



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: Spiritual Stress Relief

"A gift of change is always a gift of love." —Sri Harold Klemp¹

FEATURE ARTICLE

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Video Clip on Conquering Fear

For tips on finding spiritual stress relief, go to www.Eckankar.org. Under "Video" on the right side of the screen, click on "Conquering Fear."

The *Spiritual Wisdom Journal* is an online news-letter published by Eckankar, www.Eckankar.org. It is sent out quarterly to anyone who signs up for a free subscription (use the Subscribe link below).

The Tensions of Living

By Sri Harold Klemp¹



There was a Zen master. He had a small band of followers who looked to him for guidance. One of them had a small son. This son wanted a horse very badly. So, after some time, the parents were able to get the money together, and they got him a horse.

His friends said, "That's good!" But the Zen master said, "We'll see."

Some years later, when he was fifteen years old, the young man was riding his horse. As he was riding, he fell off and broke his leg. It mended poorly so that he always walked with a limp.

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¹ Sri Harold Klemp is the spiritual leader of Eckankar.

A SPIRITUAL STORY

The Voice of God

By Elisabete Durfey

I sat at the intersection, staring out the car window, waiting for the light to turn green. Tense faces, noise, and exhaust fumes surrounded me on all sides. *How can God reach us and touch our hearts, I wondered, when we're so lost in the struggle for daily survival?*

Suddenly the shrill, clear, sweet voice of a songbird penetrated the noise and confusion, piercing deep into my heart.

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Sing HU² to Overcome Anxiety



We may be feeling angry, fearful, frenzied because of deadlines we feel we can't meet, overworked, or anxious. The more anxious and upset we get, the worse our day goes. Suddenly other people are getting on our nerves, and we're getting on other people's nerves. And at the end of the day, we go home exhausted. "I don't know how many more days like that I can stand," we say.

Very few people realize they caused this day themselves. If only they'd remember to stop and sing HU.

Anytime you sing HU as a love offering to God, the Lord of all creation, your heart fills with the Light and Sound of God. They are the twin aspects of ECK, the Holy Spirit.

So sing HU softly, gently.

Very softly, inwardly to yourself, sing HU. Do it in a long, drawn out breath: HU-U-U-U. Or, if you prefer, you can sing "God" or another spiritual name or sound which is special and important to you.

—Adapted from *HU, the Most Beautiful Prayer*, by Harold Klemp

² 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. Sung aloud or silently to oneself, it can open your heart to receive and give more divine love.

Hear HU: To listen to the sound of thousands of people singing this majestic love song to God, go to www.HearHU.org.

The Tensions of Living

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His friends said, "That's bad." The Zen master said, "We'll see."

Then the war broke out. Anybody who was eligible to be drafted was drafted. Young men from the neighborhood all had to go, except for this young man who had injured himself during the fall from his horse.

So when the neighbors and friends heard that the young man was exempt because of his leg, they said, "That's wonderful!" The Zen master said, "We'll see."

Tension. What did this Zen master mean? It didn't seem to bode well. But that's life.

The other day on the radio, I heard someone talking about a writer. He said the tensions of life are very real because no one knows what's going to happen in the next three hours. That's how it is when you don't know what's going to happen, what's to come. Life is a delicious morsel, because you never know really what's going to happen.

At certain times in your life, things are more up in the air than at other times. When they are, you're living on the edge. Your nerves are frayed, or sometimes you're being pushed too fast for what you can do. If you don't get it done, you wonder, then what? Because you don't know.

These are the tensions of living.

This is what the world is for. It's a place filled with such tensions. Why? Because it's the nature of karma. This is a schoolroom. It's a garden, really. It's a garden where everyone can grow spiritually according to his own lights.

Each of us here is growing—*unfolding* is more proper—at our own spiritual pace. I'll even go so far as to say that the Holy Spirit is directing each of our lives. It will lead you, and has led you, into the very life and circumstances that you need—the circumstances which are very good for you. You may not think so, but they're very good for you. Maybe not materially or emotionally or mentally, but spiritually they're very good for you.

