



# Spiritual Wisdom Journal

Quarterly Inspiration from ECKANKAR

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Vol. 3, No. 3

SPIRITUAL SURVIVAL IN A CHANGING WORLD

## Focus: Experience the Thrill of Seeing the Light of God

“All I am offering you is a glimpse of the face of God, and personal experience in the Light and Sound of this Divine Being.”

—Sri Harold Klemp,<sup>1</sup> *Touching the Face of God*

FEATURE ARTICLE

## The Light of God

By Sri Harold Klemp



The Holy Spirit, the Word of God, is actually Light and Sound.

In the biblical story of the Pentecost, the apostles heard the Sound as a rushing wind and saw the Light as flames of a fire. These were two manifestations of the Holy Spirit. The Holy Spirit is not a person, it is a combination of the Light and Sound of God.

This is important, because the teachings of ECK<sup>2</sup> are based upon our coming in contact with the Voice of God, the Holy Spirit. Somehow we try to link up with the Light and Sound of God. If we can, and if we do, we find that the manifestations we see inwardly are as different and varied as those we see out here in the physical world.

The Light may sometimes be seen as the soft glow of a lightning bug—a little flicker or twinkling in the inner eye. Other times it is seen as a globe of blue light. Or it may look like a lantern that has glowing embers of blue or white light.

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

2. ECK (pronounced *EHK*) is the Life Force, the Holy Spirit, the Audible Life Current which sustains all life. Also, short for Eckankar.

A SPIRITUAL STORY

## Made of the Light of God

By Allyson Farriss, Virginia

Many years ago, before I became a member of Eckankar, I was teaching a jewelry-making class and struck up a conversation with one of my students. We found we had a lot in common. Over the course of the class, we became friends.

One day, we began to talk about meditation. My friend seemed very interested in the topic.

“Do you meditate?” she asked.

I told her I did.

“I meditate too,” she replied.

After a moment, she asked, “Do you ever sing HU?”

I’d never heard of singing HU before and asked her what she meant.

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[www.SpiritualWisdomJournal.org](http://www.SpiritualWisdomJournal.org)

## Bathing in Light



If you have a problem or desire a healing, try this exercise before falling asleep.

Catch yourself at that point just before you fall asleep—between waking and sleep. Imagine bathing yourself with healing orange light.

You then can ask the Inner Master to help you regain spiritual balance by saying, “If it’s for the good of all concerned and doesn’t interfere with my spiritual growth, would you please heal me?” Then holding that thought, drift into a sound sleep.

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

## The Light of God

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The Sound of the Holy Spirit sometimes comes as one of the sounds of nature, such as wind or water. It can come as softly as a whispering, or as loudly as the sound of machinery. It can be heard as any of these things and more. If you hear one of these sounds or see a light inwardly during a period of contemplation, you are experiencing the Light and Sound of God.

The effect of the Holy Spirit within you is to raise you spiritually, for the Light and Sound of God bring about your purification. As this purification of Soul occurs within you, you find that

the karma you have made for yourself sometime in the past begins to resolve itself. For a short period of time, you seem to have more difficulties than usual—at work, with your car, or anything like this. The difficulties are simply to give you a chance to face the situation and to grow from it spiritually.

As this purification takes place within you, you are raised to a higher level of spiritual understanding. You develop more compassion about the problems of other people. With this greater awareness within you, you find that you have more love and patience.

—From *We Come as Eagles*, Mahanta Transcripts, Book 9, by Harold Klemp

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## Made of the Light of God

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“HU<sup>3</sup> is an ancient love song to God,” she said. “Do you have any problems with your life?”

“Yes, I do,” I replied. “I’ve always had a problem with low self-esteem.”

“Well, you can say a prayer,” she said. “You can ask for God’s help in healing your low self-esteem, and then sing HU.”

That night, I decided to try singing HU. I closed my eyes and asked God to help me find a way to heal my low self-esteem. Then I repeatedly sang the word HU.

Suddenly, I saw a ball of Blue Light in my mind’s eye. Then, inwardly, a man with glasses appeared.

“Did you call me?” he asked.

Surprised, I replied, “I don’t know. Did I?” I was a little confused and didn’t know what to make of this experience.

“Well, yes,” he said. “You sang HU.”

“I guess I did call you then,” I said.

“Is there a problem I can help you with?” he asked.

I told him about my difficulty with low self-

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3. **TIP:** 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. To listen to the sound of thousands of people singing HU, go to [Eckankar.org/hu.html](http://Eckankar.org/hu.html).

## MEET SPIRITUALLY LIKE-MINDED PEOPLE



Meet other people from all over the world who have seen the Light of God.

Coming in October:

**2013 ECK Worldwide Seminar**  
*The Year of Light and Sound*  
**October 25–27, 2013**  
**Minneapolis, Minnesota, USA**

For more information or to pre-register for this seminar, go to [www.ECKseminars.org](http://www.ECKseminars.org).

