



**all  
about  
ECK**

by  
paul  
twitchell



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by Paul Twitchell

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# The Shariat-Ki-Sugmad, The Way of the Eternal

The Shariyat-Ki-Sugmad, which means the Way of the Eternal, is the ancient scripture of the path of ECKANKAR, the Ancient Science of Soul Travel, or total consciousness.

It is possibly one of the oldest we know about on this earth planet. The Sanskrit writings consist of the Vedas, Upanishads and Mahabharata which can hardly be traced beyond ten thousand years on this planet. The Shariyat-Ki-Sugmad is said to be known before the great antediluvian deluge of this world, and beyond, into the hoary years of those so-called mythical continents we know as Lemuria and Atlantis.

The Naacal records are said to be among the first of the religious writings known to us which contain scattered references to ECKANKAR, or total consciousness. Only two monasteries in Tibet, located in the remote mountains, have any of these writings in keeping. These monasteries are so well hidden that it is doubtful that many can find them, not even the Buddhist Lamas who have gained the power of moving about the ether at their own volition. The keepers of these records are careful in their guardianship of them. Nobody can enter these monasteries unless first screened by a group of monks who can read the seeker's aura as we can scan a daily newspaper.

However, the Shariyat-Ki-Sugmad, which is the guide for those

who wish to reach the heavenly kingdom via the route of ECKANKAR, is kept in a golden temple of wisdom and beauty in the spiritual city of Agam Des which lies in the high wilderness of the Hindu Kush Mountains in central Asia. Only those who are able to travel in the Soul body can reach this strange community of adepts and study the ancient scriptures of Truth.

ECKANKAR is closer to being in its original form than any of the philosophical or religious teachings today. It is neither a religion, philosophy, nor metaphysics, for it is a path to God that we call Eck-Marg, meaning, of course, the path of ECKANKAR.

It has been handed down by word of mouth from Rama, the first known world saviour, who came out of the deep forests of Northern Europe. He traveled across to Persia, where he paused long enough to give these secret teachings to a few mystics whose descendants were to become the followers of Zoroaster, the Persian sage. Rama proceeded to India where he settled and taught that we could have the experience of God in our own lifetime.

ECKANKAR was revealed to Rama by one of the ancient spiritual travelers. It is likely that he was lifted out of the body and taken to the city of Agam Des where the Shariyat-Ki-Sugmad was viewed. Here he had the opportunity to study its contents.

No written instructions had been put down for the followers of ECKANKAR, nor any part of it, until about the sixteenth century when Kabir the Hindu-mystic poet took it upon himself to unwrap the mysteries of the Ancient Science of Soul Travel.

There was a corruption of the original teachings which were by word of mouth and several other paths came out of it, e.g., Shabda Yoga, Magi, Cult of Dionysus and a few others. Each branched off into its own way as a path to God. Basically the main principle or vital part remains in the form we know as '*out-of-the-body*' projection, which is far beyond astral or any of the other lower body movements.

The Shariyat-Ki-Sugmad consists of twelve chapters, each about thirty thousand words, made up of cantos or verse in

dialogue form. The SUGMAD, God in English, speaks to His chief disciple Sat Nam, sometimes called the Sat Purusha, the Lord of the Worlds as we know the spiritual plane of Soul, or the Fifth region. Many believe He is the Supreme SUGMAD, but he is only the first manifestation of God.

Statements of the highest spiritual nature are attributed to Sat Nam, to show that God wants all Souls to be lifted into the heavenly realm again, e.g., *"I am eternal, therefore I am free,"* *"All who come unto Me shall experience the freedom of eternity."*

*"Freedom is a completeness within itself for Soul must enter into the divine light, or suffer the effects of the lower realifyr*

*"The true reality is spirit, in any universe of Mine,a'hd he who looks upon it as giving him existence and experience is indeed a wise man."*

The ancient manuscript is a true light for the Word of God. It takes up and discusses every phase of life in both the matter worlds, and the higher planes. Those who are fortunate to be able to peruse its golden pages are indeed enlightened Souls. Usually it is the spiritual travelers who make it their concern to study this golden book of wisdom and spread its light to those who will listen.

Indeed as Rebazar Tarzs, the torchbearer of ECKANKAR in the world today, points out, only the courageous, and adventurous in spirit ever have the opportunity to see and study its wondrous pages.

# The Confusion In Our Spiritual Affairs

The subjects of religion, philosophy, metaphysics and occultism seem to be on a rampage among the peoples of the world in our times.

Truthfully there has never been a more confused state of spiritual affairs than exists in all the topics named in the above paragraph.

The problem of spirituality which is the overall effect of religion, philosophy, metaphysics and occultism, is that no two writers or two teachers hardly ever agree upon any point. There are two reasons for this; first, everyone fits knowledge to his own state of consciousness, and second, because of the confusion in semantics which exists in the language of the whole of spiritual subjects.

Strange as it may sound we all have the tendency to fit any teachings to our spiritual understanding; thus a person with little or lack of knowledge may reject the highest teachings because he doesn't understand. Christ was not accepted by everybody. In fact, He was rejected by the Pharisees and other sects, including the Brahmans of India, so that His life was demanded. This is generally the fate of anyone who tries to break new ground in the spiritual field.

So much of the essentials of the spiritual works comes from



the East, and brings with it the confusion of various wording of phenomena and aspects whenever Oriental terms are used. But once we brush away the confusion then the concept of the terms becomes clear. For example, that Reality we know as God in the Anglo-Saxon language has thousands of names in foreign tongues, e.g. Brahma in Hinduism, Allah by the Moslems, Sat Nam by many of the various sects in India and SUGMAD by those who follow the path of ECKANKAR. Other names are Akal, Anami, Sat Purusha, Hari Ray and Amma. No wonder there is so much confusion.

We must not be perplexed by words and symbols. We must go to the heart of all things, in order to understand the Divine Reality and Its principle of creation and survival. If we do not do this then, frankly, one will continue to wander about until the hardships of life force him into looking for the center of creation of all things. Until he does, this wandering will be a suffering for the individual.

This means that anyone interested in any subject of the spiritual realm must certainly be very careful of how much he reads, studies and participates in meditation, for the simple reason that once he goes beyond a certain point there is no return. It's like a plane flying from Tokyo to San Francisco, when it crosses a certain longitude and latitude the pilot must keep going toward his final destination, for now he has passed the point of no return.

This raises the thought that now we are confronted with the problem of what is going to happen to that individual who has crossed this invisible line, and moved into the inner realms of the spiritual worlds. Under a competent teacher, he is taken care of, but with any teacher who has no experience in the work he is liable to get into areas of trouble.

An example of such troubles can be that too much study of any spiritual works, too much participation in meditation and reading leads to lifting the vibrations of the person. If his vibrations are lifted, and are not under any control by himself, or

someone who is trying to help, it means that he may become opened as a channel for spirit, and this divine power flowing through him can come through at too strong a vibratory rate.

It means the power has to go somewhere, and like a highly charged electrical bolt it will attack the weakest part of the body. Troubles begin with health and other forms of material problems. The individual affected is greatly puzzled by this phenomenon. He doesn't understand what is going on inside himself. So he continues to put the pressure on for study, practice and meditation, and often prayer, to get out of this situation. But the stronger he does this, the greater become his problems.

Some teachers rationalize this with the fact that he is serving out a karma, or that troubles always come to a person who goes into the field of spirituality. Granted that the two reasons are somewhat correct, they are not always the complete basis for his troubles. Any teacher worth his salt in this field should be able to help the chela gradually unfold so that spirit flows through his follower gently, giving him the proper benefits of both spiritual and material help.

The Guru must slow down the vibrations of the chela when they have become too strong. He must keep control of the chela's spiritual actions until the latter is able to fend for himself.

One must be prudent in whatever he does in the field of spirituality for it is a different life from what he lives here within this earth world, and his out-of-body awareness will often be of a different nature than he ever expected.

Truth is actually an individual process of consciousness. It depends upon the individual how much he, himself, is going to know and learn of it.

# Space Travel

## by

# Out-of-Body Projection

Space people have been coming to this planet for several thousand years for the purpose of exploration to find certain minerals and vegetations that are not in abundance on their own respective planets.

They have particular places on this planet to land space ships in hidden protection and safety, or when they have arrived by direct projection from their own material bodies. Sometimes they arrive on earth at the spiritual city of Agam Des, near Tirich Mir, one of the highest mountain peaks in the world. It is about 25,000 feet high, in central Asia, and located on the borders of Kashmir and Afghanistan.

Other times they land in Shamballa, or Damcar, or one of the other spiritual cities on this planet, of which there are seven to ten major ones in all. It has mainly been Agam Des, the mysterious city of the ancient brotherhood, because of the protection afforded them against human curiosity and the condition which is needed when changing from another type of body to the earth form, or moving from outer space to this lower world of coarser vibrations.

Most of those who have any degree of experience in getting in and out of the body at will, which we call Soul Travel, know of these space travelers and their landing points on Earth. We know that many space people arrive here via Soul Travel from other

planets. They, like ourselves, have learned the methods of ECKANKAR, the ancient science of leaving the body by one's own volition.

Likewise anyone who has gained experiences of being out of the body, through ECKANKAR, the most ancient of sciences, knows that he has the same opportunity as the space visitors. He too, by spirit projection can come and go as he wishes to Agam Des, or enter the City of Retz on Venus where that planet's government is established. He can travel through inner planes known only to the spiritual scientists as the Supreme Realm of God. He who has developed his latent skills in Soul Travel is able to explore worlds unknown to scientists and astronauts; worlds known only to himself and the space visitors.

Some persons who have learned the techniques of ECKANKAR, in the Soul Travel workshops which I have held at the California Parapsychology Foundation in San Diego, were able to visit other planets, at will, and communicate with the inhabitants.

They learned about the conditions in these worlds, but it is seldom that any one of them will do much talking to someone outside these workshops because the finger of derision is generally pointed at anyone who claims to out-of-body experiences.

Rebazar Tarzs, the great Tibetan lama, reputed to be over five hundred years old, was responsible for my first visits to the spiritual city of Agam Des. Few go to this strange place for they must visit by invitation only and then by spirit body. ECKANKAR was imported here from Venus by an unknown race who are living in Agam Des, and whom we know as the Eshwar Khanewale, or simply as the God-Eaters.

They are an ancient brotherhood of adepts who brought the Science of Soul Travel to this planet from Venus, millions of years ago and who have since received space visitors in Agam Des as a way station between the physical planes and the spiritual planes to help these space visitors make adjustment between the

worlds.

These God-Eaters attained their name because they absorb the cosmic energies instead of food as the people of this planet do in assimilating plants and foods here. They have an extreme longevity like the patriarchs of the Old Bible, and in some cases even longer. Many of the visitors who came peacefully to this planet via Agam Des are known for their long life; because they, too, have learned the same trick of absorbing the cosmic energies, like their brothers in the ancient circle of adepts.

These space visitors are generally members of the same order known to most of us as the Bouchakoun, or the Eagle-Eyed adepts, e.g., Rebazar Tarzs who has cold, black piercing eyes and can see for great distances. Their Bible is called the Shariyat-Ki-Sugmad (the Way of the Eternal).

So many of those in the flying saucers and those who have projected themselves directly to this earth planet have first arrived at the city of Agam Des. This was done in order to acquaint themselves with the standard coarser vibrations existing on this planet.

These visitors and the inhabitants of the cities where they stop briefly communicate in an unknown language. It is so old that it could be one of the first ever spoken on this planet.

# Made Whole Again

## by

# Spiritual Healing

I was pulled back from death and made whole again by my step-sister, who knew the art of spiritual healing, when everything else had failed.

Since then I have healed many by the same method she used, with additional knowledge, for that was a long time ago.

Looking back now at what happened it all seems a terrible dream. Long ago when I was five and pluerisy had set in, I was sinking rapidly with a racking cough and a fever that was burning me like bacon in a skillet. Nobody seemed to know that I was close to death except my step-sister who was proficient in the art of Soul Travel.

No attempt had been made to put me in the hospital, but I was getting loads of pills. Nothing was making any headway at this time, and even at that age I was aware that I was not long for this world.

My father was overseas at the time, and our stepmother would not take any action on her own. So it was my step-sister who interceded and saved my life with spiritual healing. She did it by one of the oldest methods, out-of-the-body projection and healing of the astral body which reacted upon the physical and made it whole again.

She slipped into my room late that night which was likely to have been my last one, and sat down beside the bed in the lotus

posture, took a couple of deep breaths and slipped out of her physical form into the Atma Sarup, the Soul body.

She took me out with her, also in the Soul body, and we hung off the ceiling like a pair of eyes viewing the body on the bed below. We were now looking at my astral body which hung upright over the bed. It was like a large X-ray of my human form.

The astral body was filled with a dark, angry flame, and racked with shudders that might have been from coughing. The furious blaze was located in the left side, just under the heart. She indicated this to me and impressing me with the thought, she said, "You shall be made whole again!"

