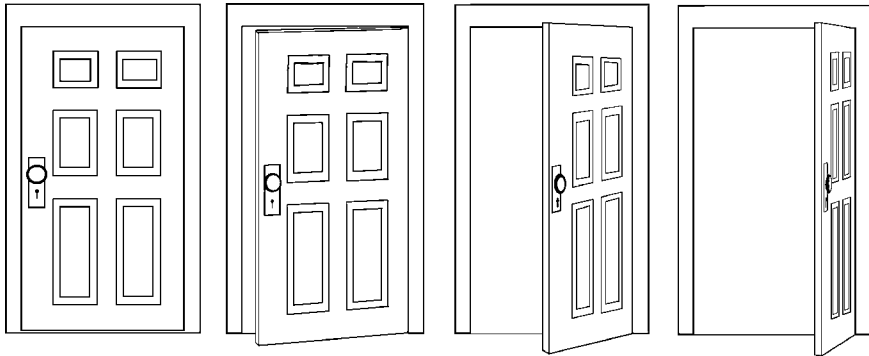
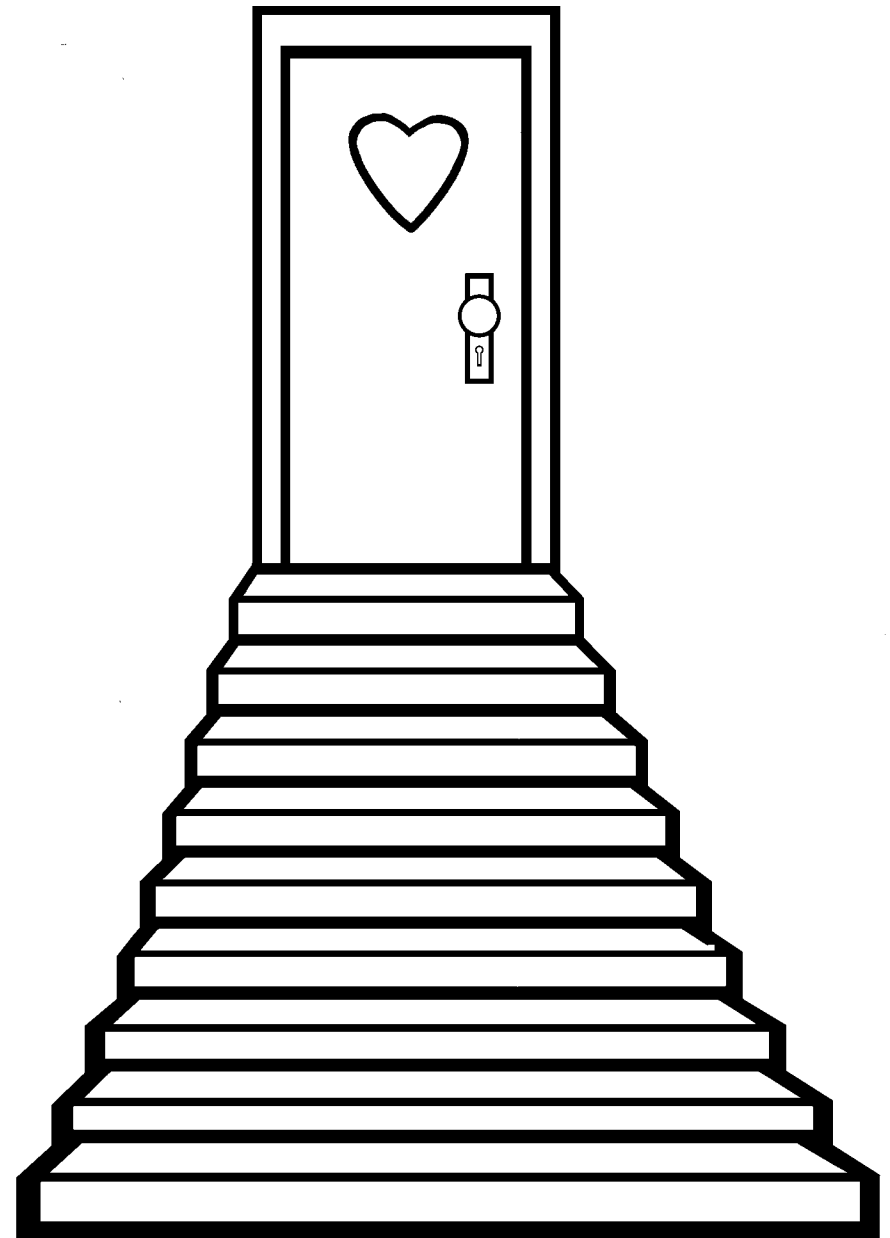


Through the Spiritual Exercises of ECK—as you create an open door for yourself into a greater world—you’ll get into the habit of looking for a brighter, more creative world out here.

