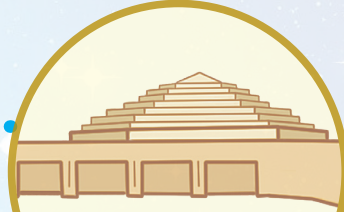
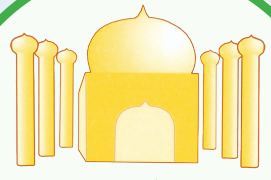


Param Akshar Temple,  
Soul Plane  
Chant "SUGMAD"  
(SOOG-mahd)



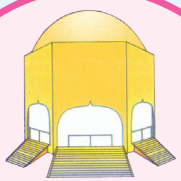
Temple of ECK  
Chant "Wah Z"  
(WAH-zee)



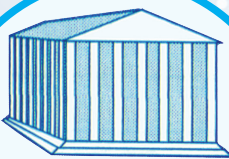
Temple of Gare-Hira,  
Physical Plane  
Chant "Alayi"  
(ah-LAH-ye)



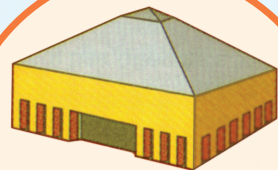
Dayaka Temple,  
Ethereic Plane  
Chant "Baju"  
(BAH-joo)



Temple of Asklepos,  
Astral Plane  
Chant "Kala"  
(kah-LAH)



Namayatan Temple,  
Mental Plane  
Chant "Aum"  
(ah-UHM)



Temple of Sakapori,  
Causal Plane  
Chant "Mana"  
(MAH-nah)

# ECK Temples



Your experiences at ECK Temples help you grow wise, free, and strong in Spirit.

You can visit Golden Wisdom Temples in your dreams and spiritual exercises. An ECK Master, a good friend, will meet you there.

Where do you want to go?

Choose an image of an ECK Temple you would like to visit. Before you go to sleep, you can chant the special word given for that Temple. Try this for three nights.

Be sure to record your adventures!

## to Visit