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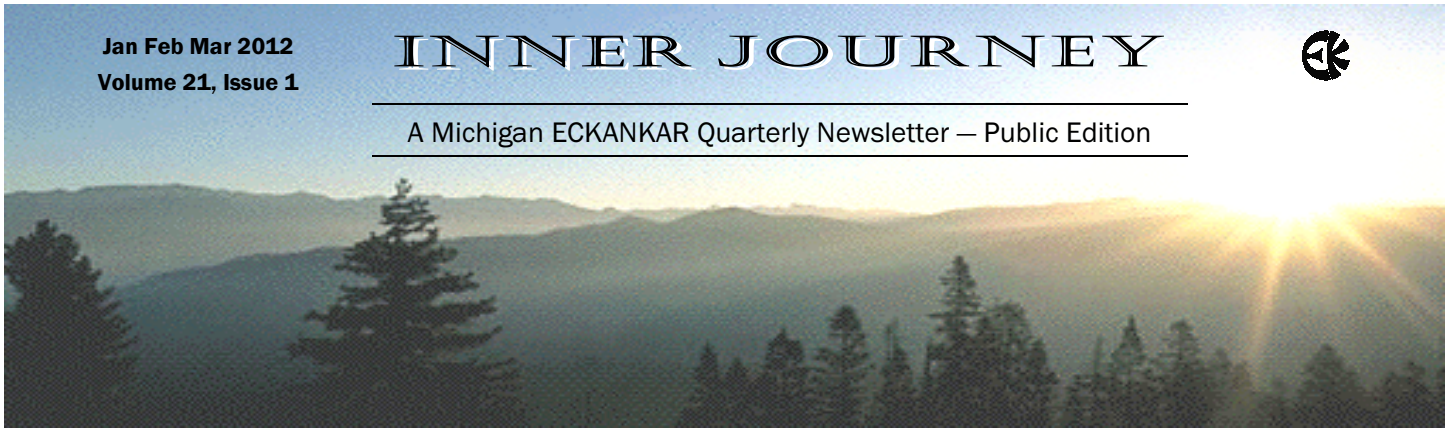
# INNER JOURNEY

A Michigan ECKANKAR Quarterly Newsletter — Public Edition



Harold Klemp
The Spiritual Leader
of Eckankar

Terms

**ECK**

The life force, the Holy Spirit.

**Chela**

Student of Eckankar.

**Living ECK Master**

The title of the spiritual leader of Eckankar.

**HU**

The singing of the word HU is considered a love song to God. It can be sung aloud or silently to oneself.

**Mahanta/Inner Master**

A title to describe the highest state of God Consciousness on earth. An expression of the Spirit of God that is always with you.

**Spiritual Exercises of ECK**

Do one exercise every day for about twenty minutes to build spiritual stamina gently over time.

**Sugmad**

A sacred name for God. Sugmad is neither masculine nor feminine; It is the source of all life.

## What Do I Have to Learn?

by Pat O'Keefe, Kalamazoo, Michigan

"The Mahanta, the Living ECK Master realizes even when the chela is kicking and struggling in the cocoon of his own troubles that this struggle is good for him. The individual can work out of it, if he will just keep trying. The Law of Life provides the way to higher consciousness as surely as the moth is given a way out of the cocoon." From *The Dream Master, Mahanta Transcripts Book 8*, pg 54, by Harold Klemp.

One of the amazing contrasts I see in the ECK teachings verses much of society today is the principal that we are responsible for our own situations in life. Along with what may seem a stern principal, is the loving teaching that Soul has the capacity to grow in consciousness. We have been given the tools through the spiritual exercises to take the next steps in our life and gain the freedom to change our circumstances. Along the way we learn much about ourselves.

I started my first job at age 14, cleaning the school during the summer. It seems I have always worked. Over the years some of those jobs have been very fulfilling, some have felt like I was just collecting the needed paycheck.

Even during a very fulfilling job that allowed me to gain experience managing several diverse departments and helping start a branch company in Ireland, I had this nagging desire to have ownership in the company I worked for. I had a habit of looking for opportunities where I could be my own boss. But life's circumstances always seem to be preventing me from attaining this lifelong goal.

Any rational review of my life's circumstances, age, and financial responsibility brought me to the conclusion that this was just not going to happen in this lifetime. I had to learn to let go of the desire and be at peace with that.

> "What kind of next steps? Most of my steps have been the letting go of attitudes and desires I no longer needed."