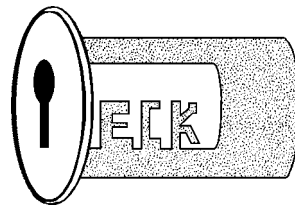
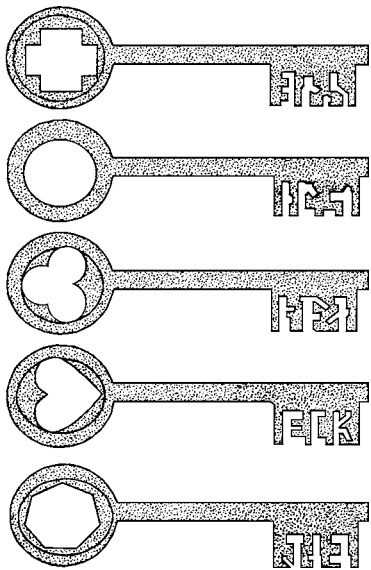
—Sri Harold Klemp,
The Book of ECK Parables,
Volume 3, p. 183



Coloring Page



Which key will fit in the lock?

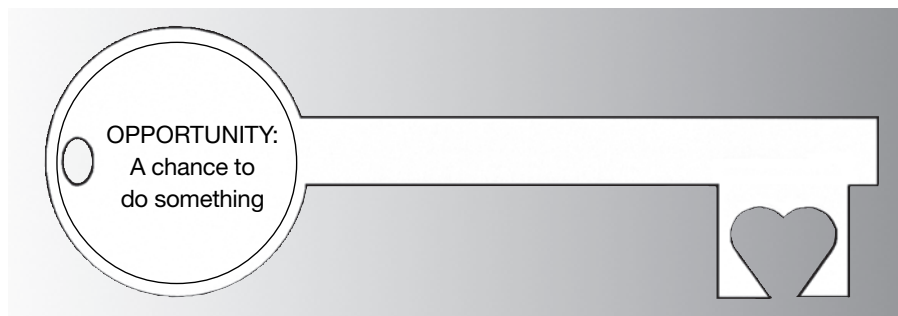


What is behind the door? Draw your picture on another piece of paper.

Key of Opportunity

An ECK parable
from *Stories to Help You See God in Your Life*,
ECK Parables, Book 4, p. 363

by Sri Harold Klemp



Two weeks ago, I was in the post office getting my mail. A father came in with his daughter. She was really small, and in her hand she held a key.

