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Regional ECK Spiritual Aide

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Dear Soul

“The highest goodness in man, like water, is characterized by humility.”

“What does this mean to you?” A friend asked me recently, about this inspiring statement from page 50 of the new book *ECK Essentials* released earlier this year, where Harold Klemp quotes *The Shariyat-Ki-Sugmad*, Books One & Two, page 415.

The highest goodness in man seems a lofty goal, though attainable and worth aspiring for. What does that mean to you, goodness? Whatever it is, it is *characterized by humility*, which does not please the ego, but allows Soul to soar high. *Like water* explains it clearly for me. Water has no apparent will of its own, is always in motion, gentle or fierce – with gravity, with heat and cold, with the wind – unstoppable, giving life to all, moving, cleansing, nurturing, powerful, often taken for granted, a most precious resource in this world.

Though I only rarely get to it, in summer I love swimming in the local river, the Aare, being carried by its strong current past beautiful shores, under bridges, past bushes and trees. Holding my ears under water, I relish listening to this most intriguing, rustling sound of uncountable pebbles being swept along the river bottom. And as it is with any strong current we immerse ourselves in, it is necessary to plan and start moving towards shore way ahead before a targeted exit point, if one wants a chance to catch it and not just be swept past it with the constant current of these waters on their way to the ocean, the sea.

Water offers many lessons in humility. I remember a note I came across, when many years ago, I was about to leave a working position I loved very much. That note said something to this effect: In case you ever think of yourself as irreplaceable, take a big bowl. Fill it with water. Hold one hand into the water. Then withdraw your hand from the water, and see how long its imprint remains in there.

Coming back to the quote mentioned above, in its continuation below we find advice on how to be pure in heart, to love unselfishly, be virtuous, and eventually understand all.

“All must be able to control their animal nature enough to be pure in heart, never distracted from the way of ECK. Each person must be capable of personal discipline that will enable him to love unselfishly, wield virtue, and, at last, understand all, while denying himself. He must put life into others without trying to own them. He must never depend upon anyone. He can be the king, but never the tyrant. This is what the ECK requires of all people.” ECK is the Holy Spirit, the Light and Sound, the essence of God.

There is so much in this brief statement, too much to be touched on in this letter. I relish and encourage contemplating on these points – one by one – to find deeper insights and understanding, e.g. on how to deny the ego and strengthen oneself as Soul, to fathom the mix of king and tyrant in each of us, as we learn to love unselfishly.

One detail in these few lines is how frequently the word “must” is used. I am a type of character that tends to have a reaction of resistance, of feeling confined, when hearing “must” repeatedly. It disturbs my ego. But as Soul I am free. I reap the consequences of all my decisions and actions – always. Eckankar is *The Path of Spiritual Freedom*. Whether I like it or not, in life there are requirements, steps that must be taken to reach a given goal or quality, like a pure, golden heart, divine love, or as touched on in this letter, the highest goodness in man, which is like water, characterized by humility.

I wish you well for who you are, Soul – a spark of God – realizing every day a little more of your inherent, infinite potential.

Humbled in the Light and Sound of ECK

Uli Sacchet, RESA



Some Regional and Worldwide ECK Events

- Sept. 15–16 – **2018 ECK Regional Seminar** in Budapest, Hungary – with guest speaker Ed Parkinson, RESA of Ireland – *Getting Answers from God through Past Lives, Dreams, and Soul Travel*
- Oct. 26–28 – **2018 ECK Worldwide Seminar** in Minneapolis – with Harold Klemp, the Mahanta, the Living ECK Master – *Become the Loving Heart*
- Apr. 19–21, 2019 – **2019 ECK Springtime Seminar** in Minneapolis – with Harold Klemp, the Mahanta, the Living ECK Master – *Shining Your Light as Soul*
- Aug. 2–4, 2019 – **2019 ECK European Seminar** in Biel/Bienne, Switzerland – with guest speakers Jane and Stan Burgess, Minnesota – *What Does It Mean to Be Spiritual?*

