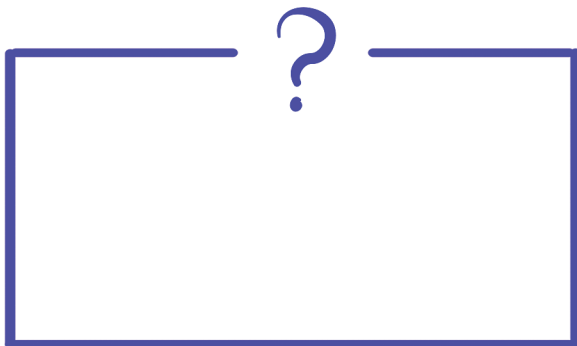


# The Shariyat Technique

The following spiritual exercise is a down-to-earth way to connect with the Light and Sound of God. To get answers and spiritual insights in your life, follow the steps below!



Form a question about a problem that has been bothering you in your life.



Open *The Shariyat-Ki SUGMAD*, Book One or Two, at random, and read one paragraph.



Close your eyes, and sing *HU* eight times (eight corresponds to the eight outer initiations).



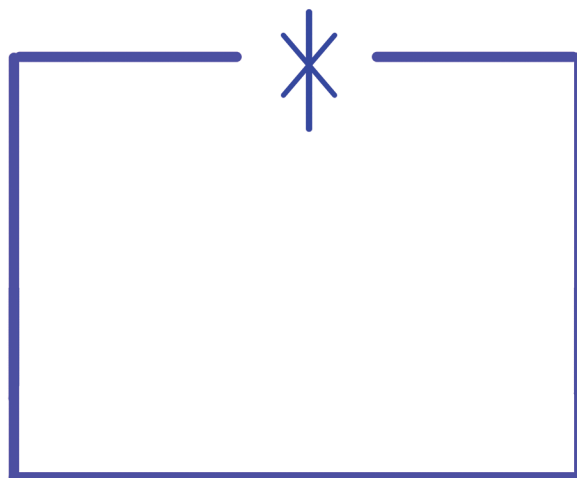
For about five minutes, contemplate on the passage you just read.



Chant *HU* eight more times. Again, contemplate on the passage you read. Then do this a third time.



Open *The Shariyat* at random again, and read another paragraph. See how this paragraph relates to the first paragraph you read.



Write down how both paragraphs offer a new insight and approach to your problem.

"The usual reason a problem exists for us is that we are afraid to take the next step. Often we can think of four or five solutions to a problem, but we argue with ourselves, trying to decide what the next step should be.

*The Shariyat* may tell you what the next step is. You may wish to go through the technique again on the following day to carry the solution one step further or to explore some new question of a spiritual nature."

—Harold Klemp, *The Spiritual Exercises of ECK*, pp. 127–28