

ECKANKAR

KEY TO DREAMS



H A R O L D K L E M P

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ECKANKAR—Key to Dreams

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Introduction

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 simply is no better way to start than with our dreams. Good 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. 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.

Dreams are one road to heaven. Another way to enter is through contemplation: a few minutes each day of spiritual relaxation in which the individual sits with his eyes closed and sings the holy name of God. This word is *HU*. The Inner Master comes, in time, to take him into the worlds of heaven, the Far Country. With the Master along, what may otherwise have been a nightmare turns out to have a spiritual end.

Often, we start our study of heaven through dreams. They are a most natural

way. The student of ECK finds that his dreams become ever more spiritual as he continues his search for God.

The mind is the chief obstacle in the search for God. It tries to have the dreamer forget dreams in which the MAHANTA imparts divine wisdom. So the Master must bypass this wall created by the mind.

One way the MAHANTA, the Living ECK Master accomplishes this is seen in a dream study by a student of ECKANKAR. When the MAHANTA wanted to remind her to avoid gossip and honor the Law of Silence, she had a dream in which something unpleasant was in her mouth. When the Master's lesson was on the "play" of life, her dream experiences dealt with school, group meetings, clubs, dorms, households, even pageants. When it was necessary for her to recall travel through higher levels of consciousness, her dreams were of stairs, steps, elevators, mazes of rooms, and even of herself on a child's swing.

Dreams are a road to heaven. They are

not the only road; they do not go straight to the highest heaven, but they do offer a sound beginning for anyone who sincerely wants to find God.

In ECK, we are familiar with dreams of past lives. Other dreams give us insight into our health, family concerns, love interests, business plans, and guidance in how to live our lives with minute-to-minute care, if we are interested in developing our study of dreams to such a degree.

But the most important dream category is the spiritual dream. It tells us something about our present life, with all its struggles.

In this book are many stories about dreamers who have been enriched by their dreams. The study of dreams is an art, a highly interesting spiritual endeavor. It gives deep satisfaction to all who wish to learn more about themselves through personal experience.

Above all, dreams are of priceless spiritual worth to us, because they open our personal road to heaven.

1

Spiritual View of Dreams



One morning I was up at four o'clock, and the host for a local radio station was introducing his program. Let's call him Jim. He told of a dream a short time before, which he said was profound.

Jim had been having money troubles and wondered how to resolve them. Perhaps a change of scenery would suggest an out. With that in mind, he left on a camping trip with a friend. It gave a chance to step back from the hustle and bustle of everyday living and look at himself with fresh eyes, reexamine his values, and see who and what he really was.

One night during the camping trip, Jim had a dream of his late grandmother. The dream was set in her kitchen. She handed him a catalog, pointed to it, and said, “It can solve your financial problems.”

In the catalog in this dream was a circled item. It showed an Italian motorbike, a Lambretta—like the old one stored in his garage.

When Jim awoke he told his companion about the dream. Then he forgot it.

The financial impasse still loomed upon his return home, but a windfall of two thousand dollars would resolve it.

Two months crept by. One day Jim happened to talk with another friend and spoke of the old motorbike in his garage. Though unused for years, it remained in good shape.

His friend asked, “What kind is it?”

“A Lambretta.”

“What year?”

Jim told him.

His friend said, “That thing’s worth two thousand dollars.”

A bell rang in Jim’s head. Two thousand dollars—the magic number. In that instant his dream came rushing back. So he sold the bike and was rid of his financial albatross.

That is an example of spiritual truth making its way into today’s society. Why did Jim’s grandmother appear in his dream? Because of love for him. So we come to the two principles: God is love, and Soul exists because God loves It.

They sum up the reason for our life and all living things.

Wisdom from the Heart

Dreams are also a way to find wisdom from the heart. Those sincere in their search for truth—and it doesn’t just mean people on the ECK path—begin to have dreams that lead to some avenue of truth. The dreams give new insights. Yet for all that, dreams are, for the most part, like seeing through a glass darkly.

People have asked me, “How are the dream teachings of ECKANKAR different from other dream teachings?”

Dream teachings range from the silly to the highly mental. All can help one to some degree, depending upon an individual’s state of consciousness. The dream teachings of ECK follow the basic pattern of all the ECK teachings: they are grounded in the physical realities as well as the spiritual (the inner, subtle side of us).

A seeker can start a dream study with an ECK book on dreams, like this one. This effort opens a dreamer to the initial dream worlds of ECK, the first step to having these special dreams and understanding how they work.

NAP TIME

You can begin a dream study during your naps. Anytime you feel in need of rest, set an alarm for twenty minutes. Have a notebook at hand; it will be your dream book.

Put your whole attention upon the face or presence of the MAHANTA, the Living ECK Master. Do it in a light, easy, and friendly way—like meeting an old friend. Now tell yourself to enjoy a restful, peaceful nap. Remind yourself to remember some event that occurs in the dream worlds when you awaken.

Then sleep. See what comes of the experiment.

When the alarm rings, jot down all you remember, no matter how foolish or trivial. In time, your study of dreams will expand. This method of dream study is easy and causes no disruptions, even in a busy family.

Try to do it every day for two weeks. It takes time to learn a new skill, in dreaming as in anything else.

Help from Dreams

A woman from Ghana we'll call Iris was scheduled for minor hand surgery. Her doctor had shown much consideration by trying to fit her into a packed schedule. It was a minor operation. Because of the general anesthetic, he cautioned, "Don't eat or drink anything before the operation."

So Iris arrived at the clinic early on the appointed morning to get on a waiting list in case of an opening in the doctor's schedule.

Iris had low blood sugar. She could only go for twelve hours without food or water without danger of collapse. Quick mental calculations when she arrived at the clinic said that since her fast began at midnight, she would last until noon. But not much longer. However, the schedule showed her operation set for 2:00 p.m. How would she manage if the doctor didn't see her by then?

Uneasy, she settled into a chair to wait.

Around 10:00 a.m., Iris began to feel ill, so she went to the nurse's office. The

nurse happened to be a friend from years ago and let her rest in the nurse's office for several hours while awaiting her turn. As she rested, Iris remembered advice her sister had once given her. Her sister had said, "When it's going past your twelve hours, remember to sing *HU*." (It's all the names of God in one.)

So Iris began to sing *HU*. Soon she fell asleep and had a dream.

In this dream she held out her right hand, the one to have the operation. Someone was pouring warm tea into that hand. It felt good. She wished the feeling wouldn't stop.

A slammed door startled Iris from the dream world. When she opened her eyes, she was staring into her doctor's face.

"I'm sorry to have to tell you this," he said, "but so many emergencies have been coming in all day I won't be able to get to you until 4:00 p.m. Why don't you go out and have a couple of cups of tea—no food, just tea?" Iris thought, *This is just like my*

dream, where somebody was pouring warm tea on my hand and it felt so refreshing.

Earlier, in response to her singing *HU*, the MAHANTA, the Inner Master, had said, “Don’t worry. Everything will be OK.”

So she sprang from the chair, as if heading for a tennis match, and rushed from the room. The tea soon calmed her low-blood-sugar symptoms, and her body stabilized. At 4:00 p.m., the operation began.

Bright Lights

The doctor had changed his mind. “We’re just going to use a local anesthetic,” he said.

So now she lay on the operating table, aware of the scalpel slicing into her hand. Then, from nowhere, a brilliant white light flooded the table. The lights in the room also surged brighter.

A startled nurse asked, “What’s that?”

Doctor, nurse, and Iris all saw a white ethereal light. The doctor glanced at the ceiling, searching for the source of this

dazzling light that outshone even the lights in the operating room.

Iris knew this for the Light of God. It was a sign of comfort and reassurance from the MAHANTA.

After surgery, the shaken doctor said, “Your God is certainly close.”

A week later Iris kept an appointment for a follow-up exam in the outpatient clinic with the same doctor. He was delighted to see her. Examining her hand, he noted that the wound was healing well.

Then he asked, “What religion do you belong to?”

“ECKANKAR,” she said.

“No wonder. I’m not surprised,” he replied.

Word of ECKANKAR has spread to most, if not all, African countries. From the highest levels of government to the most humble of people, they know of ECKANKAR.

The doctor tried to rationalize what had happened during the operation on Iris. Could it have been his long working hours?

Besides, he could have suffered from low blood sugar too, because he'd had trouble seeing her hand at first.

Yet as he had struggled to see, this mysterious, bright light made its appearance from nowhere. It supplied the extra light needed for a successful operation.

Iris simply thanked him for his help then said, "God is with all of us."

The heavenly light had helped the doctor, but had it helped the nurse and patient any less? The Light of God gives to all. As she left the office, Iris handed the doctor an ECK brochure, for which he expressed much gratitude. He was open to a new spiritual direction.

Why We Dream

Dreams are a golden key to understanding the most secret part of ourselves.

Nicole, a secretary, worked at a major movie studio in California. (The names of people in this story are not their real names.) She had a reputation as a top-notch

secretary, so the company moved her around like a troubleshooter and assigned her to Tony, a demanding executive. A coworker forewarned her, “Good luck. He’s been through twelve secretaries in a year.”

Tony was one of those overbearing people, a trial to a long-suffering staff.

Nicole had worked at this movie studio for three years and knew the ways of the company. She believed she could help Tony—protect him from his superiors and help him stay out of trouble. She understood how things were done there and was proud of her expertise.

But Tony was like a spoiled child. He flew into rages and insisted on his own way. Yet, for all that, Nicole and Tony enjoyed a fair working relationship.

A month later, the company asked Nicole to be a fill-in secretary in another department for a week. The transfer date drew near. Nicole tried to prepare Tony for her absence, keeping herself open as a clear channel for Divine Spirit. In other words,

she did all in her power to ease the way for this rather impossible man.

Yet a day before Nicole was set to leave, matters reached a breaking point. Tony acted as though she didn't know her job and refused to recognize her many valuable contributions.

"This is as much as I can take," she said. Then she stormed from the room.

Dream Lesson

In the past, Nicole had often had a problem dealing with such confrontations. Whenever an extreme situation arose, by reflex she'd lose her composure and over-react. Yet she knew it did spiritual harm. She determined to do better with Tony.

So Nicole returned and offered him an apology, after which they discussed their disagreement, and things smoothed out.

The next day she prepared to leave for the new, weeklong assignment. Before she left, Tony said, "I would like you to come back when you finish there." She agreed to

think it over and would let him know. Tony had run through twelve secretaries in a year, and after a month with him Nicole felt she'd done her time. Still, she promised to think it over.

But at her new assignment someone offered her a permanent job, an excellent career move for her. In light of the options, she jumped at the chance.

Nicole called Tony and let him know of her decision to take a new position. No, she wouldn't return. He would need to find someone else. In a feeble attempt to affirm control over her, he said, "Yes, you won't be coming back to this job." As if this were his decision.

It's an endless source of bemusement to see the lengths to which some people go to exercise control over others. To cover up his helplessness, he added, "You won't be needed." As if saying that would make a difference. Tony was thus sure to run through many more temporary secretaries, but Nicole had a new, permanent job. She was rid of him.

This entire encounter had made Nicole very curious. *What is the lesson behind this?* she wondered. What was the spiritual lesson she was supposed to have learned from this unreasonable man?

Then Nicole had a flashback.

