

An ECKANKAR *Soul* —   
*Adventure*



# **Karma and Reincarnation**

**Solving the Mystery**

“ *Reincarnation is a principle of divine love in action. . . . We become more godlike beings.* ”

**HAROLD KLEMP**

# KARMA AND REINCARNATION: AN ECK SOUL ADVENTURE

*Soul adventures are spiritual experiences that touch us at the very core of our being.*



You are Soul—an eternal, unique spark of God. As Soul, you have the God knowledge within you.

## **Stories • Inspiration • Spiritual Exercises**

Explore how gaining an understanding of karma and reincarnation can help you

- ◇ handle challenges in a better way,
- ◇ develop the quality of divine love, and
- ◇ become a more godlike being!

The word *Eckankar* means Coworker with God. It is the Path of Spiritual Freedom. *ECK* means Life Force, God Current, or Holy Spirit.

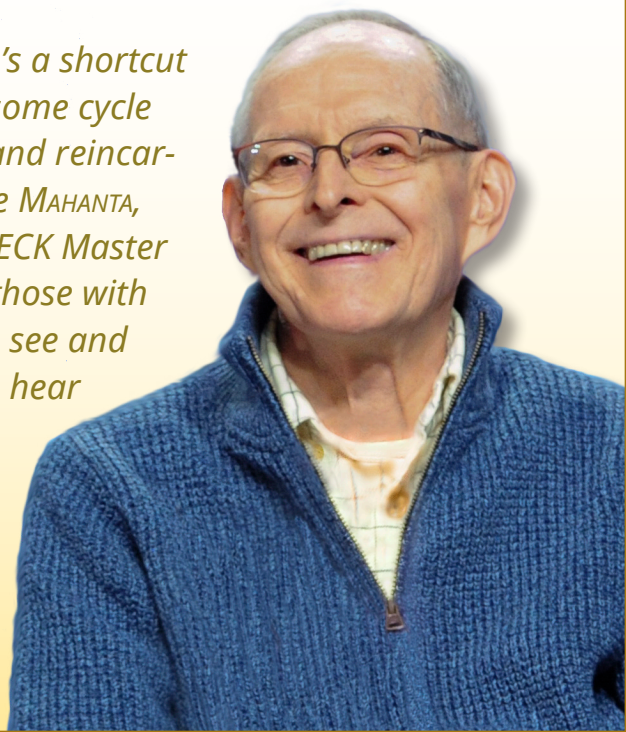
## MEET SRI HAROLD KLEMP

*A spiritual teacher who can help you on your path of spiritual self-discovery.*

Sri Harold Klempe is the spiritual leader of Eckankar—the MAHANTA, the Living ECK Master. His role is to awaken the God knowledge and love for the divine things already in your heart.

As the Inner and Outer Master, he gives spiritual help via talks and writings, in the dream state, and in the spiritual worlds.

“*There's a shortcut to the tiresome cycle of karma and reincarnation. The MAHANTA, the Living ECK Master can show those with the eyes to see and the ears to hear a better way to freedom.*”



# ANOTHER DAY IN THE LIFE OF SOUL

*Why remember past lives?*

To begin with, we need to understand that the challenges we face today involve all sorts of past-life experiences.

Once we gain awareness of these links to other lives, **it's possible to handle challenges in a better way** this time around. We can end a chain of karma that has hung on for centuries.

Odd as it may seem, **you had a special reason for coming** into this lifetime. It was **to become a more godlike being**, but most people do not realize this fact. They assume that birth is a fancy of destiny.

## **The Polishing of Soul**

All the lives you have ever lived were for the polishing of Soul. Like it or not, **you are now at a higher and more spiritual level** than in any prior incarnation.

So look at yourself. Do you like what you see? Keep in mind, whatever it is, for better or worse, it's of your own making.

You are the sum of all your thoughts, feelings, and actions from this life and every lifetime in the past.

We have a heritage much richer than a single lifetime, which explains why many children are born with a particular gift or knack for doing something. Some kids even come in knowing a certain language which their siblings do not.

A very young child may still remember a past life and often talk about it.

**DO YOU HAVE A  
SPECIAL GIFT OR  
KNACK FOR DOING  
SOMETHING?**

A good question that a curious parent can ask a child of two, three, or four is,

What did you do when you were big?

Don't be surprised if the child answers you in a very nonchalant way.

## A Child's Past-Life Recall

A mother wrote to me with one example of such past-life knowing. She babysits a number of toddlers during the day. Her own daughter is fifteen.

One day the woman found a little girl sitting on the couch with the fifteen-year-old. Usually this child was chattering all the time. But today she was very quiet. She was thinking.



