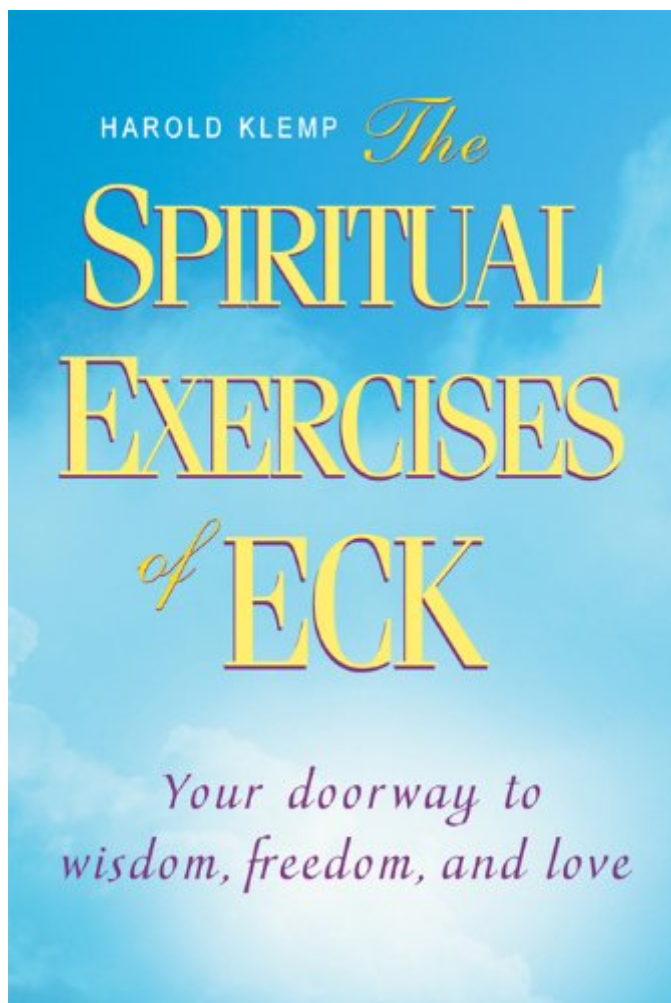




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# The Spiritual Exercises Of ECK



## Synopsis

The Spiritual Exercises of ECK are a treasure whose value you might overlook because of their simplicity. But they are your lifeline to the Word of God. The book is like a staircase with 131 steps. It's a very special staircase, because you don't have to climb all 131 steps to get to the top. And what awaits you at the top? The doorway to spiritual freedom, self-mastery, wisdom, and love. Each step is a spiritual exercise. Much like physical exercise helps you build physical vitality, spiritual exercises help you build spiritual vitality. As you climb these steps, you will discover how to:

- Solve problems
- Master your fate
- Achieve self-discipline
- Meet with the Inner Master
- Dream consciously
- Protect yourself spiritually
- Achieve balance and harmony
- Soul Travel into the splendorous worlds of God

This is a comprehensive volume of spiritual exercises for every need and includes an afterword by author Harold Klemp with an additional, multi-level technique to let you customize your next step in spiritual unfoldment. Published by Eckankar.

## Book Information

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## Customer Reviews

I recently bought the third edition of \*The Spiritual Exercises of ECK\* by Harold Klemp after owning

the second edition for years. This book has 131 spiritual exercises for understanding dreams, solving problems, achieving self-mastery, Soul Travel, meeting true spiritual guides, protection, and more. Practicing these simple exercises for 15 to 20 minutes a day allows me to get in direct contact with the Light and Sound of God, the Holy Spirit (ECK). I can now contact my own Inner Guidance, know the causes of my own problems and how to solve them, learn from past-life and present-life lessons, and experience spiritual freedom from so many of the troubles that plague mankind. These exercises (especially the HU) give me greater understanding of relationships, personal choices, and how to go beyond human ignorance and suffering. I'm unfolding in love and wisdom, developing more self-confidence, tapping into wells of creativity, seeing fears disappear, and appreciating miracles all around. The Spiritual Exercises of ECK also give me the means to meet and learn from ECK Masters who are always available and willing to teach when "the student is ready" and asks. I'm very grateful for this book that shows me how to continue changing my life in every way for the better.

The Spiritual Exercises of ECK by Harold Klemp is one of my favorite books (both hard copy and Kindle). It has helped me get through some very challenging times, given me new insights on my life, and helped me to make my life more meaningful and enjoyable. There is an exercise I have used repeatedly called "Controlling Your Own Mind"--an absolute life-saver, and one that anyone facing difficulties can use. It kept me from melting down when we were facing the real estate meltdown of a few years ago. Then there is the "Broom Technique", to sweep away obstacles that keep you from achieving a rightful goal. We used it when an important package hadn't arrived. We had done our part but somehow, there was a blockage that kept the delivery from being completed. Within one day of practicing this exercise, the package arrived--after a 3 week wait! This is not a magic wand to make up for what you didn't do; it's a way to see beyond the limitations you build up in your own mind, preventing your goals from manifesting. But The Spiritual Exercises of ECK goes beyond just solving day to day problems. These exercises give you a better picture of who you really are and what your true mission in life is. To unlock a wellspring of your own creative energies, crack open this book and find a key! It will open doors for you that will change your life for the better.

Loved this exercise . . . I sent my brother a copy of this book and he loved it also, particularly the exercise called "Movie Screen." In the past, I hadn't been successful using my spiritual "inner vision." I had always thought, when closing my eyes, I had to look straight ahead, and look for a black screen. I would stare at the place between the eyebrows or third eye, getting nothing more

than a headache. This exercise confirmed that a black screen wasn't necessary. Gray or white was ok and to look about 10 degrees to the side. I did. Then from the then right corner of my eye I saw a soft, beautiful, parklike setting! When I repeat this exercise and can go back to the park and walk around. Amazing. I guess before now I had been trying too hard. It is really hard to find a book that deals well with such a subjective topic. My brother and I recommend the book.

Many people in the world meditate to create calm and a feeling of being centered. This book takes inner work into an entirely new level. With simple active exercises this book took me to levels of heaven where I regularly experience the Light and Sound, the twin pillars of God. I do this before I go to sleep and watch my dreams nightly. Before I found these exercises life was quite random. Now, it has direction. I have met ECK Masters and other high beings who show me the best direction for me to take in my life. Even in every day simple things! Highly recommend.

How many ways are there to reach the inner worlds? How many different methods are there? I tried a few of these exercises and I guess you'll have to read it to find out. Simple methods, that produce powerful experiences inside.

This book is a must read for anyone who has a deep yearning to discover how to take the next step towards their spiritual journey. No matter what religion or spiritual path you follow this book will help you in your spiritual unfoldment. Dreams are a reality as much as our waking life and the techniques given in this book teach you how to see these inner worlds.

I chose 5 stars because the Spiritual Exercises of ECK offers valuable techniques to learn about the self and spirit and to experience greater states of awareness. I chose randomly different techniques that appealed to me. There were changes of waking up earlier, feeling better and having a more peaceful day. If you like having different techniques to reach that contemplative state that brings about love of self and joy of life, this book is for you.

I followed many of the exercises in this book. They changed my life. I have found balance and freedom and love in many things. I have been grateful to have a few key healings and have accomplished much in my life given the techniques in this book. It is nice because it is also not an beginning-to-end book. I could flip through it to find a topic that interests me and went from there. It's an easy read on a Kindle too.

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