

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## Learning to See and Listen

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see, before the ECKist went to work that morning, he had done his contemplation as usual.

In contemplation you simply sit and quietly sing *HU* or some other holy name of God, allowing the Voice of God to come into you, either as love or as Light or Sound. Because the man had taken the time to contemplate, the Light of God had come into his heart and now shone in his face.

The guard saw this and was uplifted too.

It's a pleasure to be around someone who's shining with the Light of God. People who aren't in ECK don't always understand what's going on. All they know is that they are drawn to this person.

There is something special about him or her.

The same ECKist reflected on a time when a relative, who wasn't a member of ECK, had visited his home. The ECKist was in his room in contemplation early one morning when the guest, not

realizing his host was in there, happened to walk in. The ECKist heard the door open and then quickly close.

He finished his contemplation and left his room. "Excuse me," the guest said. "I didn't mean to bother you. I didn't know you were in there. But if I may ask, what were you doing? It looked like you were just sitting in the chair with this beautiful light coming from your face."

"That is the Light of God," the ECKist explained.

He then told the relative how he too could find this very same Light of God for himself and let it come into his heart.

The way to do this is to sing *HU*. I repeat this for those who are not used to the ways of Divine Spirit as we know It. They are used to the ways of Spirit as they know It, and this is why they are here.

—From *How the Inner Master Works*,  
by Harold Klemm

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### A SPIRITUAL ADVENTURE STORY

## Pay Attention to the Floors

By Linda K. Watts, Colorado

Shortly after my roommate moved in, my life began to take a downward turn.

I had invited her to live with me, hoping I could help her move forward in her life. But I quickly realized that was not possible. Now it seemed that every time we were together we would fight.

Soon everything in my world seemed harder. I had created a double life for myself. To the outside world, I was calm and peaceful. Yet at home, I lived with anger and daily frustration. I didn't know what to do.

Finally, I asked for inner guidance from the MAHANTA,<sup>3</sup> my spiritual guide. A few days later, I had a dream.

*It's late at night, and I'm window-shopping with a friend along a city street. I recognize the storefronts and realize I used to live near here many years ago.*

*As my companion moves on, I stop to look at one of the store displays. I can see my reflection in the glass window.*

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.



*Suddenly I notice a man standing beside me in the reflection. It is Rebazar Tarzs, a Tibetan ECK Master who often helps me when my lessons in life are the hardest.*

*He looks directly into my eyes and says only one thing. It sounds like, "Pay attention to the floors."*

*Then he disappears.*

*I woke up.*

"Pay attention to the floors." What did that mean? I had no idea.

For the next two weeks, I did anything and everything I could to try to follow Rebazar's advice. I swept, cleaned, and waxed all the floors in the house.

As I cleaned, I wondered if "floors" meant basics. Maybe I needed to review the basics, or foundations, of Eckankar and my spiritual life. While I pondered these questions, I noticed that the very act of cleaning house felt good.

The relationship with my roommate did not improve, but I slowly became aware that my life had become very out of balance. I realized I needed to do a spiritual housecleaning too.

Two weeks later, during a spiritual exercise,

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## Pay Attention to the Floors

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I had a nudge to open *The Shariyat-Ki-Sugmad*, Book Two, a holy book in Eckankar, and read a passage from it.

The book opened to the four Zoas. The four Zoas are spiritual laws that help an initiate of Eckankar live a more balanced life.

I read that I should not “quarrel, fight, or inflict injury.” It went on to say that I must always be respectful and courteous.

Then I realized what Rebazar Tarzs had really said in my dream. He hadn’t said, “Pay attention to the floors” but, “Pay attention to the four Zoas”!

I had forgotten to practice these basic spiritual laws.

All the fighting and disharmony with my roommate had created an imbalance. In my desire to

help her, I had gotten angry instead. I needed to return to the basics and once again practice the laws of harmony and love.

I decided to talk with my roommate and explain some of what I had learned. Within two weeks, our housing arrangement dissolved and she moved out.

Very quickly, my life began to change for the better, and soon I rediscovered some long-forgotten creative ambitions. My life was once again in balance.

This experience reminded me that it’s important to keep the laws of ECK close to my heart. By practicing love, harmony, and goodwill, it’s easier to stay in balance. Then Divine Spirit can easily dissolve the situations that hold me back and help me become a better, clearer channel for the ECK and divine love.

—From the 2009 *Eckankar Journal*

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### QUESTIONS AND ANSWERS

## Ask a Modern Prophet about Focusing Spiritually

*I do not know how to concentrate. When I want to contemplate on a certain subject, I lose control and start thinking of anything. Do you have any suggestions that could help me?*

Paul Twitchell, the modern-day founder of Eckankar, once wrote that the mind likes to jump around like a monkey.

