



ECK NEWS of OKLAHOMA

February 2025

ECKANKAR
Path of Spiritual Freedom



Harold Klemp,
The Spiritual Leader
of ECKANKAR

RETIREMENT—LEARNING TO LET GO

by Jackie Kirsch

Amidst the profound transformations unfolding within ECKANKAR, I find myself deeply reflecting on the significant shifts in my own life. Life's choices are part of the path of life and spiritual growth. When making significant decisions and considering the best path in life, I have observed that when things proceed smoothly, it typically indicates that I am heading in a favorable direction. However, sometimes what holds us back is attachment to our old life, our old thoughts. This is what happened to me while trying to make my decision to retire from work. My job helped so many individuals struggling with mental health issues and financial needs. However, my personal struggle was causing my health to deteriorate. I had to make a choice: Should I continue helping others at the risk of my health or work on my own life and health? It was a hard decision at first. I contemplated, asking the Master for signs, for several months. As the time for my decision came closer, a hawk appeared almost every day on my way to work. He just sat on the electric lines near my home. I knew then I was making the right decision to leave at the end of the year

The transition to retirement turned out to be quite seamless! I reached out to Social Security, and they made it proceed smoothly. My case load was being resolved in wonderful ways too. Work was going on without me. I just had to let go of all my attachments there. My office cleaned out, and the holidays right around the corner, I packed my things in my car and breathed easier as I left.

While working I was experiencing various health issues. Since retiring my health is better now. I am regaining my energy, and my thinking feels clearer. I am starting to feel more creative and have a renewed interest in engaging in creative activities, including my spiritual exercises, which while focusing on my work had suffered along with my spiritual growth. I was even able to bake chocolate chip cookies recently, which were enjoyed by others. This indicates to me that I can reconnect with a sense of unconditional love.

I finally learned to let go of the past and the concern about what would happen without me. It does not matter what will happen after one

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makes a choice. There should be no regretful thoughts, no what-ifs. Sri Harold Klemp, our leader in ECKANKAR, has stated on many occasions to make a choice, figure out which path you want to travel and do not look back but move forward in a positive direction. If you find it was not exactly what you wanted, don't worry there will be another path to take you somewhere else that will bring you closer to God. Because that is what we are all doing – returning home to God.

“Every situation in your life has some spiritual purpose to it.

“By doing the Spiritual Exercises of ECK every day, you open your heart and mind to the ECK, Holy Spirit, to give the experiences of most spiritual use to you.

“Life is about making choices. The spiritual exercises open your awareness to see which decisions have a better outcome.”

—Harold Klemp, *A Modern Prophet Answers Your Questions about Life*, Book 2, P. 7



PUBLIC Zoom Links

<https://tinyurl.com/ELSS11a>

ECK Light and Sound Service
ECK Temple of North Texas

(1st Sunday) 11:00 a.m.–12:00 p.m.
Laughter, the Gift that Endures

<https://tinyurl.com/3rdSun18-40>

(February 16th) 5:00–6:00 p.m.
Doorway to Your Inner Worlds Ages 18–40

<http://tinyurl.com/1130aFourthSunSD>

(4th Sunday) 11:30 a.m. – 12:30 p.m.
A Spiritual Discussion February

<https://tinyurl.com/4thSD5p>

(4th Sunday) 5 p.m. – 6 p.m.
A Spiritual Discussion February

SAVE THE DATES:

In-Person Events

March 1– 10a-5p: March 2–11a-5p
Gypsy Soul Fair — OKC Fairgrounds
Open the Doorway to Your Dreams:

March 15 – 10a-5p
Gypsy Soul Fair Sand Springs
Where Do We Go in Our Dreams

March 23– 11:30a - 12:30p
Will Rogers Garden Center OKC
Sound of Soul Event