A racking pain went through me, but it was gone as quickly as it came. The fire within the astral body simmered down like coals in the deep bunkers of a furnace and died away. A blue and golden light began to glow around the astral body like a deep, illuminated aurora; it was the magnetic aura which shines about all persons.

Instantly I knew that all was well and that the living clay lying on the bed would be my temple again. A feeling of jubilation flowed through me as though it were a river of light. However, there was a dislike to go back into the body again. But my step-sister impressed me that it was necessary.

The next moment I remember awakening to find the family standing by the bed, completely surprised at the swift recovery of their youngest child. Two weeks later when my father returned home I heard him thank my step-sister for saving my life; it seemed that he had projected himself to the house, from a far distance, for the same reason, only to find my step-sister taking care of it.

Healing in this manner is one of the oldest arts. Many of the saints, e.g., St. Vincent Ferrer, St. Thomas, St. Theresa, Shamus-i-Tabriz, St. Swithin, Jalal din-Rumi and hundreds of others, too numerous to mention, were capable of healing in this manner. The spiritual giants who have walked this earth have mostly been free of human illnesses because of their ability to heal themselves as well as many others. But one thing most of

them have done is to heal by use of the Atma Sarup - the Soul body.

Since this first experience I have witnessed many types of healing methods, but none of these including spirit operation, has had the success of Soul projection.

Nothing is required of the individual who desires to regain his health via those who use the Atma Sarup for healing.

Usually the request is made orally or by letter, however it is not always necessary that the individual make his request in this manner for it has been proven many times that once he puts his mind on the healer or sends out a prayer to the healer, a transformation takes place at once. A miracle happens, transforming him into a being made completely whole again. The healer has received the request via the etheric planes and makes the adjustment at once. Distance is no barrier at all in healing.

In my files are letters from practically every country in the world testifying to the success of this method. Many have never seen a picture of me. Many have had successful healing the moment their letters were dropped in the mails.

A typical excerpt from a letter is, "Since I had an experience of healing on April 23, I have been showing constant improvement. The experience I make reference to was one that came over me suddenly and overwhelmingly. I was in bed and the conviction that I would be made whole came, as if from out of nowhere, as my mind was not consciously concerned with my state of health. This strong conviction was like a ball of light. It stayed with me for hours, and as I said, my improvement has been constant since."

This person had suffered for twenty years from a chronic stomach and intestinal condition. But the request was made by a relative without his knowledge until after its mailing.

Many letters confirm healings in a similar manner. A woman was taken to a hospital for a serious operation. It was doubtful that she could survive because of her age, but to the surprise of all she was dismissed in four days and has since been extremely active.



The explanation of this progress is simple. Whenever anyone opens himself as a channel for the Holy Spirit to flow through, it doesn't matter where he might be, anywhere in the world, or in other planes or planets - he is able to administer to others. Often he gets into the Atma Sarup and looks at the astral body of those who have made the request for spiritual healing, as my step-sister did for me when she saved my life.

When the problem is located in the astral body, then the Holy Spirit flows through the Soul body of the healer into that of the patient's astral body and the healing is done.

Sometimes the person's aura will show what state of health he is in. Occasionally a letter arriving at my desk carries the aura of the person with it, and I can see what is wrong without having to get into the Atma Sarup to look at the astral body of the person requesting the healing.

There are times when some healing efforts are not responded to, but if the person affected makes the contact in time, the response will be greater. This response is reacted to in several ways - some persons are healed completely in a miracle manner; sometimes the person gets such a spiritual uplift that his unhealthy symptoms no longer bother him. Then there are the ones whose ailments belong to a karmic condition and must be given relief until this state is worked through. The condition must be removed before they can improve.

Healing is only one aspect of ECKANKAR - the secret Science of Soul Travel. Its primary purpose is to give Soul an opportunity to travel the ancient, secret path to the realm of God, where It becomes a co-worker with the Supreme Deity.

# Resistance to the Spirit of God

Resistance to the Holy Spirit is what brings so many difficulties to the seekers of Truth. Belief in his own lack of understanding which does not see truth in either a partial or whole state is that which gives added karma to anyone who puts himself in the position of not realizing the difference between the states of Human Consciousness and God-Realization.

It is one of the peculiarities of life that man in his egoistic self does not recognize the fact that when he commits an overt or covert act against anyone who is high on the spiritual scale, he is resisting the Holy Spirit. Thus the results of his act will return to him swiftly. The teacher, guru, master, or spiritual traveler who acts as an instrument through which the holy spirit flows outwardly is not concerned with what the culprit does, for there is no resistance to any maleficence or hostility toward himself.

An example of this is the case of the murderers of St. Thomas a'Becket, the martyred archbishop of Canterbury, in 1170, who was the victim of King Henry II in a quarrel over the authority of the Church and the State. The four knights who carried out the assassination of St. Thomas a'Becket received the dire punishment of the Holy Spirit. Using the consciousness of the Pope it forced them to give up their properties and fight in the Holy Land for the Cross; a hard sentence indeed for proud men,

who were captured by the Saracens and lived like lepers for the remainder of their lives.

This is an extreme example of what happens when anyone resists or destroys a channel of the Holy Spirit. History does not record what happened to those who condemned Christ and those who carried out the orders of His crucifixion. But we do know that Pilate, who was responsible for the shifting of the decision to the mob for his death, served out the rest of his life in a state of madness.

Judas committed the grave error of betraying Christ for thirty pieces of silver, and gave up his own life by hanging. One cannot sell or betray a channel of the Holy Spirit for materialistic means.

The slightest act against any channel of God comes back swiftly to the doer. This is true even when one gossips and uses malicious talk about the God-Realized people. Personal examples can be given here about those who do not understand the nature of anyone that dwells in the higher consciousness, and the troubles that befell them when they attempted to belittle or ridicule the teachings of the blessed Channels of God.

The greatest evidence here is that you see the spiritualized ones rise higher, and the maligners go down the survival scale in spirit attitude with a loss of spiritual and worldly goods.

This is not magic in any form which punishes the culprit and gives benefits to the spiritualized ones. No indeed, it is only the working of the Holy Spirit through the consciousness of those who are willing to let it use them as a channel. This is the danger that the maligner of spirit is up against; for spirit turns away any overt act that is done against its own channel and returns it to the sender. It acts as a protection against the enemies who try to attack its own instruments.

George Fox, founder of Quakerism, gives a long list of what happened to those who persecuted him during his earthly ministry. The list is long and impressive. It should serve as a warning to those who are guilty of such deeds. But man in his human state of consciousness is not impressed and continues to

make grave errors that cost him agony, difficulties and more karmic debts.

Christ called His body the Temple of God. But he was actually referring to it as the instrument for the Holy Spirit to flow through into the external world. What He truly said was that every man had the opportunity to become a Channel for the Spirit of God to make use of, to uplift the world.

Again I reiterate that it is only this Cosmic Spirit which is attacked when one tries to harm the God-Realized. Since the Cosmic Spirit is a law unto itself, it has the power to return to the sender whatever he might be sending to the holy essence of life. Thus the Spirit of God in the lower world works in a dualistic manner. It can curse the sender or it can bless him. It depends on whatever communication the sender wishes to establish with a person well versed in the spirit-nature of God knowledge.

Whoever keeps a record of such happenings will find that the law of spirit is exacting in its demands for payment. This is actually karma on a much higher level, for when anyone holds a hostile attitude toward a holy person it creates a karmic debt which must be paid off. Even though the impact may be stunning and one of shock, the karma is worked off at once. But often it will stay for many years with the individual who has created the debt.

My own case books show a large number of incidents that have happened over the past years to those who attempted to make attacks on my person. I also saw what happened to several persons who felt above the spiritual law in trying to malign Sudar Singh, a high spiritual teacher, my first master, and a member of the ancient order of the Vairagis Adepts of India.

Please remember that the person who is attacked by any hostility and is dwelling in the cosmic state of consciousness, is not responsible for whatever happens to the sender of such malignant thoughts or words. He is protected by an armour of light, and the attacker is actually the responsible party and the victim of his own makings.

There is an old spiritual law which must be alluded to here:

"No harm can come to anyone unless he so desires it." In other words when we open our consciousness to harm it will become a part of ourselves and bring injury into our lives. But under the protection of the spirit nothing can injure us in any manner whatsoever.

Therefore we must remember that when we seek to avenge our feelings in some manner or other we are putting ourselves under the law of retribution. To seek to balance the scales of spiritual justice is no guarantee of success to right or wrong. Only the Spirit of God can do that.

Resistance to spirit brings only confusion, unhappiness and disillusion in this world. The stubborn mind is a burden to the carrier of it, but the one who is nonresistant to spirit and welcomes spirit into his life lives in joy and happiness.

# Temple of Golden Wisdom

The ancient Temples of Golden Wisdom are often the subject of discussions by many who are seeking spiritual truths. But so much of this talk is based on hearsay that legends and myths have grown up about them.

However, those who have had the opportunity to visit any of these magnificent archives of the true wisdom will establish the authenticity of their existence.

There are eight major existing temples of Golden Wisdom in the many worlds of God - two on this planet, one on Venus, and one successively on the astral, causal, mental, etheric, and Soul planes.

These are gathering places for those who travel consciously or unknowingly during sleep. They are usually taken by a spiritual traveler to one of these fountains of knowledge to gather esoteric wisdom.

Many of the spiritual travelers and teachers who formerly lived and served their apprenticeship in the lower worlds have established themselves on the various planes in these ancient temples of wisdom, to teach those Souls that visit these places.

These temples are located in the following places and under the guidance of the adepts so named: The Katsupari Monastery in northern Tibet - the Temple of Golden Wisdom under the

leadership of Fubbi Quantz, the famed teacher of the sacred scriptures of the Shariyat-Ki-Sugmad (*Way of the Eternal*) and guardian of the first section of these records.

The other school in this physical universe is at Agam Des, the spiritual city in the remote Himalayan mountains. Its name means 'inaccessible world'. We must go in Soul form to listen and study the wisdoms here.

This temple is called the Temple of Gare-Hira, under the master Yaubl Sacabi, the guardian of that part of the Shariyat-Ki-Sugmad which is the sacred scripture on the altar of the inner sanctum. Agam Des is the home of Eshwar-Khanewale (the God-Eaters) for they partake of the cosmic spirit like we do material foods.

Another temple of Wisdom is the House of Moksha in the city of Retz on Venus. Master Rami Nuri is in charge of it and that part of the Shariyat-Ki-Sugmad placed there.

The School of Wisdom on the astral plane is in the temple of Askleposis, in the city of Sahasra-Dal-Kanwal. It is under the guidance of Gopal Das, a spiritual traveler in the line of the ECKANKAR mastership as are all of those who have charge of these wisdom schools.

The next school of wisdom is in the temple of Sakapori on the causal plane of the other worlds. It is piloted by that master known as Shamus-i-Tabpiz, a Sufi master of several hundred years ago.

On the mental plane is the ancient temple in the city of Mer Kailash. It appears very much like the ancient temple of Diana which was at the city of Antioch (during the Christian era) where once the science of ECKANKAR was taught.

Next is the temple of Wisdom located in the Etheric world, in the city of Arhirit. This is under the charge of Lai Tsi, a high Chinese spiritual traveler in the line of the ECKANKAR masters, and one of the faultless guardians of the sacred scriptures placed there for the chelas who venture this far.

The highest of the golden wisdom schools is that of the temple

of the Param Akshar (the House of the imperishable knowledge)! on the Soul plane. This is the dividing line between the Universal Mind Worlds (the lower regions) and the Spiritual Worlds (the upper regions of God).

The various parts of the great book of the golden wisdom of God mentioned here are parts of the wisdom of the Divine Reality.

The dream method of teaching is one way by which those who are looking for truth can visit the various temples. The spiritual traveler will take him out of his physical body nightly, to visit the appropriate plane whenever the chela is ready for his spiritual advancement.

The spiritual travelers named here in charge of the different temples of Golden Wisdom are masters in the field of the ECKANKAR line of mastership. Each is capable of the true initiation which is the spiritual duty of any traveler.

These travelers were once inexperienced Souls like ourselves, but in the course of their spiritual evolution finally reached the heights of the Divine Reality and became the true Satguru, and a co-worker with God.

This should give hope to all who enter into the path of God, that which we know as ECKANKAR.



# An Anatomy of Soul Records

The ability to give readings of the Soul records is a unique skill that very few persons have these days. In the ancient times it was not uncommon, but the art of looking into Soul and learning about its past incarnations is just about lost in our modern era.

We do find, however, that the term "reading of the Akashic records" is very popular. A number of persons are able to read them sufficiently for anyone who wishes to know about his past lives on the physical plane. The Atma, or Soul, records consist of past incarnations on the physical, astral, causal, mental, etheric and Soul planes. Anyone who can do this type of reading is able to bring light to any lives which Soul has spent in an embodiment in the universal world planes, including the planets.

