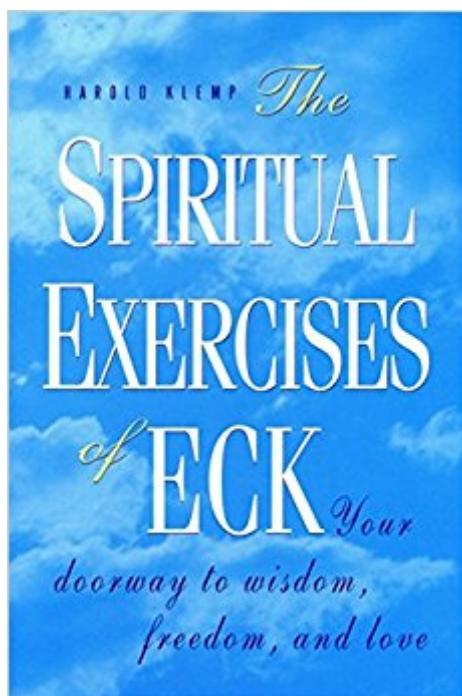


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# The Spiritual Exercises Of Eck: Your Doorway To Wisdom, Freedom, And Love



## **Synopsis**

More than 130 practical, personal exercises to help spiritual seekers learn how to live in this world, no matter what comes their way.

## **Book Information**

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## **Customer Reviews**

Just as physical exercise helps to build physical vitality, spiritual exercises help build spiritual vitality. The Spiritual Exercises Of Eck contains 131 "steps" which lead to spiritual freedom, self-mastery, wisdom, and love. Each step is a spiritual exercise leading the discovery of an "inner master", dream consciously, protect oneself spiritually, achieve balance and harmony, and "soul travel" into the splendorous worlds of God. These exercises are simple and straightforward. Described succinctly (often in less than a page each), practitioners will see gradual changes in their outlook on life over a period of weeks or months. -- Midwest Book Review One of the best meditation collections of today! ...can help your life become more relaxed and complete. -- Voices from Spirit Magazine

In 1981, American-born Harold Klemp became the spiritual leader of Eckankar. He travels worldwide, speaking at Eckankar seminars. From North America and Europe to Australia and the Pacific Rim, he shares the timeless truths of Eckankar. His teachings uplift us. They help us recognize the power of our own intimate experiences with God. He writes extensively, adding new titles each year to his more than thirty published works to date.

I ordered this book used and it arrived in excellent condition, looks brand new and very quickly. The

book is broken down into easy read sections. Besides a continual mention of the leader of the movement and how he guides you, it appears to contain a lot of useful techniques. This book to me is one of the better ones for meditation etc., and it has interested me enough that I will probably order some more of the authors books.

After all his effort and all the books Harold Klemp has written about Eckankar some how we have just the right person doing a great job. Continuing Paul Twitchell's legacy and keeping Eckankar intact after Paul's unexpected departure is even more unexpected than that.

received this book on time as promised excellent condition, would recommend this company for future purchases, the book is very detailed, with easy to understand spiritual excercises, Harold Klemp has several books this one is my 1st purchase however I will surely be looking in to future reading.

Interesting concepts to consider from Mr. Klemp. Definitely worth conducting your own investigation.

So many great exercises in here. you don't even really have to be an eckist to benefit from this exercises.

Excellant

older copy than expected but book is good.

Thanks

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