Then suddenly, without any prompting, she said to the fifteen-year-old, “When I was big, I was in the car with my daddy. We were late picking up my sister. My daddy drove right through a stop sign, and he crashed the car. I went through the windshield and lay on the ground for a long time before anyone came to help me. I died.


“When I was big, though, my name was Amanda. And I was big like your mommy.”

The fifteen-year-old sometimes had her questions about the reality of reincarnation.

But now she looked at her mother and said, “Mom, did you hear what she said?”

The mother said, “Yes, I heard.”

**HOW WOULD  
YOU DESCRIBE  
THE QUALITY OF  
DIVINE LOVE?**



In her letter the mother said this experience pointed out for her, and for her daughter, that **reincarnation is simply another day in the life of Soul.**

### **Divine Love in Action**

**Reincarnation** is a principle of divine love in action. It allows people, you and me, to have a chance to develop the quality of **divine love.**

We do this through the hardships and uncertainties, as well as the joys and the fulfillment, of living. We develop the quality of divine love. **We become more godlike beings.**

Life after life you come back trying to solve the mystery, wondering how to love God, then how to love yourself.

The answer to that mystery is spiritual freedom. And the way to spiritual freedom is simply to sing *HU* with love. That is where you begin.

That's the doorway to a new life, a life of love. 🌿

“*The rule of karma determines factors like male or female body, eye-hand coordination, long- or short-term memory retention, and desires. In addition, our karmic package includes race, ancestry, family, friends, economic and social standing, and much, much more.*”





TRY A SPIRITUAL EXERCISE

## HEALING A PAST-LIFE FEAR



At a certain stage in our spiritual unfolding, we may be shown, through dreams or Soul Travel, a past-life experience that explains a present love, hate, or fear. There is a particular reason, for instance, why some people have a fear of heights.

Fear has many faces. Each face has an underlying reason. Usually—though not always—it is based on something that happened in a past life.

So SING **HU**,  
A LOVE SONG  
TO **GOD**,  
EVERY DAY.

Love dispels fear.

Here's a way to open yourself to its healing powers:

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 you can 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 God Current to find a balance that is right for you. 🌿

**DISCOVER**  
**MORE ABOUT THE**  
**INNER MASTER,**  
**THE MAHANTA.**



## How to Sing *HU*

Your eyes can be open or closed.

- ◇ Take a few deep breaths to relax.
- ◇ Then begin to sing *HU* (pronounced like the word *hue*) in a long, drawn-out sound: HU-U-U-U.
- ◇ Take another breath, and sing *HU* again. You can continue for up to twenty minutes.
- ◇ Sing *HU* with a feeling of love, and It will gradually open your heart to God.

Experience *HU*

# HU

Sacred Sound—Ancient Mantra



## DID YOU KNOW?



*A higher law than the Law of Karma is the Law of Love.*

“Eye for eye, tooth for tooth” is the strict Law of Karma. This law is to teach people self-responsibility. It’s unforgiving. Under it, people hope others get punished.

A higher law is the Law of Love. With this law comes the understanding that indeed what will be will be.

But the difference here is that we do not wish or expect others to get punished for their misdeeds. Instead, we give them love in return.

**HOW COULD  
YOU GIVE LOVE  
IN A DIFFICULT  
SITUATION?**

How does this work out in daily life?

If someone cheats us out of our property, we will, of course, try to get it back by

whatever legal means possible.

But we will do so without feelings of hatred or anger. Such feelings tie us to the strict Law of Karma. 🌿

**WHAT WAYS HAVE  
YOU FOUND  
TO LET GO  
OF ANGER?**

“ *Our mistakes in this life and past lifetimes are the polishings of a precious gem in the rough.* ”





# A KNIGHT'S TALE OF KARMA

By Richard Welsh

*Did you know your past lives can be a cause for karmic challenges you have in this life? Here is how one man received an answer to his relationship problems.*

One autumn, I attended an Eckankar seminar. One of the features of that seminar was a Past Lives, Dreams, and Soul Travel fair.

In the past-life portion of the fair, the facilitator shared different **spiritual exercises** we could use to **help us remember past-life experiences**. One of the techniques was adapted from an exercise given by Sri Harold Klemp called the **Radio Announcer technique**.

The facilitator had several magazine pictures in the center of the table, depicting people from various cultures and historical time periods. **We were asked to pick a picture that most interested us.**

The pictures went fast, and I was left with an image that didn't have any meaning to me. *I don't feel any connection to this picture*, I thought to myself.

I looked at the young woman next to me. She was holding a picture of a medieval knight in full armor.

