



Spiritual Wisdom Journal

Quarterly Inspiration from ECKANKAR

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SPIRITUAL SURVIVAL IN A CHANGING WORLD

Focus: A Spiritual Solution to Every Problem

“A crisis is an opportunity in disguise. A solution is hidden in the folds of every reverse. No matter what is thrown into our face, there is a way to roll with the punch.”

—Sri Harold Klemp,¹ *ECK Wisdom on Solving Problems*

FEATURE ARTICLE



It's Your Story, You're the Star

By Sri Harold Klemp

Sometimes your life seems to flow like a well-written script. You can handle the story line. If a problem arises, you can solve it by yourself. It's

your story, you're the star, everything's going great, and the world loves you.

Then you come to a chapter that seems to have been devised by a very poor scriptwriter. Problems come up with your health, personal relationships, job, finances, or anything of this nature. All of a sudden, you can't handle it. This is when you say, "Help!"

There is nothing wrong with asking for help,

but we must remember that our purpose for being on earth is to learn how to arrive at the correct solution to our own problems. We have to write the script and—as well as we can—figure out how to untangle the plot.

If we can't get ourselves out of the fix, there is always *deus ex machina*. This is divine intervention and is a true, spiritual quality of the teachings of ECK. It is the essential element.

An equally essential part of the teachings is to develop your creativity. Then you can learn to resolve your own problems. These are problems that you have made for yourself. Out of the factors that made these problems, surely there must be solutions.

Working beyond the Symptoms

When Divine Spirit does something to help us, it's not simply to cure a symptom. It goes to the cause, the cause that has been lying inside you for centuries from past lives.

Today so many Western doctors are trained to treat symptoms. This is mainstream medicine, and it's very necessary and helpful in its own way. But some of the alternate ways of healing try to work with the causes of an illness.

In the same way, the Mahanta, the Living ECK Master tries to work beyond the symptoms of why a person is having a hard time in this life. The Mahanta is an expression of the Spirit of God that is always with you. It is also a title of the Living ECK Master, who is both an inner and outer

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

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It's Your Story, You're the Star

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teacher who can lead Soul back home to God. The Mahanta goes back into the past and brings the problems to the front, and he gives them to the seeker of truth to work out as the seeker is able to.

Beam Me Up, Scotty!

"Josh" felt that his relationship with the Inner Master was such that anytime he had a bad experience, he could simply say, "Mahanta, please fix this." And the problem would be magically resolved.

One night Josh had a dream about the old *Star Trek* series. In the dream he is Captain Kirk of the starship *Enterprise*. Enemy Klingons are holding him captive on a strange planet while the starship circles above.

The Living ECK Master, in the role of Scotty, is in charge of the transporter. The dreaded Klingons have taken away Captain Kirk's communicator. Luckily, he has a little electronic device hidden in his back pocket. He uses it now to signal the starship in Morse code. "Scotty, beam me

up!" Over and over he sends his distress signal to the starship, but things are getting tense.

Off in the distance Josh sees a battered little truck, raising a dust cloud behind it as it chugs its way toward him. Behind the wheel is the Living ECK Master, playing the role of Scotty.

Scotty slams on the brakes and jumps out. He grabs Captain Kirk, pushes him into the back of the truck, and takes off, driving back down the road in the direction he'd just come from.

Josh calls out to the Mahanta, the Living ECK Master, "Scotty, beam us up!"

"Listen," the Living ECK Master says, "I drove for thirty-five hours to get here. We're not going back the easy way!"

The dream helped Josh realize he had a problem. He was being held captive by the passions of the mind. Until he could be free of them, he wouldn't get back to the starship, which symbolized the spiritual freedom to travel the worlds of God.

—From *ECK Wisdom on Solving Problems*, by Harold Klemp

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A SPIRITUAL STORY

Healing the Past—Healing the Future

By Ami Bourne-Nisson, Davenport, Iowa

On December 18, at the tender age of seventeen, I had given birth to my son Mathew. He translated—died—on December 20. For the next thirty-four years, every December 18, I would mourn. But on this particular anniversary, I wondered, *Why am I still grieving for a baby I never even got to hold?*

I've since found a wonderful husband, had three healthy children, and created a life I love. I also discovered the specific karma that caused this experience many years before. What was there to be sad about? I pondered the question for the rest of the anniversary day. The next day I took it into my daily contemplation, a Spiritual Exercise of ECK.

I found the key to my sadness nested in the words "a baby I never got to hold." Mathew was born in 1972, when parents were not allowed near an infant in an Isolette. So I never got closer than three feet to my child, and there were always two reinforced panes of glass between us.

During my spiritual exercise this day I thought, *I can fix that.*

I closed my eyes and sang *HU*, the ancient, sacred name of God, to spiritualize myself. Next, I envisioned the hospital, with its polished, white, speckled tile floors, and the brightly lit, glass-paned, almost-empty room where sweet Mathew struggled for breath inside the warm, oxygenated cocoon of the Isolette.

