



SPIRITUAL SURVIVAL IN A CHANGING WORLD

**Focus:** Becoming Bold and Courageous with Soul Travel

“Love and wonder define Soul Travel the best.” —Sri Harold Klemp,<sup>1</sup> *Past Lives, Dreams, and Soul Travel*

FEATURE ARTICLE

## What Is Soul Travel? *By Sri Harold Klemp*



In the simplest terms, Soul Travel is an individual moving closer to the heart of God. . . .

If you can imagine a scene, then you can be there this same instant in the Soul body. That is the Imaginative technique. It may feel as though you are hurtling through space at a breakneck speed, like a rocket, and zooming on a journey to outer space. In fact, though, Soul (you) is motionless. It is shifting its attention to some higher state. That shifting of attention results in a feeling of fast motion to the material senses.

Soul Travel begins with a Spiritual Exercise of ECK in a physical setting.

A contemplative may hear a rushing sound, like a wailing wind in a tunnel, along with a sensation of incredible speed. But as explained, Soul doesn't move; Soul *is*. Time and space adjust to Soul's state of consciousness, and it is this adjustment of time and space that renders an illusion of movement or breathtaking speed. A seeming, rapid change of location is one aspect of Soul Travel that

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

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A SPIRITUAL STORY

## One Easy Lesson *By Doug Munson*

One weekend, not too long ago, in the early spring I was home alone. My wife, April, and our two boys were spending the weekend with her mother so I could finish painting the house without interruption.

By Saturday night I was exhausted after running up and down the extension ladder and waving a paintbrush around with my right hand. I fixed a sandwich and plunked myself down in front of

the TV for a few minutes to eat my supper. Then I shut off the television and got ready for bed without even bothering to take care of my plate in the living room.

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### Video Clip "Soul Travel"

Go to [www.Eckankar.org](http://www.Eckankar.org). Under "Video" on the right side of the screen, click on "Soul Travel."

## A Gateway to Soul Travel



*“The Spiritual Exercises of ECK give us confidence in ourselves. We learn that we are Soul, we are eternal. Then we know with certainty that we live forever, that death cannot destroy us.” —Sri Harold Klemp.*

If you are interested in Soul Travel, you can try this technique tonight in the dream state. Before sleep, close your eyes and place your attention very gently on the Spiritual Eye.<sup>2</sup> Then sing HU,<sup>3</sup> and fill yourself with love.

This feeling of love is needed to give you the confidence to go forward into an unknown, unexplored area. One way to fill yourself with love is by calling up the warm memory of a past occasion that filled you with pure love.

Then look inwardly for the individual who is your ideal at this time—whether it is Christ or one of the ECK Masters.<sup>4</sup> In a very gentle way, say, “I give you permission to take me to the place that I have earned for my greatest spiritual unfoldment.” And then silently or out loud, continue to chant HU, God, or another holy word.

Try to visualize yourself walking into the inner worlds, and know that the individual who comes to meet you is a dear friend.

If it doesn't work the first time, do it again and again. The spiritual exercises are like physical exercises: before your muscles grow strong, you have to exercise them a number of times; it doesn't always happen in one try. It's quite likely that if you take up an exercise routine for thirty days, you're going to be stronger than you were at the beginning.

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

2. The Spiritual Eye, or Third Eye, is located just above and between the eyebrows; it is the window between the physical and spiritual worlds.

3. HU (pronounced like the word *hue*) is the most ancient, secret name for God. Chanting HU is a love song to God. It can be sung aloud or silently to oneself. It can open your heart to receiving and giving divine love.

4. ECK Masters are spiritual Adepts who can assist and protect people in their spiritual studies and travels.

## What Is Soul Travel?

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may prove to be a daunting obstacle for the timid. These people fear going beyond themselves.

Soul Travel is, therefore, for the bold and courageous in spirit. But remember, since one doesn't in fact travel anywhere, it's impossible to get lost.

Keep that principle in mind during a spiritual exercise. It will lend confidence to open your heart to love and so delight in any enlightenment that finds you.

Another form of Soul Travel is the expansion of consciousness. This aspect is the true state of personal revelation or enlightenment that we aspire to in ECK [Eckankar]. It visits both the timid and the bold, and is a gentler, less robust version of movement in consciousness. Most people experience this sort of gradual shifting of awareness.

Love and wonder define Soul Travel the best. . . .

Soul Travel, in a broad sense, is of much value because it is a link to the expansion of conscious-

ness. The rule of destiny holds that people at some time will begin to awaken to who and what they are. A knowledge of past lives may also open to them by way of dreams or *déjà vu*. A few catch a glimpse of future events.

Note that Soul Travel means moving into the higher realms of God, to places people haven't yet dreamed of. Soul Travel reveals a majesty and security that abounds in the arms of God alone.

For this reason, Soul Travel transcends astral or mind travel, and rote prayer, elevating one into profound spiritual areas. Whenever Soul reaches the far orbits of the inner planes through Soul Travel, the human heart opens to God's all-consuming love.

It is our very purpose to discover that love.

—From *Past Lives, Dreams, and Soul Travel*  
by Harold Klemp

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Art by Michael Kramer (page 1); photos by Robert Huntley (page 1) and Bruce Fuller (page 4).

## QUESTIONS AND ANSWERS

## Ask a Modern Prophet about Soul Travel

*What's the purpose of Soul Travel? Is it more important than learning divine love, for example?*

I am really more interested in having an individual open up to divine love than to achieve anything else, including Soul Travel. Soul Travel is the natural way for expansion of consciousness and travel into the spiritual worlds of God. Yet all that it is, is one means available for you to find the love of God.