The reading of the Soul records is the highest that anyone can receive for their own benefit. A person who has the ability to do Soul Travel on his own usually has the talent to read the Atma archives. Without casting aversion on any other type of life readings, which are prominent today, we find that the Atma reading is far more revealing for those seeking to know their past lives.

During the first few times in my meetings with Rebazar Tarzs, the Tibetan Lama, it was possible to learn to read my own records from the Soul body. One afternoon we were sitting on the side of a mountain slope discussing ECKANKAR, the Ancient

Science of Soul Travel, when he asked if I wanted to see how the technique of Soul readings was accomplished.

We both ejected out of the physical body, into the higher worlds, to the Soul plane (commonly called the Fifth) where standing beside me in the Atma Sarup (Soul body), he pointed out the millions of past lives of mine. They looked like a fan of playing cards spread over the table, and were around my Soul like an arc of pictures.

These Soul embodiments of past lives resembled tiny file cards - each life had a series of these pictures beginning at birth and passing through all events to death, on whatever plane it had embodied itself. We find perhaps several million of these tiny pictures of past lives existing in Soul itself, each with a series on every individual life that we have spent somewhere on some plane within the lower worlds e.g., physical, astral, causal, mental, etheric and Soul planes.

The Tibetan Lama proceeded to show me the individual lives that I had spent on all planes within the lower worlds. All these lives were seen and examined with sharp scrutiny. We were able to look over all the lives needed to be analyzed at the time from this lofty position. We were in the field of total awareness and able to retain a knowledge of what these pictures represented in my long existence in the lower world, without looking, as we must do, in the lower worlds where matter, energy, space and time must be considered.

From this lofty position we can see what is in store for ourselves in the future and how to meet or avoid it.

Almost anyone who has become proficient at Soul Travel can read the records of those who request it. He bypasses the aberrations of the reader to reach the higher consciousness and give all that is possible to whom he is reading. However, it must be remembered that, since these records must be transferred into the physical language via the physical senses, these limitations will be quite a barrier. The reading will have a certain amount of constriction when given and it should be considered in this light.

I have many case histories of readings on individual Soul records in my files, e.g., the case of the person whose desire was to know his incarnations on the other planets of this universe. They were carefully traced out for him showing the various lives he spent on these planets before moving to this earth world. It was shown how he moved from planet to planet during his many lives. He was a member of a superior order of beings, who traveled in space ships and in the Atma Sarup.

Another case history was the study of the Soul record of a man's lives on the astral plane between his physical incarnations. It was not a difficult task to read these lives on this particular plane.

This is true of the many other planes that we live upon during our existence between our lives in a lower region. For example if we are living on the mental plane and reincarnate in the astral instead of the physical, then it is not any more difficult to read these records than any others. It is also possible to read the lives of many who have been out of the physical body for years such as Socrates and other historical figures.

Anyone stationing himself in the Atma Sarup on the fifth plane can see the past, present and future of another on any plane, if given permission. He does not do this unless requested, for to look at these records of another is a violation of the *spiritual law*. No reader will take it upon himself to do this sort of thing, for he is not granting freedom to the other person.

One must remember that the higher he climbs the spiritual ladder toward the Kingdom of Heaven, the more will he grant others their own freedom and give less interference to another's state of consciousness. As we mount the scale upward the more ethical we become in our conduct. We will not make any attempt to discuss or assist in anyone's problem unless asked to do so, for according to the spiritual law, the individual consciousness of a person is his home - we can not enter unless invited.

The reader of the Soul records always practices Vairag, the detachment of himself from the emotional and mental states of

those for whom he is investigating these records. Under no circumstances can he become involved in the problems of others! except to assist.

Soul records are the most important part of any individual, for all his lives are kept here, not, as believed, in the lower planes and bodies. The respective records of lives spent in the various planes may be read provided one can get to the plane above it. For example, the reader must get to the astral plane to read the archives of the incarnations of lives spent on the physical plane and so on. However, to read any and all correctly, he **must** project to the Soul world.

Much misinformation can be given from the lower plane readings, for we are dealing with maya (illusion) and can often make mistakes that are misleading to the reader.

The only point that I am making here, is that anyone who has learned to do Soul Travel to any extent, can become capable of reading these high records which are stored on the Soul plane and that certain concepts must be made clear before final entry into the high spiritual worlds.

# Astral Projection - Limited Out-of-Body Travel

Astral projection is out of vogue these days simply because it is a limited way of traveling while outside the physical state of consciousness. If one reads enough in the occult and spiritual field he soon learns that astral projection is not at all difficult. There are dozens of books on the subject, and hundreds of articles appearing annually about this type of out-of-the-physical state travel. But to do Soul Travel or go beyond the astral plane is a feat within itself and not many are doing this.

Soul Travel can be done by the study of ECKANKAR, the ancient science of total awareness, which puts Soul eventually into the secret realm of God.

We have been impregnated so much with the idea of astral travel that many believe this is the end of out-of-body projection. This does not happen to be true, for the student of Soul Travel can have perfect freedom. He has the opportunity of visiting any inner plane he wishes, or to make trips to the planets in this universe and the ninety other universes, at his own volition.

However, it must be remembered that Soul Travel is concerned mainly with the movement of Soul in the lower worlds the regions from the physical planes to the fifth plane, or what we call the Soul plane. These are the first of those ethereal regions named as the worlds of pure spirit. From there we are within the true kingdom and no longer need movement or travel. Soul is

beyond time and space which is existent within the lower planes, such as the physical astral, causal, mental and etheric planes.

We find that as long as we are within the lower worlds, which are in time and space concepts, we are concerned with travel or movement, but when we reach the upper planes of God there is no time and space concept. Travel is not needed and we are in the state of total awareness, often called God Realization or absolute consciousness.

Actually we are working in two fields of endeavor; that of movement via Soul Travel and that of total awareness in God. We are involved here with the two states of being, a limited awareness and a total awareness in the Atma Sarup. We are not interested in the various bodies of the lower planes, e.g., physical, astral, causal, mental or etheric; only that of the Soul form.

I find so many people are making the mistake of looking upon Soul Travel as other types of traveling outside the physical body; a natural mistake, for we have been taught to believe in astral body travel more than any other type of travel out of the Human state of Consciousness. Astral projection is not too practical except for learning projection as the first step to God. This type of out-of-body movement leads mainly to phenomena. Those who can do astral projection almost never get into the pure astral plane.

All that the path of ECKANKAR does for anyone, is to lead him into the Realm of God. This and this alone is the basic goal. If anyone is trying to deal with projection for anything other than this, he is getting into areas of difficulties which will create self-delusion and unhappiness.

Of course many who pass beyond the physical plane at their demise often go into the worlds of the astral plane and find happiness. But we learn, upon examination, that they do not know anything other than this lower realm, which is only the first step to God. They believe this is the ultimate heaven because of the beauty and longevity of the entities living here. However, it means that sooner or later they will have to reincarnate again into

a physical body in order to serve out their experiences and to be purified before entering into the true universe of God.

Many who are working with the astral plane masters mistake them for the spiritual travelers. They will be hampered, for awhile, in their search for truth.

I have seen many who believed that the astral plane was the end of all their searching for God, simply because they had once visited this realm. They had many interesting reports to make, but it is nothing in comparison to the wonders and glories that come with God Realization.

There is nothing wrong with astral projection, except that it is a physical phenomenon. We are still in the lower worlds and not working for total consciousness as we should be doing. If one has not set his aim for God Realization, then he is wasting his time. Any argument in favor of astral projection should be that it gives one the experience of seeing that life extends beyond the physical consciousness. God lies far beyond this plane. Most projection techniques given us by writers who dwell at length upon this subject have us trying to project in the astral body. This is wrong for it means that we are splitting off the sheath of the inner bodies to travel inwardly to the astral plane. This is an unnatural action and could lead to difficulties in the psychic regions. We should go out in the Atma Sarup and take on the astral body when reaching the astral plane. Soul cannot exist on any of the lower planes because of the coarser vibrations, unless It is wearing the particular body which is adaptive for the relative plane It is visiting.

While living on the earth plane, Soul must wear the physical body, on the astral It must wear that body. We should not project to any of these planes in the respective bodies, but should project in the Soul body and take on the form on whichever plane we choose to visit.

Any teacher who has learned his spiritual ABC's will not be bothered with psychic phenomena, he is concerned with putting all his efforts on God.

If the Cosmic Spirit, which uses him as a clear channel to reach the human consciousness of anyone, desires that he should do any particular demonstration of the greater powers of God, it shall be done, but not of his own accord and will. To practice the psychic plane powers, he would have to retreat from the higher spiritual planes. In other words, he would fall down the ladder and have to work his way back up.

Whatever we do in the field of Soul Travel to get total awareness must be in the ever expanding consciousness of the spiritual self within. Anything other than this will bring a thorny path to travel and the ever increasing idea that astral projection of itself is the source of delusion.

The ultimate is Soul awareness within the realm of God. Unless we are heading for this goal then we should examine our values in life.

The desire to reach the heavenly worlds becomes a strong urging within. Suddenly we find that astral projection is a limited state of out-of-body travel, then we start seeking the total awareness of ourselves within the true universe of God.

When this is begun with the true desire to find the Kingdom of Heaven, then all things in our life take on a new light. We find that life is easier to live, that our health has changed for the better, that economic conditions are much less of a problem than ever before, and that difficulties in relationships are righted.

Spirit has now found that we are willing to follow its dictates and flows through us to clear the way for all our lives, not only in this world but the spiritual world as well.



# Out of Body Teachings Via the Dream State

The master teachings were revealed to me during my early youth by out-of-the-body projection, in an amazing revelation via the dream state.

These teachings were brought in a series of dreams by the great mystic Sudar Singh, at his ashram in Allahabad, India where my step-sister had gone after a two-year stay in Paris studying to be an artist which she never fulfilled in this life. I was taken along with her although fourteen years old at the time and much younger than she.

Sri Sudar Singh, who was a member of the famed Vairagis mystic order of adepts, had his abode in the spiritual city of Agam Des, in the western Himalaya Mountains. He was a master at instructing his chelas by the dream state, his principal way of teaching. Outwardly he appeared to be a smiling old Guru, in a deep maroon robe, who would sit in silence when meeting with his chelas at his ashram - speaking only when questions were asked of him.

Many of his chelas drifted away because of a lack of understanding about this strange deep-eyed man who seemed to do nothing for them except to give them room and board while they stayed at his ashram.

He would open the consciousness of his chelas provided they were ready and would allow the light of spirit to flow through

them. Most of us were too busy with our self-made troubles to see what he was doing - his important work in dream state-teaching. He would come to each of us while we were asleep and take us out in our Atma Sarup (the Soul body) into some far corner of the inner planes where he would give us instructions in ECKANKAR, the Ancient Science of Soul Travel.

Often I went with him alone into the higher world where he directed my attention to many things of interest, e.g., the great astral museum where the inventions of this world can be found before they ever reach the human level. Edison is said to have come to this museum via out-of-the-body projection by the dream state. Tesla, Ford, the Wright Brothers and many others also found the idea of their creations in this gigantic museum and received credit as the inventors of the things which they brought "back" for the benefit of the human race.

We traveled beyond the astral plane because we moved in the Atma Sarup, which is not limited to the first interplane like the astral body. We found in the city of Sahasra-dal-Kanwal (capital of the astral plane) the Temple of Golden Wisdom where many learn the truths of God, so misconstrued on this physical plane.

There is a similar temple in every capital of each plane in the inner worlds, up to the true Realm of God. Each has adepts and masters who give the Wisdom of God to those able to reach these respective planes. Not many can reach these planes and, because of this, feel frustrated. Yet if a spiritual traveler like Sri Sudar Singh sees that his chela is ready, he takes him out of the sleeping body, to sit in groups fortunate enough to have the same opportunity.

The way of doing this is very simple. Trust in a teacher to take care of your inner life until you are able to be on your own, then it is likely you will have the experience of learning by dreams as I did.

It is simple while working with the teacher to be taken out nightly into the other worlds to be taught on different planes. You meet in the first of the light worlds with a teacher whose

Atma Sarup is stationed here to link up with you (the chela) in your light body and take you to some respective point in the spirit land to explore or study.

However, one can do some of this on his own if he does not have a teacher who works with him in this manner. Lie down at night and count yourself into sleep. That is, make a postulate that you are going to be asleep by a certain number, e.g., ten or fifteen. Following this you will know that you are going to "be out" by the time your physical self falls into a sleep.

Generally you will make the count and drop off to sleep. But almost at once you are awake in the light body standing off in a corner of the room looking at your physical body asleep on the bed. Then you take off for another plane in hopes of finding something that is worth this trouble of traveling in the light body.

You will generally return before morning unless something disturbs your body upon the bed. Often there is a division of consciousness that gives one a dual impression of being both in the physical and in the light body. This dual consciousness is not unusual when practicing the dream technique of inner traveling.

However, you will usually be with a teacher or guide on the inside world, for your progress is always watched, so you will not hit any psychic snarls along the way. If allowed, your teacher will make suggestions and steer you in certain directions so that you will get the greatest benefit from these journeys.

