

An ECKANKAR

# Soul Adventure



## Finding Your Life's Purpose

A JOURNEY TO SELF-DISCOVERY  
AND GOD-DISCOVERY

“ *So what is the reason for living?  
Life is God's blessing to each Soul. You  
are here in this great laboratory of life  
to learn how to give and receive love.*

HAROLD KLEMP

# LIFE'S PURPOSE: AN ECK SOUL ADVENTURE

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



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

**See how finding your life's purpose can . . .**

- ◇ inspire you to give and receive God's love in an always-increasing measure,
- ◇ teach you to gracefully take each step on your journey, and
- ◇ open your heart in service to life!

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

**This eBooklet offers** inspiration, stories, tips, and spiritual exercises for finding and exploring your life's purpose.

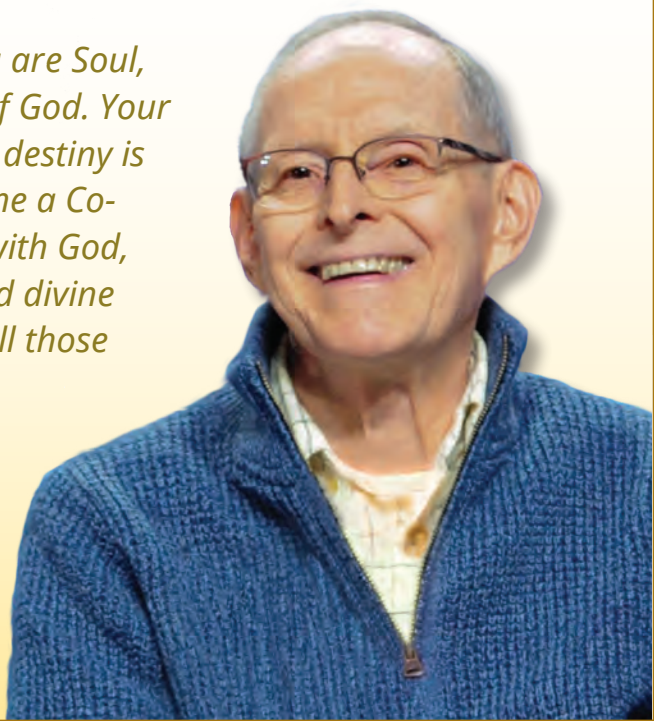
## MEET SRI HAROLD KLEMP

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

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

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

“ You are Soul, a child of God. Your spiritual destiny is to become a Co-worker with God, to spread divine love to all those around you.





## THE TRAIL GUIDE

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

An article once ran in the *San Jose Mercury*, a West Coast newspaper, that carried the intriguing title **“A Bike Ride Stranger than Fiction.”**

Twin brothers decided to take their mountain bikes to one of the large parks in California. **They planned to make a forty-mile loop** along ridges and up and down trails to see if they could reach a certain summit.

So the two young men, full of adventure, set out on their bikes to rough it, racing up and down hills and ravines. **After a while, they were exhausted.**

One asked, **“Will we be able to make the summit and still get back** to the ranger station before dark?”

This ride was turning out to be a lot more strenuous than they'd bargained for. Yet, in

spite of their exhaustion, **they pushed on.** Before long they managed to reach the summit.

Both exclaimed in wonder, “Wow, what a view!” Then more soberly, one said, **“Now we’d better get out of here.”** Off in the distance at the next ridge, **they could see a rainstorm sweeping in. Trouble.** Rain would turn the trails to mud.

When the rainstorm unleashed its vengeance, biking went from bad to worse. The trail had indeed turned to mud.

**They drove themselves without mercy,** to the point of thinking it was the end. Yet the brothers struggled on.

**Finally, they collapsed.** They’d toppled into the mud—flat on their backs, unable to stir a muscle.

**WHAT KEEPS  
YOU GOING  
WHEN YOU  
THINK YOU  
CAN’T GO ON?**

One concluded, **“Well, it’s been a good life.”** So they lay there, in the mud, exchanging stories of adventures they’d shared in their all-too-short lives.

**Suddenly, an old man appeared before them.** He had a walking stick in hand and wore an old rain cap on his head. But his most striking feature was a long white beard.

The man studied them. Finally, he asked, **“What are you doing?”**

The twins answered in unison, as twins often do. **“We’re going to die,”** they said. It was said mostly in jest. The two peered up miserably at the old gentleman.

Finally, one said, **“Where’d you come from?”** Still flat on their backs, they looked up, too worn out to budge.



Brushing the question aside, the old man stated, **“I am a caretaker.”**

**“Where’s the trail back to the ranger station?”** they asked.

His eyes reflected a gentle, compassionate look. **“That’s the way home,”** he said, pointing to a place hidden beyond trailside brush.

Indeed, just a few yards away was the elusive

trail they'd sought. The old man regarded them with amusement. **"So you guys aren't ready to die."** His gentle humor was like a healing tonic.

Unaccountably refreshed, they roused, straddled their bikes, and headed for the trailhead a few yards away. **They stopped and turned** to wave their gratitude to the old gentleman, **but he had vanished.**

### The Rest of the Story

There was an odd follow-up to their adventure. One twin, the writer of **this article, told of a later dream** in which the old caretaker appeared to him.

The young man asked, "What are you doing in my dream?"

The old one replied, **"I came to say that you have more adventures ahead of you and to be thankful."**

"For what?" the young man asked.

"You are a wild spirit and have a big heart." Smiling, he added, **"Be thankful for every minute you are here."**

The young man shot back, “You mean wander the hills alone like you?”

“No. **Be the caretaker of your life.**”

When the dreamer awoke, **contentment and happiness hovered over him** such as he’d not felt for a long time.