The path of ECK is much broader than Soul Travel, of course. There are many ways that Divine Spirit, the ECK, expresses Itself to the human race, but many of the ways seem so commonplace that the average person doesn't see or hear them anymore.

This includes all the sounds of nature: the sound of a gentle breeze, rustling leaves in autumn, the chirping of crickets, the purring of a cat, the low hum of a refrigerator, the laughing of children at play, and hundreds of other examples.

You mentioned your practice of former times where you went off by yourself to commune with God and nature. If you could ever recapture that, you would find much of the spiritual unfoldment you are looking for.

Our society admires more mental things today: food for thought—either in writings or speeches. From this material, the Living ECK Master looks for an avenue to Soul that will result in the human mind stepping aside for a moment, letting the miracle of divine illumination occur.

You do not have to Soul Travel to be success-

ful in ECK. Another way to God-Realization is to give tender love and care to every action, because of your love for God.

A direct and simple way to God is to find someone or something to love every day. Then, at bedtime, let your thoughts gently drift back to this moment of love in your day. Contemplate on that with love and joy. Your contemplative exercises can be as simple as that.

*I've heard that we should use our imagination to Soul Travel, but can we use too much imagination? Sometimes I'll have an experience and am not sure whether I've made it up.*

To imagine Soul Travel is the first thing one must do before actually getting out of the body.

A girl who plays second base for a baseball team in town is called a "natural." But she works hard at her fielding and hitting. Her brothers are all good ball players, and in her mind she imagines herself every bit as good as they are. And so she *is* good, not only because of her imagination, but mainly because she practices harder than the other girls on the team.

Keep on imagining that you do Soul Travel, and one day you will suddenly do it. You will have no more doubt about the difference between imagination and Soul Travel. Wait and see!

—Above Q&As from *A Modern Prophet Answers Your Key Questions about Life, Book 1*, 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](http://www.Eckankar.org)
- 1-800-LOVE GOD, Dept. SWJ (USA only)
- ECKANKAR, PO Box 2000, Chanhassen, MN 55317-2000 USA

### The Call of Soul By Sri Harold Klemp

In this groundbreaking introductory book, Sri Harold Klemp takes you on an amazing journey into the infinite world of God's love for you. He reveals how this love translates into every event, relationship, and moment of your life.

This book offers priceless knowledge about the Light and Sound of God and Its miraculous power to feed the hunger of Soul. It includes the CD *HU: A Love Song to God* with a twenty-minute HU song, spiritual exercises, and stories about the HU.

## MEET SPIRITUALLY LIKE-MINDED PEOPLE

## You Are Invited to a Spiritual Event

**E**ckankar 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:

**2012 ECK Springtime Seminar**  
*Spiritual Transformation in*  
*The Year of Graceful Living*  
**April 6–8, 2012**  
**Minneapolis, Minnesota, USA**

For more information or to preregister for this seminar, go to [www.ECKseminars.org](http://www.ECKseminars.org).

To view a video, “The ECK Seminar Experience,” go to [www.ECKseminars.org](http://www.ECKseminars.org).

### One Easy Lesson *continued from page 1*

In the middle of the night, as stars twinkled and crickets chirped outside, I suddenly sensed a presence in the bedroom. With a start I realized my nine-year-old son was standing at the foot of the bed. He was in his underwear, with his hands on his hips.

“Dad,” he said, “you didn’t put your dishes away.” He stepped briskly out of the bedroom into the hallway.

I shouted in surprise, “How did you get here? You’re supposed to be with your mother.”

“Oh, I just missed you and wanted to say hi.”

I ran after him down the hall. He was already down the stairs leading to the front door.

“I have to go back and be with Mom now. I love you.” And off he went. As I stood at the top of the stairs, I was struck with the realization that I was out of my body.

“This is too real to be a dream,” I said to myself. I walked past the plate on the living-room floor, into the kitchen. The house was strangely lit. There were no lights on, but I could clearly see where I was going.

*Boy, I could go anywhere, I thought. I could explore the universe. I could ask the Inner Master<sup>5</sup> to visit.*

But I turned and walked back down the hallway. Curiosity gripped me. Slowly I inched my way back to the bedroom, anxious about what I would see when I stepped through the door.

“Son of a gun. There I am,” I said out loud. A wave of love rolled through my heart for that reclining, snoring temple under the covers. “It’s all true. Proof positive. I am Soul.”

As I moved closer to the bed, I heard a high-pitched humming. It grew louder and louder. In an instant I was back in my body, swatting at the mosquito buzzing in my ear. I jolted awake with my mouth open, knowing I was not the same person who had crawled into bed earlier that night.

For some, the thought of being out of the body may not be exactly reassuring. For those on the path of Eckankar, it can become a way of life. In a very real way, the Mahanta, the Living ECK Master<sup>6</sup> had given me one easy lesson about Soul, about how to walk the path to Self-Realization and God-Realization.

—From *Stories of Past Lives, Dreams, and Soul Travel*, by Harold Klemp

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5., 6. The Living ECK Master is the spiritual leader of Eckankar. His duty is to lead Souls back to God. The Living ECK Master can assist spiritual students physically as the Outer Master, in the dream state as the Dream Master, and in the spiritual worlds as the Inner Master. Sri Harold Klemp became the Mahanta, the Living ECK Master in 1981.