

Raise Your Spiritual IQ!

Experience Journal



H A R O L D K L E M P



Dear Reader,

As Soul, you have the God knowledge within you. My main job is to awaken the knowledge and love for the divine things already within your heart.

You are Soul—a child of God. And your spiritual destiny is to become a Coworker with God, to spread divine love to all those around you.

Harold



ECKANKAR
Minneapolis
Eckankar.org

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Printed in USA. ISBN: 978-1-57043-564-5

Illustrations from the ECKANKAR Graphics Kit and by Jane Burgess, Angela Burns, Marianne Kenyon, Melony Mont-Eton, Terri O'Grady, Ed Parkinson, Diane Sterling, Kristy Walker

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Meet Harold Klemp



Sri Harold Klemp is the spiritual leader of ECKANKAR. As an inner and outer guide, he helps seekers of truth, inner peace, and freedom reach their full spiritual potential.

Sri Harold offers creative techniques and spiritual practices that empower anyone to have direct, daily experience with the Divine.

His full title is the MAHANTA, the Living ECK Master. He is the latest in a long line of spiritual Adepts who have served throughout history in every culture of the world.

The word ECKANKAR means Coworker with God. This is the goal for every ECK student—to learn to love as God loves. 

Discover the Wonder of You!

This unique journal offers creative ways to unlock the God knowledge within you. Awaken to your full spiritual potential!

Did you know? You are Soul. An eternal, creative, unique atom of God.

As Soul, you have the God knowledge within you. ECKANKAR can awaken the knowledge and love for the divine things already within your heart.

You are Soul—a child of God. And your spiritual destiny is to become a Coworker with God, to spread divine love to all those around you.

These spiritual exercises are a passkey to the wonders of you.

Would you like to discover

- ways to remember your dreams?
- how to work with the spiritual aspect of health?

- ways to access your divine intuition?
- help making choices for your highest good?
- a direct, personal connection with the Life Source?

Explore your spirituality from a new perspective!



Choose Your Soul Adventure

Each contemplation and spiritual exercise given here opens a window to your inner spiritual being.

Experiment with them—make them your own. Then record your impressions, insights, and experiences, no matter how subtle they may seem.

Watch as your daily life comes into greater agreement with your highest spiritual goals.



Connect with the God Current

HU is a carrier of love between God and Soul.

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Treasure Within

Contemplation is a conversation with the most secret, most genuine, most mysterious part of yourself.

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The Golden Cup

It is the nature of immortal Soul to dream.

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On Sacred Ground

The secret of all time is that we are each to be a steward of divine love.

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A Song of Soul

The highest truth is not written in any book. It's written in your heart.

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Doorway to Higher Awareness

Seize the moment; seize the hour; seize the day. Glory in the fact that you are a spark of divine creativity.

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Dream Dictionary

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

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Create a Brighter World

The Light and Sound of God help you recognize your heritage as a spiritual being.

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A True Reflection

HU will prepare you to accept the full love of God in this lifetime. You exist because God loves you.

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An Edge for Health

HU acts as a tuning fork, aligning Soul with higher states of love, creativity, healing, and awareness.

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Connect with the God Current

HU is a sacred sound and ancient mantra. It is the Sound behind all sounds—woven into the language of life. HU is a carrier of love between God and Soul.

Sung silently or aloud, HU will stir the eternal force of divine love within your heart.

Its Sound is heard in ocean waves, the wind in the leaves, the falling rain, the singing of birds, laughter, and the din of city traffic. It is the whisper of God's love stirring in your very atoms.

Even when there are people crying, the crying is of the HU.

You may see the Light of God. It can be a blue light, a white light, yellow light, or a green light and will bring you a feeling of blessedness.

Begin Today

This once-secret, ancient name for God can uplift people of any religion, culture, or walk of life. HU doesn't change your religion—It will enhance it.

Begin today. Find a quiet spot, shut your eyes, and let love for something dear to you enter your heart. Sing *HU* gently aloud, then silently for ten to twenty minutes.

Look and listen for the love that returns to you. ☸





HU is a carrier
of love between
God and Soul.



Treasure Within

While singing *HU* imagine the holy Sound of God cascading over you like a waterfall of pure, sparkling waters. It's cleansing the blemishes of spirit.

God's love is always and forever flowing out to you like a quiet mountain stream. Divine love has no conditions. It simply loves. So go to the temple inside you and meet on holy ground with your God. ☸



Contemplation is a conversation with the most secret, most genuine, most mysterious part of yourself.



The Golden Cup

Every evening at bedtime, visualize a golden cup to be filled with your dream experiences. The cup sits by your bed. When you awake in the morning, in contemplation or in your imagination, drink from the cup.

You are drinking in the experiences, a conscious way of saying, I want to remember what I'm doing on the inner planes while my body is asleep.

The golden cup is Soul; it is you. As you put more attention on drinking from the cup, it takes on a life of its own. The more the ECK, the God Current, flows in and out of the cup, the more Soul shines of Its own golden light. You, as Soul, become an ever brighter vehicle for the Divine Spirit.