# The Longevity of the Ancient Adepts

One of the greatest mysteries in history is the report of the longevity of the mystics (known as the ancient adepts in the Order of the Vairagis) hidden deeply in the Himalayan mountains along the Tibetan border.

Rebazar Tarzs, the great Tibetan spiritual master, the torchbearer for ECKANKAR (the science of Total Awareness, or Soul Travel in this world), is said by many to be well over five hundred years old in his physical body.

He looks to be approximately thirty-five. He is almost six feet tall and walks with a springy stride. A maroon colored robe covers his muscular one hundred-and-eighty-five-pound frame. His eyes are coal black and his black hair and beard are clipped to a one-inch length.

He is one of the spiritual masters in the descending line of ECK Gurus who has inherited the heiratic responsibilities for this planet for those seeking the way to God through ECKANKAR.

Practically everybody living in the physical body desires to be like Rebazar Tarzs, free from pain, disease, and old age. It is an aspiration which grows with the passing years as our ambitions fade on all other things. We want to give up all within the human realm and become like these ancient adepts who have lived far beyond the normal span of life.

In examining the history of those spiritual giants who have dwelled among us, we find it filled with examples. St. Anthony of the Desert (fourth century), an ascetic, is reported to have lived beyond 150 years in his physical body. While dying, he requested his 97-year-old companion to fetch his shawl which was at a monastery fifteen miles away. This request was fulfilled by his friend who ran the thirty miles so his master could have some warmth during his last earthly moments.

Most of us with longings for a lengthy life seldom think of the responsibilities that go with it. For example, the adepts of the Vairagis Order (chiefly located in the spiritual city of Agam Des) have the tremendous tasks of working for the uplifting of the human race on this planet and other planet worlds as well.

Rebazar Tarzs has lived one life in one body, but he is one of the youngest in the line of the ECK masters. Many of these adepts are using the same body they were born into many centuries ago. Some have longevity we cannot believe possible. All of them are men and women who seem to still be in the prime of their physical and mental lives.

This is certainly true of those who have reached a degree of spirituality and learned the laws of God. Longevity is a fact well-known to anyone who is capable of doing Soul Travel. This means he is in control of the physical body and its pressures. He has become a Pinda master with the ability to handle any problem on the physical plane; to confront the body and its senses and the environment in which he has placed himself.

The story of the longevity of St. John the Apostle is one of the most interesting accounts in our spiritual records. No account has been given of his death, though there are detailed stories about the expiration of the other disciples.

Little has been said of him after he wrote the Revelations on the Isle of Patmos, but reports show that he was living during the Middle Ages in a fabulous kingdom in the East under the name of Prester John. This would have made him about 1000 years old.

Having gained a certain amount of ability to do an extension of

consciousness beyond the Pinda stage, we find that when awareness is placed on the Soul plane we are able to do many things never before understood and seemingly fantastic. We now become what is known as the Atma Master.

Surely we know that the Wandering Jew, commanded by Christ to remain here on earth in the physical body until He returned, must have become a Pinda Master. He has gone through many transformations, always renewing himself to serve new concepts of physical deathlessness, but always trapped within the realm of matter world.

These adepts in the ancient order of ECK have reached greater heights than the Atma plane. They are proficient in running a physical body while operating on another level. The physical body goes on about its daily routine as if there is nothing at all different in its usual affairs. These are the ECK masters often called the spiritual travelers.

We find that many who are able to do out-of-the-body travel live to a ripe old age. They do not stay here long for they are spiritual travelers who are keeping their bodies intact for specific reasons.

Among those who were able to live in their physical bodies beyond the average age and keep it in a healthy condition was: Nanak Guru who was said to be over 125 years old before he passed away. Singh was reported to be approximately 105 years old at the time of his death. The old Chinese master Suto T'sing lived for 267 years in the same body. Fubbi Quantz (an ECK master), head of the Katsupari monastery in the remote Tibetan mountains is said to be several centuries old, older than Rebazar Tarzs.

These ancients learned the art of good health through projection, one of the distinctive features of ECK. But it does not mean that we are all going to live like the Green Robe Monks of the Andes, or as long as the Masters of the Far East that Baird Spaulding spoke about in his famous series *"The Lives and Teachings of the Masters of the Far East."*

Since many who have learned the extension of consciousness move into higher states, proving that longevity is possible, we find it a fascinating study. We find that Soul Travel can be used for self-healing, and will take us into the world of good health and prosperity. Not many of us will become like the ancient adepts whose bodies last for centuries because we have no purpose for living this long.

The reason that we wear this physical body for only a few score years is due to our karmic debt. Unless we have disposed of it, we must go from body to body in various incarnations. The next logical factor is the human race has limited itself in thought form to an individual living out a single life in a short span of years. Neither do we learn to control the body so that it becomes immune to disease and harm. We do not think of going beyond the normal age span like Thomas Parr, the eighteenth century Englishman, who lived for 150 years with vigor and vitality.

Should we be fortunate to learn rejuvenation such as Ayur Vedha, a system of renewing the body health, we can at least look and feel 30 years younger. The Kaya Kalp treatment, within that system, used to bring back youth and health again, is given at the Katsupari monastery in Tibet by Fubbi Quantz.

There are also other systems for use to regain youth and health which have proven to be very successful. The only trouble is that they are so well hidden we hardly hear of them. They are easier followed than the famed drill of the Eshwar-Khanewale, known in English as the God-Eaters.

Actually these are the ancient adepts of the ECK Masters who live in the spiritual city of Agam Des, near the border of Northeast India. Some have used their physical bodies for thousands of years and would put the aged citizenry of Hunza down as babes-in-arms. They are able to consume the cosmic spirit for food, which preserves their bodies to serve the inhabitants of many planets. Among Christian saints who could do this was St. Catherine of Sienna.

Heading this order of ECK masters is Yaubl Sacabi whose age is

beyond human conception. The old men who lived in rural England during the eighteenth century who had defied nature by living from 105 to 135 years, seem like trying to compare grandson to grandfather.

St. Germain spent a long time in one body. We have proof enough to know he went beyond two hundred years. He now spends his years in a castle hidden in the wilds of Transylvania.

Madame Blavatsky who founded the Theosophical Society acquainted the world with the masters of the White Brotherhood. Loot Hooni, the leader, and many in the order have lived for many centuries. But it is suspected that the line of ECK masters have outlived most of them.

Babji, the head of the Yogata Satsang Society masters, known in the United States as Self-Realization Fellowship (under Paramhansa Yogananda) is to continue the work of Kriya Yoga. This is the same reason that Rebazar Tarzs keeps his own body as an ECK master, to serve the world and the human race in lifting up all to the higher spiritual life.

If we can come to this degree of high realization during our life here, to selflessly serve humanity and its spiritual needs, it stands to reason that we can be purified through God Realization via an out-of-the-body state of consciousness, and keep the physical as a healthy medium with which to bring the message of truth to all in the universe.



# The Function of the Spiritual Traveler In One's Life

Possibly the greatest mistake we have made in the study of spiritual works is to believe that we can use the psychic power to gain what we desire in life.

A worse mistake than this is to think that we can use the pure spiritual power to gain material and spiritual ends.

These beliefs cause much misery in our lives. Many persons have come to me with these mistaken ideas and a hatful of psychic and physical problems. In many cases there is hardly anything to do except to patiently try to get them straightened out so that the pure spiritual power can use them as instruments to spread the light and knowledge to the world.

This is the function of the spiritual travelers, those whom we know as masters. It is their duty to see that all who seek their help receive a linkup with the Cosmic Spirit so It can use the individual for Its own universal purpose.

This divine power, or whatever name you want to give it, has innate intelligence. It knows what we need and will furnish us with every good that benefits us for the universal cause. It will not serve a selfish purpose. Hence, if we ask for financial help the spirit may bring health instead, for it sees that without health, we are unable to find the right position or job to give us financial help.

It will not be directed or pushed in any direction. It works on the same free will theory and independence as we do in our own nature. But so many times people will try to demand something of it, or direct it to do something for themselves. It won't reply in any manner and the person trying this becomes confused, upset and frustrated. Very often he does this with the psychic force which is a lower element in this material world. Thinking that he has the answer for himself, he uses this until one day it won't work for him anymore. This is because the psychic force is an inexact science, despite what metaphysics tells us. It is never accurate and most erratic. Whatever we ask for when using the psychic force is found to have a price tag and we must pay for it.

Those who make a study of ECKANKAR, as a path to God, know that a master will use the power only to assist and lift one into the higher realms of God.

Christ told his disciples this at the Feast of the Passover, just before His arrest. Saints, Gurus, and all masters, especially those travelers in the line of the ECKANKAR teachers are fully aware that they themselves are helpless without the divine power. But once It has established Itself within us, It uses us as a channel of divine communication.

So the function of the master is to show those who are seeking God-Realization the way toward it. When anyone comes in contact with ECKANKAR and shows no resistance to these works it is then that the link-up with the divine power is given him, via the traveler.

The traveler is responsible to God to see that anyone who approaches him to gain truth receives this link-up. It is so subtle, without an outer initiation, the seeker often overlooks it. But he does have the inner initiation via the spiritual senses; maybe in the dream state, or perhaps when the traveler can coax the seeker out of his human state of consciousness into the spiritual state.

Once this initiation has started, Spirit begins to burrow its way through the thickness of the human consciousness much like a drill. Often the reaction of the neophyte is violent, because the

human consciousness, or negative state, resists Truth entering into it. But the Spirit is gentle in its actions and the change in the individual is less noticeable.

The heavier the human consciousness is the more violent the reaction might be. This is even true of communities, cities and nations. If spirit starts entering into a community its reactions might be of a somewhat violent nature, for its heaviness in thought atmosphere tries to resist spirit and the struggle is sometimes more than we anticipate. This is why the path to God is often called the painful and thorny way.

Life for the neophyte starts getting better in every department, and he gains both materially and spiritually. He is led into the right places for his own welfare. Many times he knows that something is working for him but he is too busily engaged in the affairs of the objective world and misses the entire *modus operandi* of spirit.

No master will take over the karma of anyone. He knows better for it will destroy his own health and drive him into despair. But he can take the karma of anyone and dissolve it by turning the problems over to the cosmic spirit. Neither will he do much for the individual when asked. He may direct the flow of the spiritual power toward that person and it takes on the responsibility of either fulfilling or rejecting the request. Many times spirit will fill another need in our life instead of that which we think we need.

The traveler then is the pure channel of God. He is the true instrument as Christ put it - *"Abide in Me and I abide in you,"* for he is the present dweller in the Christ consciousness as Jesus was.

He has nothing to do with psychic powers, or a demonstration of physical or psychic phenomena. He knows the penalty for using these, and only the use of the spiritual powers will give him a status in heaven.

He allows the cosmic spirit to use him and work through him in behalf of all the world. He often does not know what the

results will be any more than any one of us would know. His needs are always fulfilled, by the cosmic spirit, of course.

For example, a few weeks ago, when I needed quiet to do some writing on spiritual matters, a bulldozer kept running along the beach in front of the house doing repair work on the breakwater. Its noise was disturbing. I asked the driver to go away, but naturally he didn't pay much attention to such a request. It wasn't but a few minutes before the bulldozer's motor stopped and the driver couldn't get it started again. Just before time to quit it came alive and he was able to get it back to the plant again. Puzzled and angry at the machine, the driver and construction people never had any explanation about what happened.

Spirit was taking care of the situation while I was busy doing something for Its own cause. This is one of the ways that it works when we do not even call upon It for help.

I could give you a hundred or more personal examples of how It works. In some cases I have seen It heal incurable problems in health, purse and human relationships. Once during an altercation with someone over the power of God, I casually pointed at a tree, in a forest that we were driving through, saying "*Look at that tree.*" but before the sentence could be finished lightning came out of the sky and toppled it in a mighty crash.

I was almost as surprised as my friend. But spirit needed to prove something to this man, so It used me as a channel to make Its point. There is no need to say that my friend was converted to ECKANKAR, although it took the hard way to do it.

It worked when an airliner wing motor failed at high altitude and we had to turn back to the last airport which we had left only thirty minutes before. I saw spirit's operation during a trip to the midwest when Chicago had its worst snowstorm in several decades. As stated earlier, whenever anyone who is a channel for spirit visits communities that have a thick atmosphere of negativism, an attack will immediately be made on this condition to pierce it. In this case the results were so violent that a five-foot

snow clogged the roads, airfields and harbors so that all traffic was brought to a halt. Despite this, those vitally interested in ECKANKAR, were given a way to get to the lectures there.

We are the instruments through which this divine power flows. It makes anyone who has become a clear channel a master over life and death. It brings good fortune to those who surrender to it, but struggle and hardships will find anyone who resists it.

Spirit will lift us into the glorious heights of the heavenly worlds. It also uplifts and benefits the whole human race whenever we allow ourselves to be the instrument of God. This is our function as spiritual travelers.