A confrontation with Tony just before she'd left on a week's vacation came to mind. He'd been scolding her about some trifle while she stood meekly before him with an icy smile. She'd recalled a passage from an ECK book: If you're ever in a bad situation, sing *HU* and imagine the presence of the MAHANTA beside you.

So as she was receiving the onslaught of Tony's tirade, she began to sing *HU* and visualize the MAHANTA, the Living ECK Master beside her. She continued to sing *HU* inside herself and felt a warm fountain of divine love flow into her heart.

Then the smile on her face, which had felt painted on, became a warm, genuine one.

Meanwhile, she watched the play of

karma unwind before her like a bad movie, but it didn't bother her anymore. She could appreciate Tony as a fellow Soul. Though he was unconscious of it, Tony was helping her with her own anger and her inability to see the spiritual lesson in store for her in that face-off.

A short time after leaving Tony's employ, Nicole had a special dream. It gave a bigger picture of why she'd had to put up with him.

In this dream she was in a certain room, working on a newsletter. A lion walked in the door. He was about to spring and attack, so she shut her eyes and sang *HU*, again imagining the MAHANTA beside her. This simple spiritual exercise turned the lion from a vicious and angry beast into a loving animal of great strength. Then it left her alone.

When Nicole awoke from this spiritual dream, she realized that her cycle of karma with Tumultuous Tony was over.

DREAM BOOK

The first rule for keeping a dream book is to keep it simple. Trying to put complex scenes and ideas into words can be a daunting task. A dream may have so many details that a dreamer could well lose sight of its key points.

To overcome this potential trap, write the dream out in simple, everyday language. Then put it aside. At the end of a month, note the inner experiences that stand out from the rest. Condense these. Make believe you are an editor for *Reader's Digest*.

Then gather the best of your dream experiences and send them to the Living ECK Master in a letter. An ECK Initiate may include them in an initiate report.

A dream report is an easy way to resolve karma.

Direct Dialogue

The MAHANTA, who is also the Dream Master, relies on the dream state to give

spiritual instruction until a truth seeker is ready to meet him face-to-face somewhere in the heavenly worlds via Soul Travel. On the Causal Plane (the place of memories and karma), the Master uses dreams to work off karma for a chela (spiritual student). At times a dream may show a past life that has an impact on today. A filtering screen that has hidden a past-life memory lifts to give the dreamer a glimpse of that important time.

Many things occur in the dream state besides giving people a spiritual education. The Dream Master may pass along health tips through dream symbols. A dreamer who is the target of psychic attacks will learn that such forms of witchcraft have power to harm only because he has somehow opened himself to them. In short, a psychic attack points out a spiritual weakness in the dreamer. The MAHANTA, the Living ECK Master (the Dream Master) teaches how to shore up one's defenses and become like a mighty fortress.

So the dream state is an easy way for the Inner Master to begin teaching an in-

dividual, because it can sidestep many of a dreamer's unconscious fears.

Often when a dreamer awakens, an inner experience is still fresh. But it seems so natural and commonplace. So he forgets it.

One must therefore develop the discipline to write down in a journal, without delay, even what appears to be an insignificant dream. Read that journal entry an hour or so later, and you may be surprised at the fantastic account set down there. A dream report may prove even more surprising if it is reviewed a month or more later.

Travel is a good way to have fresh dreams. A trip to a new locale puts a traveler into a heightened state of awareness. All is new, different. At home, an alarm clock has him up at a certain hour. Cleaning up and dressing are old routines, almost automatic because of their familiarity. Then into the car and off to work. Nothing to supply dream material there. And if someone asked for a description of the third house from the corner on his street, could he do it?

Probably not. The setting is too commonplace. Little in a repetitious life is apt to strike the mental screen and awaken one to dreams of a fresh and different kind.

The net result is that few people can recall their dreams.

The usual inner, or dream, state is so natural and unassuming because it blends right in. The dream life dovetails so artfully with one's daily life that upon awakening a dreamer feels a dream is not worth the effort of jotting it down. By the time he's done cleaning up and dressing, every dream is gone.

So write down a few highlights to trigger a dream recall for later review.

THE GENTLEST DREAM TECHNIQUE

The gentlest technique I know is to say, "MAHANTA, you have my permission to take me to a Temple of Golden Wisdom for my spiritual benefit."

As a student of ECK, I often used this technique to visit new places in the higher worlds. It works best when said at night before rest. Issue it as a thought command. Give the Inner Master permission to guide you to a celestial place that fits your state of consciousness. Then go to sleep. The next morning see if you remember even what seems to be a most humdrum event.

Daily practice will sharpen recall of the hours you spend each night outside the cramped human shell.

Dream Protection

A young woman we'll name Patience is from an African country and has connections with the national assembly. At twenty-five, she found herself in a relationship with an older man (Victor, let's say). The relationship began with a strong mutual affection, but over time she reflected upon her future.

Sometime I would like to marry, she thought. Although this man loves me very much, he's not the one I want to spend the rest of my life with, because he has a very possessive love.

Victor sensed her wish to end the relationship. He turned to black magic to prevent this. In Africa, the power of black magic is a very strong, very real force.

People in Western countries might laugh at the notion of black magic having an actual power behind it, but the Africans know better. If you ever visit Africa, and a witch doctor lays a curse on you, you might find it hard to brush aside. All sorts of things may run amuck in your personal affairs unless you sing the holy word of God, *HU*. It serves as a shield of protection for all who chant It, for It opens hearts to protection from the Holy Spirit.

In this case, black magic had great force. Soon after Victor had it set on her, Patience began to experience nightmares. Sleep was a terrible thing. She developed a fear of sleep.

Patience happened to mention her nightmares to a friend, an ECKist. Her friend said, “You must be very careful about this practice of mysticism. It can hurt you. But there is a way to protect yourself.” It was then that Patience learned of HU and how to sing It.

“Tonight when you go to bed,” said her friend, “sing *HU*. Trust It with your whole heart. I’ll sing It too, when I go to bed.”

In a dream that night, Victor made advances toward her, but Patience remembered to sing *HU*. His advances stopped. He couldn’t break through the wall of protection from Divine Spirit. In a few moments his image began to disintegrate and soon vanished from her dream.

Right after his disappearance a band of men appeared. All wore white robes but for the leader, a man in a sky-blue robe.

Oh, oh, she thought, these are some of his friends; they must be black magicians who are going to try to have revenge for what’s happened to him.

To protect herself from what she took to be a new threat, Patience again began to sing *HU*. To her surprise, they sang along with her.

The man in blue then asked, “Where did you learn about HU?”

“From my neighbor,” she replied. That was the sum of their conversation.

Early the next morning Patience knocked on her neighbor’s door and told of the dream. “You’ve met the MAHANTA,” the ECKist said. “You’ve met the Inner Master.”

Some while later Patience had a second dream. A painting of a face appeared in it. The face, painted with gold colors like an eternal face, was pleasant to behold. Yet try as she might to fix attention on this strange dream, it faded from view.

The next morning Patience returned to the home of her friend next door and told of the face painted in gold. Again came a similar reply. “You’ve had another dream with the Master.”

Around this time her ECK friend passed

along the address of the ECKANKAR Spiritual Center in Minneapolis. Soon after, a letter from Patience crossed my desk with a request: “Please send information about ECK.” She stated that HU has become her magic word. It has lent a strength and purpose to living that she never knew existed.

All live and move within the loving hands of Divine Spirit—all the time, every day, and in every place. And dream travel provides a ticket of understanding to the vast, divine creation that spans all worlds of time and space, both seen and unseen.

Watch Yourself Fall Asleep

At night when you retire, relax on the bed. Watch the process of falling asleep. Fix attention on a point between your eyebrows, the Spiritual Eye.

As your body relaxes and your mind settles down, a change in viewpoint occurs. The process is called falling asleep. But maintain an attitude of awareness. Notice how your body becomes quiet as your

thoughts grow quiet. Hearing is often the last of the senses to leave the human consciousness. Try to catch the moment you arrive at the place between your waking and sleeping states. Be detached in this borderline state, which is like a semidream.

Then you will slip into a higher state of consciousness. Recognize it by its clarity of mental vision. It is not an unconscious state like a mental fog, but a new, more satisfying condition of awareness.

This viewpoint will last a brief moment or may stretch to several hours. With practice it could run the whole night.

To hold this lucidity, you need to walk a delicate line, don't become too emotional or forget you are in this pre-dream state.

What is it that happens? As you put your body to rest, you (Soul) awaken in the Atma Sarup, the Soul body. You are now free to roam in the fields of eternity, beyond the shadow of death. This is part of the spiritual freedom spoken of in ECKANKAR.

* * *

Listen to Beth and Dorothy tell of times a spiritual view of dreams smoothed out the stones in their paths. Both stories are from Earth to God, Come In Please . . . , book 2.

The Secret of Graceful Living

By Beth Richards

It all started with a persistent but fragmented dream. In the dream I saw myself starting a new project at work. I wrote down the dream and wondered if the program could work.

A short while later my boss and I began to discuss the possibility of the plan I'd dreamed about. Allowed to begin putting it into place within the company, I felt gratified at being able to follow my dreams and thanked the Inner Master, Wah Z.

Then my dreams took a turn. They began to warn of obstacles and discord ahead.

Several months later I took a vaca-

tion. As I relaxed, my dreams became clearer. One had a stunning message, which I recorded in my daily dream journal:

My boss is sitting patiently but hopefully, waiting for me to quit my job and leave the company. I go to her and ask if she is ready to let my coworkers know I am leaving at the beginning of the month.

As I speak to her, a wave of anxiety comes over me. I do not have another job lined up. How will I cover the mortgage on my house? Then a voice tells me I am experiencing fear. "There is no room for fear," the voice says. I start jumping for joy, realizing I am going to my next step in life.

When I awoke, I felt confused. I had followed my earlier dreams and started a new program at work, but no one else in the company knew the details of the project to assume the task. If Divine Spirit did not want me to work at the company, why had It directed me to implement this complicated program?

Were my dreams true? How could I

let my boss down when she had trusted me so much?

And more important, where would I go without a job—especially since the beginning of the month was only one week away? I felt foolish and unstable.

I decided to wait and take no action. Let the dream manifest in the awakened, outer arena of life. Meanwhile, I kept my eyes open for clues. Slowly, conflict arose at work. Several confrontations with a powerful administrative committee led to one officer saying, “We may need to eventually get rid of you, if you don’t cooperate.”

From that moment on, I felt under attack by various people in the company. Even my boss became an unconscious adversary, under the influence of others.

Five months later, the situation was intolerable. My dreams were coming true. I realized Divine Spirit was telling me, You are no longer needed at this particular job. Your presence is unbalancing here. So I gathered my courage

and stepped into my boss's office. We discussed the situation. Then I took a chance and told her about my dreams, before quietly resigning.

My boss, stunned by my revelations, said, "You're very perceptive, Beth. I can't say too much more, just that you're right about needing to move on."

Then she continued in a more thoughtful vein, "I don't know why, but I have always really liked you. I can't put my finger on why that is, or why others in the company are opposed to you." We agreed I would leave as soon as they found a replacement. I promised to make the transition as comfortable as possible for the company.

From that moment, my boss and I became closer.

But weeks passed, and neither the company nor I seemed able to part, and I was having real trouble finding a new job. Everyone seemed to procrastinate in finding a replacement for me. Problems arose in every direction with the clients

I was serving, delaying my departure.

