Would you like to be more aware of the Light of God?

Close your eyes, and imagine you are standing with the MAHANTA, looking at a very bright diamond. Turn the diamond in your hand, and look at it from different sides.

Tell the MAHANTA what you see. Then pass the diamond to the MAHANTA to hold.

Watch as white light beams into the diamond. Thousands of lights twinkle around you. As Soul, you can move right into the light.

Listen for the music of the Sound Current all around you. Let the Light and Sound wash through you. It brings blessings, strength, and love!

—Adapted from *The Wonder Within You*
by Harold Klemp, p. 151

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Sing *HU* for a minute.

Then imagine you are in the Temple of ECK and you see an ECK Master holding open the door of a golden elevator. The ECK Master invites you to enter. They want to show you something new in the God Worlds of ECK!

As the elevator starts to rise, it changes. It becomes larger, and you can feel the speed as you whoosh upward.

Your body sparkles with Light and Sound.

Then the elevator door opens.

Even though you may not remember being there before, this place might feel familiar to you.

Soul wants to explore! So step out and continue your adventure.

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Tip: You might get the chance to hold a door open for someone else during your day. It is a reminder from the MAHANTA of your inner journey on the golden elevator.

—Adapted from *The Wonder Within You*,
by Harold Klemp, pp. 118-119

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The Eternal Nature of Soul

Chant *HU* for a minute.

Then imagine yourself, Soul, as a body of golden light. God's love for you is like a heartbeat in the center of the light.

Let this love and light grow until you have no beginning or ending. Enjoy this feeling of limitlessness.

Then ask the Inner Master to show you the endless love and creativity of who you truly are—Soul.

What do you see?

—Adapted from *The Wonder Within You*,
by Harold Klemp, p. 18

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Your Cup of Living Water

Chant the word SUGMAD *s*ilently to yourself.

Picture a desert with a green oasis right in the middle. There is a pool of water and green trees around it.

As you walk through this oasis, you see people from many cultures standing in line. They all have cups in their hands.

You are also holding a cup. You get in line too.

The Living ECK Master is standing at a well. As each person lifts their cup, the Master fills it lovingly from the well of Living Water, which is the ECK.

When it is your turn, the Master gives you a special smile and says your name. After he fills your cup, drink the Living Water to the last drop, with thanks and joy in your heart.

As you drink, imagine the Light and Sound moving through you. This water will start to wake up the God knowledge already in your heart.

—Adapted from *The Wonder Within You,*
by Harold Klemp, p. 156

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The Shariyat-Ki-Sugmad says, "Soul is immortal, and Its future is the future of a thing whose growth and splendor has no limits."

When you have a limitation in your inner or outer life, close your eyes and sing, "May the Blessings be" silently to yourself.

Imagine hidden blessings of Light and Sound are raining into your life from the Ocean of Love and Mercy, which is God.

Letting these blessings into your life can make new things possible. Look for how the ECK will lead you. Be ready to take the next step when the ECK shows it to you.

—Adapted from *The Wonder Within You*,
by Harold Klemp, p. 59

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