

ENJOY THIS GIFT WITH THE CHELAS OF IL & IA

INNER Chela HU Chants Every Monday

Sing HU inwardly every Monday.

Select a time.

Begin with a quote from the Master.

Focus on the Mahanta's vision.



CONTEMPLATION SEEDS

Sep 2: "Each person must find his own way in life, and at his own pace."
—Sri Harold Klemp, *The Wind of Change*, p. 173

Sep 9: "Spiritual humor may get one laughing, but when the laughter starts, there is some spiritual content behind it. So when the heart opens, something good and solid comes in."
—Sri Harold Klemp, *Spiritual Lessons from Living*, p. 99

Sep 16: "Do all deeds in the name of the Mahanta, the Living Eck Master. This brings Divine love into all you do." —Sri Harold Klemp, *The Spiritual Exercises of Eck*, p. 221

Sep 23: "The higher you go, the more you can see; and the more you can see, the better you are able to arrange your life." —Sri Harold Klemp, *The Wonder Within You*, p. 114

Sep 30: "The spiritual exercises work best when done with goodwill, a feeling of happiness in your heart, and with joy in expectation of seeing the Mahanta."
—Sri Harold Klemp, *The Spiritual Exercises of Eck*, p. 285



Oct 7: "As you explore experiences in the other worlds, you are expanding your spiritual awareness. Your attitudes change. You become more diplomatic, more mature, and more responsible."
—Sri Harold Klemp, *The Wonder Within You*, p. 114

Oct 14: "Contemplation is a sacred act of purification and upliftment, guided by the Mahanta, the Inner Master. He is the desire for Truth that dwells in the contemplator's heart, and his devotion to Soul knows no equal."
—Sri Harold Klemp, *ECKopedia*, p. 45

Oct 21: "After you have done everything you can do, sing HU quietly. Then stand back and let Spirit take charge."
—Sri Harold Klemp, *The Wonder Within You*, p. 214

Oct 28: "The ECK teachings are for the individual. The group is incidental; it is only a reflection of the collective state of the individuals within it."
—Sri Harold Klemp, *ECKopedia*, p. 44

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CONTEMPLATION SEEDS

- Nov 4:** “Once you develop the sensitivity to go into the inner worlds in the Soul body, you will be able to see what is coming before it happens.”
—Sri Harold Klemp, *The Wonder Within You*, p. 114
- Nov 11:** “When we speak of opening your wings, it’s coming into an awareness of the spiritual love and protection of the Eck Masters. They are guardian angels around you all the time. It’s just a matter of opening your awareness and going above the human consciousness to recognize and benefit from this.”
—Sri Harold Klemp, *The Spiritual Laws of Life*, p. 132
- Nov 18:** “Learn to treat yourself gently.”
—Sri Harold Klemp, *The Wonder Within You*, p. 22
- Nov 25:** “Thanksgiving. It’s a time to give thanks. A time to be glad to be alive, to be grateful for the blessings that we have while we’re here.”
—Sri Harold Klemp, *Spiritual Lessons from Living*, p. 81



- Dec 2:** “You can protect yourself. Sing HU, the love song to God, in silence, and fix your whole inner attention upon the loving radiance of the Mahanta. I am always with you.”
—Sri Harold Klemp, *The Wonder Within You*, p. 214
- Dec 9:** “Problems of one sort or another are always with us in some form. They are to make us strong.”
—Sri Harold Klemp, *The Wonder Within You*, p. 22
- Dec 16:** “In the inner worlds Soul is in its own element, like a fish swimming happily in the sea.”
—Sri Harold Klemp, *The Wonder Within You*, p. 114
- Dec 23:** “Love tries to find a harmonious way to resolve a situation.”
—Sri Harold Klemp, *The Wonder Within You*, p. 22
- Dec 30:** “To the ECK there is no time. It’s always on time. Everything is in its rightful place at the right moment.”
—Sri Harold Klemp, *Spiritual Lessons from Living*, p. 34