Various people in the company seemed to want me to stay. But no one would say anything. It was as if they were waiting for me to change my mind. I had a difficult time reconciling the idea of being forced, on the inner and the outer, out of a job I loved, with clients I had faithfully served. My decision to leave my comfortable, tailor-made job seemed quite irrational.

Was I heading for disaster?

Others had been forced out of the company just like me, and clients had suffered unjust abuses. Shouldn't I stand up for my rights and help put a stop to this kind of behavior? Every time doubt set in, anger and resentment would creep into my heart.

I consulted several lawyers to see what recourse was available. Doors closed one by one, and I really did not want to pursue litigation. It was too financially and emotionally draining.

Meanwhile, a persistent image of

“jumping for joy at my next step in life” had taken residence in my mind.

Each day, I contemplated on the situation. The answer and feeling I always got was, “Leave!” Not too subtle. I decided a peaceful resolution was the only answer, despite my misgivings and anger. I needed to trust that the ECK always works in my best interest. My dreams had seldom failed me before.

I finally set a deadline. In two months I would leave the company, even though I was still uncertain about my future. This was truly a test of faith.

My boss gave a nice letter of recommendation at my request. In turn, I wrote her a personal letter of gratitude for the opportunity to serve, and included two ECKANKAR books with my letter. She was delighted!

My attitude changed, and I began to pour love into the entire situation. I cleaned and organized everything in my office. Every loose end was tied up. I made peace and chatted amicably with

two staff members who had had repeated conflicts with me.

When the time came, I left as quietly and inconspicuously as possible. The company unexpectedly gave me two weeks of severance pay.

Exactly two weeks after quitting, I found a new job. I am entering my next step with such joy and satisfaction! Now I have an inkling of what Sri Harold Klemp means when he says we must live gracefully in accord with Divine Spirit.

Dream Healing

By Dorothy Thomas

My family was grieving over three deaths in short order. Then, on New Year's Eve, my brother died a tragic, sudden death. How could I cope with another loss?

On the eve of my brother's funeral, I asked the Inner Master to give me strength in the days ahead. That night in a dream I met my brother in a large

white ballroom. We waltzed while the Dream Master looked on.

The next morning I felt calm and peace within. It reassured me of my strength to face my brother's funeral with confidence and courage.

After the funeral I postponed my return trip and sent my family on ahead. I wanted to spend time with my mother. We had all pitched in, two days before, to help her dispose of my brother's belongings, but there were a few remaining items.

As my mother and I sorted through them, Mom's grief soared. It almost overwhelmed me. As I tried to comfort her, my thoughts went back to my dream. How could I tell her my brother was fine? That there was no cause to be concerned, for he was happy?

Suddenly she stopped weeping. She walked into my brother's room, sat down, and put her head in her hands. I sat quietly beside her, feeling powerless and inadequate.

When she finally looked up at me, her words of bewilderment told me she'd forgotten what had transpired in the past few days. I slowly talked to her about the events of the tragedy, and she nodded in recognition. But something had just occurred here beyond what I could see or understand, so I asked her to tell what she had seen or felt.

To my amazement, my mother confided that just moments ago she'd had a vision. It was so vivid. It had banished all sense of time and physical reality.

"I saw your father and several other deceased relatives," she said. "They were celebrating joyfully. I also heard your brother's voice join in with them, even though I couldn't see him.

"Then he spoke to me!"

As I listened and watched her acknowledge the reality of her experience, her face softened. A peaceful calm swept over her. I knew the Inner Master had helped not only me but my loved ones deal with my brother's death.

2

Dream Travel: Doorway to Your Inner Worlds



*L*yn (not her real name) was studying dreams. One night, in a dream, the MAHANTA (Dream Master) gave her two phone numbers. The only clues from him were these: one was for a home phone, and the other was an office number.

When Lyn awoke, she remembered the dream. But should she call these two numbers? How do you tell someone on the other end, “I just had a dream, and God told me to call you?”

This dream is reminiscent of a Gary

Larson *Far Side* cartoon, in which Larson displays an acute insight into human nature. In this cartoon a phone rings, and a man picks up the receiver. A voice says, "Hello, this is God." The man asks who God wants. God gives a name. The man says he is sorry, but God has a wrong number.

The caption underneath the cartoon reads After that, he never stopped telling people that he had talked to God.

But Lyn's story takes a different turn. About a month after her dream, Lyn called the first number and got an answering machine. She left a message: "Please call me when you can. I got your number, and I would like to make a connection here." Then she called the second number and left a similar message on that answering machine.

The next day she received a call from a woman, who said, "I got your phone message. What is it exactly that you want to know?"

"I had this dream," said Lyn. "In the

dream I got your phone number. Is there any connection that you might make from this?" The other replied, "Could you tell me a little about yourself?" Lyn said, "Well, I live in Texas and have raised four children. I was a social worker." She further mentioned the loss of a son, who took his life in his twenties.

The woman replied, "It just so happens that I was a dream consultant."

She used to live and work in another state. There, she'd had her own radio program, gave interviews, and talked with people about their dreams. Therefore, it was most unusual to hear from someone who got her phone number in a dream.

As the conversation went on, the dream consultant asked, "What exactly do you want to know?"

Lyn said, "I want to know if there was any karma on my part that caused my son's suicide."

The dream consultant replied, "When you're ready, you will get an answer."

But Lyn wanted an answer right then. Why else would the Dream Master have given her the phone number of this woman who turned out to have been a dream consultant?

The consultant explained. When she used to give advice on her radio show, some people called back because they felt she hadn't given a clear, direct interpretation of their dreams. So she simply told them, "When you're ready, you will get the answer."

But these people were impatient and often grew angry. They wanted answers right then.

Lyn understood. She said, "I understand it's my responsibility. When I'm ready, I will get my answer. I also understand that my son's suicide is entirely his responsibility."

She had been afraid to go to sleep at night because of a fear that the Inner Master might reveal the answer before she was ready for it. Yet the dream consultant's answer was an assurance. Lyn had only to

wait. When the time was right—in a week, a month, ten years, whatever it took—she would get her answer.

Lyn asked a final question of the dream consultant: “Where can I find your books? Will they be in a regular bookstore?”

“Actually, this is the most unusual way that Divine Spirit has ever had someone contact me,” the other said, “so I’ll send you the books.”

Thus from this first phone contact, Lyn understood she was not responsible for her son’s suicide. She further received the assurance of finding the answer for any karmic involvement in the right time and season. An additional insight from the dream consultant was this: “His suicide affected many people. And if I gave you a direct answer right now, what would you do with it? Would you carry the answer to some people who are not ready for it yet?”

And the dream consultant added, “The dream worlds are the real worlds. This world is the dream.”

And so ended the first phone call.

The second day Lyn received another call. It was from a sales professional. Again Lyn explained, “I had this dream, and I got your number.”

“I don’t want to be rude,” the caller said, “but I want to remind you this is a long-distance call.”

“May I call you back?” Lyn asked. He agreed.

Again she told about the death of her son and explained the unusual way she’d received the salesman’s number. “Can you make a connection of any sort in this?” Lyn asked.

In a very matter-of-fact voice he said, “Three people died in my family recently. People die.”

After a bit more conversation, he said, “This is all I can do to help you. I think I’ve been very fair to you.” Lyn agreed. He’d been very generous in giving of his time to a total stranger.

After the conversation came to an end,

Lyn realized that Divine Spirit had given a spiritual message through him too. She gleaned the importance of (1) being a bit more careful about financial matters (the expense of the long-distance call) and (2) not becoming so attached to material things, including her loved ones.

Lyn had been seeking an answer to her karmic involvement with her son's suicide. So the Master spoke to her through two human agents of the Holy Spirit whom she could relate to.

SEMINAR DREAMS

Sometimes you find yourself on the inner planes in settings very much like an ECKANKAR seminar. Maybe you serve as an usher there or play some other important role.

Whenever you carry out some act of service for the ECK with love, it is because of the love for the Sound and Light of God that fills you.

Do you wish to attend an ECKANKAR

seminar on the inner planes? Then try the following technique.

Before sleep go into contemplation. Visualize every possible detail you can about the seminar site. For guidance, read the description in the latest pre-registration brochure from ECKANKAR for the upcoming ECK seminar. Then imagine yourself at it on the inner planes.

Now say, “I see myself with friends at this ECK seminar. I see myself in the audience, listening to the Master.”

If you wish to be conscious of giving love through service as an usher or via some other duty, say this two-part silent command before sleep. Then let the matter rest. It is in the hands of Spirit.

See what comes.

God Speaks to Us

There are a number of ways God communicates with people.

God may speak directly through the

divine Sound or Light. Sometimes in contemplation or during the day you'll see a blue or white light. Know this for the presence of God. It's the presence of God come to uplift you in spirit, to purify your heart, to prepare you for the next leg of your journey into the heart of God's full love and mercy.

On other occasions, God may speak through the holy Sound alone, like the sound of a musical instrument. You will hear a single instrument or a number of them playing some celestial delight.

Again, God may choose to speak with the rumble of a storm or in the peal of thunder. Others have reported a distant drum. Or a birdsong. Sometimes the air may only quiver with the breath of a soft sigh.

Expect almost any sound at all. If it leaves you feeling light, joyful, or uplifted, filled with goodness and love, then be assured that the sound was God's blessing in one of many voices.

A Voice of God came to bless you.

A more usual way for God to speak is through dreams. But dreams are more indirect. Because they often employ symbols, any interpretation of them takes some care. It's like seeing through a dark cloud.

Then a dreamer must learn the rudiments of dream interpretation.

Your experiences in the higher worlds are clouded by illusion. Things are not as they seem. The negative power we call the Kal (some know it as Satan or the devil) has a divine mission too. His purpose is to trick and mislead a dreamer and make him miss the point of a dream. This negative force wants you to say dreams aren't important.

Once an individual is no longer fooled by the devilment of the Kal, that Soul has seen through some illusions and so gains in spiritual love and power.

I say dreams are important. They are one way God speaks right to you.

Dream Journal

Robert from Nigeria became a student of ECKANKAR. (All names in this story are changed to protect privacy.) After Robert had studied the ECK teachings for two years, he received the Second Initiation. This simple rite lifts one to the Astral (emotions) Plane, the next level above this physical one.

He journeyed to a far city to attend an ECK seminar, and when it ended he caught a ride halfway back to his home city with other ECKists. At the midway point, he planned to catch a cab for the rest of the journey. So he bade his friends farewell and made his way to a cabstand. Because it was a long distance to Robert's hometown, a cabdriver liked to wait until his cab was full. Robert was lucky. He was the last passenger. The vehicle was loaded, ready to roll.

But then, trouble. When Robert reached for his wallet to make sure he could pay at his destination, he was shocked by a terrible discovery: his wallet was missing. He flew into a panic.

He pleaded with the cabbie, “Take me to my hometown, and I’ll pay you there.”

The cabbie had heard that one before. Should he trust this guy? Such a long trip. As the cabdriver chewed the situation over in his mind, Robert felt more and more distress—no wallet, no money, no keys, no ECK ID card. How would he reach home?

Then one of the other passengers broke the impasse. “That’s OK,” he said. “I’ll pay his fare.” Robert thanked his benefactor and promised, “I’ll pay you as soon as we get to my hometown.”