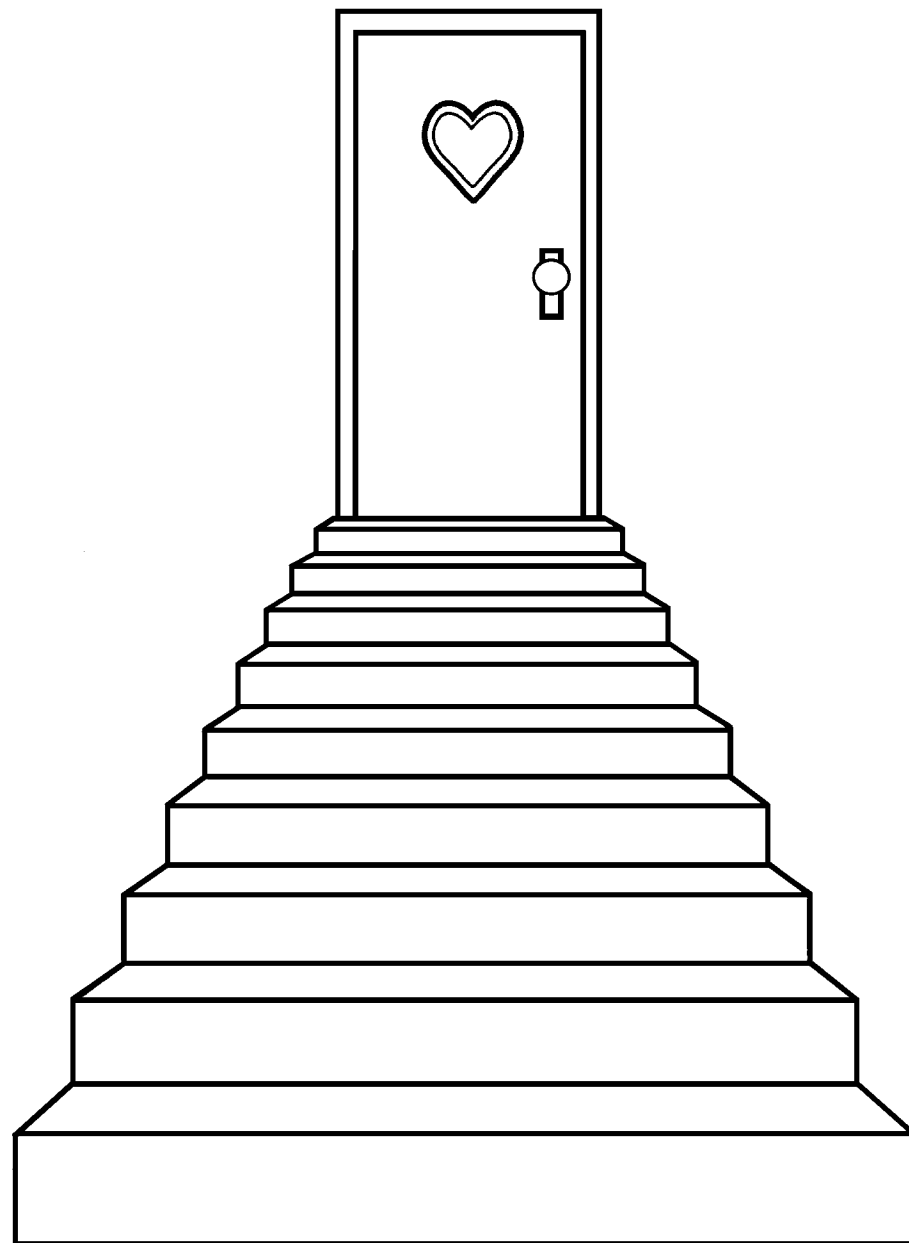
The child ran back and forth across the lobby, trying her key in all the different mailboxes that lined the room. I went over to my box and put my key in to get the mail out. The little girl came over and stood beside me, watching. She thought it was very interesting: My key worked when hers hadn't.

I shut my mailbox, and the father scooped up his little girl and started out the door. He said to me, "When you're this age and you've got a key, the whole world is a lock." We both laughed at this.

Later I was thinking about what he had said, trying to unlock the spiritual meaning. I realized that for a child the whole world is an opportunity. It's something to unlock. The child is always asking life, "Will my key work here?"

It's this childlike attitude—that the whole world is an opportunity—that makes life a joy to live.

What is behind the door?



You can draw a picture on another piece of paper.

Here is a spiritual exercise you can try.

The Open Heart

In this spiritual exercise, you practice keeping an open heart throughout everyday life. It's very tough; I have to work at it all the time too.

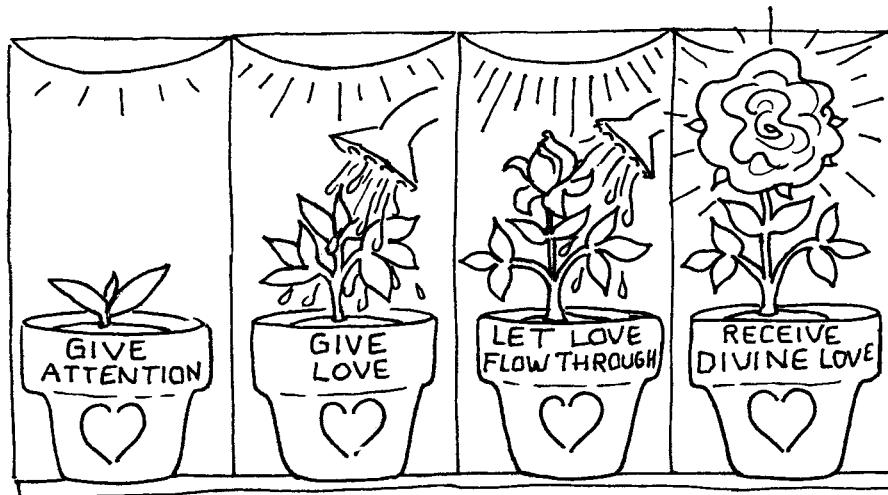
No one technique will work for everyone, but there are ways to keep your attention on having an open heart. Start with something you can love, even a pet or a plant, and just love it a lot. As the love comes, let it pour through you.

