Spiritual Wisdom Journal

Quarterly Inspiration from ECKANKAR October–December 2015 Vol. 5, No. 4

SPIRITUAL SURVIVAL IN A CHANGING WORLD

Focus: Exploring *The Shariyat*, Golden Wisdom for Today

"*The Shariyat-Ki-Sugmad* is your guide to a better life. Open it at random each day. Read a paragraph, page, or chapter. Read it with an open heart, and it will open your eyes. That much I promise you." —Sri Harold Klemp,[1] *The Living Word,* Book 3

FEATURE ARTICLE

An Instrument for Love

By Sri Harold Klemp

A woman wrote to me from Florida. She's not a member of Eckankar, but she has a friend who is in ECK. When they're talking, this person will sometimes tell the ECKist certain things. And the ECKist will say, "Why, that's straight from *The Shariyat*." *The Shariyat-Ki-Sugmad* is the bible of the ECKist. It means "Way of the Eternal." The ECKist was always surprised when her friend would come up with philosophies and statements of truth straight from *The Shariyat*.

Finally, this woman got interested in finding out what *The Shariyat* was. She had read a few of the other ECK books, but she hadn't really studied *The Shariyat*. So she began to read it. Not that long after, she had a dream.

In the dream, someone drove her to a distant meeting place. At this distant meeting place, there

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

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A SPIRITUAL STORY

Discover How *The Shariyat* Refreshes

By Barbara Buckner, Chanhassen, Minnesota

In an always-on, nonstop world, *The Shariyat-Ki-Sugmad* gives me spiritual rest and rejuvenation.

While reading, I'm contemplating the higher worlds via the Light and Sound of God. It's like an inner spiritual movie projected onto the screen of my consciousness, taking me to the portal of the God Worlds.

What joy and expectation reading *The Shariyat* creates for me! It gives sacred treasures which speak directly to my spiritual senses.

It's more than a study—it's an inner adventure for Soul alone, as a unique spark of God. I find that as I open myself to this sacred book, the ancient mysteries reveal themselves. In the chapter "The Visions of Lai Tsi," *The Shariyat-Ki-Sugmad*, Book 2,

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A SPIRITUAL EXERCISE TO TRY

The Shariyat Technique

A spiritual exercise called the Shariyat technique, which uses *The Shariyat-Ki-Sugmad*, the ECK bible, can help you to understand the spiritual reasons behind a problem you are experiencing. This is true for financial, medical, spiritual, or any other kind of problem. The technique works like this.

First, define the problem. Second, open *The Shariyat*, Book One or Two, at random. Read a paragraph on that page. It will give you one aspect of what you need to know about whatever is bothering you.

The next step is to chant HU and contemplate upon what you have just read in *The Shariyat*. Don't contemplate on your problem or try to establish a bridge between the paragraph and your problem. This is very important. Just contemplate upon the paragraph from *The Shariyat* while chanting HU. The period of contemplation should be no longer than fifteen or twenty minutes.

After you have completed the contemplation, open *The Shariyat*, again at random, and read another paragraph. This passage will give you the second half of what you need to know in order to resolve your problem.

. . . Many ECKists have reported experiences with this technique. It is uncannily on target.

—From *The Eternal Dreamer,* Mahanta Transcripts, Book 7, by Harold Klemp

An Instrument for Love

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were a number of people gathered round. Among them was the Mahanta,[2] the Living ECK Master. In the dream he came up to her and told her about part of her mission in this life. The woman had known she had a mission, but she hadn't been quite sure how it would play out.

When she woke up the next morning, this dream stayed in her mind. It struck her very strongly. To other people it would be just a dream, but to her it was not one of her usual dreams.

Shortly after this, she was in meditation. All of a sudden this little Chinese man came into her inner vision. He was dressed in blue. The woman didn't know it at the time, but it was the ECK Master Lai Tsi. First he was dressed in blue, but in an instant he was wearing a maroon robe and a happy little red cap. In her inner vision, he was dancing and laughing. She felt this enormous sense of joy and goodwill in her heart.

2. 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 woman wondered, *How can this little man have such power to bring so much happiness to me?*

Not long after that, she had an experience in the physical world, at Mount Shasta. This is often a gathering place of people who are interested in spiritual things. The people who gather there are both people in physical bodies and others who come in their Soul bodies or Astral bodies or sometimes Mental bodies. It's a gathering place for a lot of different people of different spiritual understanding. At this gathering, the woman met Gopal Das, another ECK Master. She noticed his twinkling blue eyes and his golden skin.

About two years later, she and her friend went to an ECK center. There she saw a picture of Gopal Das on the wall. She said, "That's the man I met at Mount Shasta." Someone explained to her that he was Gopal Das.

She realizes that in this lifetime she has a mission to serve as an instrument for love, but as she goes along in the ECK teachings, she'll get a fuller understanding of what this mission of love is. She'll get a right understanding of it. And the right understanding is to become a Co-worker with God.

The only reason Soul exists is because God loves It. A Soul that recognizes this can do nothing other than to give love back to all life—to all the creatures and other beings here.

