



Spiritual Wisdom Journal

Quarterly Inspiration from ECKANKAR

October–December 2016

Vol. 6, No. 4

S P I R I T U A L S U R V I V A L I N A C H A N G I N G W O R L D

Focus: Have You Had a Spiritual Experience?

“Nearly half of the people polled in a Pew Research Center study say they’ve had a religious or mystical experience.” —Sri Harold Klemp,¹ *ECKANKAR’s Spiritual Experiences Guidebook*

FEATURE ARTICLE



The Great Experience

By Sri Harold Klemp

Mother and son became members of ECK, and soon after that, the Temple of ECK was built in Chanhasen, Minnesota, very near Minneapolis. “Let’s drive to

Minnesota and see this Temple,” he said.

“Yes,” she agreed. “Maybe we’ll have a great experience there.” She knew this. She felt it. It reminded her of when she was a child, sobbing on her bed, “I want to go home. I just want to go home.” She didn’t understand what she meant then, and she didn’t understand what she meant now.

They left their home on the East Coast with a 1968 map of Minneapolis. So many changes had taken place since then. When they reached the outskirts of Chanhasen, they asked a young man at a gas station, “How do we get to the Temple of ECK?”

“Never heard of it,” he said.

They got back in the car and decided to try to find the center of town. To make matters worse, it was getting dark, and they couldn’t see very far.

They found their way to the center of the little town of Chanhasen, knowing that the Temple of ECK had to be nearby. Driving down the main street, the woman suddenly got a strong feeling of déjà vu. She braked to a stop right in the middle of the street.

“Mother!” her son said. “What’s the matter?”

She was frozen at the wheel. “I’ve been here before,” she said.

Some years ago she’d had a recurring dream of coming to a small town where it was always

winter and always cold. Except for a brief spell we call summer, that would describe Minnesota.

In her dream she would walk up and down the sidewalk, past the hardware store, and then she’d see the town clock. It was always the same. She would wake up with the feeling that the dream was more real than her waking life. She had forgotten all about the recurring dream until this particular night when she got lost trying to find her way to the Temple of ECK.

“I’ve been here before,” she repeated. She started to tell her son about the dream, but the traffic behind her was backing up and she had to move along. “Let’s go back out to the highway in this direction,” she said.

“I see a light over there to the west, on the hill,” her son said. “Let’s try that first.” They drove over there and found the Temple of ECK. . . .

They parked their car, went inside, and took

Continued on page 2

Inside

- 2 A Spiritual Story: Hearing the Sound of God**
- 3 A Spiritual Exercise: The Mountain of God**
- 4 Questions and Answers about Spiritual Experiences**
- 4 How to Meet Spiritually Like-Minded People**

The *Spiritual Wisdom Journal* is an online newsletter published by Eckankar, 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 e-mail: www.SpiritualWisdomJournal.org

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

The Great Experience

continued from page 1

seats. The woman waited quietly, wondering to herself, *When will I have my great experience?* As quickly as she asked, a soft voice came out of nowhere and said, “Well, what do you want? Do you need to get run over by a truck?”

Someone asked me today, “How do people in ECK usually find truth?” What he meant was, Does it come like a bombshell?

Well, it may be a dramatic experience, but often it's so subtle that when it does come, many people don't recognize it. This woman just had a marvelous experience where she physically found the place of her recurring dreams of years ago. Yet, just a few minutes later, she's sitting in the Temple of ECK waiting for a great experience. . . .

I can give you truth. I can give you the word *HU*. I can show you techniques. But the factor that will make it work or not is your self-discipline. Are you going to spend time each day opening yourself to the Holy Spirit? Are you going to do it with love and with a passion? Are you going to put your whole mind and heart into this?

If so, you are going to make progress in life. You are going to find that the mysteries of today are no longer mysteries tomorrow.

After this woman came into ECK, she learned that the buzzing sound she had heard in the past is one of the manifestations of the Sound of God. A buzzing sound comes at a certain level we call the Etheric Plane. This is the area of the subconscious

right before the Soul Plane—a high state of being.

Without knowing it, this is where the woman had left off in a previous life. For one reason or another, she didn't quite make it to the Soul Plane, but very early on in this life, she began to hear this buzzing sound.

Another sound she'd heard also began to make sense. It was the high, piercing note of a musical instrument. It doesn't hurt your ears, but it keeps going higher until it's beyond your hearing, lifting you upward spiritually. Again, this is the Voice of God speaking to you.

The Voice of God is the Holy Spirit in Its twin manifestations of Light and Sound. The highest of these two manifestations is always the Sound.

You hear a lot now about the light that some people have seen in near-death experiences. Because the Light is the lower of the two manifestations, more people will come across It. The higher manifestation is some form of the Sound. Sometimes It is heard as a choir singing, as a huge orchestra, as monks doing the Gregorian chant from medieval times, or in many other ways.

The Sound of God comes into your life to uplift you spiritually. Each sound corresponds to one of the planes of God, and that is where you are spiritually. Often it shows the level you reached in a previous lifetime.

In this lifetime, you are waking up again, coming to the spiritual path, taking the next step.

[Back](#)

—From *How the Inner Master Works*, Mahanta Transcripts, Book 12, by Harold Klemp

A SPIRITUAL STORY

Hearing the Sound of God

By Brian Determan, Texas

I was born deaf. So my way of interpreting the world came mostly through sight.

As I grew up, I developed a hunger for spiritual truth. I read a lot about different religions and a variety of paths, trying to find one that was right for me.

I studied everything from Christianity to metaphysical teachings. But no matter what I tried, none of these satisfied my hunger.

I felt so lost.

I wanted something more from life but didn't know what it was. I began to spiral downward emotionally.