But this time, instead of pressing my nose against the glass, I went inside, opened the Isolette, and lifted him into my arms. There was no chair in the room—no one expected to hold such a fragile infant then—so I simply held him and swayed to that rhythm so natural to mothers everywhere. My thoughts went to my younger self, alone in a hospital bed, about to face one of the most difficult experiences of her life. The Mahanta, my inner guide, whispered, "You can do a little something about this too."

I looked into Mathew's little face and thanked him for coming to teach me. His short life was one in a series of events that propelled me to

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Healing the Past—Healing the Future

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become a seeker of truth. I went to visit my younger self, imagining what she would think to see me with the softer jawline of age, walking into her room.

Time had sped, and now she was grieving. Swollen and congested, the overwhelming grief was barely tamped by the sedatives the doctors had ordered. I climbed onto the edge of her bed and looked into that stricken round face of youth and told her, “It will be all right. You are going to

have an amazing life filled with love and truth. Right now you don’t think you’ll get past this, but I assure you, you will.”

I opened my eyes to the present. It was December 19, and I was no longer sad, for there was no longer anything left undone.

So from now into the future, whenever December 18 comes round, I will acknowledge the date but will no longer be sad. I have no reason to be. Everything in the worlds of God is in its proper place. And for this I am grateful.

—From the 2017 *Eckankar Journal*

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A SPIRITUAL EXERCISE TO TRY

Viewing Difficulties



This exercise allows you to see why long-lasting or hard-to-solve problems are still with you.

In contemplation, look at your problem and ask yourself which of these viewpoints you hold about it.

1. You view the problem as a battering ram. When it approaches, you fall over backward, flattened to the ground.
2. You view the problem as a vital, valuable lesson which will teach you something. You believe it will become a spiritual springboard to give you the necessary incentive and energy to climb up and out of your present situation.

Your attitude about your problem holds the key to whether your experience with it will be easy or difficult, long or short.

Those people who have spiritual success don’t say, “Oh, no!” and fall down when a problem comes up. They look to see the reason or lesson behind it. They ask the Mahanta,² “What can I learn from it? How has it made me stronger?”

The ECK [Divine Spirit] sometimes works very subtly. Often we do not recognize what It is trying to tell us. We’re too busy being afraid or angry to see the humor in the situations that life uses to teach us what we must learn about ourselves.

ECK may not always provide a fast way to learn, but it does provide a sure way to learn.

—From *ECK Wisdom on Solving Problems*, by Harold Klemp

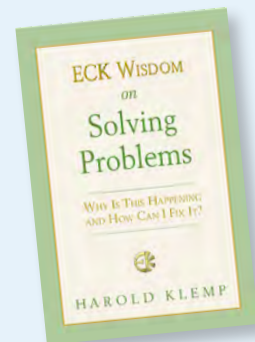
2. The Mahanta, the Living ECK Master is the spiritual leader of Eckankar, who assists spiritual students via talks and writings, in the dream state, and in the spiritual worlds.

Discover the Secret of Solving Problems Spiritually

Problems. Problems. Why do we have them? What causes them? How can we avoid them?

Author Harold Klemp, spiritual leader of Eckankar, can help you answer these questions and more. His sense of humor and practical approach to spirituality offer keys to effective problem solving. Includes inspirational, time-tested techniques.

[Purchase it for only \\$3.](#) Start today!



Ask a Modern Prophet about Problem Solving

Can you explain why we have problems?

Troubles that come to us are for our purification. They come to us because we must learn a divine law.

Divine Spirit will use the most negative situations to teach us, and we wonder, *Why has God forsaken me?* God has not forsaken us. We are unwilling to give up certain passions of the mind and take the next step in our spiritual development. Habits fall away once Soul decides It really wants spiritual realization more than Its vices.

The spiritual life is not meant to finally end the succession of problems, for they are given as opportunities for Soul's unfoldment. What the spiritual student does develop, however, is the inner link with the ECK, the Holy Spirit. Thus he taps into the Supreme Creative Force

that guides him around all the blocks in his path that once defeated him.

One's ability to take charge of his own life increases. This is a solid step toward self-mastery and that state of consciousness called the kingdom of heaven.

I am depressed over the condition I find my life in. I cannot even look for a job because I am afraid I would just be bored with it, and I am not able to face another failure. What can I do?

Sit down and list the things you like and do not like about yourself, in separate columns. Look at them once a month. As you review the past thirty days, look for any changes the Holy Spirit has brought to you.

Self-discipline is an absolute necessity if one is to have a productive life. Replace old tastes and preferences with new, bet-

ter ones. But do it in the name of God, with love and a sincere heart, or nothing will come of this experiment.

You must also look at how you wish to spend your time at work. Plot out a rough plan for getting (and holding) a job that has the things in it needed to keep your interest. Take care of the outer needs of the body because they are important for a sense of well-being. What you want to do is live the complete life.

The Spiritual Exercises of ECK build up spiritual momentum for Soul to realize the god-like being It is; therefore, it is imperative you do them for a twenty-minute period every day. If you have the discipline for that, I will certainly be with you at all times.

—From *ECK Wisdom on Solving Problems*, 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 April:

2017 ECK Springtime Seminar
Reach Your God-Given Potential
April 14–16, 2017
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.