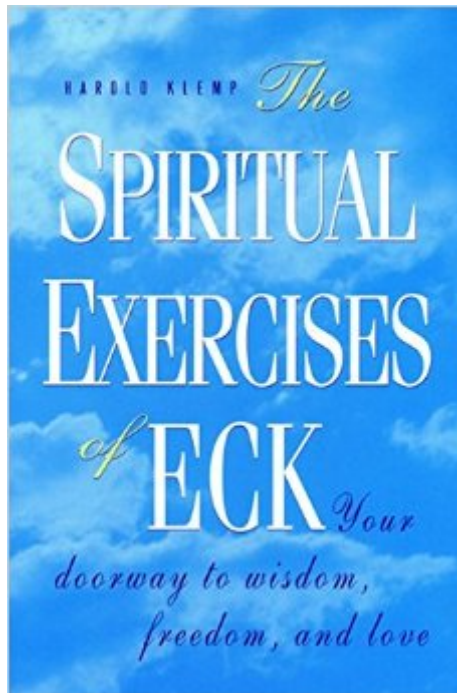


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# The Spiritual Exercises Of Eck: Your Doorway To Wisdom, Freedom, And Love



## Synopsis

More than 130 practical, personal exercises to help spiritual seekers learn how to live in this world, no matter what comes their way.

## Book Information

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## Customer Reviews

According to the author, "The Spiritual Exercises of ECK, the Holy Spirit, are a treasure whose value we might overlook because of their simplicity". There are 131 exercises covering balance and harmony, healing and protection, solving problems, dreams, self-discipline, mastering your fate. They are given in a clear, gentle, simplistic manner. The value is in applying them. I especially liked the "Water of Life", "Attention Grabbers" and "Doorway to Heaven". I tried them and did notice a change in some of my viewpoints, and that I was more alert and amenable through out the day. There are additional techniques to experience the "inner light and sound of God". Reminiscent of Gibran and Rumi, yet more direct. The author is the spiritual leader of ECKANKAR, Religion of the Light and Sound of God. There is no esoteric jargon here, just straight-forward options for examining, exploring, strengthening ones spirituality and ability to cope with life. Highly recommended!

I use The Spiritual Exercises of Eck frequently because in it, I have found innovative ways to get out of my own way when looking for answers to life's problems. I am continually amazed at how much inner strength I have developed by these practices. Far from being slavish reliance on some outside force or being, these exercises have taught me how to harmonize myself to the rhythms of life. They

are simple, practical, and extremely effective. For example, one exercise helped me solve a programming problem I had with my computer. Another helped me when I sat with my father when he was about to leave this world. This book isn't a quick read--it is a life-long study.

Spiritual exercise is a little different. I'm a couch potato, I admit it, and I don't get out much or care for sports. The spiritual exercises don't require physical exertion and you won't need a shower after you've done one. So they must be easy, right? Not quite. They require some focused attention, but it is not a mental kind of discipline. It goes beyond that. It requires a seeking within, a thirst for the Divine working in your own life, and some diligence. Fortunately the book gives about 200 of them so you won't get bored. There's a wide variety, some done with the eyes open for example, and by adding variations on each the reader will find a wealth of techniques to enhance the inner search. Klemp's writing style is quite easy, straight forward, and doesn't require a degree in rocket ship science to fathom.

This is an outstanding book for many different reasons. First, I have never seen a book like this that gives you so many tools to help you grow spiritually. The Exercise I like best is the HU. I have used it many times when in need of protection, for insight, advancing myself spiritually, etc... It is without a doubt the most useful spiritual tool I have ever used. Not to mention, all the other terrific exercises the author gives. I called Eckankar directly and bought the Hu/CD and play it all the time when I am driving or in my home. It will change your life and so will this incredible book full of wonderful exercises. A great value and indispensable resource. A must read!

The exercises offered in this book are diverse as life itself. When I have had a problem to solve either at work or personal I have found one or several of the spiritual exercises given in this book to have helped me look at the particular problem from a different, higher or spiritual perspective. I certainly recommend this book and the exercises contained therein to anyone who is looking for help in solving some of life's most challenging problems. A must have "manual" for surviving in today's world.

For anyone wanting to explore self and God's many heavens, this book provides the simple how-tos. A treasure-trove of Soul-nourishing techniques to achieve more divine love. The clearest and best I've found.

This book lists so many imaginative 'exercises' to jump start your OWN inner journey, there must be at least one that will open some doors for you. Although it is an Eckankar book, there are numerous caveats that tell the Reader to place whomever they are comfortable with in their 'exercise scenario'. As with anything in life, some will object to the fact that followers of Eckankar revere this man as a Master/Teacher (no worship, just loving admiration). But he consistently gears a caveat to readers to 'adjust' the created exercise to FIT you in whatever mode of expression is comfortable. To place a dearly loved Spiritual Savior or pet/person/place in the 'trust' position to relax you into the arms of God's Love and help you open your inner doors. Eckists use his image--not for worship, but for LOVE and Trust that he knows the way, and will teach them. But that doesn't mean YOU have to! Use whomever you want; Jesus, Buddha, your spouse, Mom, your dearly loved dog Rex! It is the relaxation of fear, and the growth of love and Trust that opens these inner doors! A spiritual 'workout' to build spiritual muscle! Worth the read for ANY spiritual path, to enhance your abilities to find God within, and be better at whatever religious path you CHOOSE follow. To be all you can be as SOUL. I love this book.

This book has been so useful to me that the pages are worn and torn. It gives simple contemplative and imaginative exercises for overcoming fears, letting go of old ideas, receiving guidance and protection and more. The idea is to use your own imaginative power to gain wisdom and create your life the way you want it to be. My favorite is The Stone Statue, an exercise designed to help you release "the crust of the ages," which I describe as "all of that which no longer serves me." You don't have to be an Eckist to benefit from this book. Eckankar teaches that your own path is the highest spiritual path of all, even beyond Eckankar itself, that the goal is eventual self-mastery and true spiritual freedom as Soul. The book offers ideas to create your own spiritual exercises, too.

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