The other replied, “It’s not necessary.”

From this act of generosity, Robert got the feeling that the MAHANTA, the Living ECK Master had a message for him in this experience. The spiritual leader of ECK was trying to teach him some important lesson. So Robert ran up his spiritual antenna, trying to determine what it could be.

Upon reaching home, he tried to repay his benefactor. But it was Sunday. The banks were closed, so he couldn’t obtain the

means. As he debated his next move, someone came to the front door of his home. This fellow was a representative of a former client, for whom Robert had once done consulting work. The stranger handed him a large sum of cash. Now there was plenty of money to reimburse his angel for the cab ride.

The matter of cab fare was thus resolved to the satisfaction of all.

But Robert faced a problem apart from the missing wallet. He'd also lost his keys. A teacher at a large university, he needed them to enter his office. Worse, the lost keys were the only set. Robert seldom took them on trips, but this time he'd forgotten. So now he was locked out of his office. What to do?

That night in a dream the Inner Master appeared and spoke to him.

"What about your dream journal?" the Dream Master asked.

Robert searched his memory. "I did buy a notebook and was going to start recording

my dreams right after the Second Initiation,” he said. “But I forgot.”

He’d had good dream experiences. In one, he now remembered the Dream Master’s warning about some people who planned to start a business venture with him but were of a dishonest sort. He’d heeded the warning and was able to protect himself. It saved him a lot of money. Robert could have recorded that case in his dream journal, but he’d neglected to do so.

The Master asked, “What about your initiate report? Where is this report you should be writing for your own benefit each month? Even if you don’t mail it, just write it.”

“I forgot,” said Robert. He was becoming aware of the utter neglect of his spiritual disciplines.

The Master used an illuminating term to describe his failing: “Indiscipline.” Not “lack of discipline,” but “indiscipline.”

“The lost wallet and keys are a waking

dream of locking yourself out of the spiritual worlds by indiscipline,” the Inner Master said. “You have to make changes if you want to open up your spiritual life.”

Before long, Robert had a second dream. In it, he met a friend from the same city that was the site of the ECK seminar he’d attended.

“I found your wallet,” said his friend. “I’ll send it to you with a note.”

But the next morning Robert felt misgivings about the dream. So when an acquaintance from home told of plans to visit that city, Robert entrusted him with a note to his friend about the dream. “If you find my wallet,” he wrote, “please send it back.”

The next day his wallet arrived. The keys and his ECK ID were intact, so everything was back in order.

Upon reflection, Robert knew that his wallet was never lost at all. It was just in someone else’s care. He realized that this whole situation was a gift from the Master to help him with spiritual disciplines. It

was an act of grace from God to speed him on his journey home.

Karma in Dreams

Karma may also work off in the dream state or in some other way.

For example, people have car accidents in the dream state instead of having such a purifying, though upsetting, event in everyday life. Still others have the actual accident, but a miracle turns aside serious injury or worse. No one claims that the teachings of ECK are a panacea for all ills. Far from it. This life is about meeting ourselves.

That said, more challenging things do come to light that one must face—not only to pay off past debts, but also to grow in spiritual stature.

The play of karma is at the root of all human relationships.

In this next story a young man has to balance the scales of justice from past karma. He needs to repay a victim from a previous

life. Yet the MAHANTA, the Living ECK Master (the spiritual leader of ECKANKAR) sends a dream to prepare him for the necessary, yet painful, experience to come.

Nick, we'll say, tells of a dream in which a beautiful young woman arrived at his office. She wanted to use the phone on his manager's desk. Nick and the girl felt an immediate attraction for each other, and a passionate romance soon evolved. But to his frustration it led nowhere.

Then he awoke.

Weeks later, a young female student began a stint at the office to gain work experience. Nick loved her from the start. He did everything in his power to win her heart, but she played coy and brushed aside his passion with promises. Later, always later. Soon everyone in the office was abuzz with talk of their relationship.

Then the sky fell in.

Via the office grapevine Nick learned of the secret love affair between her and his best friend at work. It had begun the

first week of her arrival. Worse, Nick had set the stage. That first week required him to work late one night, so he asked his good friend to see her home. It was the beginning of the end.

Only the ECK, Divine Spirit, kept Nick from losing his mind when he learned of the secret love affair. But he did turn sour on life. Why had this beautiful young woman come—to bring grief?

In his anxiety and anger, he forgot the spiritual love of the MAHANTA, the Living ECK Master.

Then, a second dream. The MAHANTA took him on the Time Track and showed him a past life in which he was a woman. Married to a wealthy man, this individual (Nick, now) had two house servants, both of whom suffered due to Nick's abuse of position and authority. One was this student.

“You made that karma,” the MAHANTA explained. “That debt stands between you and God's love. Pay now and be done with it.”

In the end, Nick recognized the hand of karma and the long-outstanding debt that he needed to settle. It took a while for the crushing pain to subside, of course, but now he's happy the debt is paid. After the pain was gone, there came a new sense of freedom and lightness. God's love could now shine directly into his heart.

The obstructing block of karmic debt had vanished.

Changing Destiny

A little-known benefit of a true Master is his ability to change fate. He has the spiritual power to alter the line of destiny once an individual reaches a higher state of consciousness. If there is enough unfoldment, a true Master will cancel unnecessary karma.

It is off the books.

Often karma clears up in the dream state. In this case, one who needs a certain experience may get it in a dream. Next morning the dreamer says, "What a dream!"

Sure hope it doesn't happen here."

It needn't; it has run its course. The individual has paid the piper in that dream for whatever was owed.

This consideration is a gift from the Master.

Some years ago doctors told Rebecca she was barren—never to bear her own children. A student of ECKANKAR, she believes in dreams. Despite this gloomy forecast by doctors, she still felt a strong desire to be a natural mother, to bring forth children of her own. So she opened her heart to Divine Spirit.

She said, "If there's a way for me to have my own children, please let it be so."

She then determined to live her religion. As an ECKist, she began to do the spiritual exercises every day. Rebecca read ECK books. She practiced the ECK principles to the best of her ability.

Rebecca, by such means, was spiritualizing her state of consciousness.

She put the best possible light on every-

thing in her life to uplift herself, because she knew that the power of God can then get to the heart.

One evening before sleep, she did a visualization technique. It was to imagine herself in a place of healing. Later, in a dream, she was in a large hospital in some other world where a doctor did an exam, then wheeled her into an operating room to perform surgery. After the operation, he handed her a prescription. It listed the name of a medication, which she memorized.

The moment he mentioned its name, she felt a definite movement in her lower abdomen. Something was stirring. Then she awoke.

Rebecca recorded the dream in her diary. On a separate piece of paper she jotted the name of the medication then fell back to sleep.

The next morning, she called several pharmacies to locate the dream drug. Everywhere the answer was the same: “Madame, this drug is very rare; you can only get it at

the regional hospitals and some big, private clinics.” It was a new drug.

Rebecca considered her options. She thought, *I can't really go to a doctor and say, 'Here's my dream prescription. Would you fill it, please?'* She decided to let the matter rest.

She'd wait for God's own time.

Rebecca went about her life and, for the most part, forgot this dream. Then one morning she awoke with a terrible toothache. Her gums were swollen. It felt as if her teeth would fall out. Her supervisor at work gave her leave to seek relief at a dental clinic.

Upon her arrival, a dentist took a look at the painful tooth. “You've got quite an infection here,” he said. “I'm going to write you a prescription.” He told the name of the medication—the very same remedy the doctor in her dream had prescribed. It was the rare, new wonder drug.

Rebecca returned home with the prescription. And before the bottle was empty,

she was delighted to find herself pregnant. The child, at the time Rebecca wrote of this, was seven years of age.

This child was her proof of the MAHANTA's presence, that he is always with her. He'd heard her heartfelt request.

Dreams are thus another way to receive answers from the Holy Spirit.

* * *

These four personal accounts tell about the power of dreams. They are pure gold. They appeared in Earth to God, Come In Please . . . , books 1 and 2.

Setting Myself Free

By Larry White

Night after night I had the same nightmare. A man with a knife chased me.

It didn't matter where I was or whom I was with in the dream, he would pop out of nowhere and chase me. Around corners, down unlit streets and alleys,

through abandoned buildings, he was always in pursuit.

To make things even less pleasant, the faster I tried to run, the slower my legs would go. It was like trying to sprint underwater. My legs grew heavier, and just before capture I awoke in a cold sweat.

My line of work demands an alert state of mind. The want of sleep was a threat to my job security, leading my boss to ask whether I held a second job. He felt I was sleepwalking through the days.

I decided to end this dream madness.

The next time this stranger pursued me in the dream state, I determined to turn around and demand, “What do you want from me?” After all, the Living ECK Master has emphasized how much one can learn from dreams. Confronting a dream situation face-to-face is better than running from it: a reminder to myself.

That night I lay in bed, ready for action. I repeated to myself, “Tonight I am going to confront the man with the knife. Tonight I am going to ask him what he wants from me.”

Eventually, I slipped into repose. In no time I woke refreshed from a full night’s rest—but without the recall of a single dream.

It was a better day at work than usual.

That night I repeated my inner directive to confront the man in my dreams. Again nothing came of it. Was this good? Was getting rid of one silly nightmare worth wiping out all my other dreams? My boss didn’t care; he was happy to have his employee back full-time.

The third night I repeated the postulate. But I felt more detached.

All of a sudden I awoke in the dream state, flipping through albums in a record store. My search was for one particular album. What did it look like? No idea.

However, I had every confidence of recognizing it once my fingers touched it.

About to give up and leave, I spotted the desired album on a wall rack. Its name was *Look at Yourself*. The cover was an actual mirror, and it was a strange feeling to see my reflection staring back at me: a very sad face indeed.

The reflection held yet another image: a man screaming, "You'll never amount to anything!"

It was the awful man with the knife.

I took off at a fast run out of the store, then on through the mall. The familiar footsteps pounded hot on my trail. The faster I tried to run, the slower my legs would churn. An instant later, I remembered my resolve to confront this mysterious stranger. So I stopped dead in my tracks and spun around.

"What do you want from me?" I demanded.

"Thank God," the panting man said. "I thought you'd never stop running away."

Shutting my eyes to await the worst, I was startled to hear an odd grating sound. My eyes snapped open. The man, crouched at my feet, was using the knife like a saw to cut a ball and chain from each of my legs, to set them free. Then, with compassion on his face, he said, “You’ve got to stop blackballing yourself. There. Now you’re free.”

I awoke and recorded the dream. The realization struck how I’d been holding myself back. There was an opening for a much better job at another company that I hadn’t felt worthy to apply for, so the opportunity came to nothing.

Echoes from my past included “You’ll never amount to anything.” It was a message oft repeated and set into old, well-established grooves of thought. This recording played over and over.

But was that a reason to keep sabotaging my life?

The next day after work I drew up a list of all my job skills. Upon finishing

it, I was surprised at the breadth of experience. The next step was to create a résumé from the list and submit it to the other company. They called me in for an interview that morning.

The company hired me on the spot.

Since this dream experience I have released many old recordings of fear and replaced them with the unconditional love of ECK. Whether hideous or beautiful, my dreams have been blessings full of truth.

Inner Contract

By E. K. Tyrrell

Several years ago I had a vivid dream whose meaning eluded me for months.