The experiences you have will lead to greater awareness of your life and its divine meaning. ☸



It is the nature
of immortal Soul to
dream.



On Sacred Ground

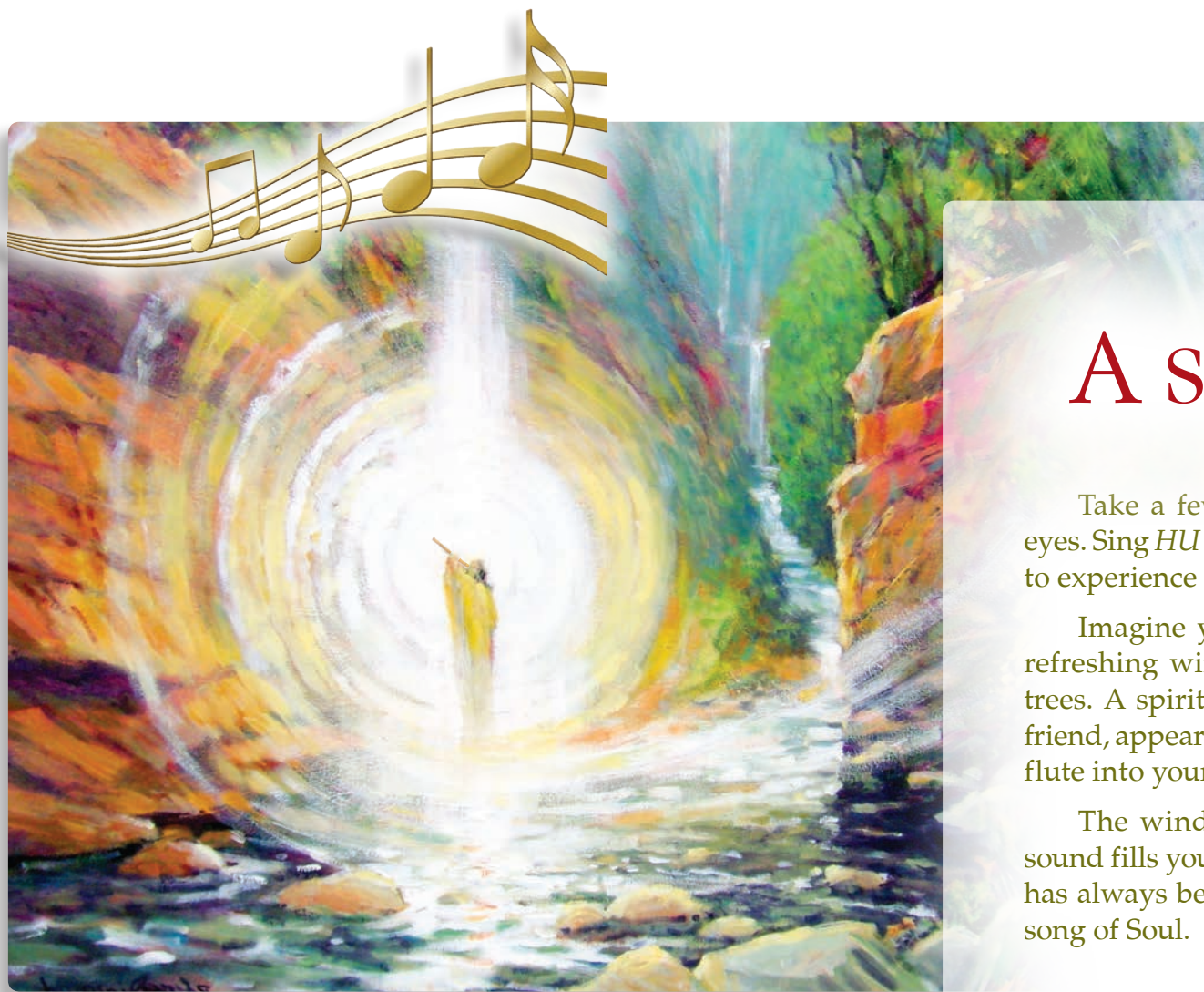
Each day, do one small thing for love and love alone, with no thought of reward. Giving of yourself to others—to life—is a key to heaven.

Invite the ECK, the God Current, to light up these golden opportunities to serve as a Coworker with the divine.

At the end of the day, chant *HU* for a few moments and think back on your deeds done for love and love alone. You will become more aware of what makes these acts golden. ☸



The secret of all time
is that we are each to be
a steward of divine love.



A Song of Soul

Take a few deep breaths and close your eyes. Sing *HU* for several moments and prepare to experience God's love in a new way.

Imagine yourself in a beautiful forest. A refreshing wind begins to blow through the trees. A spiritual guide, an ancient and dear friend, appears at your side. He places a golden flute into your outstretched hands.

The wind finds your flute, and its holy sound fills your ears and your heart. It is—and has always been—a part of your being. It is a song of Soul.

* * *

In your daily life, you can recall this special sound of the *HU* in times of stress, or simply to remind you of its beauty and love. 🌀



The highest truth is
not written in any book.
It's written in your heart.



