

# LETTER OF LIGHT WORKSHOP HANDOUT

## SPIRITUAL EXPERIENCE CHECKLIST

Directions: Print this page and cut out one checklist for each youth.  
Invite them to read through the list and check off the box next to any spiritual experiences they have had. They can also check off ones they would like to have!

### HAVE YOU HAD A SPIRITUAL EXPERIENCE?

*I have had these experiences:*

- ☐ Dreams
- ☐ Past-life memory
- ☐ Soul Travel or out-of-body experience
- ☐ Seeing an Inner Light
- ☐ Hearing an Inner Sound
- ☐ Receiving inner guidance
- ☐ Golden-tongued Wisdom
- ☐ Waking Dream experience
- ☐ An experience with one of the ECK Masters
- ☐ Receiving help after singing HU or doing a spiritual exercise
- ☐ Spiritual protection from the MAHANTA
- ☐ Help from the ECK to overcome a fear
- ☐ A spiritual healing in my health or a relationship

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