

An ECKANKAR *Soul* 
Adventure



The Power of Gratitude

A SECRET TO SPIRITUAL LIVING

“ *Gratitude begins to create a series
of events for our spiritual benefit.*

Sri Harold Klemp

GRATITUDE: 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, divine spark of God. **As Soul, you have the God knowledge within you.**

See how the power of gratitude can . . .

- ◇ awaken you to the secret of love,
- ◇ unseal fountains of creativity,
- ◇ open your heart in difficult times, and
- ◇ bring you three-dimensional answers!

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 exploring a unique perspective on the power of gratitude.

MEET SRI HAROLD KLEMP

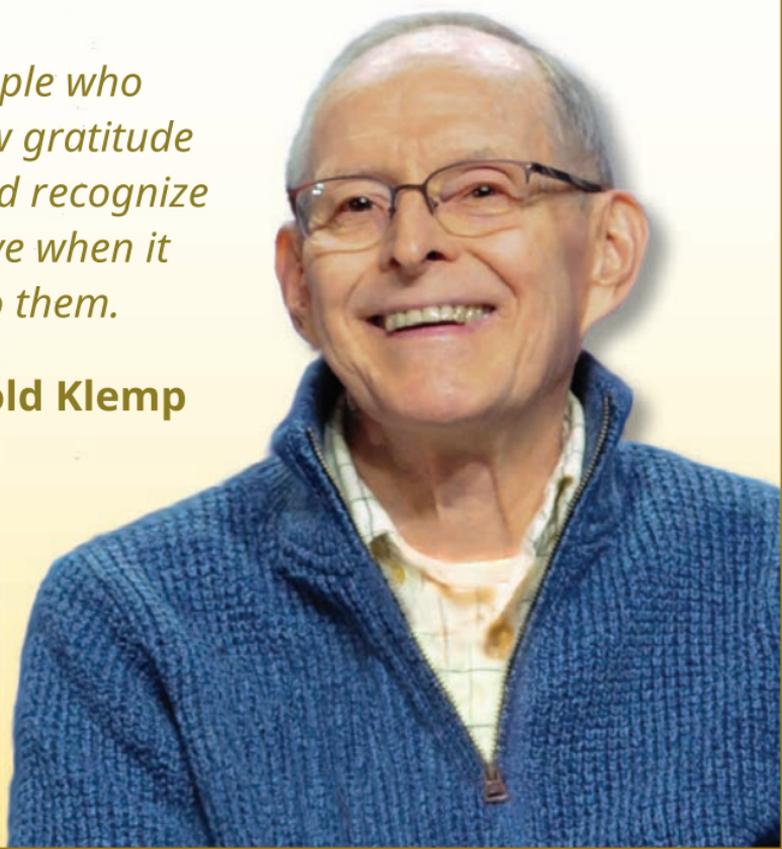
A spiritual teacher who can help you on your path of spiritual self-discovery.

Sri Harold Klem 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 in the spiritual worlds.

“*People who can show gratitude know and recognize God's love when it comes to them.*”

Sri Harold Klem





THE LAW OF GRATITUDE

By Sri Harold Klemp

One who is thankful for every good thing will find the richness of heaven.

The Law of Gratitude states simply that **abundance flourishes in a grateful heart.**

Gratitude appears in subtle ways. **Once I went to a schoolroom on the inner spiritual planes** to watch children being taught arithmetic. The teacher asked a bright-eyed boy, "If you had one tomato and needed ten, how many more would you have to buy?"

The boy thought a moment then said, "None! I'd cut open my tomato, plant the seeds, and grow *many* tomatoes." The teacher, impressed by the boy's ingenuity, accepted the answer. **The boy had an appreciation for life that let him view it more fully than others.**

The point is that **creative people who cherish the gift of life** often slip into the secret chambers of the creative mind. Their solutions are well-rounded, more sensible

than those of people who rely solely upon reason as their mainstay.

Gratitude unseals fountains of creativity, because a grateful person is relaxed. This allows him to take stock of his circumstances with an objective mind.

TRY THIS:
**HAVE A
PROBLEM, NEED
AN ANSWER?**
**FOCUS FIRST ON
SOMETHING YOU
ARE TRULY
GRATEFUL FOR.
THEN LISTEN.**

Like the boy in the story, **a creative person often gets three-dimensional answers** to his problems. So creativity, bountifulness, and gratitude go hand in hand.

Divine Spirit will give us all we need.