—From *The Master's Talks in A Year of Blessing*, by Harold Klemp

The Voice of God

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Drivers temporarily shaken from their private cares peered around searching for the source of the thrillingly pure birdsong that floated on the air. I recognized it instantly. A canary was singing its heart out from a cage high above us on an apartment balcony.

In an instant, this precious sound transported me into heavenly worlds of Light and Sound—the true home of Soul. I soared far above the worries and stresses that tempt me into thinking this chaotic world is all there is.

The light changed. The rush-hour serenade had restored me. With a smile and an open heart, I drove on, knowing I am Soul.

—From the 2007 *Eckankar Journal*

The heart of the seminar experience is feeling the divine love that comes through on an occasion such as this. The ECK flow is stronger than usual when we all get together. You can then carry some of this love home with you after the weekend is over.

—Sri Harold Klemp

MEET SPIRITUALLY LIKE-MINDED PEOPLE



You Are Invited to a Spiritual Event

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 children, 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:

2011 ECK Springtime Seminar
Spiritual Renewal in
Year of the ECK Teacher
April 22–24, 2011
Minneapolis, MN USA

For more information or to preregister for this seminar, go to www.ECKseminars.org.

To find out if there is an Eckankar seminar in your area, go to www.ECKseminars.org, then click “Regional ECK Seminars” on the left side of the screen.

“I have been in a low ebb in my life. This seminar has raised my consciousness to a higher level and again opened my heart. It helped me learn how to love myself and love others as Soul.”

—Seminar Attendee

Ask a Modern Prophet about Spiritual Stress Relief

I argue all the time with myself and my family. I've tried exercises and positive thoughts, but I keep on arguing anyway. What should I do?

We get into arguments because we don't like the rules put on us. We feel that somebody has put us in a prison and there is no way out.

The ECK [Holy Spirit] has you in your family because it is the best place for you to learn the customs of society. This sort of discipline gets you ready for the next level of growth and freedom. The ECK won't let us take shortcuts if it would hurt us. We get just the right experience, and not a bit more.

To get in control of your anger, try to catch yourself in the middle of an argument. Then chant HU, the holy name for God, softly to yourself. Let the argument run its natural course, just to see what it does to you. Suddenly you are surprised to find you are now in control of whether to argue or not, instead of being a helpless victim of your mind. Try this, and see how it works.

—From *A Modern Prophet Answers Your Key Questions about Life*, by Harold Klemp

Are You at a Spiritual Crossroads?

Are you ready to take another important step on your road to spiritual freedom and mastery?

If yes, then let's get started.

For free information, with no obligation, or to learn about the advanced spiritual study of Eckankar, contact:

- www.Eckankar.org
- 1-800-LOVE GOD, Dept. SWJ (USA only)
- ECKANKAR, PO Box 2000, Chanhassen, MN 55317-2000 USA

How do you help people solve problems? If someone is feeling scared or hurt inside, how do you help them, and how can you listen to so many?

Let's look at your first question. There are two ways to help people solve a problem: do it for them, or let them do most or all of it alone.

Which way do you think gives them more experience to care for themselves, to survive? And which way do you think builds the most confidence?

The second way, of course.

So the Mahanta, the Living ECK Master³ prefers to use the second method, unless there is a great, immediate need to help someone who is unable to do it alone. Either way, however, is an ECK miracle.

Second question . . .

The Master helps people overcome fear by showing them a way to solve or lessen their fearful situation. He gives hope. He grants ideas. He may send others to offer aid. He may also remove a threat with an out-and-out miracle.

And how to help those who hurt inside? He brings love. It comes to fill a heart in its darkest hour. Or, again, he may appear in a dream to show the karmic reason for the pain.

To see the root of a problem is often all it takes to make a hurt fly away.

—From *Youth Ask a Modern Prophet about Life, Love, and God*, by Harold Klemp

³There are two sides to the ECK teachings—the inner and the outer. The outer teachings come from the outer person—the Living ECK Master. As such, he gives talks and writes discourses, articles, and books. On the inner side—the greater side—the Mahanta appears as counterpart to the Living ECK Master, helping people in the dream state. The Mahanta is also known as the Dream Master. The Inner Master and the Outer Master are, of course, one and the same: the Mahanta, the Living ECK Master.

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