

ECKANKAR

Soul Adventure

Vol. 2, No. 1

M A G A Z I N E

Why Do We Dream?

page 5

for you...

Explore

- Dreams and Our Spiritual Journey
- Learning through Dreams
- A Technique to Better Understand Yourself
- ECK Art Adventures
- And more!

ECKANKAR

Soul ✨ *Adventure*

MAGAZINE

COVER STORY

5

**Spiritual Meaning
of Being Chased
in a Dream**

A dream of facing
oneself

10

**Soul Adventure
Essentials**

Amazing journeys of
Self-Discovery

SPIRITUAL EXERCISES

13

How to Sing HU

To open
your heart to the Light
and Sound of God

21

**To Better
Understand
Yourself and
Others**

A technique to explore
your dreams

DID YOU KNOW?

23

A Glimpse

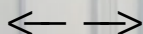
Our memory of dreams

ASK AWAY!

24

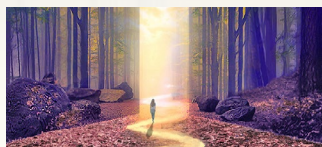
Q&A

Questions and answers
on understanding and
interpreting dreams



ECK ART ADVENTURES

26



Spiritual Growth

Claude Gruffy

SPIRITUAL GOLD
FOR YOU

29

Free Book

Dreams—What do they
mean?

PATH OF SPIRITUAL
FREEDOM

30

**What's Different
about Eckankar?**

CONNECTIONS

33

Link Up

Find fresh ways to
enhance your
spiritual life

BEHIND
THE
SCENES

35

Resources

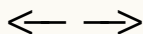
Dig deeper into
many of the
references mentioned in
this issue

WHAT'S THIS?

37

Glossary of ECK Terms

Quick guide to spiritual
meanings



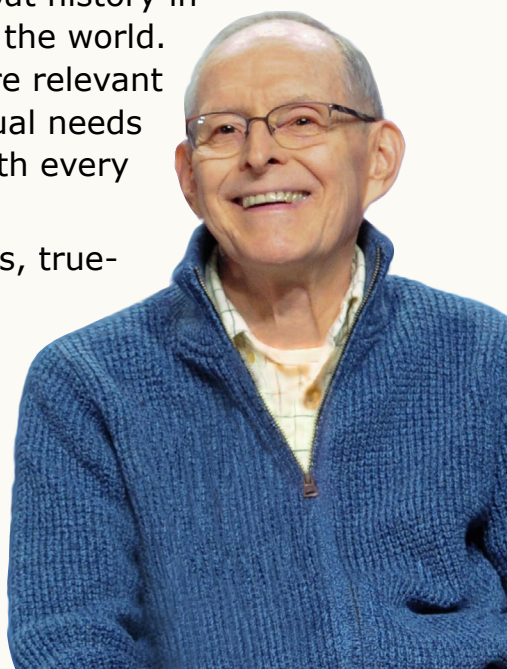
15

Dreams and Our Spiritual Journey

SRI HAROLD KLEMP

A LEADING AUTHORITY ON DREAMS, Sri Harold Klempe is a spiritual guide, teacher, and award-winning, best-selling author. As the MAHANTA, the Living ECK Master and spiritual leader of Eckankar, the Path of Spiritual Freedom, he helps seekers reach their full spiritual potential. He is the latest in a long line of spiritual Adepts who have served throughout history in every culture of the world. His messages are relevant to today's spiritual needs and resonate with every generation.

The miraculous, true-life stories he shares lift the veil between heaven and earth.





Who Are We, and Why Are We Here?

H

HOW MANY HAVE BEEN SPURRED on their spiritual journey by these questions! Well, the same questions might be raised about the purpose of this publication.

First off, it does not presume to provide answers out of hand. Rather, it offers techniques and inspiration to help you find your own authentic answers.

Truth lives in the heart.

Many thousands of people all over the world, from every walk of life, find the techniques and unique perspectives shared herein to be life-charging and life-changing.