# The Raging Debate of God's Existence

The raging debate over God's death has certainly caused a schism between those who claim his demise and those who steadfastly argue that it isn't possible.

Although it has turned out to be little more than a fad for the many who follow the thesis that God is dead, there is a strong element of truth in the statement. That we shall see later in this discussion.

Our problem here is that we are somewhat concerned with semantics; the two powers, those of the negative and spiritual forces, and the three major states of consciousness.

These three major states of consciousness that we are interested in and which we are constantly dealing with are: The Human State of Consciousness, The Self-Realization State of Consciousness and the God-Consciousness. Once we find ourselves able to exert self-recognition according to these states, we know ourselves and can recognize God, ITSELF.

First, in this discussion we must take a look at the mechanics of spirit. Spirit is divided into two aspects: First, pure spirit which has its home in the God worlds, above the fifth plane of the invisible worlds. This is the dividing line between the two grand divisions of the lower worlds and the upper worlds. The negative power, often called the psychic force or universal mind power, has its abode in

the lower worlds. This includes the physical plane.

When any person takes up the path to God in a serious manner, the spiritual power from the upper worlds enters into his human state of consciousness to purify this area of consciousness. But the negative power starts a fight to keep it away from its own field of activity.

We can easily call this the perennial battlefield and no man is without it as long as he lives in the human body. It is discussed quite well in the *Bhagavad-Gita* in the dialogue that takes place between Krishna and Arjuna.

While in the human state of consciousness we experience pain, anger, doubt, fear, vanity, pride, greed, and other non-survival factors of the lower consciousness.

If spirit is at all successful in overcoming the negativism within this human state of consciousness Soul can move into the higher level we call the fifth plane, or the Self-Realization state of consciousness.

By movement into the Self-Realization state of consciousness we have reached the fifth plane of the spiritual worlds, where we have freedom, and liberation from all in the lower worlds. We gain perception of knowing who we are, where we are going, and what our mission is here on earth.

This is only a state of spiritual being, gained by Soul Travel through the lower planes to the fifth plane where liberation is granted and Soul returns to the physical body for temporary living, until the body reaches the end of its life here on the physical plane by natural means or otherwise, which is not of the individual's own doing.

From the Self-Realized state Soul then moves into the God-Realization consciousness where it dwells in Total Awareness. It knows all things, can see all things and is a part of that we know as God.

When one functions in the Total Awareness state while living in the physical body, he does so in Soul consciousness, only. He does not have to travel in this state since there are no time and

While he dwells in the lower worlds in the Soul Samp (Soul form) he is in space and time and must be concerned with these concepts for traveling.

This explanation had to be given for it is concerned with the arguments that are flying around about the demise of God, or not.

We must have a criterion by which we can judge the actions of those who are putting up such arguments on either side of the issue at stake.

The side that takes the issue that God is dead is speaking somewhat from the human state of consciousness. It is merely a matter of semantics for those to argue this point in a negative manner.

But all who are concerned with this argument forget that every few hundred years there appears a world teacher. In fact we are never without one, but a new one comes as a messiah or saviour.

Take for example the old legend of Pan's death, which was shouted throughout the ancient world, at the birth of Christ. It meant that a new world saviour had made his appearance to lift the human consciousness into a higher state than the materialistic Pan, the terrifying boy god of the ancient Greeks.

We must remember that no path to God, is of any purpose to us, unless there is a living teacher at the head of it. A teacher who can be both the outer and inner teacher to his people who follow this path on which he is the leader.

Therefore we are more interested in looking at the state of consciousness of whoever originated the words "God is Dead," in our times. If he was speaking out of the higher state, it meant that a new way to the Kingdom of Heaven had made its announcement on earth.

Not to be presumptuous but it was about the same time as this controversial statement was making headlines that ECKANKAR made its first appearance in the world, as a path to God. Whether this proves anything or not, I am not the one to make the judgment. Only history will prove it out.

But the whole argument can be summed up in the few words, that the existence of God is only proven to those who live in the higher consciousness.



# Spiritual Realization

## Will Resolve

## Our Difficulties

In the field of spiritual affairs we find many teachings that are promising material and spiritual rewards through different methods - especially, resolving difficulties.

However, we find that the practitioner of most methods which consist of the manipulation of thought will come to grief after periods of practice for any length of time. The practitioner will fall into one or another thought about failure with the use of these types of methods.

First, he will start thinking that there is something wrong with the system of such teachings, which pushes him downward on the survival scale into grief and apathy. He becomes a victim of Frustration and defeat.

The other thought is that there is something wrong with the system of such teachings which are supposed to lead him to many gains through practice of these methods. This leads him to running from teacher to teacher, trying to examine dozens of systems. Sometimes he is guilty of taking two or more courses from different institutions and reading as many books as he can possibly put his hands on in the hope of gaining material and spiritual rewards through mental and religious sciences.

While there is nothing basically wrong with manipulation of thought to gain a material reward, one must remember that he gets what he goes after; and often it is something that is not

wanted when the goal is achieved. Also it is wrong to seek parts of the whole instead of the whole which puts the parts together.

Unless one seeks spiritual realization first, then he is apt to fail at all material and spiritual goals which he has set for himself. So many fail to understand this and remain in one pattern of thinking throughout their whole lives. Just before ending their existence here, they admit they were colossal failures in the methods they were trying.

When anyone starts out to solve his problems either materially or spiritually in this way, he is doomed to failure. He may for a little while find himself doing well, but in time he will come to the end of the good cycle and find gigantic obstacles blocking his way. A few can be successful at manipulating the psychic energies to gain success in solving problems, the vast majority can not.

For some strange reason we have been told for many years that God is willing to reward us for spending time in meditation or trying to use various methods of the imaginative processes to resolve problems. But this is not true for we cannot begin to be successful until we have started reaching the field of the universal worlds - that; which is sometimes called the Kingdom of God.

Christ reiterated this many times throughout the Gospels by his words "*Seek ye first the Kingdom of Heaven.*" His Sermon on the Mount is a classic in laying down the basic spiritual law that says we have spiritual realization before all things come to us in a natural way.

No one who has lived on earth in the human consciousness has ever been successful at resolving problems. Not even the many savants and savants, who have trodden among us, found the psychic was the ultimate way. They found that problems can only be controlled and never resolved in the physical world. But we must dwell in the spiritual consciousness before true success begins to come to us.

We cannot manage our worldly difficulties successfully unless Soul is able to live again in the spiritual consciousness of Itself. In seeking this state of established experience we must first seek self-recognition - what we call self-realization.

The practitioner does not go anywhere, does not seek nor does

he experience anything but recognition of himself. The more he practices the art of self-recognition the greater becomes his awareness of the God State of Realization.

There is no progress or development but rather unfoldment. It is looking deeply into one's self constantly. This is not introversion, which meditation often leads us into, but it is having an objective viewpoint about ourselves.

This is the difference between ECKANKAR and many of the other systems seeking the God State. ECK uses the simple techniques of self-recognition which is sometimes called contemplation; while yoga and other systems use heavy meditation.

Contemplation can be streamlined to the simple explanation of being completely interested in a subject whether we are sitting at a desk working, or in silence. Meditation means concentration for long periods of time.

Westerners are not suited to the meditation methods of the Oriental religions. Our hurried daily pace does not allow us to have time for heavy concentration and long periods of silence outside our jobs. Most of us are not geared for this inner seeking.

Anyone who spends over one-half hour in silence without gaining results should stop and wait until later to make another try. Generally the span of attention will not hold any longer than this, and then the mind will begin to jump like a monkey if it is not already doing so.

Too often the writer who has laid down rules for anyone to follow is a professional in the spiritual field, in a manner of speaking, while those who are reading his works are amateurs, or beginners. When they cannot master what he has taught, they feel that something is wrong with themselves for it seems that anyone can follow his instructions.

This is not at all true. The reader or student must find that the system must fit himself, instead of him fitting it, or else it should be discontinued and he should find another one which will.

However, no system will give as complete a success as one which shows him how to enter into the Kingdom of Heaven - the spiritual consciousness - and live there through self-recognition.

# The Great Spiritual Protest

Occasionally in a letter that comes across my desk, there will be one that shows intolerance of ECKANKAR, and all other paths to God, except the one which the writer follows.

This is not unusual for the more we unfold into the higher spiritual life, the harder will the negative power struggle to hold its own against the expansion of the individual's state of consciousness.

Consequently we detach ourselves from any criticism, self-assertion and show of psychic powers by others in any form of protest against our way of reaching God.

Seldom do we reply to this type of letter but follow out the basic principles of ECKANKAR. That is, no ECK master will give direct replies, but lets one learn for himself. For example, once when asking Sudar Singh about the Shariyat-Ki-Sugmad, received a strange reply:

*"Rebazar Tarzs once said to me - when I had just asked him a question rather like yours - he said, 'An answer is always a form of death.'"*

He was telling me that my question came not from the true spiritual realm. It meant that I was still in the lower state of consciousness, and no answer would be accepted regardless of how true it might be. The true answer would come in the form of

experience, which I would know as being truth. All other answers given would be useless.

When Jesus stood before Pilate and was asked many questions, he skillfully avoided direct answers. But when Pilate asked, *"What is Truth?"* Jesus merely looked about him without answering. He knew it was useless to give profound answers to Pilate for truth would destroy the questioner.

He also told Pilate *"Thou couldst have no power at all against me, except it were given thee from above."*

This is the crux of the spiritual power that every spiritual teacher holds in his hand. He allows freedom to everyone in the midst of a terrible protest against his teachings and works.

Every spiritual teacher has experienced this aggression of the negative power which uses lower consciousness to try to destroy the higher consciousness which has become a channel for the divine spiritual force to use for the uplifting of man.

No Soul has ever reached God-Realization without having been accosted by the lower forces, via his fellow man, and the elements of nature. It is like a storm that whirls about him, yet seldom does it touch him. It cannot penetrate the spiritual armor wrapped around him and only damages those who make the protests.

It is a great spiritual crime to allow ourselves to fall into the traps of the psychic and physical senses. We fall back into the mental planes and are caught up in the five deadly passions which keep one bound to the wheel of awagawan ("the wheel of the eighty-four").

These five deadly passions are lust, anger, greed, attachment, and vanity. When we are intolerant of anyone's religious belief and attitude, we have been trapped by the passion of vanity.

The chief function of vanity is to block truth. Any teacher who tells his chelas that he must give up reading, study, and listening to others, defeats his own purpose. If a chela chooses to leave him for another, it means that either his teachings do not fit the chela, or that the state of consciousness to which the teacher

is trying to lift him does not fit.

The true spiritual teacher lets him go without regret for he knows that the chela has not yet reached the understanding needed. He is aware that one goes on hugging his assumptions that all others are mistaken except himself, who believes, *"I am right and he who opposes me is wrong. To sustain my belief all others must be destroyed."*

It has been this point of view which has created war in the past, has fermented strife among nations and resisted all efforts to be enlightened.

Those who are concerned with protests are basing their attitude upon the conflicts of moral, intellectual or social characteristics. If we break this down more it is a feeling of conflict that goes on between mental strife and a feeling of inadequacy. They are constantly moving between two states, which brings about a spiritual protest within them, that eventually comes out as vehemence against the teacher for not doing something that fits the desires of the chela.

Seldom does the spiritual teacher answer this type of letter for he knows where the student stands on the ladder to God. He understands the motivation behind the action, and to reply will mean death to the seeker. Only by the chela's own experience will he learn what has happened, and it will not be something that he is apt to forget.

Intolerance is always an aspect of Vanity, but there should never be any condemnation for this perversion of the mind. It is something the teacher knows that all chelas must pass through before coming into the true light of God. Only patience and perseverance in the practice of the ECK techniques will overcome this negative quality which fastens itself upon one.

As long as we remember that this lower world is only a place where the negative power reigns and nothing is secure, we are on the right path to God.

# New Concepts of the God Realization State

How many centuries is it since a great religion shook the world? Four immense religions have dominated the Earth planet in the last three years: Hinduism, Buddhism, Christianity and Moslemism.

Now in these modern times we who have been objective about the religions of our day are wondering if they have passed their peak of service to those who desire God and are diminishing to eventually fade away and be replaced by a sweep of another dynamic faith that seizes the people and shocks them into the reality of seeking God again.

During the early years of each great modern religion we can find the records of many who were able to reach the God-Realization state by traveling the spiritual path within the boundary of the particular faith of his own choice. But no longer do we find this exists for most of the clergy and priests have turned to social reforms for mankind. They have put their attention to wars, housing, employment and many other social questions of the day.

There is no objection to this sort of program but if one is an astute student of modern religions it will be found that since the beginning of time when a massive religion which served nations and people began reforms for man it started descending the curve

toward its demise.

When a church ceases to give God, and this alone to its audiences then it stops being a religion and is concerned more or less with a program of social reforms. It is a trap established by the Kal (negative) power to lead those who propose to reach the God-Realization state into the illusion that all the works of Soul really belong in the spirito-material universe which includes this physical world.

