



# Spiritual Wisdom Journal

Quarterly Inspiration from ECKANKAR

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## SPIRITUAL SURVIVAL IN A CHANGING WORLD

### Focus: How to Create Your Future

“If we want to step on the spiritual path and begin making our way back to God, we have to work for it. The way we work for it isn’t by doing anything physical; rather, we begin using our imaginative faculty to start creating the world as we would have it.”

—Sri Harold Klemp,<sup>1</sup> *How to Find God, Mahanta Transcripts, Book 2*

#### FEATURE ARTICLE



## Developing the Creative Imagination

By Sri Harold Klemp

Imagination is the creative spark within us. It is that God faculty which we use in finding our way back to God. You can develop this through the creative techniques described in the ECK<sup>2</sup> books.

When we come into this world, we are given the ability to maintain a status quo; in other words, to get us from birth to death with the usual life problems and situations. But if we want to step on the spiritual path and begin making our way back to God, we have to work for it. The way we work for it is by using our

imaginative faculty to start creating the world as we would have it.

Everything that we have today—from our preference in clothing to our position in the family where we happened to reincarnate—has actually been a result of our attitudes as they have formed over the centuries. So what we want to do is spiritualize our consciousness today. And we do it by working with the creative imagination.

*“We begin using our imaginative faculty to start creating the world as we would have it.”*

We know we can shape our future because the future is unformed. You can make it what you want. But first you have to be able to visualize what you want very clearly. Unfortunately, most people look for materialistic goals such as money, health, wealth, and companionship. But as I’ve mentioned: Jesus said, “Seek ye first the Kingdom of God . . . and all these things shall be added unto you.” Make sure your goal is worth the trouble.

To develop your creative imagination, work with the Spiritual Exercises of ECK. You can experiment with the following technique:

First choose something you want in your life or pick a problem that needs to be dealt with. Then set clear goals.

Second, ask yourself the following questions. Your goals must pass four tests: (1) Are they specific? (2) Are they realistic? (3) Can the results be verified? and (4) Do they give a date for completion?

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The *Spiritual Wisdom Journal* is an online newsletter published by Eckankar, [www.Eckankar.org](http://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 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.

## Developing the Creative Imagination

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Next, of course, you must begin working toward your goals in your daily life. As you do this, you can also use visualization or daydreaming to help you.

First picture the goal clearly—what you want to do or be in life. Then fill the picture with unbounded love, because love is the true creative force that removes all limitations.

### A SPIRITUAL STORY

## A New Point of View

*By Niels-Jul Yrvin, Norway*

Last year, I developed a health problem that made it impossible for me to work. For the first time in forty-seven years, I had no way of supporting myself. I had to apply for a disability pension to survive.

This left me in a state of depression. At sixty-three, I still had several years until my full pension would start. I needed help.

As a member of Eckankar, when faced with difficult situations, I have learned to ask the Mahanta,<sup>3</sup> the Inner Master, for guidance. So each day during my daily spiritual exercise, I asked for help.

Soon, answers began to come through dreams or inner nudges. I used a journal to make notes of the insights I received from the ECK and the Inner Master.

As I contemplated this divine guidance, the depression gradually lifted. I began to accept that it was time for me to start a new life as a retiree.

Without employment, my income would be much smaller. I wondered if it was possible for me to survive under this new financial situation. In reply to my silent question, inwardly I heard the Mahanta say only one word: “Frugality.”

He was telling me I could do it. But I would have to economize in every area of my life.

I began to practice this right away and did

Practically all famous or successful people in the world have done this. The ECK Masters have set the goal of God-Realization and becoming a Co-worker with God for the chela of ECK.

Holding this picture with love can pull you through rough times.

—Adapted from *How to Find God*, Mahanta Transcripts, Book 2, and *The Spiritual Exercises of ECK* by Harold Klemp

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everything I could to lower my expenditures. I took advantage of special offers in the grocery stores, reduced my travel plans, and even decided to lose weight to shrink my food and clothing costs.

As my expenses diminished, I found I had a lot more money to spend. Things were looking up!

On my sixty-fourth birthday, I received a letter from the Social Security office with the details of my disability pension. When I read the letter, my heart jumped. I couldn't believe my eyes! Due to my work overseas, my pension was much higher than I had expected. In addition, I was also entitled to a pension from the navy.

With my new economical lifestyle, the two pensions gave me more than enough money to live comfortably. I thanked the Mahanta for this amazing gift.

A month later, I attended a dance at an ECK seminar. As I listened to the music, I was thinking about what I had gone through. Just then, the musicians began playing a well-known song with these words: “Will you still need me, will you still feed me, when I'm sixty-four?”

