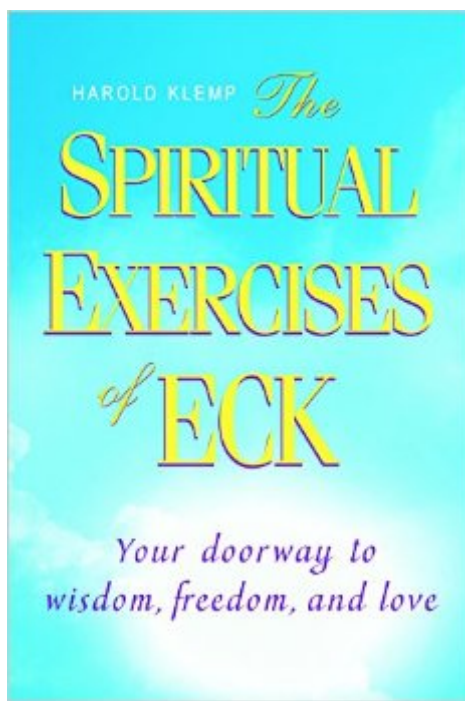


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# The Spiritual Exercises Of ECK



## Synopsis

Would you like to enjoy greater self-confidence? Dream consciously? Solve problems from the inside out? The Spiritual Exercises of ECK are your doorway to the limitless powers of Divine Spirit. Your life is a laboratory for the creativity of Soul. Each one of the 131 exercises offered here is an opportunity to meet the challenges of life with a greater mastership, more wisdom, deeper love. You will discover exercises to: Solve problems Master your fate Achieve self-discipline Meet with the Inner Master Dream consciously Protect yourself spiritually Achieve balance and harmony Soul Travel into the splendorous worlds of God These exercises are simple and straightforward. You can expect gradual changes in your outlook on life over a period of weeks or months. Want to get started? Try "The Golden Cup" technique to remember your dreams, or "The Mountain of Light" exercise for spiritual protection. "Golden Musical Notes" can bring you an experience with the melody of God, and "A Gateway to Soul Travel" can strengthen your inner vision. Every single day, you can contact the Light and Sound of God for guidance and upliftment through the Spiritual Exercises of ECK.

## Book Information

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## Customer Reviews

Many people in the world meditate to create calm and a feeling of being centered. This book takes inner work into an entirely new level. With simple active exercises this book took me to levels of heaven where I regularly experience the Light and Sound, the twin pillars of God. I do this before I go to sleep and watch my dreams nightly. Before I found these exercises life was quite random. Now, it has direction. I have met ECK Masters and other high beings who show me the best

direction for me to take in my life. Even in every day simple things! Highly recommend.

The Spiritual Exercises of ECK by Harold Klemp is one of my favorite books (both hard copy and Kindle). It has helped me get through some very challenging times, given me new insights on my life, and helped me to make my life more meaningful and enjoyable. There is an exercise I have used repeatedly called "Controlling Your Own Mind"--an absolute life-saver, and one that anyone facing difficulties can use. It kept me from melting down when we were facing the real estate meltdown of a few years ago. Then there is the "Broom Technique", to sweep away obstacles that keep you from achieving a rightful goal. We used it when an important package hadn't arrived. We had done our part but somehow, there was a blockage that kept the delivery from being completed. Within one day of practicing this exercise, the package arrived--after a 3 week wait! This is not a magic wand to make up for what you didn't do; it's a way to see beyond the limitations you build up in your own mind, preventing your goals from manifesting. But The Spiritual Exercises of ECK goes beyond just solving day to day problems. These exercises give you a better picture of who you really are and what your true mission in life is. To unlock a wellspring of your own creative energies, crack open this book and find a key! It will open doors for you that will change your life for the better.

If you choose an exercise and do it ten to twenty minutes every day for three weeks, you won't believe the difference it makes in your life. The first week, you go, "Wow!" The second week, you go, "Really Wow!" The third week you are just in awe.

The Spiritual Exercises of ECK is a wonderful tool to move out of the physical body into the soul body. One can explore the higher planes easily, especially if you use one of the spiritual exercises every day. Give it a try and see what happens.

Loved this exercise . . . I sent my brother a copy of this book and he loved it also, particularly the exercise called "Movie Screen." In the past, I hadn't been successful using my spiritual "inner vision." I had always thought, when closing my eyes, I had to look straight ahead, and look for a black screen. I would stare at the place between the eyebrows or third eye, getting nothing more than a headache. This exercise confirmed that a black screen wasn't necessary. Gray or white was ok and to look about 10 degrees to the side. I did. Then from the then right corner of my eye I saw a soft, beautiful, parklike setting! When I repeat this exercise and can go back to the park and walk around. Amazing. I guess before now I had been trying too hard. It is really hard to find a book that

deals well with such a subjective topic. My brother and I recommend the book.

I chose 5 stars because the Spiritual Exercises of ECK offers valuable techniques to learn about the self and spirit and to experience greater states of awareness. I chose randomly different techniques that appealed to me. There were changes of waking up earlier, feeling better and having a more peaceful day. If you like having different techniques to reach that contemplative state that brings about love of self and joy of life, this book is for you.

This book is a must read for anyone who has a deep yearning to discover how to take the next step towards their spiritual journey. No matter what religion or spiritual path you follow this book will help you in your spiritual unfoldment. Dreams are a reality as much as our waking life and the techniques given in this book teach you how to see these inner worlds.

Anyone dealing with life's challenges can use these exercises. There's something for everyone and every situation. Also, the exercises can help a spiritual seeker have a more expanded connection with a higher source without spending hours chanting or meditating.

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