His conclusion from this dream was that we are all caretakers for ourselves and each other, and **it’s important to take every step with grace.** For life is a precious journey.

“And most of all,” the young writer urged, **“Don’t ever give up.”**

He’d **met the ECK Master Fubbi Quantz.** 



**Fubbi Quantz**  
is an  
**ECK Master**  
who has  
served as a  
**spiritual guide**  
for many  
years.



TRY A SPIRITUAL EXERCISE

## GOD'S SWEET LOVE



**Consciously open your heart to God's love,** which is always and forever flowing out to you like a quiet mountain stream.

**It's easy to do.**

**Sing HU,** and, in your mind and heart, watch this quiet stream of God's love flow gently into your heart and being.

**HU opens your heart to God.** It opens you to God's sweet love. 🌿

### How to Sing HU

Your **eyes** can be **open or closed.**

- ◇ **Take a few deep breaths** to relax.
- ◇ Then begin to **sing HU** (pronounce like the word *hue*) in a long, drawn-out sound: HU-U-U-U.

- ◇ **Take another breath, and sing *HU* again.** You can continue for up to twenty minutes.
- ◇ **Sing *HU* with a feeling of love,** and it will gradually open your heart to God.

“ *Giving God’s love to others is the reason we’re all here. God’s love comes to us directly from God and through others.*

*Part of Soul’s lesson is to learn to somehow give this love back to life and to everything living.*

*Give it back to every living thing.*

# HU

Sacred Sound—Ancient Mantra



## AEROBRIDGE TO LOVE

*Here is the story of one young man's surprise encounter with the power of divine love—Soul learning to love as God loves.*

I'm a manager of the cabin crew for an international airline. **Part of my role is to greet passengers** as they board the aircraft.

On one particular flight, **an elderly lady** with a cane **slowly and tentatively approached the door**. The floor of the aerobridge connecting to the aircraft was about two inches lower than the threshold of the plane. This would present no problem to an able-bodied passenger, but to this lady it posed a major hurdle.

**Each time she** lifted her foot to take the small step, **she lost her balance**. I quickly became aware she was having a problem.

I extended my arm. **"Let me help you, madam," I said**. With that offer, I consciously opened my heart to God and

declared myself a vehicle, to be of service in any way I could to the best of my ability.

**What happened next caught me by surprise.** The lady gazed up at me with eyes that were deep pools of love.

**She looked at me, Soul to Soul.**

In that moment, **time and space collapsed.** I saw this woman in her youth. Young, bright, and energetic, she was bounding up a set of stairs, two steps at a time, holding not one but two young children in her arms. She was at once a loving wife and caring mother, leading a healthy, active life.

**HAVE YOU HAD  
A SPECIAL  
SOUL-TO-SOUL  
EXPERIENCE?**

I could barely contain the enormity of the divine love I was feeling. It was as if **God had opened the floodgates of heaven.** Right there in front of all the passengers, I broke into a torrent of joyous tears.

**My elderly passenger,** in all her dignity, **understood.** "Thank you," she said simply, and she moved toward her seat.

As I watched her, I felt as if **God had returned more than a millionfold the little bit of love** I had given.

Truly **we can serve God and all of life, anywhere,** at any time. ~

“ So often you’ll hear me say, **‘Soul’s mission is to serve life.’**

*Basically, it’s helping people. It’s helping them do the things that they need to make life easier for them.*

*And in so doing, you are working for the Holy Spirit, for the good of other people. And you are doing much good for yourself.*





# ANSWERS TO YOUR SOUL ADVENTURE QUESTIONS

*What is the spiritual quest?*

The spiritual quest is to **live a God-Realized life.**



What's at the core of God-Realization if not divine love? So, the quest means learning to **give and receive God's love in an always-increasing measure.** One doesn't have to run around frantically in search of it. God's love is all around.

But you must learn to **open your heart** to it.


One way is by doing an **easy spiritual exercise**, which I'll give you here.

**IS THERE  
SOMEONE OR  
SOMETHING  
THAT OPENS  
YOUR HEART?**

- ◇ **The key is to contemplate on all** the things in your life **you're grateful for**, like your family and friends, your health, your opportunities, or the Mahanta.

- ◇ Then **sit or lie down** and get comfortable.
- ◇ Next, begin to **sing, "Thank you,"** either aloud or silently. Let a parade of all the things you're grateful for march across the screen of your mind, from left to right.

This is a pleasant exercise. **It will begin to open your heart to God** in a greater way than ever before.

The quest! People have pursued it across the pages of history, yet it has always eluded them. They were looking for a precious treasure out there. But **it was hidden in their very own hearts** the whole time. 

*I'm not sure what it means to really love God. How can I develop a loving relationship with God?*

**Put your attention upon divine love.** Put your love into the things you do. Give your love to your dear ones.

**HOW, OR TO WHOM, COULD YOU GIVE DIVINE LOVE TODAY?**

Love is all there is. It is the beginning and end of life. **Ask the Inner Master** to guide

you in the ways of God's love, and **life will bring you every experience needed**. That is the easy way.

In time, **divine love will take you to the top of the spiritual mountain**. There, you will experience the wonders of Self-Realization and God-Realization in the proper seasons of your life.

And, in the end, **you will love God completely.** 





ECK MEMBERSHIP

## ADVANCED SPIRITUAL LIVING COURSES

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



### WHAT WILL YOU EXPERIENCE?

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

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

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

## *Start Your ECK Adventure*



**AdvancedSpiritualLiving.org**



Membership Services  
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**ECKANKAR**  
The Path of Spiritual Freedom