

# Practice the Presence of the MAHANTA

The MAHANTA is Divine Spirit in a form we can relate to. When we put our attention on the MAHANTA, it helps us rise above limitations and awaken to being our True Self, Soul. Have fun trying these ways to keep your attention on the MAHANTA throughout the day!



Try this spiritual exercise or make up your own!  
Visualize the MAHANTA, the inner form of the Living ECK Master, gleaming like a thousand stars in the night. In contemplation, take a walk with him into the worlds of your spiritual life. Notice the landscape, the color of the light, any winds or sounds.

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Remember to enjoy the companionship of the Master during your day. It can be as natural as a comfort of love or joy dwelling in your heart.  
—Harold Klemp, *Spiritual Exercises for the Shariyat, Book One*, p. 17



Write a letter, and mail it to Sri Doug.

