

**ECK Wisdom**  
*on*  
**Soul Travel**

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**Excerpts**

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**HAROLD KLEMP**

## What is Soul Travel?

Go back up just a bit, what is Soul? *You* are Soul, an eternal, individual spark of God. Soul is the True Self, the real you. One of a kind, on a divine journey back to the heart of God.

So, in the simplest terms, Soul Travel is an individual moving closer to the heart of God. Some people experience it as the apparent movement of the Soul body through the planes of time and space.

Yet Soul exists on all planes, so what feels like movement, or travel, is simply Soul coming into agreement with fixed states and condition that already exist in some world of time and space.

In Soul Travel you may experience a rushing sound, like wind in a tunnel, and the sensation of moving incredibly fast. But really, Soul doesn't move: Soul *is*. Time and space adjust to Soul's state of consciousness, and it is this adjustment of time and space that gives the impression of movement or speed.

Another form of Soul Travel is the expansion of consciousness.

This aspect is the true state of personal revelation or enlightenment that we aspire to in ECK. It visits both the timid and the bold, and is gentler, less robust version of movement in consciousness. Most people experience this sort of gradual shifting of awareness.

In the broadest sense, Soul Travel, can be used in every aspect of your daily life. It encompasses much more than merely traveling out of the body. It is the expansion of consciousness which allows you to get along every day with more awareness of the greater wisdom and understanding that is coming to you from the Holy Spirit.

Love and wonder define Soul Travel the best.

Harold Klemp, *ECK Wisdom on Soul Travel*, p. 4-6

## A Gateway to Soul Gravel

If you want to learn Soul Travel, do this technique tonight. Before sleep, shut your eyes and place your attention on the Spiritual Eye. It's right above and between the eyebrows.

Then sing *HU*, an ancient, sacred name of God. Fill your heart, mind and body with warm love.

This feeling of love grants the confidence to venture into some new, unexplored area of your spiritual being. A way to fill yourself with love is to call up a warm, comfy memory, like a child's hug or mate's kiss.

Just so the feeling warms your heart with deep love.

Now, eyes still shut, look into the Spiritual Eye for the holy person who is your ideal, whether Christ or an ECK Master. In a gentle voice say, "I give you permission to take me to the best place for my spiritual good."

Then chant *HU*, *God*, or some other holy word.

Next, see yourself in a familiar place, like a special room in your home. Be assured that the guide who comes is a dear, longstanding friend.

Do this session five or six times over as many days.

A spiritual exercise is like a physical exercise in that all muscles need time to respond. So do this spiritual exercise at least a week before you consider throwing in the towel. Success comes with diligence. And if you do this exercise for a couple of weeks, you may surprise yourself at your new spiritual outlook.

Harold Klemp, *ECK Wisdom on Soul Travel*, p. 34-35

Discover the story of Betty on pages 31 and 32.