Four times a year, this magazine presents new adventures of divine miracles, amazing spiritual artwork, keys to raising your spiritual IQ, and techniques to consciously connect with the God Current.

Stay tuned!



Spiritual Meaning of Being Chased in a Dream

L A R R Y W H I T E

A Stranger in My Dreams

N

NIGHT AFTER NIGHT I HAD THE SAME NIGHTMARE—A DREAM OF BEING CHASED BY A MAN WITH A KNIFE.

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 underwa-

ter. 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 waking life.

I decided to end this dream madness.

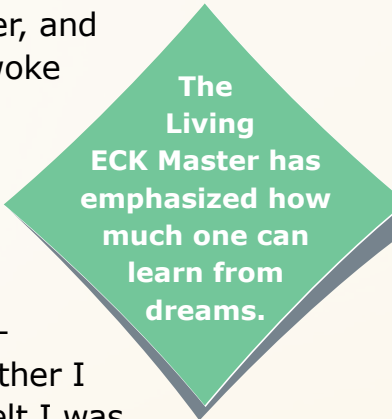
The next time this stranger pursued me in the dream state, I determined to turn around and demand, "What do you want from me?" After all, the Living ECK Master has emphasized how much one can learn from dreams. Confronting a dream situation face-to-face is better than running from it: a reminder to myself.

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



The
Living
ECK Master has
emphasized how
much one can
learn from
dreams.

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.

I remembered my resolve to confront this mysterious stranger.

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. ❖



QUOTABLES

Learning through Dreams

“ If the dream teachings of ECK achieve anything, may it be to show people how the Holy Spirit teaches through both Its inner and outer guidance. This lifetime is our spiritual laboratory.

ECK Wisdom on Dreams



ECK SOUL ADVENTURE

Soul Adventure Essentials



LIFE IS A SOUL ADVENTURE!

AN AMAZING JOURNEY OF SELF-DISCOVERY AND GOD-DISCOVERY. Nothing escapes the eye of Soul. Everything that happens to us counts as spiritual experience.

You are Soul, an eternal, unique spark of God. Soul is learning to love as God loves. You—Soul—exist because God loves you.

Eckankar offers creative spiritual practices to let you see beyond the surface of daily events and live to your highest potential.

Welcome to the adventure of a lifetime!

T

THE SOUND OF SOUL

A divine sound courses through all life—through every blade of grass, every galaxy, every atom of our bodies. HU is an ancient, sacred name for God—a carrier of love between God and Soul. When sung or chanted with an open heart, it opens the lines of communication to the most sacred part of yourself.

HU acts as a tuning fork, aligning Soul with higher states of love, creativity, healing, and awareness. It is the clear Voice of God, with the power to transform the lead of human consciousness into the gold of an enlightened Soul.

Find your own proof of the love and power of HU.

A SPIRITUAL EXERCISE TO EXPERIENCE
THE LIGHT AND SOUND OF GOD

How to Sing *HU*

H

**HU IS AN ANCIENT NAME
FOR GOD. IT IS ALSO A
LOVE SONG TO GOD.**

All we do with the word *HU* is to sing it with reverence. It represents the love of God for Soul, and we are Soul. *HU* represents the enormous love that the Creator has for Its creation.

With eyes open or closed, take a few deep breaths to relax. Then begin to sing *HU* (pronounced like the word *hue*) in a long, drawn-out sound: "HU-U-U-U."

Take another breath, and sing *HU* again. Continue for up to twenty minutes. Sing *HU* with a feeling of love, and It will gradually open your heart to God.

Do this exercise every day. This builds your spiritual stamina gently over time. Regular daily practice is the key to success. Also, when your day is hard, remember to sing *HU*. It puts you back in line with the Holy Spirit.

When you sing *HU*, you are saying to Divine Spirit, "I've opened myself to you. Give me the understanding and the wisdom to meet the waves of life, and the problems, troubles, and whatever else. Give me the strength to meet life." This is basically all we do when we do a Spiritual Exercise of ECK.