See a short excerpt of a seminar talk by Sri Harold Klemp.

## You Are Invited to a Spiritual Gathering

“Not everyone gets healings when they go to an ECK seminar. But some people do. Others do but don’t recognize the blessings they receive. For others it takes a week or two before they look back and realize perhaps they’ve had a gift of healing. Perhaps something changed at work which made their lives better.”

— *What Is Spiritual Freedom?* Mahanta Transcripts, Book 11, by Harold Klemp

## Made of the Light of God

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esteem and asked him if there was something he could suggest.

In response, he showed me my spiritual body. It was made of beautiful Light.

“All people are the Light of God,” he said. “You are the Light of God, and God loves you.”

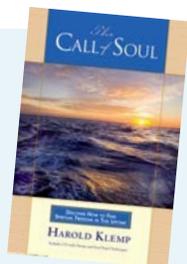
“I’m the Light of God, and God loves me?” I repeated as I pondered his words.

“Yes,” he answered.

**To further explore the Light of God, read *The Call of Soul* by Harold Klemp**

“The Sound and Light are the wave upon which Soul rides back into the kingdom of heaven; they are the twin aspects of ECK.”

—Sri Harold Klemp, *The Call of Soul*



After a few moments, he asked, “Will there be anything else?”

“No, I guess that’s it,” I said.

“Well, then,” he continued, “may the blessings be!”

“May the blessings be to you too. Thank you!”

Then he was gone.

His words rang inside me. I was made of the Light of God, and God loves me! I had actually seen my Light-filled spiritual body. After that experience, my problem with self-esteem began to fade. Soon, it was only a distant memory.

Years later, I discovered the teachings of Eckankar and immediately recognized Sri Harold Klemp, the Mahanta, the Living ECK Master<sup>4</sup> of our times. He was the man with glasses who came to me in a ball of Blue Light all those years ago. He had come to help me with the problem of low self-esteem long before I consciously knew of the ECK Masters.

I was reminded again of what he had said to me that night: “All people are the Light of God.”

What a wonderful confirmation of God’s love!

—From the 2010 *Eckankar Journal*

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4. The Living ECK Master is the spiritual leader of Eckankar. His duty is to lead Souls back to God. 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 became the Mahanta, the Living ECK Master in 1981.

## Ask a Modern Prophet about the Light of God

### *Are there references to the Light of God in the Bible?*

Through the burning bush, God gave Moses the order to go free the children of Israel.

. . . The burning bush was a form of the Light. . . .

The Light appeared again during the exodus, as described in Exodus, chapter 13:

**21** And the Lord went before them by day in a pillar of a cloud, to lead them the way; and by night in a pillar of fire, to give them light; to go by day and night:

**22** He took not away the pillar of the cloud by day, nor the pillar of fire by night, from before the people.

This pillar was an emblem of the Holy Spirit in visible form. Whenever the Holy Spirit appears in some way that we can see, in a form that depends upon light for us to recognize it, this is God speaking to us through Light. The other, more important, way is through Sound.

In this case, the Light came by day as the pillar of a cloud—a visual thing; people could see

it. At night it appeared as a pillar of fire—definitely an aspect of Light.

—From *The Drumbeat of Time*, Mahanta Transcripts, Book 10, by Harold Klemp

### *Do everyday people now have experiences with the Light of God?*

We aren't frozen in time; the miraculous religious experiences didn't stop occurring after the biblical times, nor were they limited to a few isolated saints.

If a spiritual teaching is true and alive, experiences of the Light and Sound of God are a very real part of the follower's life. In Eckankar there are probably more people who have this type of experience than on any other path on earth.

This doesn't mean that every person will have such an experience before he comes to ECK, or within a year or five years after he comes to ECK. Most of us have spent lifetimes coming to the point where we have earned the right to ask the question What is love? and get an answer.

—From *The Golden Heart*, Mahanta Transcripts, Book 4, by Harold Klemp

“People see the Light of God inwardly as a white light, a blue light, a pink light, a green light, sometimes in the form of a lightbulb, sometimes as a fire, sometimes as a lamp, or just as a globe that glows —It can be any form, any color.”

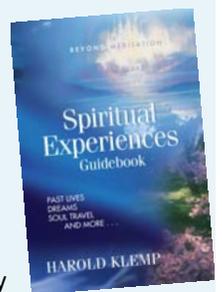
— From *The Awakened Heart*, by Sri Harold Klemp

### Video Clip on Miracles with the Light and Sound of God

For a greater understanding of the Light and Sound of God, watch the featured video and others at the [Eckankar Official Site on YouTube](#).

### You've always known there's something more . . .

Now explore! To have your free\* *Spiritual Experiences Guidebook* and CD sent to you by mail, click this box or visit [SpiritualExperience.org](http://SpiritualExperience.org).



You can also request it by calling or writing:

- 1-888-LOVE GOD, Dept. ISEG (USA only)
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\*For anyone not a member of Eckankar.