Prior to the advent of modern religions we find the cults and faiths of the ancient worlds dominating the minds of the masses for centuries. But as the consciousness of man grew so the light became greater within himself. He found God-Realization as a natural and growing part of his own being and activity. He became more interested in the heavenly worlds than his own physical universe, but knew that he had to live here and accept his worldly responsibilities as long as he was in the flesh.

We find the same situation existing in these times. People are throwing off the shackles of tradition and fidelity to the ideals of orthodox religions and seeking something greater. Many in their ignorance are making a grubby mess of the old esoteric works like Buddhism. The countries behind the iron curtain have tried to stamp out religions. The Lamas of Tibet are in hiding from the Chinese occupation forces. The masses are gradually sinking into the oblivion of conformity which has been raised above the sacraments of orthodoxy within one's life in these modern times.

The reformers who have come to this world posing as saints and saviours to bring changes in religion, political, social and economic affairs have failed in their missions. They are unknowingly the agents of the Kal (negative) force which rules the lower universes. The greatest mistake the orthodox religions have made is that their hierarchy believes reform of man's affairs in this world is God's design.

We find a vast difference between the ECK Masters who have very little interest in this world, and the reformers who have posed as Masters and saints for centuries. The ECK Masters have



no interest in the material world except to gather up Souls to take them back again to God, which is their true home.

A deep examination of Truth shows that ECKANKAR, or what we call the ECK is the root source of all existence. It is the SUGMAD, that supreme deity we know as God. This is the ultimate revelation of Truth!

Therefore, every religion, philosophy and sacred writing since the beginning of time has been the child of ECK, the offshoot of It. Out of It came these orthodox religions to fit the moods and times of the affairs of man.

The ECK serves more than the races of this world. It supports and sustains the entire universe of all universes from God to the lowest plane of the negative ruler, Kal. All beings, all people worship the ECK in some form be it through the channels of some orthodox religion, cult or creed.

It is the universal ECK, the cosmic message, the God teachings that the present living ECK Master brings as the message to the races of this world today. He brings to all individuals the living awareness of God, so that each will receive the spark of desire to seek out Truth and return to his home in the God realm. Then all things will be right.

# The Illumination of the True Spiritual Works

The important thing facing me while in Europe this summer was the enormous hunger for God among the masses of adults. Opposite this was the decline and fall of spiritual values among the young in a society that fails to establish a clear definition of the higher ethics of religion and right living.

The positive and negative values clash not only in that part of the world, but everywhere today. The problem is simple: there is a lack of true spiritual teachings throughout the world despite the fact that the evolution of the human race has been lifted higher spiritually.

Adults are not getting satisfaction from their religious faiths and the youth are being misguided by negative values. Too many leaders are telling our youth that they can have freedom through drugs and harmful indigent ideologies; none of which have any essence of God contained within them.

Freedom of the intellect and social behavior is what most people are seeking. But within this is a psychic trap, and few will ever succeed at this goal. It is extraordinary that many university faculty members are without any awareness of God and, consequently, lead their charges toward the above goals.

Those who have sought God and had any degree of realization know there is only one God; that is the highest illumination

which gathers in Soul and makes it aware of the secret kingdom of God.

None of the practices that youth may try - meditations, drugs, and pseudo exercises of certain Oriental cults and inane rituals - will lead to God. Few if any of the adults will find God, for most are following religions which have only to do with creeds and rites of the universal mind power. Until they go to the heart of the matter none will find God-Realization.

ECKANKAR is the centric channel in the works of God. It is the very heart of the spiritual life by which all live, and it takes hold of all mystic thought even if it is not clearly comprehended. It is the source and power of truth; hence, the foundation from which all religions and philosophies have issued. No religious teacher has taught anything else but ECK whether he did so in a diluted form, or as the whole truth.

The truth of ECK is that few can give it out in the full sense of totality. Only the ECK masters in the spiritual hierarchy are able to do this, as they are able to act as the true, clear channel of God.

Nothing is more depressing than to see the misguided using drugs to extend consciousness, and then claiming to have had a God-Realized experience. Nothing could be further from the truth. What the user does not understand is that he has deceived himself and has had only a small experience in the lower astral world. He has become a victim to that destructive mental action we call Kama, or lust which if allowed, develops into an abnormal demand becoming destructive and degrading.

In its broader meaning Kama includes all abnormal desires, e.g., drugs, alcoholic drinks, tobacco and exotic foods which are eaten simply for the sake of enjoying the taste. The chief function of Kama, as we see it then, is to pull the user of drugs down to the common level of animals and keep him there.

This is why anyone approaching an ECK master to talk of drugs, or other artificial means for expanding the Soul body, is discouraged or turned away. Truth has never come through such channels. The Supreme Deity will visit Its glories upon Soul only when the latter has been prepared the natural way.

If our world societies are sick do we individually need to be ill? The answer, of course, is no, but we must take upon ourselves the responsibility to follow the path to God, regardless of what it might bring us in return; be it suffering, hardship, or whatever.

In the world of ECK we cannot allow personal indulgences to enter into our desires. They must be pure and unselfish, wanting only God in our lives. No ECK master will approach the individual to ask him to enter into the spiritual worlds or to especially follow the path of ECKANKAR. It is against the spiritual law to influence and affect any seeker of God.

The Illumination of the true spiritual works lies in the sacred writings of the Shariyat-Ki-Sugmad, (the Way of The Eternal). From this holy scripture comes all other sacred writings. Those who have been fortunate to be taken to the Golden Temples of Wisdom and had parts of the Shariyat-Ki-Sugmad revealed to them have had a magnificent realization that this is the source from which all truth flows. St. John spoke of it as *"the throne out of which the River of God flows,"* in the Book of Revelation.

Once truth is established in the individual consciousness, we know that the negative values will dissolve. Truth cannot be forced but must enter into us of its own free will. This is why we have sick societies within this world, led by those who have accepted the negative virtues to give to the lowly, hungry and sick.

The true spiritual works are now entering again into this world to uplift humanity. But we individually must accept our personal responsibility to enter into the full illumination of the secret Kingdom of Heaven.

# ECK-Vidya - the Akasa Science of Prophecy

Prophecy is perhaps the oldest arcane science in the world accepted by billions of people, who have depended on it since the dawn of time, through ESP, Spiritual Mediums, Clairvoyants, Astrology and Oracles.

However, few have ever heard of the ECK-VIDYA, THE AKASA SCIENCE OF PROPHECY, which is the modus operandi used by the adepts of the path of ECKANKAR for delving into the future.

ECK-VIDYA is much more inclusive than astrology or any of the mystical arts that are utilized by the well-known ancients and modern prophets of psychic precognition. It uses more Siddhi powers than the practioners of prognosis ever dreamt could be possible.

The art of ECK-VIDYA is only an aspect of ECK, which is the fulfillment of the total awareness with God. Prophecy or foreseeing events before they happen, and Deja-Vu for seeing what has already happened, are on a far wider panorama than any of the lower arts of prophecy.

It can foretell the deeper and more subtle events of life, even to the all-inclusive prophecy of a minute-by-minute mental or physical action to take place in one's life.

ECK is only a path to God, but in its own broad framework are included thirty or more facets, e.g., prophecy, healing, Self-Realization, making events for one's own future, etc. All of

these are carried on upon a higher level than those of the occult, metaphysical and religionist teachings. The vibrations of anyone practicing ECK-VIDYA are so high that those on the lower spiritual scales can never be compared with them.

Thy ancient mysteries were established upon the keystone of prediction. The Elysian, Orphesian, Pythagorean and many other ancient mystery schools had initiations which consisted of the chief priest going into a trance and giving predictions for those receiving instruction into their particular cult. Most of the works with which members of a mystery school were concerned were predictions on some basis or another.

The foundation of the argument against Socrates during his trial was that he was giving the youth of Athens false hopes by predicting the political and material future of individual persons and of the chief Grecian city.

The most famous of all mystery cults in ancient times was the Oracle of Delphi in the Temple of Apollo at Delphi. During a visit to this famous Oracle, which is now one of the great tourist sights of ancient ruins, I met an old man who claimed that it still speaks to those who have the gift of prophecy and divine insight. At first, his words were taken lightly, until while sitting alone on the great pile of ruins near what was the mouth of the Oracle, I heard its words come slowly and distinctively. When the first shock of surprise had passed, and I had slowly digested what was said, it was clear that the ancient Gods of Greece still lived for those who had the ears to listen. Shortly afterwards I began the practice of ECK-VIDYA.

The other Oracle at the Shrine of Dionysus, located on the Island of Delos, was one of the great sites of ancient prophecy. However, the Oracle which was still active up until the early part of this century, was hidden deeply in the wild mountain ranges of Northern Tibet. It is known as the voice of Tirmer.

visited the Oracle twice with Rebazar Tarzs. The first time I was initiated into the ancient order of the ECK adepts. The next time was to confirm some of the prophecies of my mission in this life.

The Oracle is one of the oldest on this planet, and was used until about fifty years ago by the ECK masters when initiating chelas into their order.

Very few use the hoary *modus operandi* via the ECK-VIDYA method of giving prophecy for those who wish to know their future. The old instructions of divination which were handed down are gone. Those Tibetan masters who were able to use the ECK-VIDYA way of looking into the future have dwindled into a handful, headed by Fubbi Qauntz, the Abbot of the Katsupari Monastery near the old site of the Voice of Tirmer.

The ECK-VIDYA method of reading the akasa records is not simple. The chela or student places himself under the tutelage of an ECK guru, following his instructions to the letter. By constant contemplation, coupled with strong spiritual shocks, the chela is able to awaken the Tisra Til (the spiritual eye) and bring about the release of the Atma Sarup (the Soul body) from the physical body, putting it above the realm of time and space.

This action leads the Atma Sarup upward and through the other planes until it has reached the culminating experience of Moksha or Sumadhi - - that which we know in the west as Cosmic Consciousness (known in the circles of the ECK adepts as the "ECKSHAR").

When at this position, one knows all his future and the future of others if he so desires.

Generally, one does not induce the trance state to leave the body, but can do it by what is called among the eck adepts as the Saguna Sati. We would know it as instant projection, the ability to move at will out of the body into any of the higher states of consciousness.

I can do this by simply concentrating on a physical object for a few seconds while repeating the secret name of God. There is usually a ping within my head. But it often sounds as loud as a mortar gun. I find myself hovering above the area we know as time and space looking at what might be in store for anyone who has asked to know about his future.

ECK-VIDYA actually means total knowledge. All that comes to

him who can read the Akasa records via the Soul body, is that which is known as Divine.

The practice of the ECK-VIDYA has nothing to do with the practice of Yoga, Spiritualism, Drugs, Vedanta, Astrology or any kind of Oriental rituals. We are not concerned with the asanas (postures), mantrams (chants and vibrations), mudras (gestures and binds) and pranayama. Neither does it have any relationship with the intellectual and study in philosophies.

ECK-VIDYA works on the principle that the world is interlocking and is a unity which can be observed once we lift ourselves above the regions of time and space. Within this position we are able to see all as a totality and to sort out the powerful magnetic fields around those whom we are reading.

One can be in the midst of a group of people and still put himself into the state of higher consciousness. The physical body will continue to function.

Last summer, while in London, I was invited to the home of one of the British Ministers. Knowing my abilities, this official asked several confidential questions about what the future held for the foreign affairs of the nation. I told him about the coming trouble with China, also about the economy shift that the Prime Minister was to make in dropping several cabinet posts and taking over the duties.

However, the goal of ECK is not to develop the acquisition of Siddhis or supernatural powers of this nature. ECK-VIDYA is only an aspect of this enormous path to GOD.

Generally speaking, ECK-VIDYA is the achievement of spiritual insight with which to look into one's own future on a minute-to-minute basis or day-by-day readings.

This is the realization of the great works of the Divine Deity in our lives which can be applied to all things and events we meet in the everyday routine of living.

One should never be side-tracked from the Ultimate Realization with GOD. Our values change as our recognition of the inner strength and relationship to GOD occur.



# Astrology, Reincarnation and Karma

Astrology, Reincarnation and Karma - trinity of higher levels of the spiritual science. It definitely has its place in the teachings of ECKANKAR.

Each of these three aspects of the trinity is an exacting science since Soul must serve in the lower worlds in order to gain spiritual purification. So ECKANKAR is concerned with all three of these spiritual sciences.

It says in the Shariyat-Ki-Sugmad (the Way of the Eternal), the holy scripture for those following the path of ECK, that we are in this physical universe to gain spiritual experience.

God sent us here from out of the heavenly kingdom, as untried Souls, to gain spiritual purification. We are like children who must attend school to prepare us for a place in the world.

The lower worlds, which are below the Soul plane, were established as a training school for Soul. It is created in the heavenly world and sent into the lower worlds to receive its spiritual education. Eventually, after many incarnations, Soul is purified by its experiences, after ridding itself of the lower universe karma, via reincarnations on the Wheel of the Eighty-Four.

