

A More Refined Energy



Excerpts from *Adventures in Spiritual Leadership*

by Sri Harold Klemp

Because of current life changes and working remotely (this includes work, family, and serving as an ECK leader), keeping a balance requires a different kind of energy and attention. If you would, please share the most important keys to keeping all in a graceful and effective balance.

The recent life changes brought on by the pandemic call for a more refined energy than before. It would be like a dancer who pirouettes, say, rather than a jogger.

What are the most important keys to keeping all this in a graceful and effective balance?

Love is the first factor to keep in mind. Know that once you accept the higher refined mode, you will be able to meet obligations with more confidence and energy. Order, the second factor, says to fine-tune your to-do list; stay well organized. And third, plan your work and work your plan.

Regard your work, family, and ECK duties as divine gifts to help you become a finely polished spiritual gem.

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Since truth can only be caught, could you share some tools and techniques to perpetually expand one's capacity to listen—particularly to help truth seekers open their hearts to better catch the truth?

The stamp of one's character is nestled in the seemingly obscure words
Anything you do is everything you do.

Uncloaked a layer, it reads Do what you do, do well.

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The key to catching truth is loving what we do, no matter how humble. “Loving” means to become absorbed in chores, duties, recreations, interests, and ECK contemplations.

When you lose yourself in an activity, a light contemplative state can result. Understandings often come to the fore.

The key to catching truth, again, is simply to love what we do. That’s the best guidance for any truth seeker.

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What spoke to your heart as you read the above passages?



ECKANKAR Seminar Handout