

# What Is Life Teaching Me Now?

"Each morning you should be awakening in a larger room, in a larger state of spiritual consciousness where you say, "Well, I wonder what life has to teach me today."

—Harold Klemp, Truth Has No Secrets, p.26

Life teaches us in each moment. Sometimes the lessons come readily. Other times the learning comes through a journey of the heart, and the players in your life are set on a new stage. That's how it felt this past November. My brother Dennis was found unconscious in his Florida home. He'd had a significant stroke, and it was touch and go for a while. After six weeks of intensive care, he was medically transported to NE IA where family could more readily support him.

My brother's stroke has brought new opportunities to grow in spiritual understanding as we offer support to Dennis, manage changing family relationships, build relationships with the 24-hour skilled care staff and keep living our best lives. So many lessons on learning to love as God loves.

At this time Dennis has no use of his right arm or leg and has serious challenges with his speech. I've often found myself wondering if we're doing our best to help him move toward his best health outcomes.

# All Are Trying Their Best

It's been challenging week after week wanting Dennis to heal and gain back capacities, yet his progress is slow. We talk with him as best we can. I've learned to ask questions with one word answers, and then ask in a more refined way if needed. He readily understands what others are saying to him. Though we do our best, sometimes we can't figure out what he's saying to us. It can be so frustrating on both sides.

During times of stress, there are often new pa-

rameters; and—well—things happen. As months passed my opinions about my siblings' responses to Dennis' situation came bubbling up. I thought others would care the way I cared. I've relearned each relationship is uniquely different. Each of us will manage our relationship with Dennis as we will. I now place more attention on how I am doing and being. I look for inner guidance to gain insight into when to speak, when to be still, and how to offer my best as situations unfold.

One of my brothers is Dennis' power of health and power of attorney. His responsibilities involve managing Dennis' property, finances, health needs and accommodations. Decisions need to be made constantly. He carries this load while tending to his own life.

I live near Dennis and visit him almost daily for a few hours. The care facility is short-staffed so I often tidy up his room, help with self-care needs, take him for a stroll in his wheelchair and bring decorative things to change up his room. My time at the care facility gives me a good view of how he and his space are tended.

One day in late January I was confused and concerned about how Dennis' therapies were going. I called my brother to explain things I was noticing. Within minutes he had some harsh words for me and cut off our conversation. He'd never yelled at me before. Once off the phone, I sat in disbelief as I'd called to inform and receive support. I tried to listen within to gain new insight.

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# ECKANKAR in Wisconsin-Public Events

For updates to the Calendar of Public Events visit eckankar-wi.org.



# **ECK Light and Sound Services**

The ECK Light and Sound Service (EL&SS) often includes a reading from the ECK works; a HU Song; video of Harold Klemp, the Mahanta, the Living ECK Master; personal stories; creative arts; and small group discussions on spiritual principles at work in our daily lives.

Online Events: Register at Eckankar-wi.org or Meetup. Hybrid Events: Attend In-person OR register Online.

WATCH THE ONLINE ECK LIGHT AND SOUND SERVICES WITH OTHERS AT THE ECKANKAR CENTER OF WISCONSIN.

Enjoy Fellowship and snacks following all services attended at the ECK Center.

Online – Sunday, July 6th • 11am—12:15pm Change Can Bring Us Closer to God

Ways to Spiritually Benefit from Change

"As we give of ourselves, of our patience and love, to someone else who needs it more, 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."

-Harold Klemp, The Language of Soul, p. 138



Online-Sunday, August 3rd • 11am-12:15pm How Does God Answer Your Questions?

Learning to Listen for God's Guidance

"Sing the word HU. Sing it every day.

"If you are ready, in a very short time you will have some definite recognition of a change for the better in your spiritual life.

"There will be some kind of communication from God, directly or indirectly, that will bring upliftment to your life that was never there before."

—Harold Klemp, The Sound of Soul, p .57

# In person-Sunday, July 20th • 10—11am Keys to Spiritual Survival

Learning to Handle Life with Divine Grace

"Graceful living is to realize everything that comes into your life is for the good."

—Harold Klemp, *The Spiritual Life*, p. 71

Holiday Inn Express & Suites

15451 W. Beloit Rd, New Berlin

In person-Sunday, September 7th • 11am—12:15pm
Develop a Powerful Spiritual Practice

Easy Ways to Connect with Divine Spirit Every Day

"As Soul, you have the God Knowledge within you. My main job is to awaken the knowledge and love for the divine things already within your heart."

—Harold Klemp, Raise Your Spiritual IQ!, inside front cover

EL&SS with concurrent Youth Program start off the ECK Soul Adventure Event followed by a potluck lunch and afternoon session at the ECKANKAR Center of WI.

See page 3 for program highlights.

In-person– Sunday, September 21st • 10—11am

Use Divine Imagination to Take Your Next Spiritual Step

"When you ask for truth and your heart is pure, Divine Spirit will take you one step closer home to God.."

—Harold Klemp, *The Language of Soul*, p. 23

Springhill Suites by Marriott, 7653 125th Ave., Kenosha



#### **ECKANKAR Center of Wisconsin**

6501 Watts Road, Suite 150, Madison, WI 53719 Phone: (608) 665-0826 Open Hours: Saturdays - 10 AM to 1 PM

Stop in to share in spiritual exploration and conversation, or to sit in quiet contemplation in this peaceful space.

# Experience HU— The Sound of Soul

Explore a daily spiritual practice for more joy, wisdom, and peace. After a brief introduction and reading, experience singing *HU* for twenty minutes followed by a short period of quiet contemplation. Then enjoy spiritual conversations with others of like heart.