In it, I found myself in a small study or library. A High Initiate of ECK stood behind the desk. We'd never met in the waking life, but I had often enjoyed her many talks and workshops at ECKANKAR seminars.

Now her smile was full of love. She

slid a paper across the desk for me to sign. As I wrote my name on the dotted line, I felt yet another presence in the room. There stood Wah Z, the inner form of the Living ECK Master, at the other end of the desk, in white shirt and trousers.

Wah Z gathered up a sheaf of contracts like the one I'd signed. He did not look at me or speak. After collecting the papers, he slipped from the room. Upon awakening, I felt that something of great importance was about to happen.

I later wrote to the High Initiate in my dream and described in detail the small study and my inner experience there. Within a short time came her reply.

The letter confirmed my description of the study in her own home.

She expressed gratitude that the MAHANTA had chosen her as a channel for ECK and suggested the dream might mean I should strive to be all I could be. In reference to the contract, she

said the interpretation of what it meant should be mine and mine alone.

Yet there was more to learn from this dream.

Next, I researched all the ECKANKAR books for references to inner contracts, but nothing turned up. So I gave up the search.

Not long after, my husband of forty-five years (also an ECKist) was diagnosed with a terminal illness. We went through a long, dark period of testing and spiritual growth as we prepared to say good-bye.

Our ECKANKAR friends lent love and constant help. No task was too great or too small, and they offered assistance before it was asked. One High Initiate, a nurse, came from work almost every night to give me a rest from taking care of my husband.

Another ECKist, also a nurse, did everything to make him comfortable both at home and in the hospital. She helped my family and me cope with the stress.

After my husband's translation (passing) to another plane of existence, there was a memorial service in our home. The High Initiate who conducted it did so with much love and humility. My husband's family, though not ECKists, gained much comfort from it and remarked over and over on the beauty of the service.

Several days after his passing, my husband appeared to me at home. He seemed as real as you or me, as he sat with me in our favorite spot on the couch. He looked so well, so strong and healthy. I could not believe my eyes.

All of a sudden, he looked me straight in the eye.

"Do you want to come with me now," he asked, "or finish your contract?"

After having loved him for four-and-a-half decades the pull to go was great, but somehow I knew we had learned as much as we could together. Now it was time to go separate ways, for we each would progress faster on our own.

I would finish my contract of service.

Two years have passed since his death. In the meantime I learned many lessons about self-responsibility and self-discipline. Of course, there were still times of loneliness and doubt.

One very bad night I cried out, “What is this all about?”

In desperation I opened *The Shariyat-Ki-SUGMAD, Books One & Two*. These are the scriptures of ECK.

My eyes fell on these words: “Whether the chela [student] is living on the Physical Plane or the Atma Lok (the Soul Plane), he never feels he is in a separate world, or state. . . . He does not feel like either a citizen or an alien, but rather like a modern traveler who goes through each country as a tourist or for business.

“The entities of each plane look upon their existence there as sort of a contract of service.”

And further down the page: “Servitude on earth in the human form, or

in any of the psychic planes, is a small price to pay if it purchases a ticket to the true Kingdom of God, which is by the way of ECKANKAR.”

I had completed the cycle. Here was the answer to all my questions, the answer to my dream. I'd come full circle. I found that the joy that comes from true service to God banishes, in the end, all fears and doubts for the Soul traveling home to God.

Escape from the Pit

By Ed Adler

ECKANKAR is a spiritual teaching that shows one the way back home to God. For me, that journey began with a mysterious dream a few weeks after I had enrolled in ECKANKAR.

“Somebody help me—please!” I cried in this dream.

The stench around me was unbearable. Up to my waist in a steamy, foul-smelling cesspool of mud, I was horrified

of sinking even deeper. Nausea beat through me in endless waves. I struggled to get free of the mess which held me with clawlike fingers.

Could this be hell? I wondered.

If it was, it was much worse than I'd ever imagined. Never had I felt so helpless.

I struggled to the point of exhaustion, then stopped to figure out where I was. At first there was nothing but my fear and the darkness. By the light of a dim reflection from above, it was possible to make out a cavernous space that rose hundreds of feet above me. Somehow I knew I was trapped in the basement of a tall building.

As I looked around for help, I saw someone against the far wall, near a bank of brightly lit elevators. He was a tall, slim, ebony-skinned young man with a warm smile. However, his piercing black eyes gazed right through me.

"Why don't you help me?" I shouted.

He answered by unfolding his arms

and beckoning me to come toward him.

What's this? I thought. *He wants me to get over there by myself. But that's impossible! I'm really stuck.*

Yet there was nothing to lose by trying. What is amazing, I found the strength to fight through the sludge to where he stood. He reached down to help me up and out. I was free at last, at least from the noisome pit, but little did I know that my adventure had just begun.

He didn't say a word but simply pointed to one of the waiting elevators.

It was the strangest-looking device I'd ever seen. There were no sides or top, just a plain wooden platform with an upright control lever. Stepping on the platform, he nodded for me to follow. Full of doubt I walked to the strange contraption and stepped on too, then noticed a young lady standing nearby. Who knows where she came from. Without a word she joined us on the elevator.

Who is she? I wondered.

I strained to see her face but inexplicably couldn't focus my eyes. Her features remained a blur. (It would be several years before I discovered her identity.)

Meanwhile, the silent young man pushed down on the control lever, and we flew up with amazing speed. In my waking life I suffered from an uncontrollable fear of heights and was now terrified to look down at the fast-disappearing basement floor.

With great effort I forced my eyes from the dizzying space below to the serene face of our guide. My icy fear melted in the warmth of his quiet assurance. The mystery woman also showed no concern about our swift ascent, and I relaxed a little.

Despite our great speed we climbed a long time, higher and higher. Finally we reached the top and stepped with care onto a flat gray gravel roof. The atmosphere was gray too. And the heavy mist was an oppressive blanket that al-

lowed barely enough light to see the next step. As we groped to the edge of the roof, I was aware of a deep abyss only one step away. How I wished for more light. Every cell in my body cried for more light!

Without warning, our guide raised an arm. He pointed to a spot in the blind gray sky where, from behind the leaden veil, he inferred the brilliant sun would soon be shining. He kept pointing.

How long we stood there I'm not sure. It could have been a split second or a thousand years. When the golden-white light exploded through the heavy sky, there was no sense of time. Every square inch of creation bathed in the loving light of truth. There was no more fear, pain, anger, jealousy, hate, despair, or loneliness anywhere—nor boundaries or separation! All things had their being in the One.

What was there to seek? All there ever was or would be existed in the here and now.

How I yearned to remain in that glorious moment forever, but the beautiful vision melted away. It was morning, and I was sitting on my bed at home. Tears of joy and wonder flooded down my cheeks.

Has this all been just a wild dream? I asked myself.

“No, of course not!”

The instant response had come from within my heart. I knew this experience was a precious gift that would change me forever.

* * *

The next day, a letter arrived with an invitation to a local ECKANKAR Satsang, or study class. It filled me with joy and anticipation. Somehow, I knew it had everything to do with my dream. The warm letter from the Arahata (teacher) informed me that the class was to meet in a few days.

On a brisk January evening three nights later, I walked up to a large apartment house in a fine, old residential

district of the city. I knocked on the front door, my hands trembling from more than just the chill wind. Already, a giant wave of joy flowed through the solid oak door. I hesitated a moment, frozen with the sudden realization that once the door opened, my life would never be the same. I shook myself and knocked once more—boldly this time, in an attempt to conquer my lingering fears.

The door opened wide. A tall, slim ebony-skinned college student with a warm smile and piercing black eyes greeted me.

“Can I help you?” he asked.

My voice shook, but I managed to choke out, “Thanks, you already have!”

“Hi, I’m Al,” he said in a quiet tone and invited me in.

It was hard to look at Al in class that evening. The golden-white light dancing around his head and shoulders was so dazzling and brilliant that it brought burning tears to my eyes.

If this is what it's like to be with a teacher of ECKANKAR, I thought, what will it be like when I meet the Master?

It was an exciting and dynamic time of discovery and change for our small Satsang class as we explored new inner and outer worlds each meeting. Al was a firm but gentle teacher, and miracles were becoming a commonplace for each of us. Bit by bit our class increased in size over those early months, and strangers became loving family in no time at all.

When Marie joined us, there was something about her that made me wonder if we had met before.

She was an attractive, fair-haired young woman with blue eyes that seemed to see into the deep mysteries of Spirit. As we continued our studies I often thought to ask if we had met before, but little by little the idea faded from my mind.

Sometime later, a small group of us were traveling to an ECKANKAR workshop. The conversation shifted from the beau-

tiful weather to an exciting discussion of our inner adventures. I was just beginning to describe my adventure in the cesspool when Marie stopped me.

“Don’t you know who the other passenger on the elevator was?”

I must have responded with a blank expression, because she continued, “That was me!”

Then she described with surprising accuracy every single detail—from the wild elevator ride to the golden-white light bursting through the heavy gray mist.

This story may seem like science fiction to some, but it is just one of the many spiritual adventures shared by students of my local ECKANKAR Satsang class during the time we studied together. Where are the words to express our joy, gratitude, and wonder?

Satsang is a vital channel—a way for Spirit to encourage and guide each Soul on the long journey back home to God.

Kicking the Cigarette Habit

By John London

Shortly before an ECKANKAR seminar in Orlando, Florida, I recorded this dream about my smoking habit in my dream journal: *I was parked in my pickup truck, smoking a cigarette. I kept dropping it in my lap, on the floor, on the steering column.*

At the seminar, every time I turned a corner, stopped at a light, or bent over in my car, I dropped my cigarette, just as in my dream. The ECK was telling me it was time to drop the cigarette habit.

But sometimes it's not easy to quit a long-held habit. One day while walking to my office, I asked the MAHANTA out loud, "Is smoking really that bad? What effect is it having on me spiritually?"

What drawbacks could there be to smoking?

No answer came to settle my ques-

tion that minute, so I was quick to forget about it. But the Inner Master didn't.

That night I had another dream. I was sitting on the patio when a friend and his young son walked up. "Come with us," my friend said.

They led me around the side of the house. Cigarette butts, old crumpled packs, and empty cartons covered the yard. What a mess! We got busy and filled the trash can to overflowing. And there was still more trash to pick up as the dream faded.

This time I listened hard. I knew the Master had answered my question. He had shown what effect smoking was having on me: it was trashing my consciousness! Success with the Spiritual Exercises of ECK and smoking are not compatible.

Cigarette smoke clouds one's inner vision.

As a new ECKist working hard to grow in spiritual awareness, I was trying

to prepare myself to receive the Light and Sound of God. Yet all the while I had been littering my consciousness with trash!

Wah Z (the inner name of the MAHANTA) and the ECK (Divine Spirit) were working with me, both in the dream state and in my waking life, to help me kick the smoking habit. A result of this help was an understanding of the need to drop my cigarettes where they belonged—in the trash.

Now a spiritual ecologist, I dedicate my life to keeping my personal environment clean!

3

Spiritual Freedom



A dream is simply a memory of an experience in the other worlds. And often this inner experience is so unlike the day-to-day reality of an individual that it makes no sense to him.

This difference between one's inner and outer reality is a reason some people find it hard to remember their dreams. The irony is that the dream state can also help them. It may reveal a cause that occurred in their lives two or three weeks ago and its effect now, so they can put two and two together. They learn that most personal misery or happiness is of their own making.