The Wheel of the Eighty-Four is the Zodiac, where we must spend so many incarnations in each sign, in order to overcome the influences of the Zodiac signs. When we have conquered the

Awagawan, which is the Wheel of the Eighty-Four, we return to the heavenly world with the guidance of a spiritual traveler.

After Its return to the heavenly kingdom, Soul is able to serve with God as a co-worker in the various planes of the worlds which make up the total universe of the Supreme Deity, because it has gained spiritual judgment and maturity.

It is said that each Soul after leaving the Kingdom of God, in the beginning of its life, will have rounds of births and deaths in the lower plane, mainly the Earth world. This includes the various different species of living beings that It must pass through to the human apex, and Its many lives in the latter form.

The eighty-four on the Wheel means the number of times we will have births and deaths in the lower worlds. Eighty-four lacs, amounts up to eight million, four hundred thousand times, and a lac equals one hundred thousand. In other words the individual Soul will go through each zodiac sign seven times in order to be able to conquer the influences outside itself.

This is true but there is the accelerated way of getting through this karma so one does not have to spend his time in a round of births and deaths. This is the path of ECKANKAR which leads to Total Consciousness of God.

The influences as reported by astrology exert tremendous pressure on Soul so long as it uses a physical body. Much of the karma that we are working out is that which is natural in any given sign of the zodiac. As quickly as one learns to overcome the influences of one sign he moves into the next. This may be done anywhere, whether on the Earth planet, or any of the other planets.

Following this, Soul moves on to the next plane, i.e., the Astral, where It will go through a different process until it has reached the end of Its period there. After this, It spends time in the Causal plane and then the Mind world. When It is through with all of these, It enters again into the heavenly worlds as a pure, spiritual entity to serve God.

However, those who are able to find the ECK masters and

follow the true teachings, will be able to get off the Wheel of the Eighty-Four.

The ECK Master will show the chela the simpler way of getting into the God-Realization state which will cut through all the illusions that the negative forces try to snare him with.

Any teaching which informs us that Soul must spend its time as allotted for eight million years or more within the lower worlds is not of the truth.

Since ECK encompasses all the teachings of religions and philosophies it serves to lift Soul into Self-Realization and later to the true God-Consciousness where liberation is found.

There is so much to discuss about the three aspects of the spiritual sciences; Astrology, Reincarnation and Karma.

So much is to be given out to the world about ECKANKAR and its path to the Supreme Deity, that it is doubtful that any one person can do it within the years he has in this world. But if he is an ECK Master then the teachings go on in an ever-widening circle, from the planes beyond until they take in the whole lower world.

# UFO'S

## Are Visitors

### from Astral Planes

Official investigation of UFO's by a government project at the University of Colorado is due to fail, for these phenomena, generally believed to be visitors from outer space, are only astral plane entities.

This explains why some persons are able to see flying saucers and other UFO's while others cannot. UFO's consist mainly of astral projections (as explained in my book, *"The Tiger's Fang"*) from that plane, which resemble physical objects so closely that many who see them call such phenomena visitors from other planets.

People see them; animals are aware of them, and while in no sense "unnatural" they are, of course (being projections) only seemingly real and solid. Flaming engines roar, red and green lights flash and they move with incredible speed - but only in the minds of those who project and receive the images.

Anyone who is a follower of ECKANKAR is aware of this. He knows what goes on in those planes beyond the physical universe. Unlike most people, followers of ECKANKAR do not take the UFO experiences at face value. They are acutely aware that *"things are not what they seem."*

ECK travelers are cognizant of the psychic planes above the physical universe, e.g., the astral, causal, mental, etheric and the

Soul plane which is the dividing line between the worlds of the heavenly realm and the lower psychic ones.

These lower planes are not actually separated from the physical universe; they co-exist with it. The two of them (physical and psychic) exist not alone but relative to one another.

The logical explanation for UFO's is that they are not visitors from outer space, secret developments by any government, nor the result of mass hysteria. They are perfectly natural astral projections of the psychic world.

ECK travelers who make daily journeys into the other worlds are warned at the start of their training on the inner planes, what to expect from the snares and traps of the psychic powers. UFO's are one of the phenomena objects they will witness, but they are to give them little attention and proceed onward to eventually reach the fifth or Soul plane, where they will be liberated from all the trials and troubles of the psychic and physical worlds.

The UFO experience is generally a subjective one, something like religious or emotional occurrences.

These two planes often impinge on one another and physical manifestations are also numerous in the astral plane. Many who have never ascended above the physical plane have the intuitive ability to see such manifestations as UFO's. This explains why, when a UFO is sighted, some people in the immediate vicinity will notice it, but not others. There are any number of cases of UFO's appearing over large cities in the daylight hours to be reported by only one or a very few people. In one case, a youth called the police to a farm and the two officers saw the UFO rise over the farmland. Horses in a nearby corral were disturbed, but the farmer and his family were unaware of the proceedings. This sort of example could be expanded without limit.

Ezekiel saw a "wheel" not a rocket ship or a flying saucer because in his day the human mind was not able to conceive of such things. At that period, the wheel represented the ultimate in technology. UFO's of the Middle Ages suspiciously resembled air balloons. Those of the late nineteenth century were reported as

having gondolas beneath elliptical bodies and their engines went! chug-chug - not whoosh!

Those who project the amazingly lifelike UFO images from the Astral plane are not actually very spiritually advanced. They can only project what they have heard about, and their imagery is not the best, or they would be aware of and interested in reaching the God plane where Total Awareness would be found.

Those who do see UFO's generally have a high I.Q. and possess some clairvoyance which gives them an insight that others do not have.

If only they would reach on further it would be found that any ECK spiritual Master would come to their aid and guide them past this phenomenon toward the highest realm of God via the path of ECKANKAR.

# Initiation - Its Place in Our Spiritual Growth

Initiation into any secret spiritual society is the supreme distinction for anyone seeking the realm of God. Passing through the initiation ritual brings the manifestation of the sacred forces and lifts each into the transcendental realities of God.

However, the initiation must be given by a true spiritual master who links the chela with the spiritual forces and gives him freedom and liberation of Soul. This is the basic key to initiation in ECKANKAR, its place in our spiritual growth.

Not everybody is ready for initiation, but many teachers of the esoteric subjects who arrive on these shores from the Orient make little distinction as to who has reached a climax of growth and is ready for initiation. Usually the initiation is given first and the study of the respective teacher's works comes second.

This is the wrong way of handling initiation; it is little more than joining any orthodox cult or religion with a ritual of some nature. Study for the chela who is following the path of ECKANKAR must go on for two years before he can qualify. By this time the chela has learned enough about ECK to determine if he wishes to follow this path. Should he decide against it, there is always the freedom to leave and find another way to God without opposition or mental qualms.

We find that anyone who takes up the study of ECKANKAR will be given an inner initiation when he begins to practice the

spiritual exercises of ECK laid down in the first series of discourses called "The Precepts of ECKANKAR." He may not be aware of it, but the changes of this inner initiation which are made in him are noted by the master and friends. Some chelas do have a vivid recall of the inner initiation, but others have no feeling or understanding of it.

This inner initiation is sometimes given in the dream state by that entity whom we call the Dream Master. Often it is given while the chela is fully conscious and can remember everything about it. It is truly a wonderful experience for those who can recall every part of this first initiation.

An inner initiation is made possible for the purpose of gradually preparing the chela for the final linkup with the Sound Current, the audible life stream - that which we know as the Word, spoken of so much in the Bible and other sacred literature.

Upon finishing the second series of discourses, entitled "Soul Travel - The Illuminated Way," the chela is ready for the second but objective initiation which is the one which gives him the secret word for himself. This word is not a mantram but fits his vibrations with that of the spiritual power. He then is an accepted member of the Initiates of ECK.

Following this second initiation he is given further studies and later the ninth initiation which brings him into the Secret Order of the Vairagi, the Brotherhood of the ECKANKAR Adepts. He is accepted and able to do almost anything that they are capable of doing.

There are twelve initiations in the works of ECKANKAR. It takes several years of study for anyone to reach the pinnacle area where he can become a true co-worker with God in this lifetime. But once the chelas have passed the second initiation much of their karmic debt has begun to work off swiftly. They never have to return to the Earth planet unless they so desire.

Our greatest obstacle lies in the fact that many teachers want those who show any interest in their respective works to be initiated at once. Such an initiation may do more harm than good



for the chela. Seldom does a chela have any experience in esoteric affairs, and most lack a knowledge of what is in store with such initiations. Often they become dependent upon the teacher rather than learning what can be done for themselves. They feel that to leave the teacher would cause spiritual damage, although they may not be getting anything from the studies of these particular works.

Many teachers of this nature also discourage the chela from leaving after initiation into their path to God with fear techniques, e.g., that if he does leave the studies they are teaching he is doomed to remain on the astral plane and never have any spiritual growth. This is interfering with the chela's freedom.

There is also too much promise of what an initiation may do for the chela. Those who seek it may expect the glories of God at once, according to many teachers. Also their physical and economic welfare will be taken care of by some mysterious means of God. These promises are not completely truthful. Whatever the chela gets out of an initiation will depend entirely on himself.

He cannot under any circumstances get anything greater than his own spiritual unfoldment demands. This is the crux of the whole teaching of ECKANKAR. One would not expect to become a highly evolved engineer should his talents be developed for music. Not that it isn't possible, but he is not likely to succeed because of a lack of interest plus other factors.

This is especially true in the spiritual works. Too many times a wife or husband will practically twist the mate's arm to become interested in the same studies. This is foolish because we find that while one is spiritually unfolded to certain levels, the other mate is not. Therefore the best thing to do is to leave the uninterested mate alone.

This situation offers a problem to the master when the initiation is to be given to one member of a married couple and the other has no interest. The master should explain to the chela that he must discuss the initiation with his mate before it is given. If an agreement is reached between the two parties involved, initiation is then made possible for the one who requested it.

However should the other mate desire also to have the initiation with the chela who requested it, the request should be granted although he may not have the prescribed requirement.

One of the purposes of the spiritual path is to keep the family intact, not separate it, and if those within a family are going to withdraw into themselves to try to force others within the family unit to take the same path they should drop it and take a way which is agreed upon by one another.

The initiations in ECK are the oldest of any secret society. They have been used since the dawn of time. The citizens of the spiritual city of Agam Des in the western Himalayas are initiates on the path of ECK. These are the Eshwar-Khanewale, or what we know in English as the God-Eaters, those who consume the cosmic energy instead of material food.

When the chela has advanced to the third initiation he is able to visit this city ruled by the benevolent ECK master Yaubl Sacabi. As he travels onward into the heart of God, the chela will pass through further initiations, each one a test, until he has finally entered into the Total Awareness of the SUGMAD, the secret kingdom of God.

Some of the tests are given by the ECK masters, the keepers of the Shariyat-Ki-Sugmad in the Golden Wisdom Temples on the different planes where the chela studies. These masters determine when the chela is ready for study on the next higher plane, where he will take up advanced work of ECK. When he has developed to a certain level and is ready to go to the Golden Wisdom Temple, the master gives him an initiation which will send him into the higher realms.

If anyone desires to give an initiation to a chela which keeps him in the lower levels like the transcendental meditation technique, or those which are concerned with only self-realization, or the universal mind, then the teacher is doing the chela a disfavor. He will have little advancement on the spiritual path. Mantra yoga will not carry anyone further than the mental plane, despite the claims made by the practitioners and

teachers in their field.

Often the leaders in mantra yoga will speak of the realm of pure thought, but this only reveals their arena of operation. They are not working on the true spiritual planes, but in the realm of the mental worlds where the negative power is still king.

Neither do the advocates of self-realization bring lasting peace for they are only reaching the Soul plane (fifth plane) where the knowledge is that of self-realization. Again this is not reaching the God-Realization state. Self-realization is self-knowledge, and God-Realization is God knowledge.

We find that when anyone has a stipend in any monetary way for initiation, he is breaking the spiritual law. No true spiritual master asks anything for an initiation. He gives from the love of giving and expects nothing in return.

No remuneration is expected from the chela to receive the initiations in ECK. After he receives the second initiation he is entitled to a series of monthly letters called the Wisdom Notes, which are for the initiates alone. He takes up the study of the Shariyat-Ki-Sugmad because he has advanced this far in his spiritual unfoldment.

All comes to him now without any material payment on his part because he has earned the right to study the higher secret teachings.

Until one has earned this right he is still under the law of Karma and must work with its exacting demands of compensation.

# The Impotency of Meditation as a way of Enlightenment

Meditation, like prayer, has been a traditional ritual in religious and philosophical circles. It is perhaps one spiritual method of seeking God enlightenment which has been a universal failure, especially with the Occidental seekers of light.

This is practically heresy to those who have been steeped in this orthodox method of seeking realization of any spiritual nature. Yet the statement is true due to the fact that we in the Occidental world have been grossly misled about the Hindu religious methods of worship, not only by the Indians but generally by the westerners who are leaders in the religious and philosophical fields.