Once I had, the door opened and the opportunity presented itself. I entered a year and a half discussion to become a partner in a small business, leaving a very good employer of 21 years. During that year and a half discussion I knew in my heart if my attitude towards my current job soured in any way, or if I didn't give my fullest each day, this door would close.

A year ago I started a new career that has been a dream come true. So how did this happen and why did it take half a lifetime?

*(Continued on page 2)*

*(Continued from page 1, What Do I Have to Learn?)*

The new opportunity, the dream come true, is just an outer reflection of the changes in consciousness brought about by following the teachings of ECK. Recognizing each circumstance in life is a gift to allow you to gain a better understanding of yourself and take the next step.

What kind of next steps? Most of my steps have been the letting go of attitudes and desires I no longer needed. The hard part, recognizing these lower habits, is made easier by the ever loving presence of the Mahanta.

The Mahanta is always there, guiding you step by step. No step is insignificant. They build on each other. The Law of Life does provide a way to a higher state of consciousness. It's through the loving guidance of the Mahanta.

Just learn to listen and follow through on the inner guidance you receive. And remember to ask the question, *what do I*

## An Invitation to Sing HU

You are invited to try this simple spiritual exercise. It has helped people of many different faiths open their hearts more fully to the uplifting presence of God.

To do the exercise, first get comfortable. Close your eyes and take a few deep breaths. Next, gently put your attention on your inner visual screen, where daydreams and images come to you.

With your eyes closed, sing HU (pronounced like the word hue) as a song of love. You may notice a feeling of peace, warmth, and comfort. You may also recognize the presence of the Divine through greater spiritual insights into your daily life. There are many ways to experience the love of God.

When you sing HU and sit in quiet contemplation, you might also perceive the inner Light and Sound. The Light may appear as brightness or colors on your inner visual screen. The Sound may be musical or the sounds of nature, such as the wind or the ocean. However you experience the presence of God, it is bringing you a broader understanding of the life you lead.

From *HU: A Love Song to God*, Eckankar.org.

*You are invited to attend a Community HU Chant in your area. See page 3.*

## Ready to Take the Next Step?

### What does membership in Eckankar involve?

ECK membership is a yearly cycle of personal study which includes inner and outer spiritual training:

- Study of the ECK discourses. These are written by the Living ECK Master and carry a power and wisdom far beyond the written word. These monthly lessons can be studied privately at home, or in a class.
- Practice of the Spiritual Exercises of ECK, for about twenty minutes daily. Each monthly discourse gives a new technique to try.

There is no need to make any dramatic changes in lifestyle. The individual continues to live life in one's own unique way, retaining full personal responsibility and choice in everyday life.

### Can I practice Eckankar without becoming a member?

Yes. The Mahanta, the Living ECK Master will work spiritually with all who look to him for guidance and protection. However, the ECK initiations are only available for someone who undertakes the spiritual training provided by the Living ECK Master via membership.

### Is there a cost or donation for yearly membership in Eckankar?

There is no charge for membership, but there is an annual suggested donation of $130 for an individual or$160 for a family.

From *The Call of Soul* by Harold Klemp, pages 117-118.

### How to Get Started

To request information about ECK books or to sign up for ECK membership and get your advanced spiritual study discourses along with other membership benefits (renewable annually), you may:

- Join online at "Membership" at www.Eckankar.org (click on "Online Membership Application"), or
- Call Eckankar (952) 380-2222 to apply, or
- Write to:

  Eckankar, Att: Information, BK87
  PO Box 2000
  Chanhassen MN 55317-2000.

From *The Call of Soul* by Harold Klemp, pages 112.

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## Western Michigan Events

### Cadillac

For questions and location: Mary at (231) 796-5028.

**Worship Service**, Saturdays, 10-11am.

Jan 7—*Living in This World*

Feb 4—*Your Goals as Soul*

Mar 3—*Karmic Lessons*

**Book Discussion**, 2nd Wednesday of month, 7pm, *The Spiritual Notebook* by Paul Twitchell.

**Community HU Chant**, 3rd Tuesday of month, 7pm, 640 Quail Lane, Martha, (231) 775-9459.

### Grand Rapids

For questions on area activities: (616) 245-7003.

**Worship Service**, 2nd Sunday, 10-11am.

Jan 8—*Living in this World*

Feb 12—*Open to the Holy Spirit, the ECK*

Mar 11—*How Giving Opens the Gateway to Heaven*

Dominican Center at Marywood, Rm #4, 2025 E Fulton St.

