

The River of Light

Public Events and Services for Modesto and Surrounding Areas

ECK Light and Sound Service

3rd Sunday of every month, 11:00 – 12:00 pm

Join people from all walks of life to celebrate a life lived in harmony with Divine Spirit. Speakers and creative arts demonstrate the gifts found through daily practice of the spiritual principles taught in Eckankar.

**APRIL - JUNE
2018**

“When you sing HU, you are spiritualizing your attention. You are saying, ‘I am putting all my attention, heart, and Soul upon the highest good I can imagine.’”

—Harold Klemp,
The Sound of Soul,
page 39



The Sound of Soul Event

Facilitator: Randhi Singh

Sunday, **April 15**, 11:00 am – 12:00 pm

You’re invited to experience chanting HU, contemplative time, and spiritual conversation with others of like heart.

Experience some of the many benefits of HU: Inner peace and calm, Divine love, Expanded awareness, Spiritual self-discovery and growth and Healing of the heart.

“Love is love. And you are that. HU is the Sound of Soul.”

—Harold Klemp, *The Sound of Soul*

Maintaining Harmony and Balance in our Lives

Officiator: Shirley Jolly

Sunday, **May 20**, 11:00 am – 12:00 pm

“No two people are alike. Each has an agreement with life that is unlike any other. Learn love, patience, and grace, because they are the way to find harmony.

“Finding peace is a big part of your spiritual life.”

—Harold Klemp, *The Language of Soul*, page 133

Divine Guidance in Everyday Life

Officiator: Merrill Godfrey

Sunday, **June 17**, 11:00 am – 12:00 pm

“Remember to ask, ‘What do I do now?’ and listen. Listen, and listen again. And then wait and watch for the Holy Spirit to open a way for you to go to the next step in your spiritual life.”

—Harold Klemp, *The Secret of Love*, Mahanta Transcripts, Book 14, page 132

LOCATION

Fairfield Inn & Suites, 4342 Salida Blvd., Salida, CA
Hwy 99 and Pelandale Ave.



Eckankar Events in Nearby Communities

ECK Light and Sound Services

San Jose

First Sunday of the Month
11:00 am - 12:00 pm
South Bay ECK Center
2239 Moorpark Ave, Suite 202
San Jose, CA
Information: (408)294-4888

Sacramento

Third Sunday of the Month
11:00 am - 12:00 pm
Location: Sacramento Eckankar
Center, 2641 Cottage Way, Suite 7
Sacramento, CA
Information: (916) 488-4741

Redwood City

Second Sunday of the Month
11:00 am – 12:00 pm
Redwood City Eckankar Center
2009 Broadway, Redwood City, CA
Information: (650)568-3209

A Spiritual Exercise to Try: *Relax and Restore*

The mind can overreact to the rush of everyday living, leaving us on edge and out of sorts. We forget that help is as near as a few moments in contemplation.

At least once a day, let the Sound and Light of God enliven you with spiritual impulses. Gently chant HU, and the silent wind of God will enter the sacred temple of consciousness in the heart.

Once tensions relax, it is just moments until the healing current of Spirit begins to restore you.

AWAKEN TO THE SECRET OF MIRACLES

2018 ECK Springtime Seminar



March 30 – April 1, 2018

Hilton Minneapolis

1001 Marquette Avenue South

Minneapolis, MN 55403

(952) 380-2222

www.ECKseminars.org

Workshop Topics Include:



- Solving Problems—Take Responsibility for Your Life
- Life's Challenges—Burning Questions? Surprising Answers!
- Divine Kinship: Animals as Carriers of God's Love
- Spiritual Freedom: Take a Leap Upward

You're Invited!

Attend this special Seminar weekend and share your experiences with other like-minded souls. Learn techniques and spiritual exercises to help you explore the secrets of life. All that lies ahead is already within your heart.

Free Video

www.MiraclesinYourLife.org



Free Book and CD

www.SpiritualExperience.org



SpiritualExperience.org

Request your FREE copy of ECKANKAR's *Spiritual Experiences Guidebook*.

ECKANKAR ONLINE

www.SpiritualWisdomJournal.org : A free, quarterly online newsletter

www.YouTube.com/EckankarOfficialSite : Videos are available to view

www.HearHU.org : Listen to or download the HU song

www.Eckankarblog.org : Read articles on various spiritual topics

www.TheSoundofSoul.org : An inspiring video that introduces the Sound of Soul

www.eck-ca.org : Eckankar centers and events in California

www.eckankar.org : Main Eckankar website



ECKANKAR – The Path of Spiritual Freedom

The River of Light newsletter
ECKANKAR Information Center of
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FORWARDING AND ADDRESS CORRECTION REQUESTED



What is Eckankar?

Eckankar teaches that there is an audible life current known as the ECK, or Holy Spirit, that connects each of us with the heart of God. We can experience the ECK as Light and Sound. Through study and practice of the Spiritual Exercises of ECK, we learn to recognize the Light and Sound of God as it touches our lives and brings increased divine love.

The spiritual leader of Eckankar is the Mahanta, the Living ECK Master, Sri Harold Klemp. The Mahanta is the inner, or spiritual form of the Living ECK Master. The Mahanta gives inner guidance through dreams, Soul Travel, and the Spiritual Exercises of ECK. Harold Klemp's inspiring talks and writings and his practical approach to spirituality help thousands of people worldwide find greater freedom, wisdom, and love. His teachings uplift and help people recognize their own experiences with the Light and Sound of God.

For more
information visit
ECK-CA.org

Or email us at:

EckankarModesto@gmail.com

Try a Spiritual Exercise

Spiritual exercises help open your heart to God's love and the presence of the Holy Spirit (which can be perceived as the Light and Sound of God, or simply a feeling of love). Eckankar offers more than one hundred spiritual exercises to help you experience more love, joy and spiritual freedom.

One of the simplest spiritual exercises is to sing HU (pronounced like the word hue). With eyes closed, sit in a quiet place and fill your heart with love. Sing HU on one long, steady note while sending love to God. After a few minutes, listen and perceive ways God's love returns to you as either divine Light, Sound or a feeling of love.

HU brings freshness to life by helping you be a happier person. HU is an ancient name of God. It's also a love song to God that everyone can use privately, regardless of religious affiliation or spiritual belief.