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Divine Spirit in Action

Arizona

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Love Transcends Everything

A Blessing of Love

My Aunt is Healed by the Mahanta by Irma Solis

My Aunt Aurora and I were very close. I enjoyed visiting her so we could have coffee and watch television together. While I was there, she often talked about her childhood and shared her general reflections on life. She also liked to ask me about the spiritual teachings of Eckankar.

Although my aunt was from a different faith, she was very accepting of the spiritual path I follow. We enjoyed talking about karma and reincarnation, and she was open to understanding more about the ECK, the universal Life Force.

During one of our visits, my aunt told me she was worried. She had a lump on her neck and asked me to look at it.

The lump concerned me too. I told her she should go to a doctor to get it checked.

She agreed, and the visit was arranged. After her examination, her physician referred her to a specialist who ordered an MRI and a biopsy. Our worst fears were confirmed. My beloved Aunt Aurora had cancer.

I visited her a few days after the diagnosis. We still couldn't believe it was true.

"I have an uncomfortable feeling about this," she told me. "If this is really cancer, then that's it for me."

"Well, Auntie, let's just put it in God's hands," I replied. "Whatever is God's will, then let it be done." She agreed.

"I'll put it God's hands," she said. A few weeks later, I called Aunt Aurora to see how she was doing.

"How are you feeling?" I asked. "I feel good," she said. "I have a good appetite and I'm sleeping well.



But I had an experience the other night while I was falling asleep, and I want to share it with you."

"What happened?" I asked.

"I was sitting on my bed, reading," she began. "Then I closed my eyes and began to fall asleep. A beautiful, blue light appeared in front of me. As I gazed into the light, I heard a man's voice. He spoke to me in English."

My aunt's native language was Spanish, but she understood English

too. She said the man's voice was soft and soothing.

"Don't worry," he said. "You're going to be all right."

"I don't know what came over me," Aunt Aurora said, "but when I heard those words, I cried."

Immediately I knew the Mahanta, the Inner Master, had come to bring comfort to my aunt. I was so grateful.

"What a wonderful experience, Auntie!" I said. "You had a message from a spiritual Master, a spiritual teacher."

My aunt agreed.

"I wasn't expecting this," she replied. "But I'm very grateful to God."

My aunt continued with her regular visits to the cancer specialist. After many months, the specialist told her the lump in her neck was shrinking. He couldn't explain it.

Soon the lump disappeared, and my aunt went on to live a peaceful life. She had been healed.

This experience showed me that the Mahanta serves everyone. There is no separation. It didn't matter what my aunt's religion was. All that mattered was the love we had for each other and the love and faith she had in God.

Divine love transcends everything, bringing blessings to all.

2016 Eckankar Journal, p. 24-25

Listen to Your Heart

Where Does Healing Come From?

We are in some very interesting times in human history. The unfolding of the human race has come a long way in the last hundred years. As a result of this creativity, there is a whole new world energy, a whole new world of possibilities.

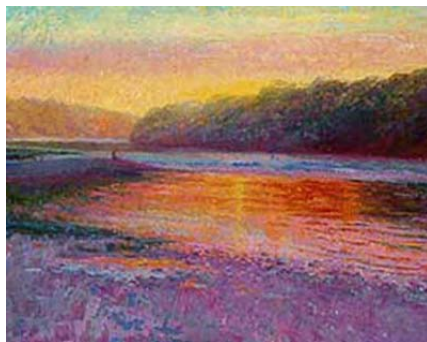
In these times, many people are looking to a variety of sources of healing. Traditional doctors are still very necessary, but people are also finding their way to alternative methods of healing.

Why are they doing this?

Because the level of consciousness is higher. In the past, people went to a certain doctor to heal their troubles. But troubles of the present and future are going to take different kinds of doctors to address and heal them.

Remember that the main healing comes not from any outer source. Any

true, humble doctor knows that healing does not come through pills, herbs, or anything else. It comes through the divine power—through the power of God getting through in some way to one individual to help bring about a healing. The individual is only a channel for this healing power that knows better than anyone else what you



need.

Divine Spirit often heals through the field of medicine and guides you to the doctor who is right for your condition. Yet the ways of healing by Divine Spirit are truly endless. And many

times, an individual who has received relief does not connect it back to Spirit, but feels he has stumbled upon help by chance.

Many of you, however, are more ready and able to begin moving seriously on the path to God than you have ever been before.

This means that you learn to take responsibility for your own life, for your own health, for your own economics. You try to become self-sufficient. We have strength inside to accept the spiritual power that's here to help us come into accord with these strange new forces that are all around us.

All the help that comes to us is from the Holy Spirit, whether it comes in a dream or through the help of a friend or a doctor. The trick is the discrimination you need: to tell what's good for you and what's not good for you.

This comes by listening to your heart.

Harold Klemp, Spiritual Wisdom on Health & Healing, p. 1-3

Divine Spirit in Action

The Purpose of Healing

The purpose of healing transcends the cure of a bodily condition. There is a spiritual reason the illness occurred.

The process of spiritual healing teaches us something about ourselves we didn't know before. When the eyes are in trouble, we have to ask, What am I *not* seeing about my spiritual life that is causing me difficulty with my eyesight?