A short session where we meet with the Divine: that is a Spiritual Exercise of ECK.

*ECKANKAR's Spiritual
Experiences Guidebook*



Dreams and Our Spiritual Journey

BY SRI HAROLD KLEMP

D

**DREAMS—THE STUFF OF
WONDER, FEAR, THE
UNKNOWN—ARE CERTAIN TO
PIQUE OUR CURIOSITY.**

A Dream of Prophecy

As a classic example, there is the case of Samuel Clemens, the American humorist known as Mark Twain. He foresaw the death of his brother Henry, who also worked on the Mississippi riverboats during the 1850s.





One night, Twain awoke from a nightmare in which he clearly saw a metal coffin for his brother. On it lay a bouquet of white flowers, a red rose in the middle. A few weeks later, Henry suffered severe injuries from a boiler explosion on the river. He died shortly after.

When Twain arrived a few days later, he found the setting exactly as it had appeared in his dream. People had taken pity upon his brother and had collected money for a metal coffin, instead of the wooden boxes usually used in river accidents. As Twain paid his last respects, a woman entered the room and placed on the coffin a bouquet of white flowers with a single red rose in the middle.

**Dreams
touch every
level of our
life.**



Dreams for Insight

Dreams touch every level of our life. They may let us glimpse the future, or give suggestions for healing, or share insights into our relationships. Above all, they can and will steer us more directly toward God.

A woman had been running her life by the forces of power and control instead of love. Her inclination was to control other people, to tell them what to do. It was second nature to her. She did realize she had developed some bad habits, but she couldn't pinpoint what they were doing to her life.

So the Dream Master, her spiritual guide, gave her an experience about habits.

One night in the dream state, she found herself in a basement with a group of people. Crust-covered leeches were

crawling all over the walls and floor. The basement was dark. The other people felt it was very important to keep plucking the leeches off themselves. They spent most of their time just sitting there, plucking and plucking.

Suddenly a door opened from the outside. Sunlight poured into the basement, and a second group of people came in. They seemed very unconcerned about the crusty creatures.

The first group tried to warn them, "Be careful of these leeches. Keep plucking them off, because they'll get all over you, and they stick!"

The dream was upsetting and left the woman with a feeling of discomfort.

The second group didn't seem to care. They were too busy laughing and enjoying themselves. The first group simply could not impress upon these happy people that leech-plucking was important.

The second group left the basement, and sunlight poured in through the open door. About this time, the dreamer awoke.

The dream was upsetting and left the woman with a feeling of discomfort. But from this experience she was able to take a bad dream one step further, to a higher level, and raise herself spiritually.

How to Change a Dream Yourself

In contemplation, the woman visualized herself walking out of the dark basement into the sunlight. She made an effort to dispel the frightening effects of the dream by moving from a darker world into a higher, lighter one.

As she did this, she realized that the crusty things that hung on like leeches were actually habits. *Her* habits. They were the habits of control, fear, power, and other practices that did not allow the people she was with to have their freedom.

She also realized that the people in the second group were simply engaged in the love of everyday life and loving Divine Spirit, the ECK. This love was the Light and Sound, from the greater worlds of God.

A definite effect occurs when you begin working to change your inner space,

to uplift it from power to love. Something happens out here. You begin to have brighter vision; you become more willing to allow other people as much freedom as you would like for yourself.

Lesson learned!

Wisdom of the Heart

Many of the first steps to the higher states of consciousness are taken in the dream state. Dreams are a way for you to find wisdom of the heart.

And once found, no one can take it from you. ❖

“The land of dreams is an actual place. Any experience you gain in the dream world is as useful to you spiritually as any of those you may have here in the human body.

To Better Understand Yourself and Others

A TECHNIQUE TO
EXPLORE YOUR DREAMS



D

DREAM CHARACTERS

Human characters play leading parts in most dreams. They are often people who are close to us in everyday life. In many cases, they represent things other than themselves.

Most dreamers can learn their own feelings or thoughts about a person by studying what the dream character does or says.