An ECKist we'll call Jim had a series of good dreams that told about his spiritual

life. The dreams came years apart.

In the first, Jim saw a foundation being laid for a building. But it was of poor construction, and so it all crumbled and was destroyed.

This dream showed Jim's life before ECK. During that stage he had learned the basic rules of how to get along with others, how to esteem life, and how to respect other people's property. That was good. He recognized that overview in his dream. Yet a house not well built may risk collapse. So there had to be a missing element to these basic rules he'd learned about getting along with others, and the like.

But what?

What Is a Spiritual Dream?

A bit after coming into ECK, Jim had a similar dream. In this one he saw a concrete foundation being laid for a building of incredible size. He realized that this huge foundation meant the teachings of ECK, and he could only imagine what kind of

building would rest on top of it.

On the other hand, he sensed it was the temple of his own being.

Sometime later Jim experienced a third such dream. In this one, he saw the same concrete foundation as in the second, but now a framework of steel was rising from it.

This building was indeed his inner temple. Once completed, it would prove to be a mighty temple able to withstand any force.

These are superb examples of spiritual dreams. Sometimes such a dream makes you ask, What did it mean? If it doesn't make sense in a literal way, try to see what spiritual lesson it could hold.

Pete, another new student of ECKANKAR, also tells of a spiritual dream. In it, he was in a room with other ECKists. One said, "Did you drop that letter?" On the floor beside him lay an envelope.

He picked it up. On its front was the address "Holy Child School," the name of a school he had attended as a child. The

image “Holy Child School” he took to mean the beautiful state of Soul.

Pete wondered, *What does this envelope mean?*

Then his eyes fell upon another word, *catastrophe*, also inscribed on the envelope.

The dream was pointing to his spiritual exercises. He hadn't done them. And this holy child, Soul, the spiritual being who he is, was missing a golden opportunity to move to higher spiritual ground. He was in fact creating a catastrophe.

The dream shook him.

“But what does it mean?” he asked.

Pete wasn't sure. Although he was aware of skimping on the spiritual exercises, he knew the dream was also about a school he'd once attended, the Holy Child School.

The following night came a dream with hints about the meaning of his first dream. In this one he returned to the school. There he discovered the whole place in ruins, its chalk-white walls weathered by the wear and tear of years. He decided to go upstairs

to his old dormitory room, the one place he'd felt most comfortable as a student. Pete tried to climb the stairs, but his legs proved too weak. He couldn't make it up. He crawled, finally, with great effort, and so managed to reach the top.

These two dreams came right before an ECK seminar. During the seminar, it again flashed to mind that he had neglected the Spiritual Exercises of ECK. (These exercises are throughout the ECK writings and are available to all.)

So Pete again began to practice the spiritual exercises.

A half year later, another such dream turned up where he made a return visit to the Holy Child School. This time the school was under renovation. In so many words, his inner bodies—the lower houses of Soul: the Emotional, Mental, and Causal bodies—were being restored one by one.

In the dream he then felt a strong urge to stop by the chapel. This place of worship, of course, signified the abode of Soul, Its

realm on the Soul Plane.

There he noted the chapel also renewed, its beauty beyond description. Its glory, breathtaking. Very beautiful, snowy white with the Light of God, which at Its highest splendor is of the purest white.

In all its parts, Pete's dream gave an encouraging update to his spiritual progress on the path of ECK.

DREAM CHARACTERS

Human characters play leading roles in most dreams. They are often people close to you in everyday life and in many cases represent things other than themselves.

Many dreamers gain an insight into personal thoughts or feelings about someone by studying the words and actions of a dream character.

Do you wish to try a technique of dream interpretation?

Upon awakening, then, write down

a dream and your thoughts and feelings about it. And pay close attention to the characters you encountered.

Animal Dreams

Janice, let's call her, kept a kennel for cats as a sideline. People going on vacation brought their feline pets, and she cared for them because she loved cats. She ran a kennel with extra large cages. Her business cards displayed mottoes like "We love cats" or "Love is everything."

She was a real pal to cats.

The kennel thus allowed each cat a lot of space and freedom. Due to the generous individual space, her kennel could host far fewer cats than most other kennels, so business showed less of a profit than it might have. But things done for love do not always show a material gain. Most cats who stayed with Janice relished the visit.

Most all her cats were thus happy. When

their owners came for them, they were content to either return home or stay on. Cats know a thing or two about good living.

However, a darkness did once befall this feline paradise.

All the furry guests were happy but for one cat by the name of Busy. To be clear, Busy was a well-behaved cat. For the most part. But whenever Janice left the room, Busy would begin to wail.

Cats can make a terrible racket when they cry, much as some people crying to God (like the Pharisees in the New Testament). An awful howl. Who could stand Busy's laments? Busy sometimes cried on and on. The setup was always the same: whenever Janice quit the room, the cat would loose its dreadful siren.

By the fifth day, her human roommates and her feline guests were going crazy with the noise. The humans ate out just for peace and quiet. But the cats were stuck. Blessed little love remained in this once peaceful refuge. What could Janice do?

She had run this little community as a haven for love. But now, strife.

In the beginning, her kennel was much like God's creation of the world. God put a bunch of Souls on a green or not-so-green patch of earth and said, "You exist because I love you." Then what happened? Centuries of warfare tore loose, with God's darlings on each other with sticks, stones, and words.

What a thankless creation. (Like Busy in our story?)

Soon even Janice lost patience, a surprise because she is a heart person, full of love. But the wailing cat had shattered all peace and harmony.

Janice had scraped the bottom of her patience. So she turned the matter over to the MAHANTA. "MAHANTA," she said, "I can't do anything. If you or any of the other ECK Masters can help, please do something. The cat's driving me out of my mind."

That night Janice had a dream. In it, she met Prajapati, the ECK Master who

takes a special interest in animals. Prajapati went over and began to pet Busy.

As he stroked the cat, a golden heart appeared on Busy's chest, because Busy loved the attention and was soon quiet.

All this happened on the inner planes, in the dream state.

The inner worlds of dreams are as real as this outer physical world. And there's a definite connection between them. Sometimes, if things aren't working right out here, instead of enduring years of karma and trouble, you can get things back on track via a dream. But it takes a certain knowledge to reach the inner worlds.

Here's how: sing the love song to God, HU. In due course, the MAHANTA will take you to the other worlds.

The MAHANTA may give an experience where you gain an insight either to change your outer conditions or improve your inner self. Sometimes such an adjustment in the invisible worlds is all that's required to make things work better in this physical world.

Soon more ECK Masters appeared in Janice's dream. Busy was happy, running back and forth from one ECK Master to another, enjoying the attention and petting.

Rebazar Tarzs, an ECK Master once from Tibet, picked Busy up and said, "Busy, let's go for a little walk."

Rebazar carried him to a nearby cave.

When they reached the cave's mouth, Rebazar said, "Busy, this is a cave, and we're going inside. It's very important for you to see and understand what this cave means to you."

They walked on in and spotted a cavernous pit. Rebazar explained that Busy had long ago come upon such a pit in a previous life and had stumbled into it. The cat cried in vain for help, but no one heard the cries from the depths of the cave. So the cat perished. The past terror had come into this present life. So it is easy to understand why Busy had a dread of being abandoned.

As Rebazar revealed this past life to the cat, the golden heart on Busy's chest shone

more than ever. It now cast a warm glow about them.

“Would you like to explore the cave?” Rebazar asked.

In other words, did Busy have the courage to explore the source of the fear? And, of course, Busy, like most cats, possessed a very inquiring nature. They moved on through the cave. In the meantime, the Light of God poured through Busy’s golden heart and lit the pitfalls, holes, and other traps.

Now Janice saw and understood what was happening to Busy on the inner planes. And never again did the cat have a fit of crying.

Rebazar and the other ECK Masters had brought about a spiritual healing. No small thing to accomplish with a cat. Anyway, Busy’s old karma was gone.

The Inner Master can meet you in your dreams, speak to you, and give all the spiritual direction you need.

INVITING THE DREAM MASTER

The Dream Master is the MAHANTA, the Living ECK Master. He offers help only with a dreamer's permission.

Before sleep, then, give him permission to be with you. Imagine taking your burdens and handing them over to the Dream Master. Then let your mind relax its worries and concerns. Ask him to help clean up the karmic conditions that stand between you and spiritual growth.

Then sleep. Know that you rest in the care of the Dream Master, who will safeguard you and always look to your best interests.

From Darkness to Light

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.

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

Love dispels fear. When most people enter this physical life through birth, their hearts are open. But after a battery of life experiences, some hearts may pinch shut. Once the heart closes, how will the Light of God enter? But those who love truth and wisdom will try again to open the heart. They sense something is amiss. They're not whole.

Soul's journey in these material worlds ranges from darkness to light. Soul is Light, a spark of God in this place of darkness. It feels drawn to the source of Its being, which is both Light and Sound.

Let dreams point your way to the truth and wisdom of ECK.

MAHANTA, I LOVE YOU

Do this spiritual exercise before falling asleep, while singing *HU* or a personal word (for ECK Initiates).

Begin with a simple postulate. Let it be an open and easy one like, “MAHANTA, I love you.”

In the quiet reaches of your mind, continue to sing *HU*. Let your mind run in a spiritual, automatic mode. This doesn't mean to let the HU Song become a mindless repetition of a word. Rather, focus on the Sound Current that resonates within you.

Should you awaken in the night, spiritualize your consciousness again. Place your attention on the Dream Master, the MAHANTA, for a second or two.

Then, return to sleep. Easy enough?

Do this exercise with a heart full of love for God. Cherish the divine creation that you are. In this gentle, simple way you become a lover of life.

* * *

Mike's and Bruce's stories are from Earth to God, Come In Please . . . , book 2. See how

the magical power of dreams can heal hearts or reveal the future. Names, not the real ones, are added to help you keep track of who's who.

HU, a Love Song to God

By Mike DeLuca

My sister Anna in recent times married Will, whose five-year-old son from a prior marriage had died with no forewarning. Ever since, Will had carried a tremendous load of pain from that loss.

One evening Anna, Will, and I were enjoying a discussion about dreams and HU, the name of God in all things. I told how we work with dreams in ECKANKAR. And further, how we sing the holy word *HU* to help retain and understand our dreams. Will showed interest. So I went on to say that HU will also heal us of painful ordeals.

“I’ve often had the beginnings of dreams with my son,” he said, “but fear and anxiety shut off the dreams before I can actually meet him.”

I suggested he sing *HU* before sleep.

A few days later, Will called in a state of great excitement. He'd sung *HU*. Then came a dream where he met his son and could pass along many things left unsaid before his son's untimely passing. His son assured him of his happiness.

And that assurance brought Will peace.

Soon after, Will started a local chapter of a national support group for bereaved parents. Because of his comforting experience with *HU*, he asked me to lead a workshop on dreams and the *HU* Song for this group.

Two at the workshop were a couple from Ireland. Kate and Robert were Roman Catholics who had moved to the United States a few years earlier, and whose eldest daughter had fallen ill here. She died in their arms. The experience shattered them. They had no support in that dark hour, because their families were back in Ireland.

During the dream workshop, Kate and Robert decided to try singing *HU*. What was there to lose? So I led them through a short imaginative technique in which they were to go to an inner river of Light and Sound.