**Discussions**, 4th Thursdays, 7-8pm.

Jan 26—*Have You Had a Spiritual Experience?*

Feb 23—*Spiritual Wisdom on Conquering Fear*

Mar 22—*Listening to God's Voice*

Wyoming Library, Conference Room, 3350 Michael Ave SW.

### Traverse City

**Community HU Chant**, 3rd Thursday of month, 7pm, 304 South Spruce St, For questions, call Merlin, (231) 946-6492.

## Eastern Michigan Events

### Ann Arbor

For questions on area activities: (734) 913-9822 or e-mail a2.mi.eck@gmail.com.

**Community HU Chant**, Fridays, 6:30-7:15pm, Crazy Wisdom Bookstore, 114 S Main St.

**Worship Service**, 4th Sunday of month, 11am-noon, Gretchen's House (a child development center), 2340 Oak Valley Dr.

### Royal Oak

All events are at the Royal Oak ECKANKAR Center, 320 East Fourth St, Royal Oak, (248) 546-9224.

**Open Hours**, Mondays, 6:30-7pm.

**Community HU Chant**, Mondays, 7pm.

**Worship Service**, 1st Sunday of month (except Jan), 12-1pm.

Jan 8—*Using Your Creativity*

Feb 5—*Total Freedom and Total Responsibility*

Mar 4—*We're Not in a Race*

**Book Discussion**, 1st Sunday of month, 2pm, *A Modern Prophet Answers Your Key Questions about Life, Book 2,* by Harold Klemp.

*The Spiritual Exercises of ECK are a treasure whose value we might overlook because of their simplicity. But they are your lifeline to the Word of God. The Mahanta has put this key to higher states of consciousness in your hand.*

Harold Klemp,
The Spiritual Exercises of ECK, book beginning.

## The Purifying Sound

from Harold Klemp, *The Spiritual Exercises of ECK*, page. 129.

Close your eyes and look to the Spiritual Eye. Sing HU, an old and secret name for God. It is one of the most powerful words for spiritual upliftment that I can give you.

As you sing HU, listen for the Sound. The Sound may be heard in any number of different ways. It can be life a train ging by, a bird, buzzing bees, sometimes a flute, or even guitars. The way you hear It just depends on where you are.

These sounds are the action of the Holy Spirit, the ECK, as Its atoms vibrate in the invisible worlds. The Sound you hear is the vibration at the particular level to which you are attuned at the time.

Imagine the Sound purifying you, removing the impurities of Soul. It will bring you an understanding of how your actions have caused your problems. It will also give you an indication of what you can do to unfold and how to figure out the way to do things right.

This is the last newsletter. Visit **www.eck-mi.org** for future events.
All Michigan events are sponsored by the Michigan Satsang Society and open to the public with no donation requested.

ECKANKAR
Religion of the Light and Sound of God

Michigan Satsang Society
A Chartered Affiliate of ECKANKAR
320 East Fourth Street
Royal Oak MI 48067-2706

www.eckankar.org
and www.eck-mi.org

## Upcoming Major Seminars

April 6-8

2012 ECK Springtime Seminar

*Spiritual Renewal in The Year of Graceful Living*

Minneapolis, Minnesota

Information available January 2012 at 1-800 LOVE-GOD or www.eckankar.org.

Oct 19-21

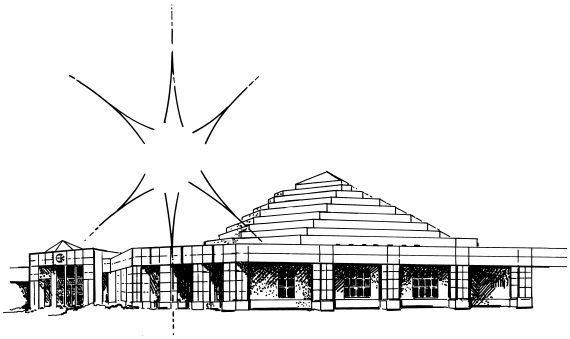
2012 ECK Worldwide Seminar

*A Year of Consecration*

Minneapolis, Minnesota

Information available July 2012 at 1-800 LOVE-GOD or www.eckankar.org.

For a listing of local Eckankar Regional Seminars, visit www.eckankar.org.



The Temple of ECK, located in Chanhassen, Minnesota, is a Golden Wisdom Temple. Buses to the temple are available during the seminars from the Convention Center. The temple grounds include over 2 miles of contemplation trails.
Visit Eckankar.org for more information on the Temple of ECK, including a virtual tour.