If you wish to use this technique, write down not only the dream upon awakening but also your thoughts and feelings about it and the people you encountered.

The Art of Spiritual Dreaming



DID YOU KNOW?

A Glimpse

Our memory of dreams
is a glimpse of the
full spiritual life
that each of us leads
beyond the physical.

The Art of Spiritual Dreaming

ASK AWAY!

Q&A

Dreams & Medieval Past Lives

Understanding and Interpreting Dreams

Have you had a dream about a certain period of history? Could this be a memory of a past life?

Discover a deeper insight into your dreams in this answer from Sri Harold Klemp.

Dreaming about Medieval Times

Q *I haven't been having any dreams that I can remember for the past month. This is unusual for me; I usually have dreams all the time. Is it karma? I would like to know, if possible, because I learn from my dreams.*

Another thing I would like to know is, are there knights on the higher planes? I am attracted to medieval wars and battles.

A In answer to your first question: By the time you read this, you will have started to dream again. There are times when Soul shifts gears; this is when we don't always remember our dreams. But it is a passing thing.

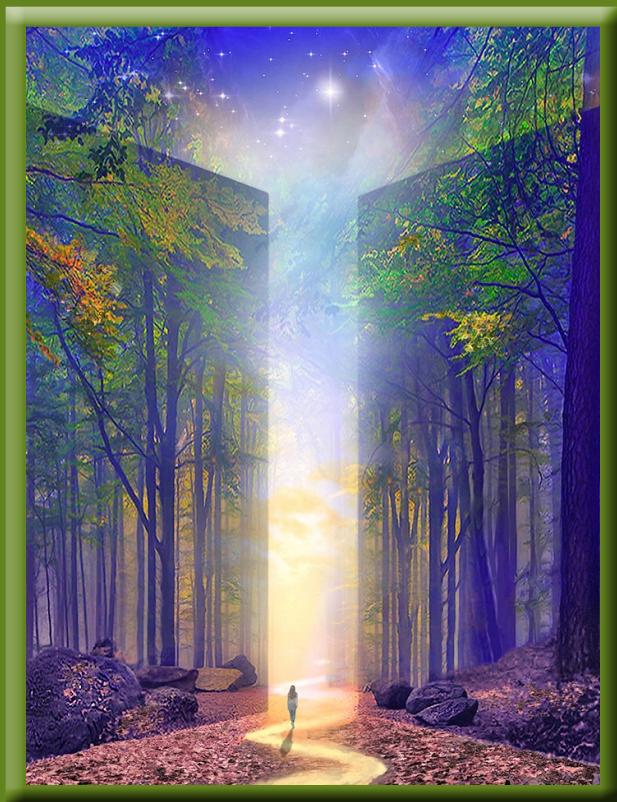
About your attraction to knights and medieval wars and battles: Your interest in that period of history is due to your many past lives there. It was a time of great adventure, chivalry, and heroics. The forces of darkness and light were in a hotly contested battle for centuries, and you played a part in those unsettled, but interesting, times.

History can teach us much about how mankind's unlearned lessons repeat themselves. This allows us to use our knowledge to avoid unnecessary problems, because we can sidestep a lot of them.

People make history. You might enjoy the historical novels by Mary Stewart that bring to life the times of King Arthur at the beginning of the Middle Ages: *The Crystal Cave*, *The Hollow Hills*, *The Last Enchantment*, and *The Wicked Day*. You'll find many spiritual insights in these books, for the author is adept at looking at past-life records on the Causal Plane.

*A Modern Prophet Answers Your
Key Questions about Life, Book 1*

Spiritual Growth



ARTWORK BY CLAUDE GRUFFY

“Life is about spiritual growth. We either seize the opportunities that life offers to become Coworkers with God—by learning to serve others—or we think mostly about getting our own satisfaction.

The Living Word, Book 2



W

WHEN I START A NEW CANVAS, I HAVE NO IDEA WHAT I'M GOING TO CREATE, SO I CLOSE MY EYES AND SING *HU* SEVERAL TIMES.