When Kate came out of the contemplative exercise, she said it was the first time in a long while that she had felt peace.

Back home, they again determined that nothing could be lost by trying the exercise on their own. Maybe it could bring an understanding about their daughter's passing. So they sang *HU* together and fell asleep. Kate traveled to a hospital in a dream, where she remained conscious of all that took place. There, she learned that her daughter was no longer at the hospital, which Kate understood to mean that the child was no longer in pain. Later in the dream, she met her daughter surrounded by a circle of children.

"I'm fine," she told her mother. "I

don't hurt anymore. I feel happy, and I have a job to do, working with these children. It's just wonderful here."

Kate said, "I just can't wait to bring you to your dad and tell him all this."

"Mommy," the daughter replied, "I can't go with you. This is where I belong now. But you can come visit me anytime you want."

"How?" asked Kate.

"Just do what you did to get here. It will bring you here again," the girl said.

An instant later, Kate was back in bed at home. She reported to Robert all that had happened. The happy couple then told their other children of the dream reunion, and they too began to enjoy dreams with their sister.

A few days after, Kate and Robert attended Bible study class. They reported their healing from the HU exercise. The couple also told Will of their desire to let everyone know the importance of singing *HU* and asking for help in the dream state.

The HU Song and the MAHANTA are for all. Singing *HU* is a great spiritual tool. Use it anytime.

How a Dream of Prophecy Came True

By Bruce Weber

The company I work for was going through a rough period. One day it announced a layoff of a quarter of its employees, but six months passed without anyone being fired. Still, anxiety ran high.

I decided not to worry about getting laid off, yet deep down I wasn't sure I'd survive the cutbacks.

One night the MAHANTA let me glimpse the direction to take during this uncertainty. In a dream, I stood in the lobby of a skyscraper. I stepped into an elevator. A woman from my workplace was the elevator operator, but in this dream her name was Cassandra. There also seemed to be an unseen person in the elevator with us.

The elevator shot to the top. Then Cassandra opened the doors and announced, “Here is your destination: Hebron.”

Hebron? What did she mean by Hebron?

The odd name roused my curiosity as I stumbled off the elevator. I had to watch my footing. The building consisted of only open beams, without walls or flooring, but I saw the sky and felt the wind. A fellow from work leaned against a beam. Odd to say, he wore a safety belt and a chain and was chained to the structure. The next second he’d leaped off and was laughing and flying in the air, borne up by the strong wind filtering through the building.

The tone of the dream was light-hearted. I walked over near my coworker, still aloft in the wind, and said, “Well, that looks like a pretty good idea.”

No sooner had I spoken than I noticed a safety belt around my own waist. I picked up the end of a chain on a

floor beam, hooked it to my safety belt, and then latched the far end to an iron ring in the wall.

Soon my coworker and I were both laughing and swaying in the wind above the open floor.

I awoke and wondered about the dream's meaning. Doing a little research, I looked up the name *Cassandra* and learned she was a prophetess in Greek literature. She'd resisted the advances of Apollo. So, in retaliation, he doomed her prophecies never to be believed, even though they were accurate.

The name Cassandra in my dream was no doubt a sign for a forthcoming event. My destination was Hebron, which I guessed to be a name of biblical origin—something to do with the Hebrews. A Bible concordance did indeed list such a reference.

Sarah, the wife of Abraham, had died, and he was about to bury her. With no place of his own to inter her, he approached the people of Hebron.

They had great respect for him as a prince of God and so refused his offer to pay for a grave site. They pressed him to take their offer. But Abraham insisted on paying for his wife's resting-place. So in the end they relented. And Hebron became the burial place of Sarah and, in time, of Abraham too.

The biblical reference of Hebron was a solid lead.

The message of the dream was that this new floor, or land, was paid for. I had a resting-place at my company. Though not bought with money, my employment was secured by means such as service and contacts with fellow workers in my company.

The image of being secured by a safety belt meant to hang tight. If I wanted my job, I could keep it. The winds of change were stirring, but I had the spiritual foundation and job security to enjoy whatever the future held.

Though I had suspected as much in my heart, the dream was of immense

help to my self-confidence. Now I could relax, be patient, and soothe my co-workers.

Then came a second realization.

Who was the unseen person with me in the elevator? Who but the MAHANTA? He was leading me into a whole new realm of consciousness, to gain a greater perspective of my own future. He stayed close while the strong wind of ECK blew in both my dream and in my career.

True to the dream's prophecy, I kept my position at work. I'm still with the company after an eventual layoff of 25 percent of the workforce. I have a profound gratitude for that. Thankful for the peace this dream offered during a rough time in my career, I always tell people to ask for the MAHANTA's help in their dreams. He can help settle the deepest questions in life. With his guidance, it's possible to catch a glimpse of the answers you need.

The world of dreams is a wonderful place!

4

Spiritual Exercises for Dreaming



The Golden Cup

Every evening at bedtime visualize a golden cup by your bed. Its beverage is your dreams. When you first awaken, in a morning contemplation, drink from this cup in your imagination. You are drinking in the night's experiences. It is a conscious way of saying, I wish to recall my night's activities on the inner planes while my body slept.

The golden cup is Soul; it is you. You are one and the same.

As you get in the habit of drinking from this cup, this practice takes on a life of its

own. The more the ECK refills this cup, the more Soul (you) shines of Its own golden light. You become an ever brighter instrument for the Holy Spirit.

Your conscious experiences, day and night, will lead to a greater understanding of your place in the spiritual order of life.

Your Dream Dictionary

During key times in my life, one of the dream symbols I often saw was a ball field. It was a regular-sized baseball diamond. When everything on the field was in order—four bases evenly spaced, a pitcher, a batter, and two opposing teams—it meant that my life was in balance.

But sometimes the bases lay at odd distances apart and the base path was in less than a perfect square. Or maybe the ball I hit would burst, and a shower of feathers would cover the infield. Again, I might have to chase into the woods to locate first base. Second base might be only a few short steps from first base, while third base could trail

off a city block in a random direction.

In other words, everything about the game's setup was wrong.

Upon awakening from such a dream, I could often spot an immediate parallel in my outer life. Something was out of order. The joy and sport had gone from living. There was less happiness.

This sort of dream was a signal to sit down and think up a plan of reorganization. In other words, to discover a way to get back to a real baseball field—with the right distance between bases, the correct number of players on each team, the proper equipment, and so on.

Create a dream dictionary. It can help you become familiar with your own dream symbols. Whether a baseball diamond, a bear, an eagle, a car, the police, a person, or anything else, you'll catch on to a pattern and learn what a given symbol means for you.

Do you want ideas on how to create this dream dictionary?

In a section near the back of your dream journal, or in a separate notebook, keep a list of symbols that appear in your dreams. Add to this dream dictionary of symbols. Log the date next to the meaning you see in each symbol. That allows a way to keep track of changes, as the meaning may shift in time. Allow room for additions.

As you unfold, your dream symbols will spread to new dimensions, a fact unknown to most people who study dreams.

Two-Part Door of Soul

The door of Soul opens inward. No amount of pushing on the wrong side will open it.

Twenty minutes to half an hour is the limit to spend on a spiritual exercise during a session unless an experience has begun. Then, of course, see it through to the end.

To set up an experience with the Light and Sound of God or the Inner Master, use this two-part technique:

1. In contemplation sometime during the day, count backward slowly from ten to one. Then try to see yourself standing beside your human self, which is at rest. Keep this part to half an hour or less.
2. The second part of this technique comes at night when you are preparing for sleep. Speak to the Dream Master, the MAHANTA. Say to him, "I give you permission to lead me into the Far Country, to the right places and people."

Now go to sleep. Give no further thought to this technique. Your permission to the MAHANTA unlocks the unconscious mind and gives the human mind a chance to retain a memory of your dream travels come morning.

That's all there is to this two-part dream exercise.

Be sure a dream notebook is within easy reach. Keep notes. Remember that in the spiritual field, there is no need to push things. With ECK in your life, the gifts of Spirit, like love and wisdom, will now start coming to your attention.

All spiritual good comes with the Spiritual Exercises of ECK.

Learn about Surrender

In contemplation, say you are an instrument of love for the SUGMAD (God), the ECK (Holy Spirit), and the MAHANTA. Next, sing *HU*, the love song to God, for a few minutes.

Listen for a sound of God; It may be a buzz or humming pulse, similar to that of an electrical current. These are but two of the many possible sounds of the Holy Spirit. If the Sound comes, then stays with you after the contemplation session, ask the Dream Master, “How can I surrender to the Sound of God?”

Now imagine a face-to-face meeting with the Dream Master. Listen to his advice about surrender. He will first instruct you to still your thoughts. Then he says to repeat the phrase “I surrender my whole self to the ECK, the Holy Spirit.”

In the morning, jot down any fragments

of your dreams. Take them into contemplation right then or at a later, more convenient time.

Did a dream teach anything at all about surrender? If nothing comes to mind, try this exercise again. The messages in your dreams will be easier to read with time and practice.

To Dream in Full Consciousness

Do you want to learn how to move in full consciousness to a new or higher plane during the dream state? Then try this technique.

Before sleep, place your attention on the Living ECK Master's face. Now try to keep his face in mind as you doze off. Then await his coming as the Dream Master.

In dreamland, anchor your attention on some solid object in the room, like a chair, a clock, etc. Hold that image in mind. Then give yourself a thought command.

Say, *I am awake in this dream.*

Let your attention fix on the solid object chosen as a point of reference above. Feel yourself begin to rise. Layers of clouds like soft cotton puffs will drift past. Thus you shift into a new state of consciousness every bit as real as this physical one.

A shift to a new state of consciousness is a shift to a new plane.

If it's hard to keep your attention on the solid object in your dream, don't worry about it. You will sink into the dream state and later awaken in the usual way.

Another technique to dream in full consciousness is to take the role of a silent witness. Watch others play out their roles, much as you would watch a movie.

Other techniques to try are to start and stop a dream. Or make it more bright or dim. For fun, switch from black and white to color.

Try things.

Still another way to dream in full consciousness is to watch yourself drop off to

sleep. Catch the moment of slipping into the dream state.

It does take practice, but it can be restful to your body while doing these exercises of switching into a higher state of consciousness. There need be no trace of fear. You can also rise from one dream level to a higher one, in full consciousness.

A question comes up: What to do if you are in a conscious dream and want to return to your body?

Just feel yourself back in it. That's all there is to it. You will return in an instant.

How to Get Answers in Your Dreams

At some level, Soul knows all things. If there is something that you'd like to bring down to your day-to-day, waking consciousness, here is a way to go about it.

Before you go to sleep, relax and decide that upon awakening you will have the answer to whatever question is on your mind.

The matter should be of a spiritual nature.

By morning, expect to have the answer in mind.

This is how the process works. At the moment of slipping from the sleep state to the waking, your heart is still open to the night's dream lesson. It is truth, and you are in direct contact with it. At this moment of waking, your answer is within your reach.

Jot down a quick note of the solution in your dream journal. Do it now. Otherwise the answer is lost.

A solution exists for every challenge to our peace of mind. There is always a way, somehow. What holds us back from happiness is our lack of faith in the mighty power of the Holy Spirit to address our most humble needs.

Learn the value of doing a spiritual exercise before bedtime or upon rising. These times work to your advantage while you pursue the expansion of conscious awareness in your dreams.

