



ECKANKAR

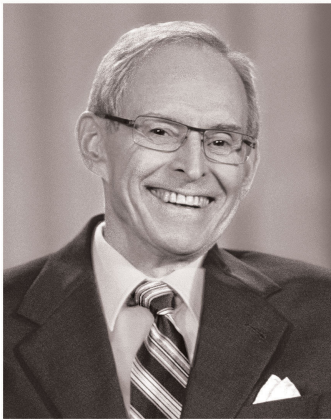
The Path of Spiritual Freedom



January/February 2018

“The ECK Masters never interfere in another person’s state of consciousness without his permission. I hold your personal life sacred and won’t intrude in any way, even in the dream state, without your permission.”

—Harold Klemp, *The Art of Spiritual Dreaming*, p. 27



Harold Klemp
The Spiritual Leader
of Eckankar

Serving the Northern California Coast

Eureka/Arcata ECKANKAR Newsletter

Public Edition

Experience the sacred sound of HU— We invite you to join us at a Sound of Soul Event

“HU is an ancient name for God. It is also a love song to God. All that we do with the word HU is to sing it with reverence. It represents the love of God for Soul, and we are Soul. HU represents the enormous love that the Creator has for Its creation.”

—Harold Klemp, *HU, the Most Beautiful Prayer*, p. 7

Regardless of your background or religion, we invite you to join us in trying this simple, 20-minute spiritual exercise. It has helped people of many different faiths experience the presence of God. Fellowship and light refreshments will follow. Please see the Local ECKANKAR Calendar on page 3 for dates, times, and locations.

Free Subscription

To receive a free subscription to this newsletter please email eureka.arcata.eck@gmail.com, or call (707) 798-1868 and leave your name and address, or write to

Eureka/Arcata ECKANKAR Newsletter
PO Box 5583, Eureka, CA 95502.

Please specify whether you would like a mailed paper copy or an emailed copy. Note that any information you provide is kept confidential and is used only to notify you about local ECK events.

You may also read or download the latest issue at www.eck-ca.org. Go to Eckankar in Your Community, then to Northern California.

What Are the Light and Sound of God?

The Light and Sound, known as the ECK or Holy Spirit, flow out from the heart of God.

The Light purifies Soul. It helps us see our lives from a higher viewpoint. The Sound is always calling us home. It shows us the direction back to God.

With practice, we learn to recognize these twin aspects of God all around us. The Holy Spirit teaches us in the smallest details of our lives. The Spiritual Exercises of Eckankar help us open ourselves to the Light and Sound of God.

A Spiritual Exercise

HU is an ancient name for God. When you sing HU, you open your heart to the Light and Sound of God.

Here is a simple spiritual exercise to try. First, close your eyes and look gently to a point between your eyebrows. Then, softly sing HU (pronounced like the word “hue”). Now sit quietly for a few minutes. Watch and listen for the presence of God. It may come as a light or a sound, or in some other way.



Join a Book Discussion

Join others in exploring an ECK book. An ECK book discussion is a fun way to share insights and experiences and learn more about Eckankar.

We are currently discussing *Those Wonderful ECK Masters* by Harold Klemp. You are welcome to attend all or some sessions, as you wish, whether you have the book or not.

This book discussion will be held at a residence in Eureka on the third Tuesday of each month, at 11:00 a.m. Please call Clare at (805) 450-8235 for directions.

For more information

For more information on Eckankar—The Path of Spiritual Freedom, visit Eckankar’s Web site at www.Eckankar.org, call 1800-LOVE GOD, or write:

ECKANKAR
Att: Information
PO Box 2000
Chanhassen, MN 55317-2000.

For regional information, including events and activities throughout California, visit the California ECK Web site at www.eck-ca.org.

For local information you may email eureka.arcata.eck@gmail.com, call (707) 798-1868, or write to:

ECK Information Contact
PO Box 5583
Eureka, CA 95502.

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Local ECKANKAR Calendar

Event	Topic	Date and time	Location
The Sound of Soul	Experience the sacred sound of HU	Tuesday, January 2 7:00 p.m.	Jefferson Community Center
The Sound of Soul	Experience the sacred sound of HU	Friday, January 5, 12, 19 7:00 p.m.	Clare's Residence
Book discussion	<i>Those Wonderful ECK Masters</i>	Tuesday, January 16 11:00 a.m.	Clare's Residence
The Sound of Soul	Experience the sacred sound of HU	Friday, February 2, 9, 16 7:00 p.m.	Clare's Residence
The Sound of Soul	Experience the sacred sound of HU	Tuesday, February 6 7:00 p.m.	Jefferson Community Center
Book discussion	<i>Those Wonderful ECK Masters</i>	Tuesday, February 20 11:00 a.m.	Clare's Residence

Locations: Jefferson Community Center, 1000 B Street, Eureka.
Clare's Residence (Eureka), please call for directions, (805) 450-8235.



The Temple of ECK, near Minneapolis, Minnesota

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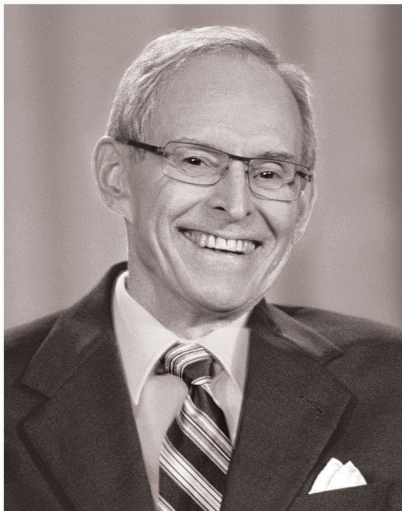
PO Box 5583

Eureka, CA 95502

Sing **HU** to Open Your 

ECKANKAR—The Path of Spiritual Freedom

Local information: (707)798-1868



Harold Klemp
The Spiritual Leader
of Eckankar

The Sound of Soul Events are open to the public.

They are generally held once a month on the first Tuesday (January 2 and February 6) at 7:00 p.m. at the Jefferson Community Center, 1000 B Street, in Eureka.

On the Internet

Visit Eckankar's Web site at www.Eckankar.org
or California's ECK Web site at www.eck-ca.org.
Or try these additional sites: www.TheSoundofSoul.org
and www.spiritualexperience.org.

ECK Video

A 30-minute video of Harold Klemp can be seen on cable channel 12 on Fridays, generally at 8:00 p.m. These inspiring talks give practical ways to live a spiritual life.