—From *Our Spiritual Wake-Up Calls,* Mahanta Transcripts, Book 15, by Harold Klemp

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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.

Meet people from around the world who share how the Golden Wisdom of The Shariyat *and the teachings of ECK impact their lives.*

Coming in October:

50th Anniversary of Eckankar

2015 ECK Worldwide Seminar

The Year of the Shariyat

October 23–25, 2015

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.

Discover How *The Shariyat* Refreshes

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hints at these manifold inner meanings:

"The sacred scriptures of the Shariyat-Ki-Sugmad should not be taken in their apparent meaning, as in the case of the orthodox scriptures. . . . We must look upon the Shariyat-Ki-Sugmad in the following way:

"As Soul is contained in the body in the beginning,
As the almond is hidden by its hull,
As the sun is veiled by the clouds,
As the garments hide the body from view,
As the egg is contained in its shell,
As the germ rests within the interior of the seed.

"So the sacred ECK has Its body, Its hull, Its cloud, Its garment, Its shell, which hides It from the knowledge of the world and the eyes and ears of the profane."

I've started studying *The Shariyat-Ki-Sugmad* in a different way than I used to. I read a few paragraphs *slowly* every evening before going to sleep.

Because of the slower pace, I now find that the meaning inherent in the words is more easily perceived by Soul. I discover that the words and phrases of *The Shariyat* are like images—realities from the inner planes of Light and Sound which take hold in the spiritual consciousness, giving me insights which are beyond this world. They refresh the mind and lower bodies like a clear, running brook.

Try it and discover the special experiences awaiting you in your reading of *The Shariyat-Ki-Sugmad*, Books 1 and 2!

—From *Tips for ECK Study*, July 2013

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

Now explore! To have your free* copy of *ECKANKAR's Spiritual Experiences Guidebook* and CD sent to you by mail, click this box or visit SpiritualExperience.org.

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Ask a Modern Prophet about *The Shariyat-Ki-Sugmad*

What exactly is meant by the phrase "the living Shariyat"?

The Shariyat is the holy book of the Vairagi Adepts. It is a record of spiritual evolution on every plane of God.

The living Shariyat refers to the action of the ECK as it occurs in creation, before it is recorded in a book. For us, it means the dynamic influence of ECK in our daily lives.

On a second level, the Shariyat is the Sound and Light of ECK. When the spiritual energies of life have been condensed into the written form, we call it a book: *The Shariyat-Ki-Sugmad*. This is the history of ECK in the lower worlds. From the Soul Plane on up, the Mahanta may teach one by direct experience with the Sound and Light. That is also the living Shariyat.

In short, the living Shariyat is every experience in your life that teaches something of Sugmad's love for Soul—and Soul's love for It.

—From *Ask the Master*, Book 2, by Harold Klemp

How can I read the Shariyat-Ki-Sugmad on the inner planes?

In the dream state or during Soul Travel, the seeker is accompanied to one of the Temples of Golden Wisdom by an ECK Master, such as Rebazar Tarzs, Peddar Zaskq, or Wah Z. (Wah Z is my spiritual name.) There the seeker can read from one of the sacred books of the Shariyat-Ki-Sugmad, which means Way of the Eternal. . . .

Try doing this spiritual exercise each evening before sleep. Close your eyes, and sing HU, an ancient name for God, for five minutes.

Then just before you fall asleep, say to the Mahanta, "Please take me to the place where I can learn whatever is important for my spiritual unfoldment. Take me to a Temple of Golden Wisdom."

This simple exercise can bring more love, truth, wisdom, and freedom into your life.

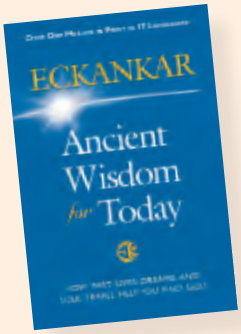
—Answer from *ECK Wisdom Temples, Spiritual Cities, & Guides: A Brief History*, by Harold Klemp

Life Becomes Miraculous

"When you let God into your life, divine love also enters. Experiences and coincidences you would have discounted as trivial before now, become miraculous. . . .

"You'll be given the keys to the future and the past. . . . You can begin to see cycles and connections between your life and timeless wisdom."

—*ECKANKAR—Ancient Wisdom for Today*



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New from Sri Harold's *Spiritual Exercises for the Shariyat*, Book One

For Solace, Peace, or Happiness

All who become the channel for God will translate the ECK into the physical and spread peace to those concerned. Mind is the intermediate link between heaven and earth; therefore, it is good to use the mind as an instrument, allowing the spirituality of God to flow to all living creatures. Being an instrument of God, one asks not for solace, but only to give solace; one asks not for peace, but to give peace; and one asks not for happiness, but seeks only to give happiness.

—*The Shariyat-Ki-Sugmad*, Book One, p. 22

Close your eyes, gently sing HU, and let your heart fill with peace and quietude.

Ask the Mahanta to show you an opportunity to give solace, peace, or happiness this day. It could be in even such small acts as cleaning up your environment or softening your voice in a time of stress.