



# Spiritual Wisdom Journal

Quarterly Inspiration from ECKANKAR

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SPIRITUAL SURVIVAL IN A CHANGING WORLD

## Focus: Dreaming Your Way to an Abundant Life

"The experiences you have in dreams are to give you another perspective on your life today."

—Sri Harold Klemp,<sup>1</sup> *The Art of Spiritual Dreaming*

### FEATURE ARTICLE

## Dreams, Your Source of Everyday Guidance

By Sri Harold Klemp



**A** dreamer lives in many worlds at once. And yes, dreams do enrich life.

Dreams are a spiritual tool of the Holy Spirit to help you find your way to God. Take advantage of this help. There is so much more to life than you'll ever find in something so small as a rowboat, or as narrow as the human state of consciousness.

A study of dreams the ECK way can help you enter a more productive, calm, and graceful life.

Dreams can tell us everything we need to know to get along in this life. Yet how many people really believe that? If people actually did, the study of dreams would be much more prominent in our society than it is today.

Most of my life I also paid little regard to dreams. My early dreams were of two kinds: the bad and the good. The first were nightmares, and the less they came, the better. Even the good dreams had little to recommend them, since everything in them was topsy-turvy. I usually blessed the deep and dreamless sleep, because in that unknowing state there was a kind of refuge which did not threaten my waking life.

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

### A SPIRITUAL STORY

## A Touch of Love *By Elizabeth Kirby*

**M**y son works for United Airlines and had to stay in Chicago for a seven-week training that was very rigorous. I was concerned about him, but I managed not to call him on the phone every other day. Then, one night, I had a dream.

I dreamed that my son was eight or nine years old and was standing by a very wide boulevard. He had to cross from one side to the other, but he looked lost and scared. I went up to

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Art by Michael Kramer (page 1); photos by Robert Huntley (page 1) and James Cochrane (page 4).

## Sing HU<sup>2</sup> for Higher Dream Awareness



The word *HU* is an ancient name for God that has a unique ability to lift one into a higher state of awareness. This dream exercise centers around this special word. One way to open yourself to the wisdom of your dreams is to sing HU. Sing it either softly or silently, for a few minutes before bed-time. This sacred name for God will charge you spiritually. Then go to sleep as usual.

Whenever you have a dream, jot it down in a notebook. Right after describing the dream, write down your feelings as to what it may mean. Some keep a tape recorder by their bed. Others awaken at night and merely fix one or two points of their dream in mind and record it later.

If you put any time at all into this dream exercise, you will begin to see how the Holy Spirit is using your dreams to bring you spiritual understanding. The spiritual program of ECK dream study can help you find peace of mind.

—From *The Art of Spiritual Dreaming*, by Harold Klemp

2. 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. It can open your heart to receiving and giving 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](http://www.HearHU.org).

## Dreams, Your Source of Everyday Guidance

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In fact, my recollection of dreams started to flower shortly after I began my study of Eckankar in 1967. My desire to Soul Travel<sup>3</sup> had aroused my curiosity about the invisible worlds, and soon I bought a notebook to record any adventure that might occur there.

Dreams taught me to face myself, let me see the future, took me to the heavens of God, and even apprised me of impending illness and where to obtain the cure. During my years in ECK, my respect for the inner teachings of dreams has grown considerably.

Our dreams are the forgotten road to heaven.

This was once a nearly absolute truth. That is, until the teachings of ECK surfaced in 1965 to encourage people to look for the lost doorway between heaven and earth: their dreams.

Dreams are the starting point for many who wish to begin the spiritual journey to God and do it in the easiest possible way. There is simply no better way to start than with our dreams. Good

3. Soul Travel is the movement of the inner consciousness, the ability of Soul to transcend the physical body and travel into the spiritual worlds of God; achieved via spiritual exercises taught in Eckankar.

works may carry us far along this holy journey, and prayer is indeed a boon, but generally we can learn more about the true nature of God through the secret knowledge of dreams.

Daydreams, night dreams, contemplation, Soul Travel—all are steps in the pursuit of heaven. In Eckankar, the student is under the protection of a spiritual guide known as the Mahanta [pronounced *mah-HAHN-tah*]. This is the Spiritual Traveler, the Dream Master.

As the Mahanta, he is the Inner Master, the one who comes on the inner planes to impart knowledge, truth, and wisdom. But he also has an outer side. Here he is known as the Living ECK Master. Thus, the spiritual leader of Eckankar can work both inwardly and outwardly with all who come to learn of God and life.

—From *The Art of Spiritual Dreaming*, by Harold Klemp

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## Video on Dreams

For a greater understanding of how dreams enrich your life, go to [www.Eckankar.org](http://www.Eckankar.org). Under “Video” on the right side of the screen, click on “Dreams.”

