



Spiritual Wisdom Journal

Quarterly Inspiration from ECKANKAR

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SPIRITUAL SURVIVAL IN A CHANGING WORLD

Focus: Secrets to Overcoming Fear and Anxiety

“What is this life all about? I would have to say it’s about fear and how to overcome it. . . .

“When fear is a dominant player in your life, it steals the joy and freedom of living. . . .

“Yet occasionally there come these little beams of light, sunshine shining into our lives. And this is the love of God. When we can fill ourselves with this love of God more and more, finally there is no room in our heart for the darkness of fear.”

—Sri Harold Klemp,¹ *ECK Wisdom on Conquering Fear*

FEATURE ARTICLE



Overcoming Anxiety

By Sri Harold Klemp

This story is about “Dina.” She is a financial planner who also volunteers as a life-skills teacher at a shelter for battered women. Once in a while

the staff at the shelter ask her to help prepare a woman who is just about ready to go out and be on her own. Would Dina help this woman become financially savvy?

This is how Dina met “Sally.” Sally said she was having terrible anxiety attacks. The tensions of living. She had gone through an awful experi-

ence with her previous mate. Sally wondered if Dina could help her with her anxiety attacks.

Then the voice of the Inner Master² came to Dina very clearly. He said, “Share the HU³ with her.” And Dina did. She shared the word. But Dina felt her voice wasn’t very good, and she was hesitant to just sing HU, because she thought her voice would break and go off-key.

A Demonstration of HU

But when she sang HU, her voice came out strong and clear and on key. Everything was just right. Dina was surprised, but it was the very best demonstration of HU for Sally.

Then, Dina saw a wave of Sound and Light moving through Sally from her head to her toes. Sally said, “Wow, that was amazing!” She wondered what had happened.

Dina explained to her what had happened—that the Holy Spirit of ECK, Divine Spirit, had come into her.

Dina learned, observing Sally’s life over the next few months, that Sally did very, very well. She was doing just fine, and she was making her way on her own.

—From “The Tensions of Living,” by Harold Klemp, in *The Master’s Talks in A Year of Blessing—2007–8*

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- 1. Sri Harold Klemp is the spiritual leader of Eckankar.
- 2. Light and Sound blended; the highest form of all love; the inner form of the Living ECK Master.
- 3. The most ancient, secret name for God. It can be sung as a love song to God aloud or silently to oneself to align with God’s love.

Conquering Fear

By Niels-Jul Yrvin, Norway

Long before we learn of the outer path of Eckankar, the Mahanta can use the events of our lives as an inner training program for Soul. Although I haven't always recognized it, I know the Mahanta⁴ has always guided me, helping me discover new ways to face challenges and overcome my fears.

From an early age, I had a paralyzing fear of heights. I could barely cross a bridge or climb a rope much higher than three feet above the ground.

My first step in overcoming this fear of heights came when I joined the Boy Scouts at the age of ten. Encouraged by the more experienced boys, I learned to cross small rivers and climb ten-to-twenty-foot cliffs with the help of a rope.

Five years later, I had developed enough courage to climb the mast of a sailing ship crossing the North Sea. When I returned home, I had strong arms and a lot of courage and was quite prepared to enter a new career as a seaman.

At the age of forty, I entered a new phase of my training. I began my search for spiritual heights. I was about to learn new ways to conquer old fears.

One day I saw a picture of a mountain cliff in Norway called Preikestolen. Vikings are said to have fought their personal battles there, the vanquished being thrown off the cliff to their death. I thought I had overcome my fear of heights, but this image filled me with dread.

But now I was an ECKist. I had new ways of dealing with my challenges. I began to sing *HU*, a love song to God, and the fear of heights began to fade. I knew the Mahanta, my inner guide, would help me in overcoming this problem.

Soon I had a special dream.

I found myself standing in a desert. Far in the distance rose a high mountain range. Even from this distance I could feel my old fear of heights returning.

As I looked around, I discovered a construction elevator nearby. It was so tall that its framework disappeared into the clouds.

An ECK Master stood in the doorway and invited me to join him.

Terrified, I ran away.

A couple of miles later, I stopped. *If an ECK Master invites me to travel into the clouds, he knows I am ready*, I thought. *So, why am I running?*

I returned to the elevator, but the Master was gone. Alone, I entered the open door and pushed the button to take me to the top.

When the elevator stopped, I stepped out into a wonderful landscape of clouds. In front of me was a beautiful Golden Wisdom Temple. I recognized it as Asklepos, a temple on the Astral Plane.

But I could go no farther. My feet seemed locked to the ground, and I couldn't move. Then I woke up.

Six months later, I had another dream.