This relaxes my body and mind. Then I invite the MAHANTA to assist me and to help me find the necessary inspiration for this new creation.

I used this exercise when I created *Spiritual Growth*. A current of energy came over me, and several images appeared in my mind. Throughout the creation, I felt guided, so I surrendered to this creative energy. When the paint-

ing was completed, I was pleasantly surprised with the result.

The message that the ECK sent to me for this work is very clear. It is to open the great door within to discover larger, more luminous dimensions for spiritual growth.

An ECKist shared with me that she had encountered the Inner Master while contemplating on this painting. If I can give just a small spark of light to people like her, my artistic mission can be accomplished.

Creating through the ECK is pure bliss!

CLAUDE GRUFFY



Spiritual Gold for You

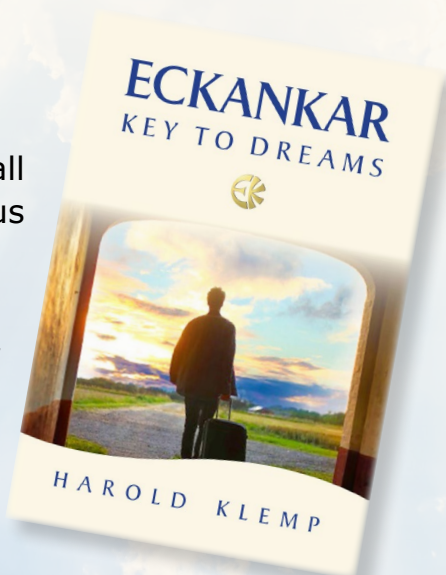
DREAMS ARE A SPIRITUAL GOLD-MINE that can offer glimpses into past lives, soothe a broken heart, and settle the deepest questions in life.

Sri Harold Klemp shares

- true-life stories
- spiritual exercises
- and techniques

to boost dream recall and enable conscious dreaming.

Choose your preferred format below and discover how you can unlock the full potential of your dreams!



DOWNLOAD FREE PDF

PURCHASE eBook FOR 99¢



What's Different about Eckankar?

WHY IS SERVICE IMPORTANT SPIRITUALLY?

Service is something Soul gives naturally in gratitude for the gift of life.

The destiny of each Soul is to become a Co-worker with God, to serve all life in Soul's own unique way. This is the pulsebeat of the ECK path.

There are many ways to give of yourself. It can be the conscious giving of love and care to your family, or to your social, civic, or religious community.

Members of ECK give according to their own personal agreements with Divine Spirit. The entire reason for Soul's journey is to learn the spiritual need for giving.

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.



WANT TO KNOW MORE?

Advanced Spiritual Living Courses

WHAT WILL YOU EXPERIENCE?

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

- monthly self-discovery courses with advanced spiritual techniques for private study;
- opportunities to explore the courses in small group discussion classes;
- quarterly letter and updates from a God-Realized teacher with timely perspectives;
- spiritual initiations—profound steps of enlightenment;
- a community of like-hearted people who respect spiritual freedom and love truth;
- opportunities for further spiritual training and service.

START YOUR ECK ADVENTURE

You Are Invited to Attend!

ALL ECKANKAR SOUL ADVENTURE EVENTS ARE AN OPPORTUNITY FOR YOU TO JOIN WITH OTHER SPIRITUAL SEEKERS AND STUDENTS OF ECKANKAR.

One to three days of workshops, small group discussions, inspiring creative arts, programs for youth and families, and outstanding speakers.

Every year Eckankar hosts a major in-person Soul Adventure seminar in Minneapolis, Minnesota, attended by thousands from across the globe. Sri Harold Klemp is the featured speaker at these events.

There are also Eckankar Soul Adventure events happening around the world. To see what's available in your local area, **check it out now.**

ECKANKAR
Soul 
Adventure Events

EXPERIENCE MORE!