The habit of love is catching; it builds, gains momentum, and becomes easier. But like a plant that needs watering and loving care every day, the habit of love takes constant attention.

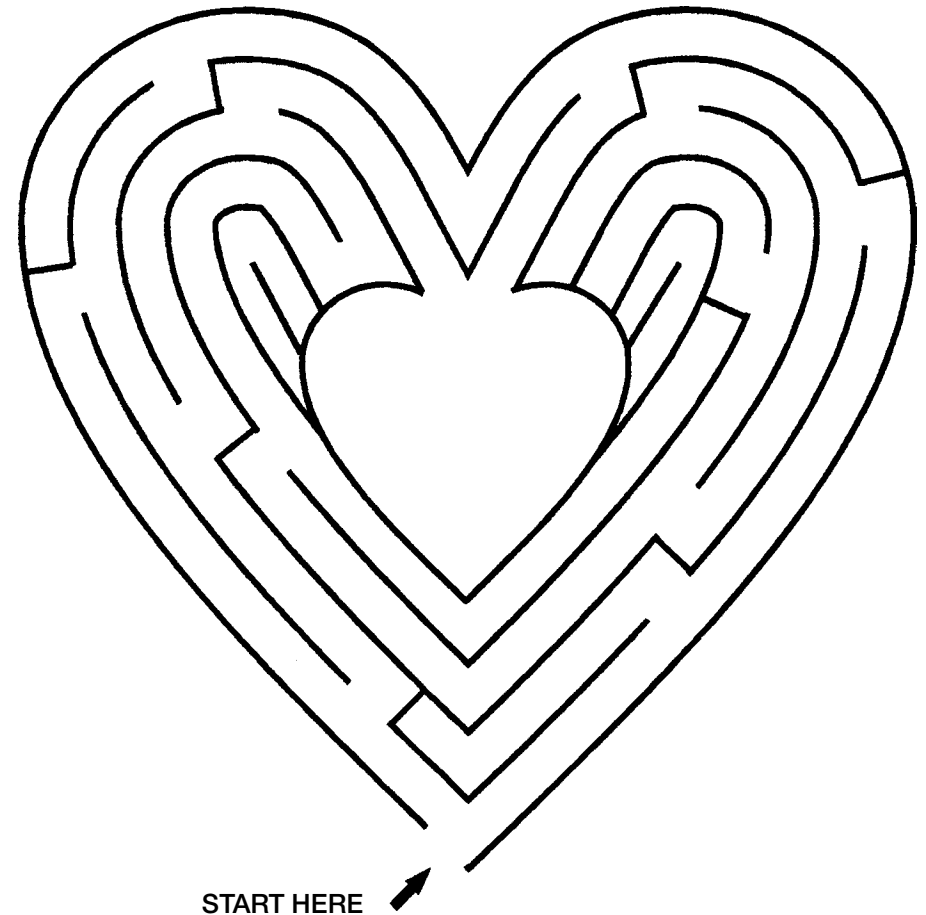
Love won't come through unless the heart is open. To work with an open heart is to love or care for something or someone more than you do for yourself. This is the first step to the divine love that we are looking for.

—Sri Harold Klemp,

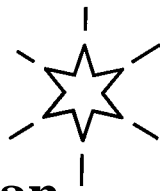
The Spiritual Exercises of ECK, p. 183



OPEN HEART MAZE



How can you open your heart?



A Perfect Game of Pac-Man

An ECK parable
from *The Book of ECK Parables*, Volume 2, p. 265
by Sri Harold Klemp

A child sat down to do her spiritual exercises and, within a few minutes, found herself at a video parlor in the inner worlds. The Mahanta met her there and put her in front of a game of Pac-Man. The child became engrossed in the game and said, "I'm gonna play a perfect game of Pac-Man."