First of all, don’t worry about it.

Second, entertain your mind during the Spiritual Exercises of ECK. Do an exercise a slightly different way each time. Let the mind play. Remember who is watching your mind play: the real you (Soul). Come to that realization during your spiritual exercise, and you will realize that Soul Itself is calm and doesn’t jump around.

It’s hard to get the mind absolutely still. But by suddenly knowing that you, the watcher (Soul), are still, the antics of the mind won’t upset you.

*I assume that the purpose of sitting or lying still during the spiritual exercises is to focus the attention on the spiritual instead of the physical. But I’ve been experimenting with some exercises to see if being in motion—such as bouncing, walking, or running—would be as effective.*

You ought to be able to do the spiritual exercises anywhere, at any time.

The spiritual exercise generally is meant to quiet the mind. If that doesn’t work, then you have to trick it. Keep the mind so busy with a visualization technique that at some point you don’t have to direct it anymore; it just runs off by itself, polishing lamps or whatever. Then you can simply observe what you have set in motion and no longer be concerned with it.

You have to fool the mind because it is so creative. It will find any number of different ways to stop you from getting out in the Soul body. For example, if you have done a spiritual exercise enough times that it becomes a routine, the mind says, I know this path—and immediately runs ahead and puts up blocks. So you trick it by coming at it from different angles. The mind is reactive; but Soul is active and without limits, so you can come up with more creative exercises than the mind can find blocks for.

*I find it hard to ask questions during my spiritual exercises and then listen for answers. Please, can you tell me the best way to listen and get answers without my mind going to other places causing distraction?*

The answers may not come during contempla-

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## Ask a Modern Prophet about Focusing Spiritually *continued from page 3*

tion. Often they come later in the day or week. But they do come.

Your mind, like the minds of many others, likes to jump around. It's unable to focus on one thing. The MAHANTA does give you answers in contemplation, but they get lost in a sea of other answers, creations of your mind.

But read on. There is a way to overcome the play of mind.

Once, in a grocery store, I complimented the woman at the checkout stand on how fast she could identify the many different greens and vegetables

in plastic bags and then punch the right codes into the computer. She was as fast as an automatic scanner. She was modest about her skills.

"Practice and repetition," she said. "Practice and repetition."

It's the same with the Spiritual Exercises of ECK. It takes practice and repetition. Before long, the mind will behave and stop acting like a spoiled child, for that's what it is. It's used to having its own way.

But if you practice the spiritual exercises on a regular schedule, like a meal, you'll get the inner nourishment you seek.

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—From *Cloak of Consciousness and Youth Ask a Modern Prophet about Life, Love, and God*, by Harold Klemp

### A SPIRITUAL EXERCISE TO TRY

## Monkeys of the Mind



You can work with the imagination not only on the inner planes but out here too. For instance, if you see a dog coming down the street who looks as if he would like to bite you, visualize a loving situation. Keep your attention on loving the dog—petting him, playing with him, and scratching him behind his ears. It's a good spiritual exercise, and it may also keep his teeth marks off you. Of course, it never hurts to give him a wide berth too.

The same principle can be used on the inner planes when your mind jumps around. You can visualize your thoughts as monkeys jumping around and see what you can do to make them calm down instead of being mischievous. You're working with an imaginative technique here, which gives you a multitude of possibilities.

Visualize a door that you want to walk through, but you can't because the monkeys are jumping all around in front of it. Say to yourself, I've got to get the monkeys quieted down, and then I can go through the door and enter into the worlds of Light and Sound.

Give the monkeys bright, attractive little toys with bells, or feed them bananas. You can get so involved in quieting the monkeys of the mind that you'll find you're enjoying yourself. Soul is now expressing Itself.

As soon as you get them settled down, make a dash for the door. On the other side is the pure golden Light of God. Know that the Master is there. He's saying to you, "I'm here whenever you can get past the monkeys."

The monkeys of the mind are merely the guardians of the door. They'll do everything possible to keep you from going through. Once you figure out a way to calm them down, then you're ready to go beyond into the inner worlds.

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



## Develop a Daily Practice

Connect with the Life Force. The Spiritual Exercises of ECK are a passkey to the wonders of you. They put you in touch with the spiritual life-giving currents of your being. These exercises are easy and natural and do not require strenuous efforts to silence the mind. They focus and inspire your spiritual senses—awakening joy beyond measure. To find out more, visit [www.SpiritualExercises.org](http://www.SpiritualExercises.org).