It was a confirmation from Divine Spirit, reminding me that when I do my part, the ECK and the Mahanta will always be there to help and guide me through life.

It was nine months to the day since I had first applied for my disability pension. I mentioned this to a friend. She said, “That's the same time it takes to give birth!”

“Answers began to come through dreams or inner nudges.”

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.

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## A New Point of View

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With her words, I realized the nine months I spent worrying about my future was actually the time I needed to grow into and give birth to a new state of consciousness.

Thank you, Mahanta, for your insights and the wonderful way you share your wisdom. Your timely messages helped me experience the miracle of a changed consciousness.

—From 2012 *Eckankar Journal*

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### A SPIRITUAL EXERCISE TO TRY

## Giving Something Back to Life



If you do the spiritual exercises and get more of the Sound and Light of Divine Spirit flowing into you, what are you going to do with it?

Mostly people like to contemplate and enjoy the inner experiences with the Light and Sound.

But there is little reason to learn how to move with the expansion of consciousness unless you are going to do something with it. You can't spend your life in contemplation of the higher truths without doing anything to bring a little light to your fellow man.

One way to start is this: Simply give back some service of love to the world, your friend, neighbor; and it may be simply by doing a good deed every day that no one ever knows about.

The farther you go in your ECK initiations, the more you will find yourself serving, helping, and being among people. You'll carry the message of the Light and Sound of God in whatever way is needed at a particular time. Sometimes you'll do

this without even talking about ECK. The ways of ECK are often quiet. When you are being used as a channel, you may never know exactly what was accomplished through you.

There is no greater joy than working as a Co-worker with God. Giving something back to life when you have the ECK coming in is absolutely essential for spiritual survival.

The future will require more love, more compassion, and more understanding. Energy used in service to God and mankind is better than time spent in judgment of one another. Love is the key to spiritual freedom.

Do you want the secret of love? Then note these words from *The Shariyat-Ki-Sugmad*, Book One: "Love does not come to those who seek it, but to those who give love." Contemplate sweetly on love, and the wisdom of God shall find you.

—Adapted from *The Spiritual Exercises of ECK*, by Harold Klemp

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



## View a short talk by Harold Klemp.

The spiritual leader of Eckankar speaks about using your divine creativity to overcome problems.

[https://www.youtube.com/watch?v=r6hziYSvq\\_Q](https://www.youtube.com/watch?v=r6hziYSvq_Q)

## What Would You Like to See?

The goal of the *Spiritual Wisdom Journal* is to meet your spiritual needs. Thanks to all who responded to our query in the January–March issue! We have explored many topics of spiritual interest over the past eight years. What have we not covered yet? Or what have we covered that you would like to know more about? You're welcome to review previous issues of the *Spiritual Wisdom Journal* at [www.SpiritualWisdomJournal.org/archive.html](http://www.SpiritualWisdomJournal.org/archive.html). Please let us know what other topics would be of interest. Contact us at [SpiritualWisdomJournal@eckankar.org](mailto:SpiritualWisdomJournal@eckankar.org).

## QUESTIONS AND ANSWERS

## Ask a Modern Prophet about Creating Your Future

*I am confused about detachment and how it works in terms of striving for anything, or if we even should strive. Should a person try to get ahead or be successful in worldly terms, or should he just put his efforts into spiritual unfoldment (aside from supporting himself and dependents if he has them)? Is wanting, striving, and desiring just another negative trap?*

The wrong definition for detachment is “don’t get involved in life.” In Eckankar, we are detached, but we are also great lovers of life. Can it be any other way for a Co-worker with God?

The path of Eckankar is only to enhance our spiritual growth. How does this unfoldment come about? Through daily duties. Yes, it is all right to set goals in business. We can set goals, work to accomplish them, and still be working in the arena of detachment. Detachment means that if our plans don’t work out as we think they should, life won’t crush us.

The path of ECK ought to bring a zest for life. Each activity contains within it the seed of a spiritual lesson. We do not make spiritual progress by doing as little as possible in life. The individual must make an honest evaluation of his talents, interests, and training to decide what goals he wishes to strive for.

Every time he sets out to win small goals, he is aware in Soul consciousness that their only purpose is to give instruction in becoming a citizen of the spiritual hierarchy.

We must first give to life if we expect life to give anything in return. This is the divine law. Life presents a whole series of opportunities. These let us tap into the God Force for aid. This is achieved through the regular practice of the Spiritual Exercises of ECK.

—From *Youth Ask a Modern Prophet about Life, Love, and God*, 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:

### 2018 ECK Worldwide Seminar

*Become the Loving Heart*

**October 26–28, 2018, 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.*