

# *Living with Spiritual Grace*

*Adapted from Wisdom of the Heart, Book 1*

*E*verything is right when there is neither too much nor too little for the time and place. So is it also with your spiritual life.

Eat foods that are good for you, because they build and restore the temple where Soul resides. Accept your emotions. Permit your mind to study, explore, and grow. Give yourself time for rest and contemplation. Love God.

Go among the people of your community and see the Light of ECK in their eyes. Be awake among the sleeping. Therefore, love and show compassion, for joy comes from knowing your divinity. In children see men and women, for once they were so and shall be again. Give thanks for life, for it blesses you with revelations.

What more can ECK do than bring you love and understanding? Seasons come and go, youth turns to age, and familiar things change. Life gives and takes, but always gives again. Be thankful for wisdom, be grateful for existence.



*L*ife is precious. Love it, and it will return unfoldment to you a thousand times. We live in a time of unequaled spiritual opportunity.

Our parents likely found the trials of their youth nearly unbearable. The troubles of each age are usually too much to bear, but humanity holds on to life despite everything.

This continuing unrest is a fact of world history. Life is a jungle, but it is likewise a garden. It provides a time and place for unfoldment, because Soul is tempered by hardship. In spite of all, we look for ways to make things better for our loved ones, ourselves, and others. Life is for giving and loving, which fosters the nobility of spirit.

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Immerse yourself in living. Pet a cat, hug a child, or love a dog. Eat an ice cream cone, have some pie—but do all things in moderation.

My point is that ECKists do not have to shut themselves away from their families or communities. The daily struggles that life presents are opportunities to cultivate spiritual grace.



**ECKANKAR Seminar Handout**