



Spiritual Wisdom Journal

Quarterly Inspiration from ECKANKAR October–December 2013 Vol. 3, No. 4

SPIRITUAL SURVIVAL IN A CHANGING WORLD

Focus: Become a New Person by Listening to the Voice of God

“The whole point of life is to teach us how to reach agreement with the Voice of God, the Light and Sound.”

—Sri Harold Klemp,¹ *The Art of Spiritual Dreaming*

FEATURE ARTICLE

The Light and Sound of God

By Sri Harold Klemp



The company that makes M&M candy released a survey they had done. People expressed strong feelings that they should change their tan-colored M&Ms to blue. And so they did, which is nice. I understand the Empire State Building put on blue lights to advertise this big change in candy history.

More interesting for some of you is that the color blue is very special in Eckankar. We refer to this as the Blue Light of the Mahanta.²

ECK simply means the Holy Spirit. The Holy Spirit is the Voice of God, plain and simple. This Voice of God, the Holy Spirit, has two main ways of being heard

1. Sri Harold Klemp is the spiritual leader of Eckankar.
2. A title to describe the highest state of God Consciousness on earth, often embodied in the Living ECK Master. An expression of the Spirit of God that is always with you.

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A SPIRITUAL STORY

Good Morning, America!

By Mary Brattesani

I volunteer two days a week in the intensive-care nursery at a children’s hospital in Oakland. Many of the babies are premature and very sick. Their mothers have often used crack cocaine or heroin during their pregnancies, and the babies are undergoing withdrawal from drugs or suffering from other serious health problems.

One day, I arrived at my post to find a film crew from the popular television show *Good Morning, America*. They wanted to produce a segment for their show on volunteerism in America.

They asked if they could film me taking care of the babies.

I had never been on camera before. I was very concerned about making it through the ordeal of taping and taking direction from the producer. As the film crew was setting up, they had me sit in a rocking chair with a baby. People and bright lights swirled around us, agitating the infant and unnerving me.

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Letting the Voice of God Enter You as Light and Sound

HU is an ancient, holy name for God. You can sing it at home. Simply sit or lie in a quiet place and sing HU³ (pronounced like “hue”). This age-old song lets the Voice of God enter you as love, Light, or Sound.

The Light and Sound of God are integral parts of divine love known to but a few. The twin pillars of God’s love, they are the mainstays of the ECK teachings. In fact, the spiritual travelers ride them out of the body and into the cosmic seas via Soul Travel⁴, like a surfer riding ocean waves. This method is a direct route to finding love, wisdom, and spiritual freedom.

— *Is Life a Random Walk?* by Harold Klemp

3. HU (pronounced like the word *hue*) is the most ancient, secret name for God. The chanting of HU is a love song to God. It can be sung aloud or silently to oneself. To listen to the sound of thousands of people singing HU, go to www.HearHU.org.
4. In the simplest terms, Soul Travel is an individual moving closer to the heart of God.

The Light and Sound of God

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and seen: by Sound and by Light. Light and Sound are the two aspects of the Holy Spirit, the ECK.

In your dreams, meditations, or contemplations, you may have seen a light: white, yellow, green, blue, or pink. It can be any color, any shape. It may look like a chandelier. It may look like a spotlight. It may look like a candle or a globe.

This is one of the manifestations of the Holy Spirit. Most people don’t know what it is, but it’s special.

When you see the Light of God, you come out of the experience with a good feeling. You know that the hand of God was near you. And indeed it was, because the Voice of God has

brought the gift of God’s love to you.

The second way that the Holy Spirit communicates with people is through the Sound. Again, the Sound of God can be any number of different sounds. In contemplation or meditation, you may hear a high humming sound. It may be a sound like bees swarming around their hive. It can be the sound of running water. It can be the sound of a flute. It can be the sound of a whistle. It can be the sound of distant bells. Or the sound of the ocean or singing birds.

These are all sounds of the Holy Spirit coming through at a particular level, coming to you at your state of consciousness at that time. This uplifts you spiritually. If at any time in your life you’ve experienced these two aspects of the Holy Spirit, it’s a way that God’s love was coming through to you.

We’re told in some of our human scriptures that God’s love is basically an indefinable thing. It’s a feeling, more or less. But we in ECK say that you can see it and you can hear it.

And when this divine love comes into you, it will change you. It changes your state of consciousness. Degree by degree, it makes you a new person. A lot of times you wonder what’s going on, what’s happening. You have no idea. And then one day, you come across the teachings of ECK, and you say, “Oh, this makes sense.”

— *The Secret of Love*, Mahanta Transcripts, Book 14, [Back](#)
by Harold Klemp

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*For anyone not a member of Eckankar.



Ask a Modern Prophet about the Voice of God

Why do I hear the Sound Current constantly in Its many aspects? A friend says she hears It only in contemplation.

I wish everyone had your ability to hear the ECK so clearly, but the Mahanta realizes that for some the Sound would be a distraction.

There are cases of people in business who simply could not function at their jobs because the Holy Music of God drowned out conversations needed to carry out their duties. So the Mahanta shut down the Sound Current (just the audible aspect of It).

You hear the Sound all the time because of your ability to incorporate It into the activities of your daily life. You are most fortunate.