After she had been playing awhile, she got very good at the game. Then all of a sudden, it hit her. "What am I doing playing Pac-Man? I've got to get back to my spiritual exercises."

The child woke up. She didn't know she had been in the Soul body on the other planes, so as soon as she thought of getting back to her spiritual exercises, she woke up. Later she realized that the Mahanta had taken her out of the body and that she hadn't even known it.

The younger we are in consciousness, the less fixed we are in our expectations of what we think we should see in the other worlds. All too often we expect the Master to come to us in flowing robes; we limit ourselves by these expectations. To the child, the world is an open book, and the Mahanta has so much more room to work. When we become as a child in consciousness, our success in Soul Traveling is greater.

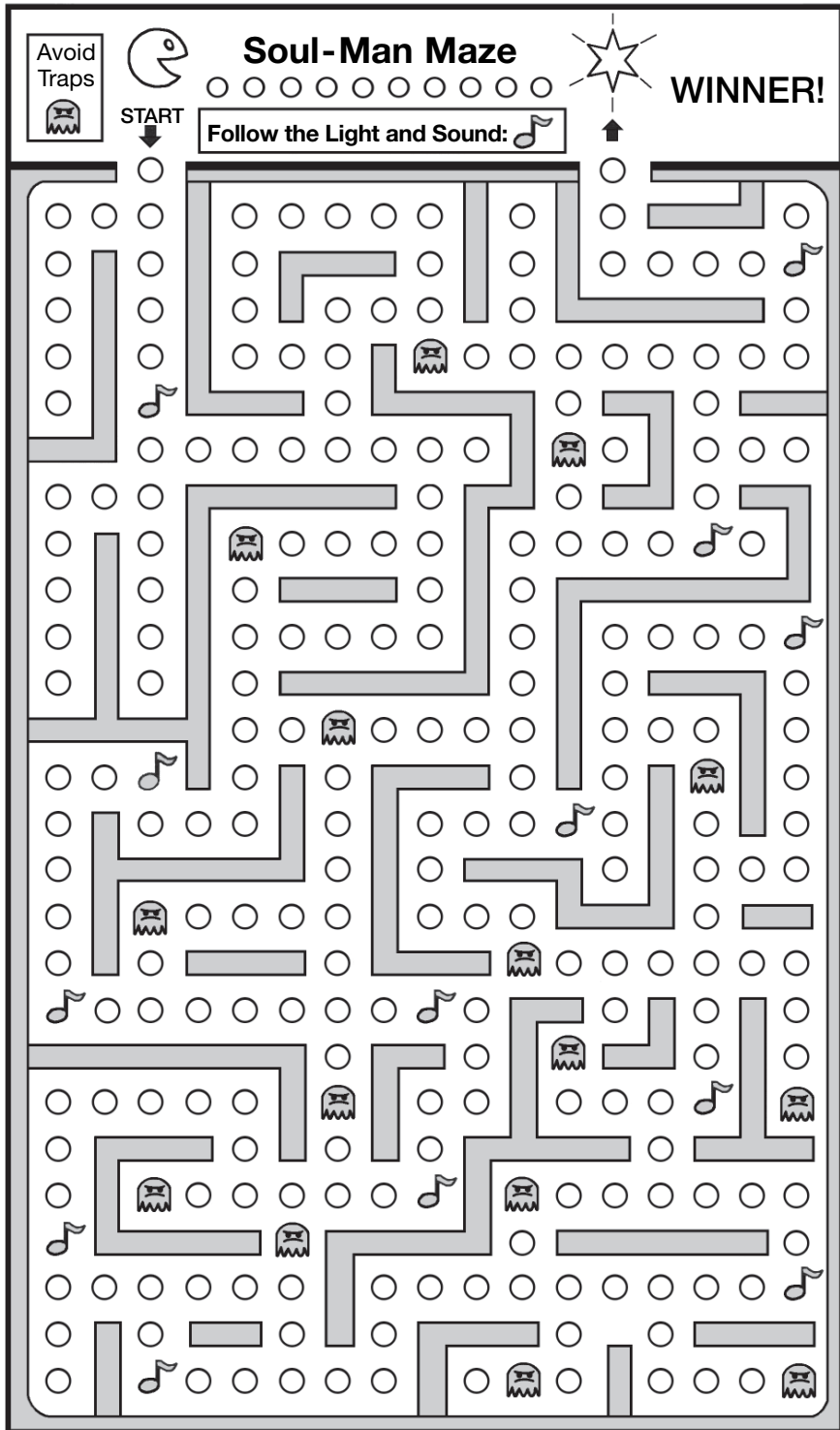


SCRAMBLED WORD MESSAGE

Unscramble the words and write them in the blanks below them to figure out what the message says.