Link Up

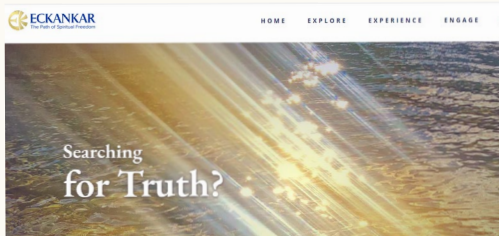
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Visit Eckankar.org

Eckankar's website offers many more ways to enhance your Soul Adventure experiences.



Hear the Gift of HU

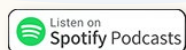
Sacred sound. Ancient mantra. Experience the life-changing, life-affirming power of HU, the Sound of Soul, in your life. GiftofHU.org



Listen to the *Eckankar Soul Adventure Podcast*

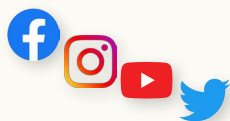
Join us for dynamic heart-to-heart conversations on spiritual topics that will help you uncover the truth within your own heart.

Hear real-life stories, and discover creative spiritual practices you can try at home. Make your life a real Soul adventure!



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You can connect with Eckankar on your favorite platform—**Facebook**, **Instagram**, **YouTube**, or **Twitter**.



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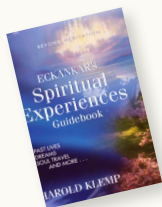
Resources

By Sri Harold Klemp



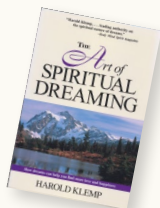
ECK Wisdom on Dreams

Discover your inner dream worlds, and learn everything you need to know to get along in life.



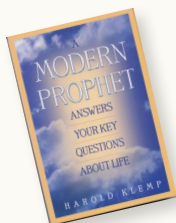
ECKANKAR's Spiritual Experiences Guidebook

Find keys to accelerate your pursuit of truth, enrich your daily life, and experience the love of God in your own heart.



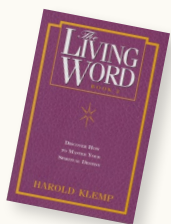
The Art of Spiritual Dreaming

Paint a more fulfilling life for yourself using proven techniques. Your dreams are the secret to creating a masterpiece.



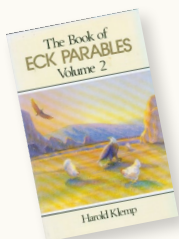
A Modern Prophet Answers Your Key Questions about Life, Book 1

Sri Harold Klemp's answers to hundreds of questions will uplift and transform you, helping you see God's presence in your life.



The Living Word, Book 2

A complete guide for spiritual growth. Whatever your religious background, you'll become stronger, more self-reliant, and better at discovering spiritual truths in your life each day.



The Book of ECK Parables, Volume 2

These select tales give true solutions, but maybe not in the way you'd expect. Whether they're physical, emotional, mental, or spiritual—you'll learn how to tackle tough problems from the viewpoint of your higher self, Soul.

The *Eckankar Soul Adventure Magazine* is a quarterly publication from Eckankar, PO Box 2000, Chanhassen, MN 55317-2000 USA. Published online, it is available as a **free subscription**. More information about Eckankar at **Eckankar.org**.

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Glossary of ECK Terms

Blue Light How the MAHANTA often appears in the inner worlds to the chela or seeker.

chela A spiritual student, often a member of Eckankar.

ECK The Life Force, Holy Spirit, or Audible Life 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.

HU HYOO The most ancient, secret name for God. It can be sung as a love song to God aloud or silently to oneself to align with God's love.

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 ECK Master. The highest state of God Consciousness on earth, only embodied in the Living ECK Master. He is the Living Word.

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

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 ECK The Holy Spirit. The two aspects through which God appears in the lower worlds. People can experience them 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, used for those who have attained the Kingdom of God. In Eckankar, it is reserved for the MAHANTA, the Living ECK Master.

Coming Next Issue

- Healing from grief via Soul Travel
- How to become a magnet of love
- Spiritual exercise: a gateway to Soul Travel
- ECK art adventures
- Plus so much more!