After a particularly difficult few days, I broke down in tears and decided to pray for guidance.

“I want to hear the truth directly from God, and not through the Bible or through other people,” I said silently. “I want to hear directly from God!”

All of a sudden, I felt love entering my heart. I repeated my plea again.

“I want to hear the truth from God!” I cried inwardly.

The more I repeated this silently, the more I felt love in my heart grow and fill my entire being. I could barely contain it within me.

“I love you, God! I love you!” I repeated silently.

Continued on page 3

Hearing the Sound of God

continued from page 2

Then I actually began to speak out loud. I don't remember the words. But as the sounds left my mouth, my heart filled with even more love.

Suddenly, I felt a sucking motion pulling at my Spiritual Eye, which is located between the eyebrows. It felt like a vacuum pulling me upward.

In an instant, I was out of my body.

Surrounded by what seemed to be the sky, I saw a Light coming toward me. Full of warmth and gentleness, the Light held the enormous power of divine love. It grew brighter as it approached me. I had never experienced so much love before.

Then I heard the Sound! I was shocked. How was it possible that I could hear something? It was almost like a voice speaking to me. Yet it was not a voice. It was more like an inner communication of Sound expressing Itself to me. Not being used to hearing sound, I was overwhelmed.

A moment later, out of the Light came a beautiful, golden book. It lay open as it floated down toward me so I could read the words written within. As I read, the words became a part of me, a part of my consciousness.

When the experience was over, I was in shock. It felt as if an electrical current was running through me.

Was that real? I wondered.

When I shared what happened with some of my friends and family members, they were skeptical and didn't understand it. I realized I needed to keep quiet and not share it with other people.

The next night while I was sleeping, I again heard the Sound in the form of beautiful music. It surprised me because it wasn't a dream. I could hear the music clearly.

After these two experiences and my friends' and family's reaction, I believed I would never find a religion that was a good fit for me. Still, the love from the Light and Sound stayed with me and continued to grow.

Five years later, I found Eckankar, and it changed my life. I learned that we are made of God's holy Light and Sound. These twin aspects of the Holy Spirit are how God speaks to us. After years of searching, I had finally come home.

If I had one piece of advice for a seeker, it would be to keep trying. Ask God for guidance and help, and when the time is right, the ECK will bring you exactly what you're looking for.

Back

—From the 2016 *Eckankar Journal*

A SPIRITUAL EXERCISE TO TRY

The Mountain of God



Find a quiet place where no one will disturb you for ten or fifteen minutes. Then shut your eyes and look at a place just above and between the eyebrows. That is the location of the Spiritual Eye.

Now imagine you are climbing to the top of a broad green mountain. Follow the brown dirt path to a meadow of colorful flowers. Powder-white clouds near the summit of the mountain give a feeling of great joy, wonder, and freedom. This is the Mountain of God.

When you reach the top, lie down upon the thick, soft carpet of grass. Feel the sunshine warm your face, arms, and body. Shut your eyes there too, as you did when you began this exercise in your room. For the moment, expect complete darkness of the inner vision.

Now look gently for the Light of God to

appear in your Spiritual Eye. It may appear in a number of ways. It may come as a soft field of light, similar to the fluffy white clouds near the mountaintop. Again, It may be a pinpoint of light: blue, white, yellow, purple, or even green or pink.

While looking for the Light, softly sing *HU* over and over again. It is Soul's love song to God. Without staring, continue to watch for the Light within your Spiritual Eye. Listen also for the Sound.

The Sound of God is the vibration of Divine Spirit moving the atoms of life. You may hear the sound of a flute, a rushing wind, the chirping of birds, a waterfall, bells, or the buzzing of bees. These are actual, not imaginary, sounds.

Return to the Mountain of God for a few minutes every day. That journey in contemplation is one of the surest ways to find divine love.

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

Ask a Modern Prophet about Spiritual Experiences

Why do we have spiritual experiences?

The basis for the teachings of ECK is experience, spiritual experience. Often the person who comes to ECK finds the change that takes place occurs initially in the dream state. Sometimes these early dreams are just a mishmash of experiences; they don't make any sense. You say, "I don't understand these dreams at all." Then it occurs to you that you are remembering dreams whereas you never used to.

It's a step. You are becoming more aware of yourself as a person operating in a greater spiritual sphere.

Some of you are fortunate to have a more aware or more conscious experience in the other worlds; we call this Soul Travel. It simply means that you are awakening in the other worlds and having an experience there with the Light and Sound of God or the ECK Masters.

When you wake up, you bring back more love and greater understanding about yourself that you never realized existed. Yet you can't tell anyone about it. You can try, and most people do. But you find out that unless others have had that experience, no one knows what you're talking about.

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

What is the purpose of writing down spiritual experiences?

You may miss the connection at first between the mission of the Living ECK Master and the life of Portugal's Henry the Navigator, of the early fifteenth century. Henry actually set up the conditions that enabled Columbus to discover America. . . .

. . . Henry required the sailors to debrief after each voyage. Every bit of new travel information was incorporated into maps that marked latitude and longitude. Slowly, Portuguese sailors pushed back the walls of ignorance that enclosed the world then.

That's what the Living ECK Master is doing today: The sailors of the Cosmic Sea are recording their journeys into the unknown world beyond the physical plane.

This is the purpose of their spiritual journals, their initiate reports, and the books and articles they write. We must compile this information in the interest of spiritual survival. Many hands will contribute to this mission as best they can.

Do you see the point?

—From *A Modern Prophet Answers Your Key Questions about Life*, Book 1, 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:

2016 ECK Worldwide Seminar
Discover Your Spiritual Mission
October 21–23, 2016,
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.