I recalled how I loved movies about chivalry and knighthood. Many times I played with my brothers and friends wielding makeshift swords. My fascination with medieval weaponry and armor has continued to this day.

**DO YOU HAVE A  
FASCINATION WITH  
HISTORIC TIMES  
OR PRACTICES?**

The young woman next to me sensed my interest in her image. She held it out to me and said, "Do you want this one?" "Sure," I said, and we exchanged pictures.

Then the spiritual exercise began. We were to close our eyes and imagine we were listening to an inner radio broadcast about our pictures. We'd hear the announcer's voice as he gave a summary of how the image related to a past life.

I had my doubts the exercise would work for me. But it was easy to guess what an announcer might say about the life of this knight. Skilled with the weaponry of the day, a knight was respected by many and held a special place in medieval society.

I imagined the announcer talking about the brotherly camaraderie that existed among fellow knights who were bound together by the laws of chivalry.



Then, just as a real radio broadcaster would do, we stopped for a break before returning for the second half of the story.

### **Was This the Answer?**

After a few moments, I tuned back in. Suddenly, my imagined broadcast shifted from what it was before. The inner announcer became more somber.

*In living a warrior's life, you were trained and paid to kill other people. To survive, you had to adopt an emotional distance from those who fell under your sword. This attitude*




*extended to other areas of your life.*

*You lived many times as a warrior. These lives are the root cause of your difficulties with having close personal relationships in your present life.*

I was surprised. This was not something I would have imagined as the other half of my story.

**DO YOU HAVE  
A MYSTERY  
TO SOLVE?**



Yet for most of my adult life, I'd had difficulties forming relationships, and I had wondered why. More than once I'd asked the MAHANTA for insights into this problem. Was this the answer?

## **Unraveling the Mystery**

The exercise ended, and we were asked if we would like to share our experiences. I started to relate the first part of my inner broadcast. Then I began the second half.

Suddenly I became so filled with emotion I could barely speak. As I struggled to find the words, I realized the second half of my

inner broadcast was true. My many lifetimes as a warrior had affected my relationships with other people in this life.

Here was the answer I had waited for. The karmic root cause of my difficulties with relationships came from the past. But I also knew that now I could let go of those old lifetimes and learn how to open my heart to love.

This was not the first time the spiritual exercises helped me unravel a mystery in my life. As I thought about this experience, I was reminded once again how valuable the spiritual exercises are in helping us discover more about ourselves as Soul. 🌿

“Our character is made up of virtues and shortcomings, and all are a development from past lives. A reason lurks in the background of every twist of personality. Each trauma from a forgotten life shapes our conduct in a given way. Without exception.

# ANSWERS TO YOUR QUESTIONS ABOUT KARMA AND REINCARNATION



*People reincarnate to resolve karma created in past lifetimes. But, observing world events, it seems people are creating more karma for themselves.*

*Will people learn to work together while resolving their karma? If we take responsibility for our actions, then when will our karma be finished so reincarnation is no longer necessary?*

The whole process of refining Souls through resolving karma made in past lives is a slow, careful one. The mills of karma grind slowly, but exceedingly fine.

**IN WHAT WAYS  
DO YOU SHOW  
RESPECT TO  
YOURSELF AND  
OTHERS?**


Yes, people are very busy every day creating new karma for themselves. The reason is they overreact to every slight. They show a

lack of respect first for themselves, then for others.

They need still to develop the quality of grace.

Grace and respect are two signs of a mature spiritual individual, whatever his religion or beliefs.

WHAT DOES  
BEING GRACEFUL  
MEAN TO YOU?

Karma works itself off by levels through the hard experiences of life—the university of hard knocks. A Soul that completes a certain level of purification then graduates to a higher level of choice, experience, and service. 

“*The experiences of life give you the wisdom, love, and understanding that you need to someday take a step higher on the spiritual ladder and ultimately become a Coworker with God.*”



## ECK ENROLLMENT

# ECKANKAR'S SPIRITUAL LIVING COURSES

*Go higher, further, deeper  
on your path of  
spiritual self-discovery!*



## WHAT WILL YOU EXPERIENCE?

This ever-expanding adventure can bring you personal transformation from the moment you begin. This includes

- ◇ monthly **self-discovery courses** with advanced **spiritual techniques** for private study;
- ◇ opportunities to explore the courses in **small group discussion classes**;
- ◇ quarterly letter and updates from a **God-Realized teacher** with timely perspectives;
- ◇ **spiritual initiations**—profound steps of enlightenment;

- ◇ a community of like-hearted people who respect spiritual freedom and love truth;
- ◇ opportunities for further spiritual training and service.

## *Start Your ECK Adventure*



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