## Ask a Modern Prophet about Your Dreams

*What can dreams tell us about ourselves?*

**D**reams hint at truth. I say *hint* instead of *tell* for a reason: Most people don't actually want to know the truth. The truth hurts. Dreams can tell us when we're unkind, unfair, vengeful, selfish, and other unpleasant facts that we need to work on spiritually. But truth makes most people uncomfortable, so they shut it out and forget their dreams.

I've tried many dream systems and have kept a record of my own inner travels for years. Of all the systems, the dream methods of Eckankar are the golden thread that have been of the most use to me for spiritual growth.

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

*What does this dream mean?*

*In my dream, I walked up into some hills, and it seemed like the Fourth of July. Thousands of people were sitting in the hills looking into the sky as if expecting fireworks. The sky was light blue and free of clouds.*

*I walked past the crowds until I was alone again and looked at the hills in the distance. They were like hard-packed sand dunes without vegetation. Suddenly, a flash of red went by and stopped long enough for me to recognize it before disappearing. It was me. That made me feel really odd. Looking out over the ridge of hills, I saw that they had undergone a drastic change. They were much lumpier, and a huge boulder with green vines all over it had been raised ten feet into the air.*

*The dream felt very real. I had just gone through a doorway and was expecting a member of an ancient American race that I had just read about in a Louis L'Amour novel. But I woke up before he arrived.*

**T**his is what your dream means: Your walk up into the hills indicates that in the dream you were moving into a higher state of consciousness.

The Fourth of July is Independence Day. The

Mahanta,<sup>4</sup> who is also the Dream Master, used this image to evoke in you the ideal of spiritual freedom, which you can achieve in this lifetime if you set your heart upon it.

The thousands of people are your collective awareness—i.e., the sum total of your thoughts and hopes. You are awaiting the ecstasy of spiritual freedom. The blue sky signifies the Blue Light of the Mahanta, the Inner Master, which students of Eckankar often see in their dreams and spiritual exercises. When you leave the crowds, it means you leave behind your worries and come to rest in Soul, the center of your being.

You are now in the Soul body and look back on the hills, which are nothing more than events in your daily life. From the lofty vantage point of Soul, your outer life seems to be a spiritual wasteland, especially when you let anger (the “flash of red”) flare up.

The image of the boulder is used in a double sense here. First, Soul studies the ridge of hills to see what harm anger might do, and It perceives a “much lumpier” life. Anger makes mountains out of molehills, or in this case, a huge boulder is raised ten feet into the air.

Second, green vines clinging to the face of the boulder show the power of envy or jealousy to undermine a relationship. Have you heard the phrase “green with envy”? The roots of the vines can, in time, shatter the greatest boulder, just as envy and jealousy can destroy the closest relationship, even one that seems “solid as a rock.”

The member of an ancient American race whom you were expecting was the Mahanta, the Living ECK Master.

This dream gives a most exacting look at yourself. It shows how the Dream Master may shape your dream to help you better understand yourself.

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

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.

## 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.



### Enlightening Book by Sri Harold Klemp—*The Call of Soul*

Through stories, spiritual exercises, and a wealth of discourse, Sri Harold Klemp lifts Soul into a world of greater possibility. Step by step, the seeker is led to the wonders of spiritual awakening.

An excerpt from *The Call of Soul*: "The Master often works in the dream state because it is easier to get through. Fears can inhibit and prevent one from exercising the freedom and power and wisdom which are the birthright of Soul. In the dream state, the Inner Master can begin working with you to familiarize and make you comfortable with what comes on the other side."

### 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

Coming in October:

**2011 ECK Worldwide Seminar**  
*The Year of Graceful Living*  
**October 21-23, 2011**  
**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). ECKists of all ages share some of the benefits and international atmosphere of a major ECK seminar. Features a short talk excerpt by Sri Harold Klemp.

### A Touch of Love

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him and said, "Don't be afraid, Mom's here!" I held his hand and helped him cross the street. When I woke up I wondered what the dream meant.

Eventually, my son completed his training and returned home. I related my dream to him, and after I finished, he smiled and told me a story of his own.

Everything had been fine up until the sixth week, when the students had to practice for emergency situations. At this time, he found the course so demanding that he became agitated and unsettled. He found himself unable to sleep the night before an important practical exam.

After trying everything he could to calm down, he remembered once asking me to have the Mahanta help him handle a situation that he didn't know how to resolve.

But all he could think of was his mother. He called out my name and started to sing HU the way I had taught him. After this he became calm and peaceful and soon fell asleep. He got only a few hours' sleep, but he passed the test with flying colors.

We compared notes and found that he had sung HU at the same time I had had my dream.

—From *Earth to God, Come In Please . . .*, Book 2, Harold Klemp, Editor

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