Again, I found myself outside the same elevator. But this time I was accompanied by two ECK Masters—Sri Harold Klemp, the Mahanta, the Living ECK Master, and Gopal Das, who teaches at the Temple of Asklepos.

This time I was free to move. I ran back and forth between the Masters and the temple doors just like a small child filled with the sheer joy of meeting a loved one.

It took more than forty years to overcome my fear of heights. With the help of the Mahanta and the ECK Masters, each experience was like peeling away the skin of an onion, layer by layer, until nothing of the old fear remained.

The teachings of Eckankar show me how I can face my challenges and overcome them. I'm grateful for all of them, because each has helped me become spiritually stronger. Now I can give to others through the love and wisdom given to me!

—From the 2007 *Eckankar Journal*

4. 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 to Help You Conquer Fear



Truth reveals itself through the Light and Sound of God. Whether it comes to you through an animal, by another person, or straight from the Holy Spirit as Light or Sound, it comes with love.

Many people want to know how to get rid of fear. Fear isn't something you can be talked out of. The secret of getting rid of fear is to open the heart center.

In a heart full of love, where is there room for fear?

Love dispels fear.

In contemplation, visualize the golden Light of God coming into your heart center, coming in so quietly and gently that you may not realize It's there. Imagine your heart center reacting like the pupil of an eye, opening gently to allow more Light to come in.

There is a way for each person to control the opening of the heart center and the flow of Light within. Ask the Inner Master how to maintain the inner connection with the ECK (Holy Spirit) to find a balance that is right for you.

You are also welcome to sing *HU*. It is a love song to God and can be sung by anyone of any faith. You've seen its power demonstrated in some of the stories in this book. Singing *HU* as a nondirected prayer can instantly open your heart to divine love even as you sing. Truth will come to you, and fear will flee.

Knowledge, wisdom, and understanding are only the attributes of God. But when you have love, you have the whole thing. We seek first the highest, most divine, most sacred part of something which is nothing other than our own inner being. And with this come the attributes of God and the spiritual liberation, which is something no baptism can ever bring.

When you ask for truth with a pure heart, Divine Spirit will take you one step closer to coming home to God.

—From *ECK Wisdom on Conquering Fear*, by Harold Klemp



Visit the ECKANKAR Blog

If you are a spiritual seeker, this blog is especially for you. You will find a wide range of articles to answer your spiritual questions and inspire you to lead the most fulfilling of lives. Many of the articles are written by Harold Klemp, a spiritual teacher from an ancient line of Masters, Adepts, and guardians, with tens of thousands of students around the world.

What if the antidote to fear—any fear—lay within easy reach?

Going far beyond typical self-help advice, this small volume invites you to explore divine love as the antidote to anxiety and the doorway to inner freedom.

You will discover ways to identify the karmic roots of fear and align with your highest ideals.

Use this book to soar beyond your limitations and reap the benefits of self-mastery.

Live life to its fullest potential!

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



Ask a Modern Prophet about Overcoming Fear and Anxiety

When a relationship starts to spiral downward, I panic. I can't bear to see all the time and love I put into it be for nothing. Why do I experience this turmoil? Why can't I let go more easily?

The turmoil of lost affection you are experiencing is actually Soul's desire for God. It makes you almost panic when a relationship goes other than what one could rightly expect from it. There is a lesson in all this, which is simply for us to trust the ECK, Divine Spirit, to bring to us the conditions that are for our best advantage.

I wonder if it's ever possible to get complete security in the lower worlds due to their impermanent nature. Every time we seem to have the world going our way, something comes up to upset our plans and leaves us in an emotional upheaval.

When a relationship with a dear one ends for whatever reason, the Holy Spirit already has something to replace it.

The interval in which we wait is the difficult one, where our hearts cry out for understanding. When it doesn't come at the very instant of our need, we rush about in a blind fury, as if that will make things better. Please remember that the Mahanta is always with you, even in the darkest of times. We tend to forget that, remembering his presence only when things are on a steady keel.

The Holy Spirit is already working things out for you at this very moment. But it's not possible to say that everything will remain smooth for you from now on.

The nature of life is to face us with ourselves, until we are

able to handle the problems that knocked us into the dirt yesterday.

The higher you go into the states of consciousness, the greater will become the problems you encounter. This life on earth is a golden opportunity for Soul to make important strides toward Its goal of self-mastery. Although the way may be hard at times, know that the Mahanta is as near to you as your heart-beat.

Your spiritual goals are in the right place, for you strive to do the best in all things. A reminder is the power of the spiritual exercises to give you a strong aura that cannot be easily broken by outer events, which will always try to pull you from the love of ECK.

—From *ECK Wisdom on Conquering Fear*, 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:

2017 ECK Worldwide Seminar

How to Become the Awakened Soul

October 20–22, 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.