The THGIL of God and the NOSUD of God are ODOF ROF LUSO OVEL . The of God comes through in the GHITI NAD UNODS . Soul cannot live without these two aspects of God coming into Its being every day. This is why the Spiritual Exercises of ECK are so important.

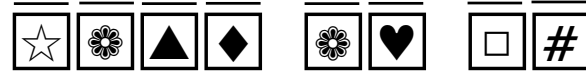
—Sri Harold Klemp,
The Book of ECK Parables, Volume 2, p. 282

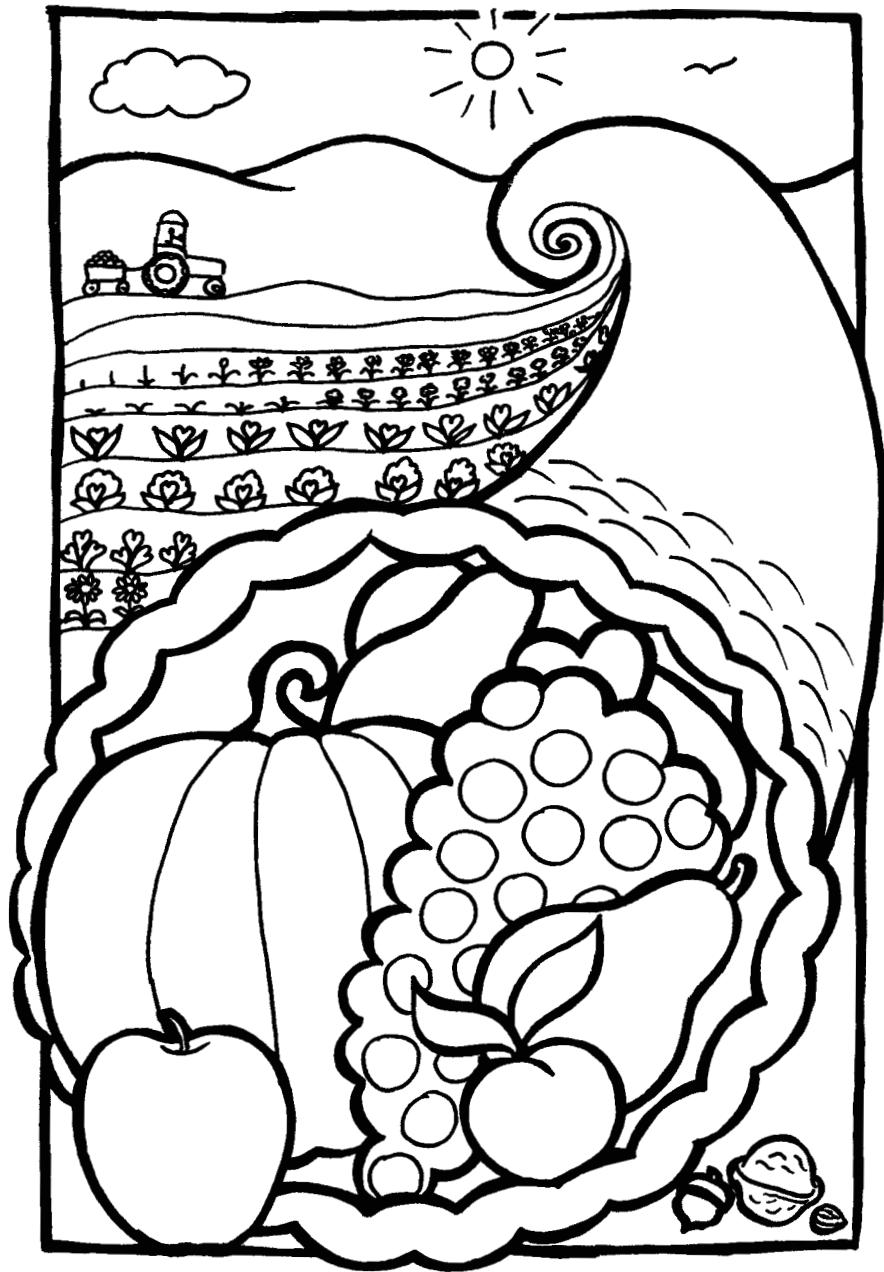


C O D E	K E Y	A	B	C	D	E	F	G	H	I	J	K	L	M
		□	●	★	♣	◆	▲	†	⌂	✿	◐	✕	☆	+
		N	O	P	Q	R	S	T	U	V	W	X	Y	Z
		#	✧	♣	♂	✱	♥	✱	✍	♠	☆	✱	☞	✝

Secret Message

Write the letters above the coded symbols to discover the message.



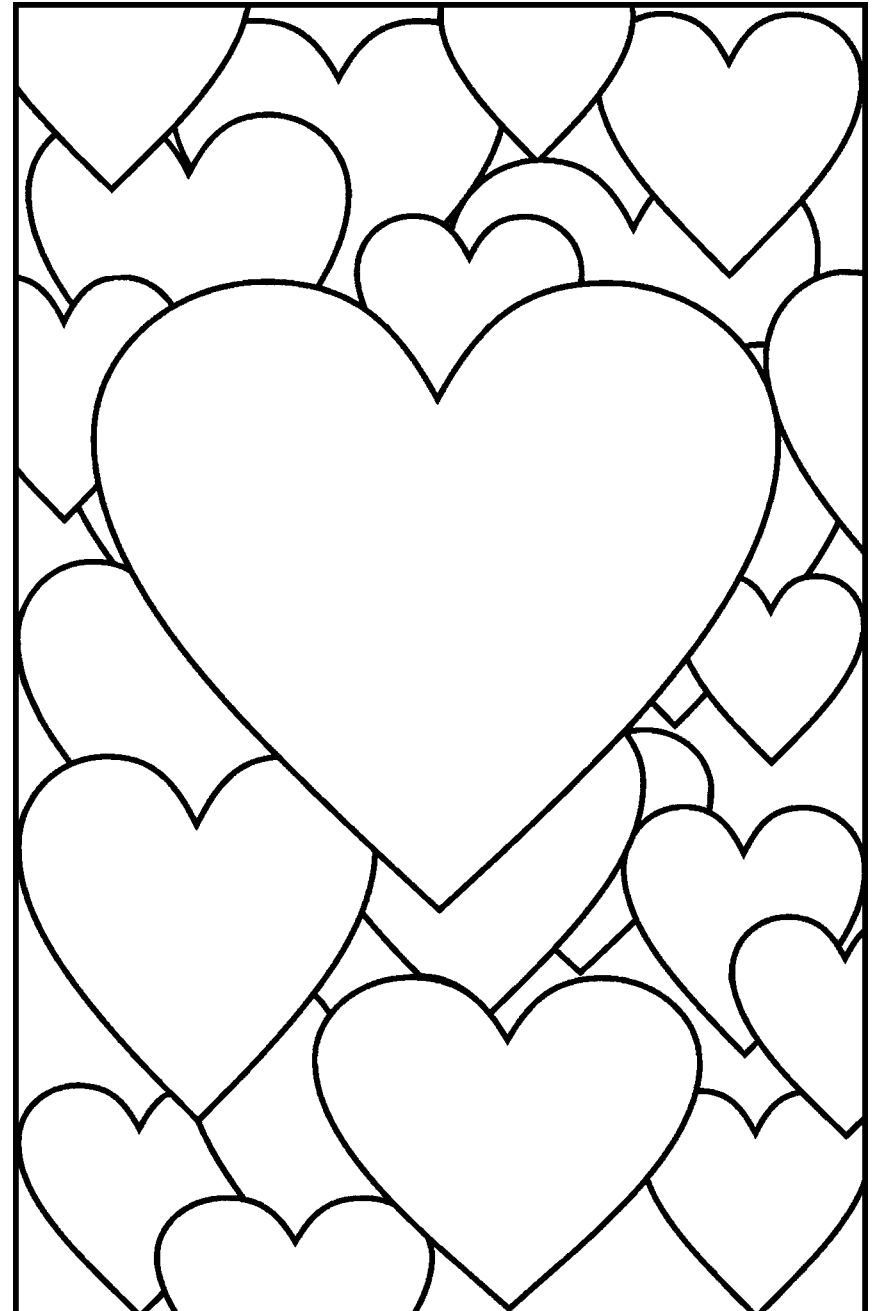


If we want to keep the blessings of life coming to us, we must learn to be grateful for whatever is given.

