

The Current

For members of ECKANKAR in Illinois and Iowa

June 2023



Dennis Keeling

“Love gives a shortcut to heaven. If you do one little thing each day for love and love alone, without any expectation of reward, you’re going to find that life gives you more and more.”

—Sri Harold Klemp,

Stories to Help You See God in Your Life,
ECK Parables, Book 4, p. 261

A Shortcut to Heaven

By Bobby Moore

As spring marches on and summer steadily approaches, each season presents us with a new round of opportunities to help our families, friends, pets, and neighbors. For me, love holds the key to living a spiritually rich life. Love truly is a shortcut to heaven.

Throughout the day, I try to listen inwardly for ways that I may serve life. Occasionally this will involve helping around the yard, driving a loved one to an appointment, or cooking for friends. Other times allow us to practice being present in the HU during a heart-to-heart exchange, or in times of grief. Lately it seems I most often recognize the opportunity to serve in the form of a seemingly simple task or chore.

What do taking the garbage from the office to the dumpster, wiping down a kitchen counter or workspace, and picking up after my neighbor’s dog have in common? When I remember to pause and fill myself with love, I feel differently about the task at hand. In the center of my heart, a “lightness” begins to grow, and a gentle love builds with each passing moment. I am no longer simply tidying up, but serving life directly alongside the Mahanta, grateful for the opportunity. And with a grateful heart, it becomes easier to recognize the many gifts of life—which, in turn, presents us with even more opportunities to serve. Just as a seed planted in the garden blossoms under the sun, a single deed—done with love—opens our hearts to the kingdom of heaven. ✨

One Small Thing for Love

By Miriam Olson

One Monday in December I watched the Art Adventure Slideshow from ECKANKAR's Soul Adventure Seminar website. It featured uplifting art, the HU song, and ECK quotes.

Early Tuesday, a cousin asked me for my brother's address. I provided it, commenting that he and his family are like a black hole, as I get next to nothing back from them. Saying this reminded me of a quote from the art slideshow: "Love gives a shortcut to heaven. If you do one little thing each day for love and love alone, without any expectation of reward, you're going to find that life gives you more and more." (Sri Harold Klemp, *Stories to Help You See God in Your Life*, ECK Parables, Book 4, p. 261)

Though I had seen this quote before, I thought it meant doing a kindness to a stranger. But now I thought of my brother and the idea of giving love to him without any expectation. Since having a stroke several years ago, he has difficulty holding up his end of a phone conversation. He always thanks me for calling, but I really miss the way my brother used to be.



Later Tuesday morning I drove past a billboard that said, "Those with Alzheimer's have trouble reaching out. But you don't." Once again, I thought of my brother who nearly never phones me. The billboard made me realize how important it is for me to reach out to him, no matter how emotionally challenging it may be. It was literally a sign from the ECK!

Tuesday afternoon, while my subconscious was still processing the quote and the billboard, I read the online daily ECK "Spiritual Inspiration Quote of the Day." I was dumbfounded to see it was:

"As we give of ourselves, of our patience and love, to someone who needs it, something changes inside us. Something flows in, a flow of good feeling.

A spiritual upliftment occurs both in us and in the person receiving the love."

—Sri Harold Klemp, *The Awakened Heart*

Oh my! I finally connected all the dots and realized the ECK was trying hard to get a message through to me. The ECK way would be to give love to my brother and expect nothing in return. Instead of sending something to my brother and then getting annoyed that he never mentioned it, my attitude adjustment should be to have no expectations at all. And, when I call him, I should just listen to the bits of conversation he is inclined to share, and then sign off by telling him that I am sending him lots of love and hugs.

Over these two days, it was quite an awakening for me to realize that my prematurely aging brother is the "stranger" who I thought I was supposed to be looking for. ✨

Blending in Love

By Cindy Keeling

At our *Adventures in Spiritual Leadership* book discussion class last month, one of the members brought a vase of beautiful yellow and yellow/orange roses. It was a perfect complement to the new portrait of Sri Harold with its vibrant colors, which sat on the table near our Arahata. At the end of class, we were invited to take some of the roses home. I gladly chose two of the yellow/orange roses and a spray of the yellow roses.

When I got home, I added them to the lovely bouquet that my husband had given me for Mother's Day. Just like with Sri Harold's portrait, the roses fit in perfectly with the other flowers in the vase. I felt grateful for my friend's small act of kindness, which set a wave of love in motion—to our class members and beyond. I also see it as a waking dream in the way that our class members "blend" together in love and learning. ✨



Cindy Keeling

Chelas in Iowa and Illinois enjoy lively spiritual discussions and warm fellowship at the *Adventures in Spiritual Leadership* (by Sri Harold Klemp) classes.

Visit eck-illinois.org or eck-iowa.org to find a class near you!



Kathy Wieringa

Manchester, Iowa



Sheila Aehle

Alton, Illinois



Jo Ellen Nervig

Des Moines, Iowa



Glenn Williams

Quad Cities



Dena Altamore

Darien, Illinois

“When Sri Harold suggested that we do one small thing for love, I found it to be the easiest thing I’ve ever done—although I live with someone who is always beating me to that one thing. He gets up before me and has my coffee ready and breakfast started, always making sure that I have all I need. I realized that something I could do is to fluff his pillow every day. It gives me great joy.”

—Sheila Aehele, Illinois



We Welcome Your Newsletter Submissions!

September 2023 issue: *Divine Connection Through Giving Service*

If you have a story, photograph, or insight that you’d like to share, please submit it by August 1. We routinely edit to condense and correct errors of fact, punctuation, and spelling. Please send your submissions to: angkeeling@me.com

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For more information about ECKANKAR, The Path of Spiritual Freedom, visit ECKANKAR’s website at eckankar.org or call 1-800-LOVE-GOD.

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The Current is a quarterly newsletter for members of ECKANKAR in Illinois and Iowa.

Volume 11, Issue 2 - June 2023

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The opinions expressed in this publication are those of the writers and not necessarily those of ECKANKAR or the Mahanta, the Living ECK Master, Sri Harold Klemp.

The Current is published quarterly by the Illinois and Iowa Satsang Societies, Chartered Affiliates of ECKANKAR.

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