



Game of Chess—Getting an Overview

You can do this exercise anytime—whether you are at work, in contemplation, or about to fall asleep.

Light place your attention upon a situation in your life, then put your viewpoint as Soul above the situation. Look down on everything going on below as if it were a chess game—even though it might be your imagination. You can look at a situation anywhere in the world from this viewpoint.

As you are gazing upon it, change the situation by simply rearranging your place on the chessboard. It's a successful device, and those who use it often make great changes around themselves.

—Sri Harold Klemp,
The Spiritual Exercises of ECK, p. 123