

About Eckankar

Be Yourself -A True Spiritual Path

“My definition of a true spiritual path is one that does good in the world. It tries to find ways to help people be themselves. It does not try to shape people to be what we think they should be, then break spiritual or man-made laws to accomplish that. The sign of a true spiritual path is that it helps the people grow to become more godlike, to be more capable of love and mercy—for themselves as well as for others. As Soul YOU are free!”

—Harold Klemp, Spiritual Leader of Eckankar

Starting point

“As Soul YOU are free!” is the starting point for understanding spiritual freedom and the purpose of Eckankar in this life. Awareness of self as Soul takes one’s identity beyond identification with the physical body and beyond the ego or personality. Awakening to the experience of self as Soul (Self-realization) liberates the individual to live fully, authentically, with integrity, happiness, and love. Rather than solving all problems, this state opens Soul to Its infinite creative capacity to adapt to life circumstances and/or solve Life’s challenges with persistence and confidence. The ability to choose how to respond to Life’s adventures is a mark of spiritual freedom.

Spiritual Exercises and Spiritual Guides

Eckankar is a path to spiritual freedom, Self-realization, and God-realization. Through a variety of spiritual exercises, ideally practiced daily, (one example is singing or chanting of [the sacred sound HU](https://www.youtube.com/watch?v=RLm8uSPH3mc&ab_channel=ECKANKAR) (https://www.youtube.com/watch?v=RLm8uSPH3mc&ab_channel=ECKANKAR) and with the available guidance of an [Inner and Outer Spiritual Master](#), an individual discovers how to naturally reestablish and maintain direct connection with Spirit, the source of all life, and to explore the inner planes of reality, discover truth, wisdom and love.

Be Yourself

“Be Yourself” means be the highest expression of you, the eternal being who revels in the miracle of the gift of life and lives a life of spiritual growth, while finding ways to express your unique being for the benefit of those around you.