Doorway to Higher Awareness

Every time you walk through a doorway today, whether at work or at home, know that on the inner planes you are walking through a doorway to higher awareness. And that is every doorway, as long as you recognize this in your consciousness.

For example, suppose you have a difficult meeting with your boss or coworkers. As you walk through the door into the meeting, know that you are entering the room with a newer, higher consciousness.

When you get inside the room, pause a moment and ask yourself, *How is my higher awareness going to affect me? Will I be more relaxed? More tolerant and patient? Will I trust Divine Spirit to provide me with the answers and guidance I need?*

If you experiment with this technique, you will find it changes your viewpoint and lifts you higher and higher in awareness throughout the day. ☸



Seize the moment; seize
the hour; seize the day.
Glory in the fact that you are
a spark of divine creativity.



Dream Dictionary

A personal dream dictionary can help you become familiar with your own dream symbols.

Whether a bear, an eagle, a schoolroom, or anything else, you'll be able to know what that particular symbol means to you.

Each symbol will have a unique meaning for each dreamer. Many books on dream symbology try to create a generic set of symbols to fit everybody under every circumstance. It doesn't work that way. You are a unique being.

As you unfold spiritually, your dream symbols are going to take on new meanings. Record the date next to the meaning of each symbol so you can keep track of changes as they come. ☞



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



Create a Brighter World

If you have an uncomfortable experience or dream—or one you don't understand—take it into contemplation. Begin by singing *HU* for a few minutes. Then rewind the dream or experience, and run it through your mind. Next, visualize a door that opens into golden sunlight. This is the Light of God.

Now take the uncomfortable experience from the darkness; take it from the silence and solitude through the open doorway where it will dissolve into the Light and Sound of God.

This exercise can get you in the habit of looking for a brighter, more creative world, where you can find more inner satisfaction. With the help of the Inner Master, the MAHANTA, you are learning to take charge of your life. You are becoming the aware Soul, the creator of your own worlds. ☀



The Light and Sound of
God help you recognize
your heritage as a spiritual
being.



A True Reflection

In your mind's eye, see yourself at the bank of a glistening river in the company of a spiritual guide.


You can picture whoever it is you look to—whether it's Jesus, one of the ECK Masters, or any other holy personage. Sing *HU* with all your love for this divine presence.

Watch as your guide reaches into the water and pulls out a shining mirror. Light dances from its surface. The Master holds it before you, and in it you see a true reflection of your divine nature.

Continue to sing *HU*, silently or aloud, as you contemplate what you have seen.

* * *

You may not be fully aware of Soul's encounter at the river, but in your day, there will be something that speaks of your Higher Self in expression. An act of tolerance, kindness, selflessness, or even taking joy in the company of a stranger.

Take note of this. Spiritual awareness will strengthen with your attention. 



HU will prepare you to accept the full love of God in this lifetime. You exist because God loves you.



An Edge for Health

HU, the secret name of God, opens you as a channel for the greater healing of Divine Spirit.

Every thought, word, or deed either purifies or pollutes the body. This is very important, very powerful, because it deals with your state of consciousness.

If, at some point, you need an edge for health or for peace of mind, look to what's coming into your world. Look to your form of music, or your form of news. Be aware of whatever ways you let the external world into your internal world.

What's coming in is going to go back out. Then it rebounds like an echo and returns to you. It strengthens and grows to have a very strong influence in your life. This influence can be for either beneficial things or harmful things. So the choice is yours.

Every thought, word, or deed either purifies or pollutes your body. ☸



HU acts as a tuning fork,
aligning Soul with higher
states of love, creativity,
healing, and awareness.

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 available 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.

How to Get Started

For free books and more information about ECKANKAR:

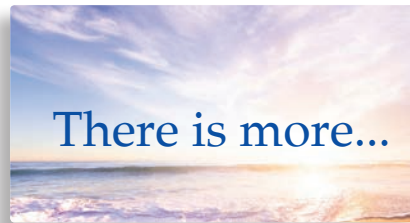
- 📄 Visit Eckankar.org;
- ☎ Call 1-800-LOVE GOD (1-800-568-3463) (USA and Canada only); or
- ✉ Write to: ECKANKAR, Dept. BK 170, PO Box 2000, Chanhassen, MN 55317-2000 USA.

To order ECKANKAR books online, you can visit ECKBooks.org.

To receive the Spiritual Living Courses, along with other student benefits, go to Eckankar.org (click on “ENGAGE” then “Spiritual Living Courses”). You can also call ECKANKAR at (952) 380-2222 to enroll. Or write to the address above, Att: Student Services.

Raise Your Spiritual IQ!

Experience Journal



It is there in one's heart. The full knowing that there is so much more in life. Love. Purpose. Joy. Peace of mind. The question is, how to unlock the door to a step up in spiritual awareness?

In this journal, there are simple, yet powerful tools to find that treasure within.

Do you want to begin with dream adventures?
Practice becoming the creator of your world?
Get an edge on healing from a spiritual perspective?
Your choice!

Use these techniques to expand your awareness,
and find divine purpose in every moment of your life.

ECKANKAR

The Path of Spiritual Freedom



ISBN 978-1-57043-564-5



9781570435645