Meditation is a word that fits almost every technique which is used for seeking God-Realization. But the word as we are using it here means sitting in passive silence awaiting the descent of God's light into the practitioner. This is the Hindu religious way of meditation. But sitting in silence and doing nothing certainly does not create an atmosphere of activity. It tends to make the participant a more passive person and if practiced long enough he will come close to a state of neurosis.

This has been established in the fields of psychology and psychiatry as a truth. It has become known that many people who have turned to meditation as given by the Orientals have

reached a state of ill health and were compelled to seek medical attention.

We find a difference between the followers of the traditional Hindu religious meditation methods and those who are practitioners of the spiritual exercises of ECKANKAR. The difference is that so many who try to practice meditation are not prepared for it and will sooner or later become the effects of their own efforts.

We also find that this type of meditation will bring little more than visions which must be separated to tell reality from the pseudo. So many of these visions are within the practitioner's own little universe! But they are accepted as something sent by the Supreme Deity as part of the universal worlds, as a reward for the practitioner's faith and devotion in keeping to his periods of meditation.

This self-deception is not always the fault of the practitioner, for he has nothing by which to measure these subjective experiences. Thus he must accept them as truth because he does not know any better.

The spiritual exercises of ECK give their own participants a yard-stick to measure whether the reality gained from out-of-the-body consciousness is truth. Those practicing these exercises are able to gain judgment and discrimination about their own abilities to travel into the other worlds and their experiences for survival of Soul.

This is the main difference between the spiritual exercises of ECK and the meditation practice of the Hindu religion. Those who practice ECK are able to travel to the Godhead and return to the physical body. Those who practice meditation are only able to create some condition by which they hope the attributes of the Godhead will descend into themselves within the physical body.

Meditation is merely a passive state in which one tries to draw the light into himself while sitting in a position called the Asana which is one's posture for trying to attain oneness with the light and sound forces.

Nothing comes of using this method because we are dealing here with a situation which is for specialists, these being the ones who have worked with this method for many years, usually from childhood, and have lived in a climate that is conducive to their thinking and feeling toward God-Realization.

I am speaking here of the Oriental holy men who are able to withstand austerities by living in remote places, especially caves in the high Himalayas. By their long periods of silence and ability to do without food and the normal comforts of life they attain some success with the meditation method, as an unfolding toward God.

It is certainly true that few Occidentals can succeed at such a path to God because we are not conditioned to the Herculean tasks of such monstrous concentrative periods. If a man puts himself into silence for fifteen years or more he certainly has an endurance beyond the capacity of normal people. But to what purpose?

If he withdraws from life what does he gain by his austerities and lack of social contact. The usual claim is that he is in contact with God. If this be true then why didn't the anchorites, of the fourth and fifth centuries after Christ, add something to the spiritual development of mankind and the sacred writings of the church?

None of these people who choose to suffer hardships in silence in the name of God make any worthwhile spiritual records for us to follow. In my own personal research it's been found that those who claim to have spent long periods in silence and to have come out of it with great truths give us pause to wonder at what they claim to have discovered. Frankly, most of what they have found within these periods of silence, after years of it, was something that might have already been known to a small segment of the public at large.

In one case particularly it was found that the leader of a popular religious cult claimed to have discovered a new transcendental meditation technique after spending sixteen years in meditative silence. What he had to give after this unusually

long period away from social contact only turned out to be a mental method which was generally well known among well-informed students in the spiritual fields. One asks himself of what good then is it to spend such tremendous time in meditation if he is not to gain some God-light and wisdom?

The purpose of man is to live here on Earth in a dual role. He is both spiritual and physical and cannot live entirely as either so long as he is encased in the temple of flesh. He will be able to rise into the God-State and remain there for a time and then must descend again into the human state of consciousness. It is only when we are able to get beyond this physical life, after death, that it is possible to rise into the God-State of consciousness and remain there. But we must prepare for this by learning to project ourselves into it and dwelling there temporarily while living in the flesh, so we will be able to reach the secret kingdom for permanent residence following demise of the human body.

This is why meditation will not resolve the condition of God-consciousness for any of us while in the body. The spiritual exercises of ECK are the only path that will give us the opportunity of entering into the God-state temporarily while in the human body.

These exercises are not at all conducive to passive action. It is true that the practitioner of ECK sits still while doing the exercises but we know that there is still action about them. We leave this state of consciousness and go into another plane leaving the physical body so that we can receive the light and sound forces which flow down into the body via Soul which is out in the invisible worlds, and which is acting as a channel for these twin powers of God.

The very difference here between the two systems is that the meditation technique does not enable the individual to leave the physical state. He receives the light into himself, that is the physical body, directly in the meditation period. Often this cosmic light is so strong that it will wreck the body in the same way as too much electrical voltage. In time the body will be

broken down and ill health results. Should we study the lives of many saints who believed that meditation was the proper path to God it would be found they all passed away in bad health. But those practicing the methods of ECK or similar ones were healthy far beyond their years, and had an unusual longevity.

As just stated those capable of leaving their physical bodies and receiving the light via the Atma Sarup (Soul body) will have longevity and good health. All benefits which we have expected in life will come to us and eventually we will return to the heavenly kingdom and become co-workers with God.



# Meditation: Eastern vs. ECKANKAR

Meditation is making use of the feminine principle in order to reach the Godhead. It is part of the duality of the lower worlds, and that with which we will be making contact unless we recognize it in time. We find that the use of this method over a long period of time tends to make the users of it more effeminate than ever. The users of the ECK exercises will grow in strength and freedom.

The mistaken idea that many have in the use of the techniques of meditation is that we grow more godlike in nature. Since God is neither feminine nor masculine of ITSELF, then we are falling into the trap of the negative power which throws up the illusions of misunderstanding. We cannot go any further than the mental plane with the meditation technique; therefore the use of it still confines us to the lower worlds.

If we should take a look at the state of the Oriental countries, their wisdom does not seem to have been very effective at home. They appear to be in a greater state of confusion than those in the Occidental world.

Therefore we must realize that most of the Eastern religious teachings, like their other ways of life, are in any case clearly designed for the Eastern way of living - for countries where a hot climate and general poverty is conducive to contemplation and

inactivity.

These teachings work even less effectively in the Western countries where the cultural traditions are outward-looking, active and optimistic. Except for a few holy men we find the usual Oriental character much like that of the nations of the rest of the world, which includes such traits as selfishness, hypocrisy, arrogance, immaturity and materialism. A few are living in wealth and comfort while the masses are starving.

They are different from the Western People because their world has burdened them with different problems. Their climate, with inescapable yearly cycles of flood and drought, has fostered the world's gloomiest religion. Centuries of undernourishment have left them with weak bodies, and they only expect to live about half the years we do.

Therefore, their holy men have developed the passive meditation state which is good for their followers because it tends to deal with the problems of escape. In principle it is the same as one reading for the purpose of getting away from the reality of life. It simply cannot be done for no matter how much time we spend in meditation and what airy feelings are received in this state it does not resolve the problems of having to face the affairs of the day in this world.

One highly respected spiritual leader stated not long ago in a pulpit that it was ridiculous that the Beatles and many others had to go to the East in order to try to learn about God. They should have been sent there because they represent life, love, success and happiness. All that the East represents is starvation, misery and a few creditable spiritual teachers, but there is only one avatar and one path, and he is not in India. What they will find is hardly worth the time because it will be a pseudo-spirituality which is hiding a vast amount of materialism.

This is the trap that the unwary fall into, those who have not had experience in the spiritual ways of life. The same results can be gained in a church ritual as in the meditation act, only an emotional uplift against which sooner or later the body will cause

a rebellion. Then it will show evidence of those karmic effects - as in the case of Ramakrishna, the new prophet of India, who died early in life of throat cancer.

Therefore we find that meditation is not fitted for the western nature. We must learn to use the spiritual exercises of ECK which bring about enlightenment by lifting Soul beyond any of the spirito-material planes such as the astral, causal, and mental. The worlds of the lower planes such as these just named are not considered in the works of ECK except to pass through into the Godhead.

Many people who come to me say they do not want to be bothered with the lower worlds but want to make direct contact with God. They are simply not willing to go through the preparation to enter into the finality of the Absolute.

Meditation brings one into the mental plane where the user becomes one with all things. Those who practice the spiritual exercises of ECK learn that one does not become one with God, and doesn't have the established union with God, as claimed by the Hindu religionist but becomes a co-worker with the Supreme Deity.

There is a vast difference in this - for being one with God, we are living in a passive useless state, but as a co-worker with God we are the active worker with a divine mission to be re-established somewhere in the universes of the spiritual kingdom to do our spiritual assignment for and with the supreme Deity as described in the Shariyat-Ki-Sugmad, the sacred writings of those who follow ECKANKAR.

# Is the New Age Messiah in Our Midst?

The question of the new age Messiah has been one which is under constant discussion by those who are directly interested in spiritual and religious matters of the present times. The whole point which is being presented here is whether the Messiah for this present age has made his appearance, and how do we judge whether he is with us now. Certain factors and events which are coming about somewhat prove that we are blessed with his presence.

Since the advent of ECKANKAR into the modern world, starting about 1935, the crises in human affairs have become more intense and now seem at the bursting point. It appears that this ancient teaching which has made its way back into the attention of the world, after lying dormant for centuries, is here for a purpose. That is to bring a stronger spiritual strength to all those who become its followers.

The ancient one, the agent of God, whom we call the Messiah, or the Godman, appears in the world with every new age. Now he has appeared with the age-old teachings of ECK, which will give the human race a spiritual boost, taking many over the crises into the realm of God. The way will be perfectly clear now that many can see where the path of God is leading them.

The Buddhist scriptures speak of the Matriya who comes for

this age to take the followers of Buddhism back to God; that he is to be born on a body of water where horses graze upon the shores, and where the fields are green. He is an Occidental who shall not sit in the lotus position, but will occupy a straight chair and put his feet on the floor. Many have claimed they were the present world Messiah, but the proof is not in evidence. The deliverance of the universal world message must be an age-old teaching.

ECK is a complete body of Supreme Wisdom which has silently been waiting for its rediscovery and few have ever had the ability or the courage to confront it. Many of the well-known masters who have disguised themselves as leaders in different fields of religious and philosophical thought have tried to resurrect ECK in the form of a mystery school. They failed, mainly, because the people of their times were not ready for it.

We have had the same problem throughout the annals of world religious history. If one religion had grown stronger among the political figures and governments, then ECK had to remain underground because of the problems of persecution. Today it has again appeared on the world scene and is somewhat ignored and persecuted because the leaders in various fields of religion, politics and government do not want to see it spread. They fear lest it should upset the religious economic balance of the world nation.

Leaders like myself at the head of the present age ECK movement, have all had the same problem as anyone who has established the true teachings. We are all put in the position of people approaching us wanting anything but God in their lives. This is the primary problem of life. Even Christ had to contend with this. People simply do not recognize these individuals as the God men, the agents of the SUGMAD, the Supreme Being manifested in flesh. In other words, they think in terms of what can be done for themselves: crippled, unhappy, the prisoners of the negative power, disillusioned with life, and without any source of income, they wearily make their way to the feet of the

gods, magicians, metaphysicians, and other wonder-workers hoping for the miracle cure.

The Godmen, who are actually the ECK Masters, can do any miracle they desire, but seldom will because it makes the witness believe in physical and psychic phenomena instead of following the true path to God.

The true seekers of miraculous help find that, sooner or later, real spiritual assistance depends on their inner growth. The more that one is in the higher stages of development, the easier it is for any Master to heal him, or give him some spiritual help. But those who are still in the nonsurvival stage can never find that miracle for which they seek throughout their lives.

Instead when reaching the Godman they in desperation ask that he give them something to heal them, fill their empty purses and bring them material happiness. But the Godman gently reminds them that all he has to offer is a way to the Supreme Being, and what they want is not in his means to give. Most of them turn away sadly and keep seeking in hopes of finding that miracle which will be a cure-all.

The Godman always does his miracles in silence, when few, if any, are watching. The healing, which is demanded of him by many, comes so quietly and mysteriously that those who are receiving it hardly recognize it until later. It was my privilege to sit in the company of Sudar Singh, the great ECK Master, years ago when a man asked to be healed of arthritis in his feet. The Master merely smiled and talked about something else, while the man impatiently insisted on being healed. Finally he gave up and left, but the limping gait he had when entering the Ashram was gone. He now walked like a man without suffering and pain in the feet. His gait was that of a healthy person.

The Godman has but one purpose in being here - to take those who desire back to their heavenly home again. This world is one of wars, pestilence and malignancy which is the training ground for Soul. When each is ready the true Master appears and prepares him by special training to make the ascent into the

higher worlds by learning to leave this state of physical consciousness while living in the body, and to dwell in the higher worlds. Every day the chela will spend time with the Godman in these higher realms, exploring them and learning what eternity is and how he will spend his life in it.

Unless one is able to find the true Master in this life he will spend more lives, in future incarnations, perfecting himself until he reaches the stage where the path of ECK is opened for him to travel into the heavenly worlds.

Finis