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Divine Spirit in Action

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HU A Love Song to God

The Greatest Creative Force You Can Use for Healing

You will learn that the path to God is not one of a group. You are on this path to God yourself.

You may be a member of a group that is very large or very small, or you may go all by yourself. But you are on this journey to God. The only important thing on this journey is you and God. Once you've established the correct relationship between yourself and God, then you're able to go back out into the world and serve all God's creatures. And you will serve with love, kindness, compassion, and understanding.

Because you've walked in those moccasins before, you can help others by listening. You've been there. And there are others who can help

you because they've been where you are now.

The greatest creative force you can use on your behalf is either contemplation or prayer. I suggest singing HU (pronounced like the word *hue* and sung in a long, drawn-out breath).

HU is a love song to God. It up-



lifts and purifies us of the evils that make life too much to bear. It heals our wounds, soothes our brow: sweet, but mighty, name of God.

In all heaven and earth no name is mightier than HU. It can lift the

grieving heart to a temple of solace. A companion in trouble, it is likewise a friend in times of prosperity. And is it any wonder, for HU is Soul's most precious gift from God.

Anytime you sing HU as a love offering to the Lord of all creation, your heart fills with the Light and Sound of God. They are the twin aspects of ECK, the Holy Spirit. HU, the name of God, brings us into a holy alliance with the Light and Sound, the Word of God. Should the worlds tremble and all else fail, HU carries us into the ocean of God's love and mercy.

In time, people everywhere will have the chance to sing this age-old, universal name for God. This is a new cycle in the spiritual history of the human community.

So sing HU softly, gently. It is for those who desire true love, true freedom, wisdom, and truth.

Harold Klemp, *Spiritual Wisdom on Health and Healing*, p. 57-59

Divine Spirit

Where Does Healing Come From?

We are in some very interesting times in human history. The unfoldment of the human race has come a long way in the last hundred years. As a result of this creativity, there is a whole new world of energy, a whole new world of possibilities.

In these times, many people are looking to a variety of sources of healing. Traditional doctors are still very necessary, but people are also finding their way to alternative methods of healing.

Why are they doing this?

Because the level of consciousness is higher. In the past, people went to a certain doctor to heal their troubles. But troubles of the present and future are going to take different kinds of doctors to address and heal them.

Remember that the main healing comes not from any outer source. Any true, humble doctor knows that healing does not come

through pills, herbs, or anything else. It comes through the divine power—through the power of God getting through in some way to one individual to help bring about a healing. The individual is only a channel for this healing power that knows better than anyone else what you need.

Divine Spirit often heals through the field of medicine and guides you to the doctor who is right for your condition. Yet the ways of healing by Divine Spirit are truly endless. And many times, an individual who

has received relief does not connect it back to Spirit, but feels he has stumbled upon help by chance.

Many of you, however, are more ready and able to begin moving seriously on the path to God than you have ever been before.

This means that you learn to take responsibility for your own life, for your own health, for your own economics. You try to become self-sufficient. We have strength inside to accept the spiritual power that's here to help us come into accord with these strange new forces that are all around.

All the help that comes to us is from the Holy Spirit, whether it

comes in a dream or through the help of a friend or a doctor. The trick is the discrimination you need: to tell what's good for you and what's not good for you.

This comes by listening to your heart.

Harold Klemp, *Spiritual Wisdom on Health and Healing*, p.1-3

Health Tip

Health Tip on Helping Yourself

I've worked with health practitioners who have been very good at muscle testing. But sometimes when we go home, we eat something, and there will be a conflict with one of the remedies that the doctor gave us. It's something that the doctor's muscle testing did not or could not foresee.

But if you learn how to test yourself, you can test certain vitamins, remedies, and foods, and help yourself.

This is the whole point about the ECK teachings: to help you help yourself in life, in all areas. Because the spiritual life takes in everything, and this includes health.

Harold Klemp, *The Road to Spiritual Freedom*, p. 39-40

Divine Spirit in Action

Spiritual Healing

Health and Healing Question and Answer

I'd like a greater understanding of the difference between psychic healers and other kinds of healers.