You see, the approach assumes responsibility for whatever is wrong. Once we're willing to shoulder the blame for our thoughts and actions, the inner forces can begin to heal us, even as our understanding of the causes becomes known to us through our dreams or other means.

It's pointless to debate the merits of medical doctors versus chiropractors or herbalists. Your karma differs from that of other people. You as an individual have to find the healing modality that is right for you.

Even that can change with time. Your state of consciousness today is not the same as it used to be or as it will be in two weeks or a couple of years from now.

As karma surfaces, it works out through the weakest point in our body. As quickly as we can release our attachment to whatever is hurting us, we allow the karma to pass off quickly, and our health stays balanced.

The key is to stay in tune with Divine Spirit. Through the Spiritual Ex-

ercises of ECK, you can be aware of the hints and nudges and whisperings of the Holy Spirit as It tries to guide you to the next step to take at any given point.

One of the things you learn is that there is always a way. Always.

The Spiritual Exercises of ECK build your faith in the Spirit of God and Its power to do miracles. There's a story of two blind men who came to Jesus, calling after him to heal them. Jesus asked, "Do you think I can do this

thing?" They both said yes. Jesus touched their eyes and said, "According to your faith be it unto you." And their eyes were opened. Their great faith had opened them to the healing power of God.

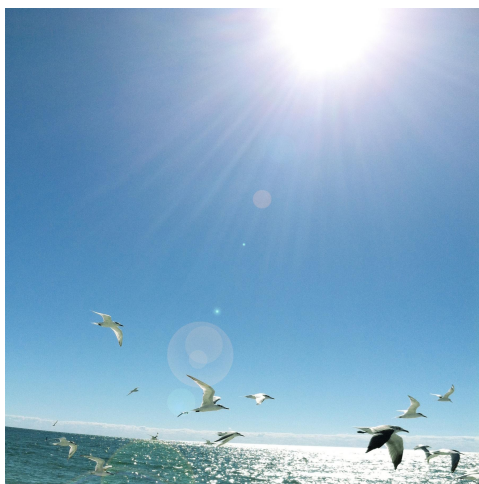
Healing came, the Bible says, because their eyes were opened. But what actually happens is the heart opens. Some people get a healing, and

some people don't. Some people can open their hearts, and others have no idea what that means.

I recognize that the Holy Spirit is the healer. It may come through a book, it may come through a doctor. These things all work together. It's up to us to accept the gift and the love that's so freely given.

We must have the awareness to do so. Often it takes pain and dire necessity before we even come to the point where we say, My eyes are open. I'm looking, I'm looking. Then when the blessings—the different methods of healing—show up, we recognize them as the next step.

Harold Klemp, *Spiritual Wisdom on Health & Healing*, p. 4-7



Gratitude

A Simple Exercise to Help Heal Yourself

People are usually too busy counting the things they don't have. They notice how much more money their neighbor has, how much further ahead in spiritual unfoldment someone else is, and so on.

But if we stop to count our blessings, to realize how much we do have and be grateful for it, then the heart is kept open to love and all the gifts that love brings, including the possibility of healing.

There is a technique for this, but unlike other spiritual exercises, it does not have a beginning, middle, and end. This technique involves attitude, and it

is one that must be lived. In a word, it's called gratitude.

The power of gratitude opens the heart to allow love to enter. But once the love comes in and we receive the gifts of Spirit and of life, the way to keep the gifts flowing is through an ongoing spirit of gratitude.

I wish there were some easy technique I could give you to feel gratitude. There are times when it will seem difficult, but it's really as simple as appreciating what you have in your life. If there is someone you love, let that person know how you feel. Say thank you to your mate or your child even when you don't feel well.

If you can just stop and be grateful for the blessings that are before you, your heart will open to love. Then the blessings can keep coming!

Harold Klemp, *Spiritual Wisdom on Health & Healing*, p. 13-14

Upcoming ECK Events

All events are FREE and open to the public. Check www.eck-arizona.org for the monthly Eckankar calendar of events to confirm exact locations, dates, and times.

Northern AZ

Flagstaff, Prescott, Sedona, and Cottonwood are currently hosting [Community HU Songs](#)* and Spiritual Chats**, and quarterly [ECK Worship Services](#) in their areas.

Central AZ

The greater metropolitan Phoenix area is hosting [ECK Worship Services](#), [Community HU Songs](#)* and Spiritual Chats**.

Southern AZ

The greater Tucson metropolitan area hosts [ECK Worship Services](#), Spiritual Chats**, [Community HU Songs](#)*, and open book discussions.

*[Community HU Song](#) - singing HU, a love song to God, with a group for a few minutes followed by a short quiet contemplation

**Spiritual Chat - open discussion on a selected spiritual topic (one hour)



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The Next Step

You've always known there's something more...

Now explore!! To have your free copy of Eckankar's Spiritual Experiences Guidebook and CD sent to you by mail, use this link or go to: SpiritualExperience.org.

You can also request it by calling: 1-888-LOVE GOD, or writing: Dept. ISEG, ECKANKAR, PO Box 2000, Chanhassen, MN 55317-2000

This booklet is free to anyone not a member of Eckankar.

—from *Spiritual Wisdom Journal*
Jan-Mar 2015

Local Information

For questions or inquiries, contact the Arizona Satsang Society, Inc, a Chartered Affiliate of ECKANKAR at EckankarArizona@aol.com or 1-877-300-4949

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