— *A Modern Prophet Answers Your Key Questions about Life*, Book 1, by Harold Klemp

“If you’re sincere, God’s Voice, the Holy Spirit, will begin opening you to truth.”

— Sri Harold Klemp, *How to Survive Spiritually in Our Times*, Mahanta Transcripts, Book 16

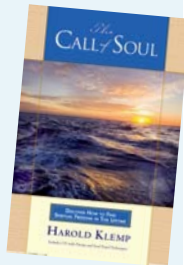
Video Clip on Miracles with the Light and Sound of God

For a greater understanding of the Light and Sound of God, watch the featured video and others at the [Eckankar Official Site on YouTube](#).

To further explore the Light and Sound of God, read *The Call of Soul*, by Harold Klemp

“If we shut our eyes in contemplation, listen, and wait for God to speak to us, we begin to see how listening is true prayer, prayer of the highest sort. Mostly, true prayer is listening to God.”

— Sri Harold Klemp, *The Call of Soul*



I’m a fourteen-year-old ECKist. Even though I do my spiritual exercises regularly I’m not having any experiences, like a dream or even just seeing a blue light. Can you please help me to have an experience? Also, my dad says he sees the ECK in everything. What does he mean?

May I encourage you to keep on with the Spiritual Exercises of ECK!

Remember how long it took to learn the skill of writing? Now you can dash off the alphabet without a second thought, as well as string combinations of letters together to form words and sentences.

The pattern of learning a spiritual skill requires much the same diligence. For a long time there may appear to be no progress at all, yet a foundation is in the making. By no means become frantic. The Mahanta waits until an individual gains a solid spiritual footing. Then he opens the Spiritual Eye.⁵

That’s what your dad is trying to explain when he says he sees the ECK (Divine Spirit) in everything.

The Master has opened his Spiritual Eye.

ECK has a thousand faces. Some see Its presence as some color of light, in dozens of possible shapes. Others, like your dad, see Its workings in everyday people, places, and situations.

ECK likewise has a thousand voices. Some hear It speak through any of dozens of possible voices: storms, birds, laughter, falling or moving water, rushing air, and even the sounds of machinery.

Some perceive both the Light and Sound of God. Give it time.

Let’s see what can be done for you.

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

Eckankar on Facebook



Visit [Eckankar’s Facebook page](#), and feel free to “Like” it. Or go to our Web site at www.Eckankar.org, and click to “Like” the Eckankar Facebook page there.

5. The Spiritual Eye is the seat of Soul in the waking state, located at a point between the two eyes.

MEET SPIRITUALLY LIKE-MINDED PEOPLE

Coming in October:

2013 ECK Worldwide Seminar
The Year of Light and Sound
October 25–27, 2013
Minneapolis, Minnesota, USA

For more information or to pre-register for this seminar, go to www.ECKseminars.org.

See a short excerpt of a seminar talk by Sri Harold Klemp.



Meet other people from all over the world who have experienced the Light and Sound of God.

You Are Invited to a Spiritual Gathering

The truth of ECK comes to each of us like a special key, custom-designed with millions of little notches and grooves. It is the only key that will fit the lock, turn it, and open the door of Soul.

During the ECK seminars, you can pick up the inspiration to find this key for yourself. If you can take the inspiration into contemplation, you can build the spiritual strength and understanding to accept the ECK as It speaks to you every moment of every day. The ways in which the ECK works are limitless.

—*Unlocking the Puzzle Box*, Mahanta Transcripts, Book 6, by Harold Klemp

Good Morning, America!

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The more the baby fussed, the more nervous I got, until I thought I was going to lose my composure and cry! There's nothing like the sound of a wailing baby to express tension and fear—and I am very afraid of public speaking.

In desperation, I did the only thing I could think of that might work: I began to sing HU, an ancient name for God, as a love song.

I leaned over and softly sang HU to the baby. We both began to calm down. But I forgot that a member of the crew had already attached a microphone to my smock. And I didn't know that the camera had quietly started. Suddenly I was startled to hear the producer say, "Whatever you're doing, Mary, don't stop. It sounds really nice!" The producer was so taken with the sound of HU that he changed the focus of the piece to include it.

When my segment was aired on TV, background music had been added. It was a lullaby and the sound of HU!

I thought this was a once-in-a-lifetime experience,

to share the beauty and spiritually uplifting sound of HU with so many listeners. But not long after that, a local TV crew came into the nursery. The attitude of this crew was a little different. They wanted me to look cute and cuddly with a baby, and then move on to the next assignment as quickly as possible.

A sick baby doesn't necessarily feel like being cute. I could tell the reporter wasn't getting what he wanted. In my increasing discomfort, again, the only thing I could think to do was to sing HU.

When this segment aired on the five o'clock news, the TV anchor started by saying, "Here we're going to meet one of the volunteers at the local children's hospital. And she sings to soothe the babies."

The next thing you hear is the sound of HU.

Not just the media seems to love this song of HU. It suits the babies too. They and I will often calm down and listen to the divine Sound Current that runs through this beautiful name for God. It's a form of prayer and upliftment that really works for me.

—*Earth to God, Come in Please . . .*, Book 2, Harold Klemp, Series Editor

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