- ◇ **First we must learn to expect the best** in life, and be willing to plan and work for it.
- ◇ **Second, we need a clear mental picture** of what we desire.
- ◇ **Third, this picture is to be maintained constantly**, with the certainty that Spirit will supply any rightful desire.
- ◇ **Fourth, there must be gratitude** for every good thing received.

Gratitude for gifts we have already received sets into motion new forces that sustain a life of fullness. A grateful person usually finds the windows of spiritual opportunity open to him.

One who is thankful for every good thing will find the richness of heaven in the humblest detail of his spiritual life.

The window of gratitude opens us to the heavens of God. 🌿

“ *Abundance flourishes in a grateful heart. Gratitude is the secret of love.* ”

Sri Harold Klemp



TRY A SPIRITUAL EXERCISE

GRACE, BALANCE, GRATITUDE

By Sri Harold Klemp

Everything in the right amount brings an abundance of life and fulfillment. Everything is right when there is neither too much nor too little for the time and place.

So is it also with your spiritual life.

Give yourself time for rest and contemplation. Eat foods that are good for you, because they build and restore the temple where Soul resides.

Accept your emotions. Permit your mind to study, explore, and grow.

Love God. Give thanks for life, for it blesses you with revelations.

Life gives and takes, but always gives again. **Be thankful for wisdom, be grateful for existence.** This world and the things in

it are for exploration, study, and joy. There is a plan to living; there is order.

Love, and let God love you.

Sing *HU* softly, and let your gratitude for all that has ever brought you love bloom in your heart. 🌿

How to Sing *HU*

With eyes open or shut, 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. You can continue for up to twenty minutes.

Sing *HU* with a feeling of love, and it will gradually open your heart to God.

HU

Sacred Sound—Ancient Mantra

DID YOU KNOW?



“ *Sincere gratitude is a form of worship.* ”

As you go through your day, consciously look for at least three things you have never expressed gratitude for.

Pause and give whatever it is, or whoever it is, your full attention and appreciation.

In so doing, you are accepting more of God's love.

Sri Harold Klemp



“YOU’RE WELCOME”

Giving and receiving are opposite sides of the same coin.

By Deena Wolfson

Some years ago I opened my home to another member of Eckankar. She had come to Chicago to undergo major surgery. I happened to have space in my home, so I invited her to stay with me while she recovered. We became close friends.

Since that time, whenever we see each other, **she always tries to thank me**, saying, “I can’t believe this stranger opened her home to me.”

I have always had difficulty accepting expressions of gratitude, because it seems as if I’m patting myself on the back. So I’d shrug off her comments with, “No, no, that’s fine. I’d do it again in a heartbeat.”



In doing that, I would just push my friend’s gratitude away.

That is, until recently when she and I were talking. I suddenly realized that **in denying her the gift of showing me gratitude**, I may have been letting her feel she owed a debt she could not repay. I asked her to please forgive me and told her quite simply, "You're welcome."

**HOW EASILY
DO YOU
ACCEPT LOVE?**

I remember her gentle and loving smile.

We both acknowledged the role of the ECK in all this. I am more grateful for this lesson than words can express.

Giving and receiving are opposite sides of the same coin. 

“*To receive love sounds easy enough, but many people have a hard time accepting it from others.*”

Sri Harold Klemp



SOUL ADVENTURE QUESTIONS FOR SRI HAROLD

How can I keep my heart open when life seems so hard? I want to feel more love, less stress and worry. I am asking sincerely.



The power of gratitude opens the heart to allow love to enter. But once the love comes in and we receive the gifts of Spirit and of life, the way to keep the gifts flowing is through an ongoing spirit of gratitude.

People are usually too busy counting the things they don't have. They notice how much more money their neighbor has, how much further ahead in spiritual unfoldment someone else is, and so on.

But if we **stop to count our blessings**, to realize how much we do have and be grateful for it, then **the heart is kept open to love** and all the gifts that love brings.

**IS THERE
SOMETHING
IN YOUR LIFE
ASKING FOR
YOUR
GRATITUDE?**

I wish there were some easy technique I could give you to feel gratitude. There are times when it will seem difficult, but it's really as simple as appreciating what you have in your life.

**LET
SOMEONE
HEAR THE
LOVE IN
YOUR HEART.**

If there is someone you love, let that person know how you feel. Say thank you to your mate or your child even when you don't feel well.

If you can just stop and be grateful for the blessings before you, your heart will open to love. Then the blessings can keep coming. 



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-minded people** who honor spiritual freedom and love truth;
- ◇ opportunities for further **spiritual training and service.**

Start Your ECK Adventure



AdvancedSpiritualLiving.org



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ECKANKAR
The Path of Spiritual Freedom