Regular healers help fix problems people cause themselves by putting a Band-Aid on them. If you go to a doctor for a cut, he cleans it and applies a bandage until it can heal naturally. He does not try to tamper with a spiritual condition he is not qualified to heal, which psychic healers often try to do and thereby set up more causes to be worked out as more problems.

A difference between psychic healing and spiritual healing is that psychic healing leaves you in the same state of consciousness, perhaps temporarily alleviating symptoms caused by an attitude you hold. However, spiritual healing helps change the attitude which caused the problem, so it can go away and not recur.

The problem surrounding healing is karmic. The ill person once broke a divine principle through ignorance. Psychic healers can ease the symp-

toms for a while, but eventually the sickness surfaces again with a new face.

In the meantime, the healer is accruing the karma from all the people he heals with the psychic force. Someday the debt comes due. There is more to healing than erasing the outer symptoms for a few months or years, or until the passion of the mind that lies behind the illness pro-

duces the next symptom of arthritis, cancer, or some other disease.

When the Living ECK Master is asked to help, he puts the entire matter into the hands of the ECK (Holy Spirit).

Spirit, in Its divine wisdom, sees whether or not the individual has learned to control the mental aberration that made him ill. If not, there is no healing. After all, Divine Spirit wants only the education of Soul so it can be a Co-worker with God.

Harold Klemp, *Spiritual Wisdom on Health and Healing*, p. 44-46



Gratitude

Love and Gratitude, Keys to Good Health

Kristy would go out running every day for health reasons. One day she decided to run in a marathon, and a friend volunteered to help.

Every five miles her friend would meet her to give her water to drink. This good-hearted friend ran the last six and a half miles with Kristy. The friend had a water pack strapped on her back and also another pack with nutritional fluids, so Kristy could have nutrition and strength as she finished the marathon.

I found it hard to imagine anyone running with that much weight on her back for six and a half miles. I thought that was quite a feat in itself. But, it was given as a gift of love, and Kristy accepted it in the very same way.

Another day, after her daily run for exercise Kristy came inside all worn out. But then her cat Misha gave her a gift of love.



Kristy had her own nutrition business, which was very challenging. All her cares about it weighed upon her. And this particular day she was worried. Should she keep her business or should she accept the job a nutrition company had offered her, which would pay her very well? The downside was it would mean a lot of travel.

She was sitting there wondering about what to do, tired out from her run, and even more tired from the worries of her business and the decision about what to do with her future. Then Misha, her Siamese cat, nudged her.

He had his favorite toy in his mouth, and he was saying, "Hey, it's time to play. Lighten up. This is my gift of love to you."

This made all the difference in the world to Kristy. Her cares lifted as she recognized and accepted this gift of love. It was a healing gift from one of God's creatures.

Another Soul. Yes, animals are Soul too.

You'll notice I'm very careful not to say animals *have* a soul. Animals *are* Soul, just as you are Soul. You cannot possess Soul. Soul is free.

Harold Klemp, *Spiritual Wisdom on Health and Healing*, p. 10-12

Upcoming ECK Events

All events are FREE and open to the public. Check www.eck-arizona.org for the monthly Eckankar calendar of events to confirm exact locations, dates, and times.

Northern AZ

Flagstaff, Prescott, Sedona, and Cottonwood are currently hosting [Community HU Songs*](#) and Spiritual Chats**, and quarterly [ECK Worship Services](#) in their areas.

Central AZ

The greater metropolitan Phoenix area is hosting [ECK Worship Services](#), and [Community HU Songs*](#).

Southern AZ

The greater Tucson metropolitan area hosts [ECK Worship Services](#), Spiritual Chats**, [Community HU Songs*](#), and open book discussions.

*[Community HU Song](#) - singing HU, a love song to God, with a group for a few minutes followed by a short quiet contemplation

**Spiritual Chat - open discussion on a selected spiritual topic (one hour)

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The Next Step

You've always known there's something more...

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This booklet is free to anyone not a member of Eckankar.

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Local Information

For questions or inquiries, contact the Arizona Satsang Society, Inc., a Chartered Affiliate of ECKANKAR at info@EckankarArizona.org or 1-877-300-4949

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