

ECK Wisdom  
Prayer,  
Meditation and  
Contemplation

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Excerpts

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## **Responding to the call of Soul**

If you are a sincere seeker of truth, you realize that something within you is constantly pushing you from the nest. You know the answers you seek do exist somewhere in the world. This inner force that pushes you to find the answers is an urge you have no control over.

It is the call of Soul.

Prayer. Meditation. Contemplation. What's at the heart of these spiritual practices? Each is a response to the call of Soul. Each represents an individual's desire to contact the source of all truth. Different paths to reach the same goal.

You are Soul, a divine spark of God on a journey homeward. Soul wants to experience more of the Voice of God, which can be heard as Sound or seen as Light. So you begin your search.

In this small book you will find keys to accelerate your pursuit of truth. You will read about the Spiritual Exercises of ECK, which are creative techniques taught by Eckankar, Religion of the Light and Sound of God. Insights from this study will enrich your spiritual journey, whatever your chosen path – your own response to the call of Soul.

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## **How does Prayer work?**

The spindrift Organization has done a lot of experiments in the lab trying to prove that prayer works. They set up experiments with plants, and they tried directed prayer. They'd always have a control group. Then they would see if there were any differences in plant growth. And there were.

They did these experiments for a while, and then somebody had an idea. They said,

“ We’ve proved now that prayer changes things. ” In other words, saying to the little plant, “ Grow! ”. But now let’s see if there’s a difference between directed prayer and other types. They wanted to look at another kind of prayer, which is nondirected prayer. Nondirected prayer is more along the lines of “ Thy will be done ”.

So they took a plate with mold on it. And they put it through a quick rinse of alcohol to give the mold a shock, to almost kill it. And then they drew a line right down the center.

Side A was the control side. They wouldn’t pray for that side. They asked people to pray for the mold on side B, but not on the order of, “ Grow, you little green molds, grow! ” They didn’t do it like that. They just said, “ Thy will be done, ” regarding the B side.

By doing this truly, people are giving goodwill to life. They’re passing along the love of God to other people and things.

They found that nondirected prayer worked even better than directed prayer. Then they did other experiments and got the same results: the nondirected prayer was better than telling God what to do.

They also found that some kind of attention was better than nothing at all.

It gets very difficult if you have an illness to say, “ God, I need more red blood cells. Produce more red blood cells. ” It may be exactly the wrong thing. You might need more white blood cells.

Directed prayer doesn’t work as well because it depends upon the human consciousness and all its ignorance. But nondirected prayer depends upon the divine power of God. So whether you say, “ Thy will, not mine, be done, ” or “ May the blessings be, ” this is the proper spiritual way to direct your own life.

If you have a health problem, or if you're having a problem finding work or keeping the job you have, or if you're having a problem with your loved one or someone not so loved – instead of saying, "God, help me be stronger," maybe just try 'Thy will be done,'

It's unconditional love that makes such a prayer. And this is important.

What many people don't realize is that God's love, too, is unconditional love. Soul exists because God loves it. That means you exist because God loves you.

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## **A healing Light**

Linda grew up Episcopalian, in the religion of her family. In grade school, she got into Christian Science; in her teen years she came to contact with the Unity teachings.

The she found out about meditation. Since then she has found Eckankar and become an ECKist. But in the years before ECK, when she was a teenager practicing meditation, someone told her how to work with pictures, to see things as pictures in the Spiritual Eye.

So one day she sat down to do this, and right away she had an experience. She saw a beautiful and pure yellow light, like the most beautiful lemon pie you can imagine.

This was the Light of God, one of the two aspects of the Holy Spirit. The other is the Sound.

When Linda saw this yellow light, it was so beautiful that it healed and uplifted her. She became a part of the light and went into the light. Then

after some time – she couldn't remember exactly what had happened – she came back into her body.

"This meditation's OK," she said.

The next day she tried the very same technique again, but she saw nothing except absolute blackness. Worse, she started pushing. She stared into her Spiritual Eye, which is that point right above and between the eyebrows.

And she began to see faces coming out of the blackness, staring back at her. Linda didn't know what these faces were.

Sometimes they were faces she had worn in previous lives. It was as if she were looking at a reflection of herself in a shiny mirror or a pool. Other times they were faces of people who were close to her, with whom she had a karmic tie and a karmic burden.

People who would play a part in her life in the future as they had already played a part in the past. The faces frightened her. So after a few more tries to contact the light again, she gave up.

But this was the beginning of her experience with the Light and Sound of God. In the following years, Linda discovered Eckankar, and by using the Spiritual Exercises of ECK, she began to understand her experiences and resolve the karma represented in the faces she had seen. She grew spiritually by taking the path of divine love.

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## **Beyond Prayer and Meditation: Contemplation**

Beyond prayer is contemplation.

Contemplation is a method that enables you to begin to go out and actively explore the inner worlds of your own being. It is different than meditation, a

passive state in which the practitioner goes within and just quietly waits for the light.

One contemplative technique is to read something inspirational – a biblical verse or a passage from the ECK writings - then shut your eyes and look inwardly, very gently, at the form of an ECK Master, Jesus, or any figure you feel is a spiritual traveler. Ask to be shown the truth. You can ask for love, wisdom and understanding, but something greater than these three things, which are only attributes of God, is to ask for the realization of God.

Through contemplation one comes to an understanding of the mental and emotional bodies. There are also other ways to approach life. Another step is to make a study of who and what you are and make an effort to learn the spiritual laws, such as the Law of Cause and Effect.

A third step whereby one can learn about spiritual truth is through service. Service means giving in some way. If you expect to grow spiritually, you have to give of yourself. There is no other way you can unfold spiritually and rise into the high heavens of God. [...]

Spiritual exercises are the way to become more aware of this life. Spiritual exercises, contemplation, and prayer of the right kind are all the same. Basically, it's opening your heart to God or the Holy Spirit and listening.

What we want to do is contact the Voice of God, which is the Holy Spirit. This Voice of God can be known through the Light and Sound that uplifts us so we can reach into the high states of spiritual consciousness. No longer bound by the hand of destiny, we then become spiritually free to mark our own course for this lifetime and into the worlds beyond.