Journey on an Ocean of Light

Tonight when you go to bed, shut your eyes and locate the Spiritual Eye. It is at a point right above and between the eyebrows. Now, in a very offhand way, look there for the Light of God, which may appear in dozens of forms.

At first you may see a general glow of light that you think is your imagination. Or the divine light may appear as little blue spots or as a bright spotlight. Or it could look like a beam of light coming in through an open window from the sunshine outdoors.

Any color of light may appear.

As you search for the Light of God, sing your secret word or HU, a name for God which holds great spiritual power.

The word *God* has lost spiritual power by its careless use in profanity and mild oaths.

Watch for the appearance of the Light to turn into an enormous ocean of light

much more grand than sunlight reflecting into the eyes from, say, the Pacific Ocean. As this holy Light takes on the appearance of an ocean, keep an eye out for a little boat approaching the shore. At the helm is the MAHANTA or one of the ECK Masters. This steersman will invite you aboard. Climb into the boat.

Let any experience follow. Set no limitations. You may, as if by magic, end up in a dream video arcade or inside a Temple of Golden Wisdom. Again, it could be an experience of the Light and Sound of God streaming right into your heart.

Be at peace. You rest in the hands of the Most High.

Learn more about HU.

About the Author



Award-winning author, teacher, and spiritual guide Sri Harold Klemp helps seekers reach their full potential.

He is the MAHANTA, the Living ECK Master and spiritual leader of ECKANKAR, the Path of Spiritual Freedom. He is the latest in a long line of spiritual Adepts who have served throughout history in every culture of the world.

Sri Harold teaches creative spiritual practices that enable anyone to achieve life mastery and gain inner peace and contentment. His messages are relevant to today's

spiritual needs and resonate with every generation.

Sri Harold's body of work includes more than one hundred books, which have been translated into eighteen languages and won multiple awards. The miraculous, true-life stories he shares lift the veil between heaven and earth.

In his groundbreaking memoir, *Autobiography of a Modern Prophet*, he reveals secrets to spiritual success gleaned from his personal journey into the heart of God.

Find your own path to true happiness, wisdom, and love in Sri Harold Klemp's inspired writings.

Next Steps in Spiritual Exploration

- Learn more about **Dreams**.
- Visit **Eckankar.org** to explore a vast array of spiritual resources to aid you in your search for truth.
- Get **print books** on a wide variety of spiritual topics at ECKANKAR's books website: **ECKBooks.org**.
- **Call or write us:**

ECKANKAR

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Chanhassen, MN 55317-2000 USA

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ECKANKAR'S Spiritual Living Courses

Go higher, further, deeper with your spiritual experiences!

ECKANKAR offers enrollment in the Spiritual Living Courses for Self-Discovery and God-Discovery. This dynamic program of inner and outer study unlocks the divine love and wisdom within you. It offers step-by-step advances in enlightenment through spiritual initiations.

From the first day, you can have direct experience with the God Current and begin to meet life's challenges on the highest possible ground.

You will enjoy monthly lessons (also avail-

able online) from the spiritual leader of ECKANKAR, Sri Harold Klemp, creative spiritual practices for daily life, and the quarterly *Mystic World* publication. Optional classes with like-hearted Souls are available in many areas.

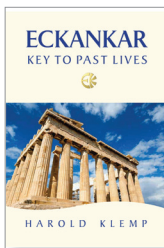
Here's a sampling of titles from the first course:

- In Soul You Are Free
- Reincarnation—Why You Came to Earth Again
- The Master Principle
- The God Worlds—Where No One Has Gone Before?

Learn more about
ECKANKAR'S Spiritual Living Courses.

For Further Reading

By Harold Klemp



ECKANKAR—Key to Past Lives

Ever wonder about reincarnation?

Have I lived before? Are there past-life roots to my fears? Did I really fall in love at *first* sight? Why do bad things happen to good people?

In *ECKANKAR—Key to Past Lives*, Sri Harold Klemp, the spiritual leader of ECKANKAR and a leading authority on past lives, answers age-old questions about reincarnation.

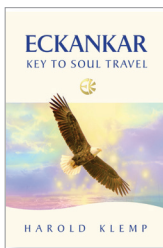
He shows that, without past-life regression or hypnosis, you can naturally reduce fear of dying (and living).

Discover past-life recall through spiritual exercises (a higher form of guided meditation) and a study of dreams.

Just a few of the fascinating, true stories in this book:

- A businessman uses contemplation (a way to access inner wisdom) to resolve karma with his horrible boss.
- A woman's memory of the *Titanic* disaster reveals a karmic debt that explains this lifetime's tragic losses.
- A man, torn between his college sweetheart and a girl he just met, remembers a past life about whom to marry.

Bring more harmony to your life by untangling karmic webs from long ago. An extraordinary read!



ECKANKAR—Key to Soul Travel

Curious about Soul Travel?

One in three Americans reports having a remarkable experience—of leaving the physical body or something similar. But how many have understood the phenomenon?

Have you already experienced the freedom

and joy beyond this physical world? Or are you just curious? Either way, you can benefit from reading this book and trying a daily spiritual practice.

In *ECKANKAR—Key to Soul Travel*, Sri Harold Klemp—the spiritual leader of ECKANKAR and foremost authority on Soul Travel—offers spiritual exercises to

- travel to your inner worlds during sleep,
- understand the meaning of inner experiences, and
- go beyond prayer and astral projection to a high state of Seeing, Knowing, and Being.

Read this short book to begin your Soul adventure. Taste the divine love and freedom that are your spiritual birthright!



You can go to the ECKANKAR Books Store to explore both eBooks and print books on topics as diverse as past lives, dreams, Soul Travel, relationships, life after death, health and healing, problem solving, and so much more!

Go to the
ECKANKAR Books Online Store.

Glossary

Words set in SMALL CAPS are defined elsewhere in this glossary.

Blue Light How the MAHANTA often appears to a person, inwardly or outwardly.

chela A spiritual student of ECKANKAR and the LIVING ECK MASTER.

ECK The Life Force, Holy Spirit, or GOD CURRENT which sustains all life.

ECKANKAR *EHK-ahn-kahr* The Path of Spiritual Freedom. Also known as the Ancient Science of SOUL TRAVEL. A truly spiritual way of life for the individual in modern times. The teachings provide a framework for anyone to explore their own spiritual experiences. Established by PAUL TWITCHELL, the modern-day founder, in 1965. The word means Coworker with God.

ECK Masters Spiritual Masters who can assist and protect people in their spiritual studies and travels. The ECK Masters are from a long line of God-Realized SOULS who know the responsibility that goes with spiritual freedom.

God Current The ECK, the Sound of SOUL. The SOUND AND LIGHT OF GOD.

God-Realization The state of God Consciousness. Complete and conscious awareness of God. To love as God loves.

Harold Klemp The present MAHANTA, the LIVING ECK MASTER. SRI Harold Klemp became the MAHANTA, the Living ECK Master in 1981. His spiritual name is WAH Z.

HU HYOO An ancient, sacred name for God. It is a carrier of love between God and SOUL and can be sung aloud or silently to oneself to align with the GOD CURRENT. It is the Sound of Soul.

initiations Steps of enlightenment. The ECK initiation is a sacred ceremony in which the spiritual student is linked to the SOUND AND LIGHT OF GOD for greater wisdom and love.

Karma, Law of The Law of Cause and Effect, justice, action and reaction, retribution and reward, which applies to the lower, material worlds: the Physical, Astral, Causal, Mental, and Etheric PLANES.

Living ECK Master The spiritual leader of ECKANKAR. He leads SOUL back to God. He teaches in the physical world as the Outer Master, in the dream state as the Dream Master, and in the spiritual worlds as the Inner Master. SRI HAROLD KLEMP became the MAHANTA, the Living ECK Master in 1981.

MAHANTA An expression of the Spirit of God that is always with you. Sometimes seen as a BLUE LIGHT or Blue Star or in the form of the MAHANTA, the LIVING ECKMASTER. The highest state of God Consciousness on earth, only embodied in the Living Eck Master. He is the Living Word.

Paul Twitchell An American ECK MASTER who brought the modern teachings of ECKANKAR to the world through his writings and lectures. His spiritual name is PEDDAR ZASKQ.

Peddar Zaskq The spiritual name for PAUL TWITCHELL, the modern-day founder of ECKANKAR and the MAHANTA, the LIVING ECK MASTER from 1965 to 1971.

planes Levels of existence, such as the Physical, Astral, Causal, Mental, Etheric, and SOUL Planes.

Satsang A class in which students of ECK discuss a Spiritual Living course from ECKANKAR.

Self-Realization SOUL recognition. Soul beholding Itself as pure Spirit. A state of Seeing, Knowing, and Being on the Soul PLANE.

Shariyat-Ki-SUGMAD Way of the Eternal; the sacred scriptures of ECKANKAR. The scriptures are comprised of twelve volumes in the spiritual worlds. The first two were transcribed by PAUL TWITCHELL, modern-day founder of ECKANKAR.

Soul The True Self, an individual, eternal spark of God. The inner, most sacred part of each person. Soul can see, know, and perceive all things. It is the creative center of Its own world.

Soul Travel The expansion of consciousness. The ability of SOUL to transcend the physical body and travel into the spiritual worlds of God. Soul Travel is taught only by the LIVING ECK MASTER. It helps people unfold spiritually and can provide proof of the existence of God and life after death.

Sound and Light of God The Holy Spirit. The two aspects through which God's love can be seen and heard in the material worlds. People can experience the Sound and Light by looking and listening within themselves and through SOUL TRAVEL.

Spiritual Exercises of ECK Daily practices for direct, personal experience with the GOD CURRENT. Creative techniques using contemplation and the singing of sacred words to bring the higher awareness of SOUL into daily life.

Sri A title of spiritual respect, similar to reverend or pastor. In ECKANKAR, it is reserved for the MAHANTA, the LIVING ECK MASTER.

SUGMAD SOOG-mahd A sacred name for God. It is the source of all life, neither male nor female, the Ocean of Love and Mercy.

Temples of Golden Wisdom Golden Wisdom Temples found on the various material and spiritual PLANES. Students of ECKANKAR are taken to these temples in the SOUL body to be educated in the divine knowledge. Sections of the SHARIYAT-KI-SUGMAD, the sacred teachings of ECK, are kept at these temples.

WahZ *WAHzee* The spiritual name of SRI HAROLD KLEMP. It means the secret doctrine. It is his name in the spiritual worlds.

For more explanations of ECKANKAR terms, see *ECKopedia: The ECKANKAR Lexicon*, by Harold Klempe.

Unlock the Power of Your Dreams

Dreams are a spiritual gold mine. They can offer glimpses into past lives, soothe a broken heart, and settle the deepest questions in life. But it takes a certain knowledge to reach the inner worlds.

In *ECKANKAR—Key to Dreams*, Sri Harold Klemp, the spiritual leader of ECKANKAR and a leading expert on dreams, shows how anyone can enrich their life through the dynamic art of dreaming.

He offers spiritual exercises to

- recall dreams,
- dream consciously,
- resolve karma, and
- get answers on health, love, finances, and more.

Unlock the full potential of your dreams, and experience a life of greater adventure. Start your dream study today!

 **ECKANKAR**
www.Eckankar.org

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