



# Spiritual Wisdom Journal

Quarterly Inspiration from ECKANKAR

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**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: ECK Wisdom on Health and Healing

“All the help that comes to us is from the Holy Spirit, whether it comes in a dream or through the help of a friend or a doctor.”

—Sri Harold Klemp,<sup>1</sup> *Spiritual Wisdom on Health and Healing*

**FEATURE ARTICLE**



## The Purpose of Healing

By Sri Harold Klemp

The purpose of healing transcends the cure of a bodily condition. There is a spiritual reason the illness occurred.

The process of spiritual healing teaches us something about ourselves we didn't know before. When the eyes are in trouble, we have to ask, What am I *not* seeing about my spiritual life that is causing me difficulty with my eyesight?

You see, the approach assumes responsibility for whatever is wrong. Once we're willing to shoulder the blame for our thoughts and actions, the inner forces can begin to heal us, even as our

“The key is to stay in tune with Divine Spirit.”

understanding of the causes becomes known to us through our dreams or other means.

It's pointless to debate the merits of medical doctors versus chiropractors or herbalists. Your karma differs from that of other people. You as an individual have to find the healing modality that is right for you.

Even that can change with time. Your state of consciousness today is not the same as it used to be or as it will be in two weeks or a couple of years from now.

As karma surfaces, it works out through the weakest point in our body. As quickly as we can release our attachment to whatever is hurting us, we allow the karma to pass off quickly, and our health stays balanced.

The key is to stay in tune with Divine Spirit. Through the Spiritual Exercises of ECK,<sup>2</sup> you can be aware of the hints and nudges and whisperings of the Holy Spirit as It tries to guide you to the next step to take at any given point.

One of the things you learn is that there is always a way. Always.

The Spiritual Exercises of ECK build your faith in the Spirit of God and Its power to do miracles. There's a story of two blind men who came to Jesus, calling after him to heal them. Jesus asked, “Do you think I can do this thing?” They both said yes. Jesus touched their eyes and said, “According to your faith be it unto you.” And their eyes were

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To share this newsletter with a friend, copy this link and paste it in your email: [www.SpiritualWisdomJournal.org](http://www.SpiritualWisdomJournal.org).

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.

## The Purpose of Healing

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opened. Their great faith had opened them to the healing power of God.

Healing came, the Bible says, because their eyes were opened. But what actually happens is the heart opens. Some people get a healing, and some people don't. Some people can open their hearts, and others have no idea what that means.

I recognize that the Holy Spirit is the healer. It may come through a book, it may come through

a doctor. These things all work together. It's up to us to accept the gift and the love that's so freely given.

We must have the awareness to do so. Often it takes pain and dire necessity before we even come to the point where we say, My eyes are open. I'm looking, I'm looking. Then when the blessings—the different methods of healing—show up, we recognize them as the next step.

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—From *Spiritual Wisdom on Health and Healing*,  
by Harold Klemp

### A SPIRITUAL STORY

## Two Very Big Lessons

By Harold Adams, Texas (formerly from Nigeria)

Last year I began to notice my health decline. I wasn't doing any physical exercise. My eating was out of control, and my life was sedentary. I also kept late nights. I realized things were getting worse, but I didn't know how to stop.

One night I went to bed around 1:00 a.m. A couple hours later I was awakened by a very sharp pain in my chest and a pounding in my head—classic symptoms of a heart attack. Still I waited until daybreak before I realized I needed help.

Here in Nigeria, we don't have 911 to call in an emergency. But I now felt a great sense of urgency, and I knew I had to do *something*. It was a critical moment. "OK," I said. "Now I need medical attention. There is no way I can get up."

A friend of mine was living in the house, but his room was far away. I wasn't sure how I could even connect with him. I decided to try closing my eyes and call him on the inner.

There are places of healing on the inner planes that I've been to before. Inwardly, I felt myself rushed to such a place, where people dressed in medical garb received me. They put me on a gurney and rolled me to the emergency room. I had hoped to meet the Inner Master, and there he

was, waiting for me. I was taken to a room where a medical team began their procedure.

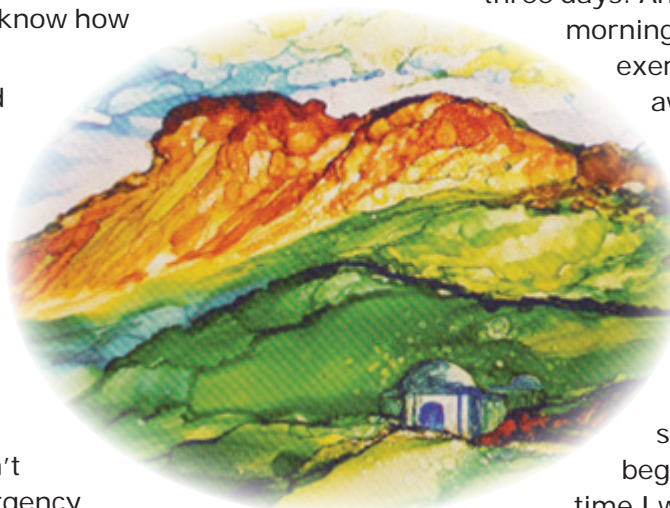
Twenty minutes, thirty minutes, maybe forty minutes passed, and when I began to think that maybe this was all in my imagination, they said, "It's finished. Now it's time to go back. But you have to return tomorrow. We have to do this for three days. And, when you get up in the morning, you are going to start exercising. Walk one kilometer away from home, and walk one kilometer back."