Sundays • 11 am – Noon
July 20th • Aug 17th • Sept 21st
Call Eckankar Ctr. (608) 665-0826 for Information

# Raise Your Spiritual IQ!

Before the 11 am HU Chant join us for spiritual discussions on Harold Klemp's books. Books available at the Eckankar Center or you may download using the links below.

July 20th <u>Key to Soul Travel</u>
Aug 17th <u>Raise Your Spiritual IQ! Experience Journal</u>

Sundays • 9:30 – 10:45 am
Call Heather (815) 601-7707 for Information

Both Experience *HU*— The Sound of Soul and Raise Your Spiritual IQ! are In-person at the Eckankar Center of Wisconsin, 6501 Watts Road, Suite 150, Madison

# Spiritual Discussions—Sturgeon Bay

What Is Spiritual Freedom?
Saturday, July 5th 1:00 to 2:30 pm
Finding Something to Love in Every Situation
Saturday, July 19th 1:00 to 2:30 pm

Door County Library, 107 S. 4th Avenue Questions? Email newi.wss@gmail.com

# Explore the Qualities of Spiritual Mastership Discover the Godlike Qualities of Soul within You Sunday, Sept. 7, 2025 at the Eckankar Center of WI

I I:00 Morning Session - ECK Light and Sound Service with Concurrent Youth Program

12:15-1:15 - Enjoy potluck lunch and fellowship.

1:30-2:30 - Afternoon Session - Choose one.

I. Join a spiritual discussion with a focus on the free journal, Raise Your Spiritual IQ!

Explore your spirituality from a higher perspective.

#### 2. Roundtable Discussion -

Seeing the Divine in Others Brings Out the Divine in You OR Consecration: To Consciously Live Each Moment as Sacred

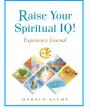
3. Youth & Family Workshop – We Can Become ECK Masters! Have fun exploring who the ECK Masters are and how they can help us. Discover the qualities of Mastership.

2:35-2:45 - Closing - HU Song and Joyful Sing-along!

**Click to Learn More** 

## **Download Your Own**

IQ Spiritual Experience Journal and Join Us In-person



Tuesdays 6:30 – 7:30 pm

July 15th • Aug 19th • Sept 16th

Books also available at the event.

L. E. Phillips Memorial Public Library 400 Eau Claire Street, Eau Claire (715) 308-5338 Jerry for Information



Visit the Eckankar Booth at the Rooted Holistic Health & Wellness Fair Admission to Fair is \$5.00

> Sunday, August 3rd • 10 am - 5 pm Stone Harbor Resort 107 N. 1st Avenue, Sturgeon Bay



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Eckankar in Wisconsin and

Eckankar in Madison, WI



#### What Is Life Teaching Me Now?—continued.

By morning I felt a strong nudge to apologize though I wasn't sure I was at fault. Inwardly, in places higher than mind or emotion, my heart knew to thank my brother for all he had done and will do and to explain I didn't mean to bring discomfort. I sent a text expressing gratitude for all his efforts and committed to do better moving forward. Spirit is teaching me to see from a higher perspective.

"... We are learning to work with intuition, which actually is Soul speaking to us and giving us the gentle guidance to make our life better. Spirit is always with us, always guiding, always protecting, always attempting to bring joy and make our life better, but that doesn't mean that we are always aware and listening."

-Harold Klemp, How to Find God, Mahanta Transcripts, Book 2, p. 277

## Being Present in This Moment

In the first months at the care facility my mind was working overtime. My emotions were out of balance with fear leading the way. I was also startled and unsettled by the various challenges most residents faced daily. Their physical bodies and minds seemed so weary.

I had been kind and polite to staff, residents and guests; yet I hadn't learned their names or asked about their lives or days. My attention was on my brother and family. My focus was limited.

Then my heart began to ease into this world of 24-hour skilled care. About eight weeks in (Yes, it took that long.) I realized a "golden heart" perspective would serve everyone better. I recognized, "These are my people. This is where my love is to

be expended and expanded. We were purposely drawn together. I could do better!"

Since then tender times have developed with the residents and staff. I'm learning their names and about their lives, sharing baked goods, making them floral bouquets, and offering full-hearted compliments. I sit and do puzzles, help push residents to meals, listen and chat at the dining table, and ask questions that draw out memories and wishes. They offer me kind words, interesting questions, gratitude and good humor as best they can.

Now when we greet, our smiles are deeper, richer and fuller. We are present with each other experiencing these tender times just as they are. Just as we are. Opening my heart has helped me appreciate their shining divinity.

Our lives are spiritual training grounds to help us on our journey home to God. Our experiences grow

us spiritually and purify us. Every moment of life is teaching us more about how to love as God loves. For me—lessons on being more compassionate and fully present have enhanced how I love others. What is life teaching each of us now? Wherever we are, whom-



Jan Hanson Elgin, IA

ever we're with; it is there we'll find our lessons.

"... But it is in the small events, such as goodness in the daily things of life, being kind to a child, speaking softly to those who can be hurt easily, noninjury to a fellow creature, and the giving of oneself to others who are without the essentials of life, that spiritual unfoldment can be found."

—Shariyat-Ki-Sugmad, Books One and Two, Eckankar's Holy Scripture, pp. 432-33



Temple of ECK, Chanhassen, MN eckankar.org/Temple

# Resources for Spiritual Exploration New!

# <u>ECKANKAR Seeker Central</u>

ECKSoulAdventure.org

# **Adventures in ECK Parenting**

How to bring divine love into every moment of life.

# Animals are Souls Blog

Soul dwells here in the world of nature.