



Create Your Own Spiritual Exercise

You can create your very own spiritual experience! Fill in the boxes below to get started. Then find a comfortable place, and try it out. Enjoy using your imagination and creativity as Soul! Try your new exercise for a week. Then write or draw what you experience.

What do you want to ask, learn, or explore?

What spiritual word will you sing (like HU, wah Z, or SUGMAD)?

What will you focus on to open your heart?

Where do you want to go?

How do you want to get there?

Is there an ECK Master you'd like to meet?

What will you see or hear?