That's exactly what happened. When I opened my eyes, the pain, the pounding, and the shaking had all stopped. As soon as I could, I put on my canvas shoes and began walking. I began as instructed, but over time I would increase the distance until I could walk five kilometers.

The second night, when I was about to go to sleep, I went again to the inner hospital, and the medical team was waiting. After the treatment, I met my mom, who had translated (or died) a couple years earlier. When she was still alive, she would pull my ears to get my attention. This is an African tradition. Now, inwardly, I felt her pull my ears as she said, "I hope you understand you have to come tomorrow." I heard her voice distinctly. So I took the inner treatment for three days and never had to go to an outer hospital.

This experience made me realize that what

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## Two Very Big Lessons

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Eckankar teaches about the creative imagination is true. Any of us can learn to exercise the creative imagination. And my experience was a clear example of how using the creative imagination can make things easier for us when circumstances arise that we need to overcome.

I learned two very big lessons from the

Mahanta<sup>3</sup> and his team. First, use the creative imagination. Second, our health is important. Keeping this body in shape helps our spiritual experiences continue. I cannot stress this enough, nor could I be more grateful to the Inner Master.

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—From the 2018 *Eckankar Journal*

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.

### A SPIRITUAL EXERCISE TO TRY

## A Spiritual Exercise Using Light for Healing



In your spiritual exercises there are two things you can use for healing. One is the orange light, and the other is the blue light. You may wish to experiment with them. Some people are successful in this kind of healing, and others are better off seeing a doctor. It depends on you.

The orange light is mostly for the physical body. Go into contemplation in your usual way, whether you sit up or lie down. Using the imaginative power, which is the God Force or the seeing power of Soul, shut your eyes and visualize the Audible Life Stream. This is the pure white Light of God, a composite of all the colors.

Now visualize a ray coming off of It. It's very much like using a prism to see the spectrum of colors.

The ray you see is orange, which applies to physical health. With your eyes closed, visualize this orange stream coming through you. Just let it flow to the area in your body that is diseased, afflicted, or injured. You can do this for twenty minutes.

This is a healing technique. But you do it only for yourself; don't go out and blast orange light at other people.

The blue light is another way of healing, but it is for the inner bodies—the Astral, Causal, Mental, and Etheric. These are the bodies of the psychic worlds below the Soul Plane.

Here again, you use a technique similar to that of the orange light. And I'll repeat this: Do it only for yourself, never for another person.

Close your eyes and visualize the blue light coming into the heart center. This light is known as the Blue Light of the Mahanta. The Mahanta Consciousness is the highest state of consciousness known to man. The blue light is for the calming and healing of the inner man—your emotions and your mind. Along with this technique, get plenty of physical rest.

The blue light is not something that is created out of the ethers from some source alien to yourself. It comes from your own God Worlds, and you are now becoming aware of it.

Let this healing Light of God come in and work on the area you feel needs help. Or just let It flow into the Spiritual Eye (area above and between the eyebrows). As It washes and cleanses the impurities, It will start to uplift you from the materialism and karma that you have created for yourself through ignorance of God's laws.

A true spiritual healing first heals the spiritual condition that caused the symptoms to appear in the physical body. You have to understand that when you use the orange light, it may not bring a miraculous healing, such as the reshaping of limbs, or anything like this. But it may lead you to a better doctor.

—From *Spiritual Wisdom on Health and Healing*, by Harold Klemp

For more spiritual exercises, visit [www.Eckankar.org](http://www.Eckankar.org) and explore the Spiritual Exercise of the Week.

## QUESTIONS AND ANSWERS

## Ask a Modern Prophet about Health and Healing

*I am having some health problems after enjoying a strong body for most of my life. The Sound of God, the divine Sound Current, is very loud. Am I going through a spiritual or physical change?*

You mention a change of health and an increase of the Sound Current, that aspect of the Holy Spirit one can hear. The natural effect of a changing consciousness can show up as both physical and emotional. It requires us to adjust our habits of eating and perhaps even the spiritual exercises.

In my case, I found that aging had an effect upon my feelings of well-being. It forced me to develop new dietary habits. I eventually gave up caffeine stimulants, such as are found in coffee, many soft drinks, and even chocolate. The stimulants, on top of my increasing spiritual awareness, made me too sensi-

tive to the Sound of God.

We want the Sound in our lives, but too much of It can render us physically unable to carry on with our daily life. That means we must find a new balance. This means changing our habits.

Go about this rationally. Look at the foods you eat, for instance, then eliminate one food or drink that seems least useful to you spiritually. Continue to eat and drink your other foods and beverages. Watch for a few days if the removal of a certain food had any beneficial effect upon your feelings of well-being. If it did, don't use that food for several weeks. Later, you may wish to experiment: try to eat it again, but observe the effect it has upon your feelings of well-being.

Follow this plan with a second item of food or drink that seems *least* beneficial for your physi-

cal or spiritual good. Go slow. You don't want to make massive changes to your diet. It could be too much of a shock to your body, and that would create unnecessary health conditions.

In effect, you're treating your body as a science lab. What you see there is unique: a reflection of your expanding state of consciousness. While making observations on your food and beverage habits, be sure to get any help you see necessary from experts in nutrition and health care.

We are a state of consciousness. Everyone and everything in our personal and universal world has an effect upon us. We want to become aware of what these effects are. Then we can sort through them, nurturing the good ones and discarding the bad.

—From *Spiritual Wisdom on Health and Healing*, by Harold Klemp

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## 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:

**2019 ECK Springtime Seminar**  
*Shining Your Light as Soul*  
**April 19–21, 2019, 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](http://www.ECKseminars.org).

*Meet people from around the world who share how the teachings of ECK help them in their lives.*