—Sri Harold Klemp,
The Book of ECK Parables, Volume 3, p. 29

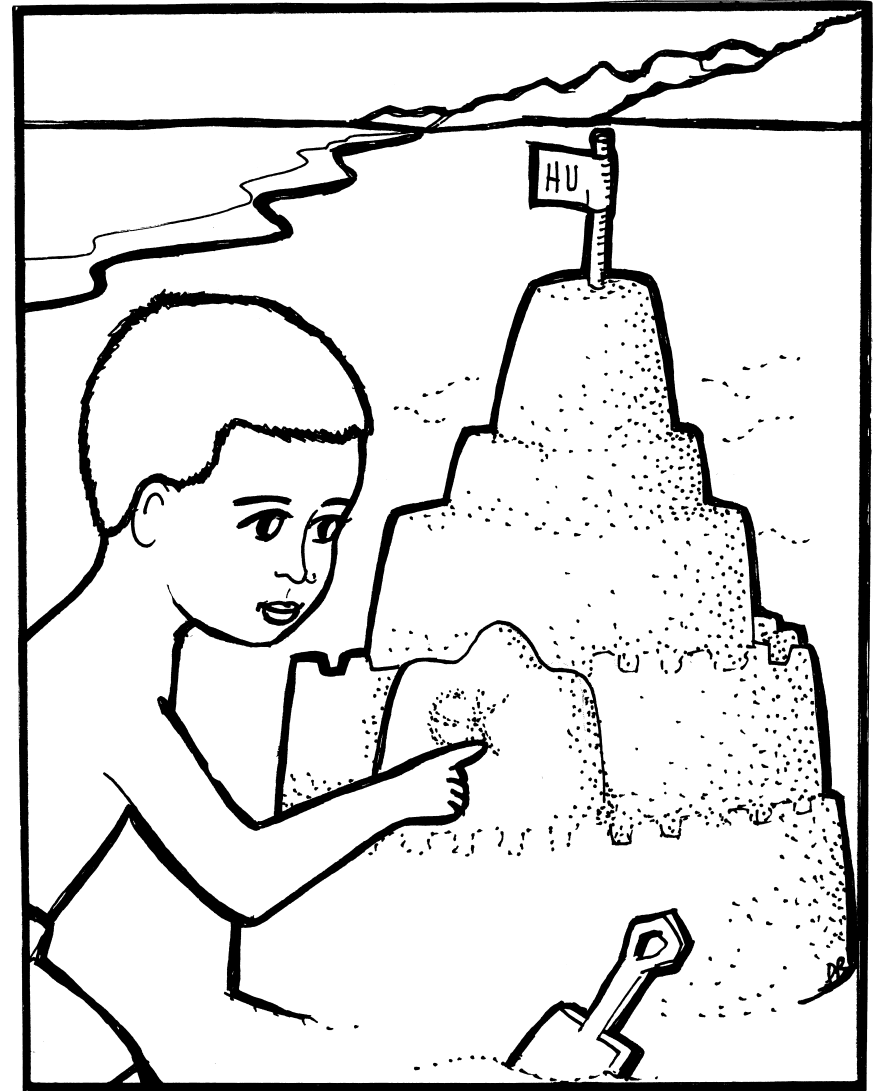
What are you grateful for?

Write or draw or color in the hearts what you are grateful for.



Draw a picture of yourself
as a spark of God.

Coloring Page



Imagination is the God spark within you.

—Sri Harold Klemp,
The Book of ECK Parables, Volume 1, p. 189

How does one live the life of ECK? The answer is simply to live creatively, because each of us is working to become a Co-worker with God.

—Sri Harold Klemp,
The Book of ECK Parables, Volume 2, p. 87