

The River of Light

Serving Modesto, Stockton, Fresno and Bakersfield

ECK Light and Sound Service

3rd Sunday of every month, 11:00 – 12:15 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.

**JAN-MARCH
2019**

“Soul is an eagle, but we must recognize our identity. As an eagle, we have to accept the responsibility of being ourselves and not react to other people’s emotions, viewpoints, and efforts to control us.

We have to be cause in our own lives and not the effect of others.

—Harold Klemp,
ECK Wisdom on Spiritual Freedom



The Mahanta, a Spiritual Guide for Our Times

Officiator: Merrill Godfrey

Sunday, **January 20**, 11:00 am – 12:15 pm

“As the Mahanta, Divine Spirit, or the ECK, is able to work with you on a one-to-one basis. It can work with you with your strengths, it can work with you in your weaknesses, and it can help you just like a tutor. Sometimes standing behind your desk, sometimes working with you at the desk. Then sometimes just being with you. Being with you at work, on a walk, in rush-hour traffic. This is what the Mahanta, the Inner Master, can do and does.”

—Harold Klemp, *How to Survive Spiritually in Our Times*, Mahanta Transcripts, Book16, page 86

Getting the Most from Life

Officiator: Francine Joy

Sunday, **February 17**, 11:00 am – 12:15 pm

“A person who lives in the holiness of the moment is always looking for the potential of whatever that moment may bring. Always.

“As Soul, you owe yourself the experience of going out in life and getting the richest, fullest experiences you can.”

—Harold Klemp, *Touching the Face of God*, page12

The Sound of Soul Event

Officiator: Randhi Singh

Sunday, **March 17**, 11:00 am – 12:15 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*

LOCATION

Fairfield Inn & Suites, 4342 Salida Blvd., Salida, CA

Hwy 99 and Pelandale Ave.

Eckankar Events in Fresno

ECK Wisdom on Inner Guidance

January 6, 2019 * 11:00a.m.-12 noon

Holiday Inn Express, 7115 Howard Street, Fresno, CA

Sound of Soul Event

HU is a sacred sound and ancient name for God that has been sung for thousands of years in many lands for spiritual unfoldment. HU can uplift people of any religion, culture, or walk of life. You're invited to experience chanting HU, followed by contemplative time, and spiritual conversation with others of like heart.

February 3, 2019 * 11:00 a.m.- 12 noon

Holiday Inn Express, 7115 Howard Street, Fresno, CA

ECK Light and Sound Service

March 3 * 11:00 a.m.- 12 noon

Holiday Inn Express, 7115 Howard Street, Fresno, CA

Youth and Families are cordially invited

A Spiritual Exercise to Try: *For a New Approach to Life*

“Hold all and wait. The questions that are in one’s mind will be worked out eventually without a word from the Master. The light becomes stronger and the darkness vanishes in the reorganization of the inner man and his thinking process and habits. Do not make the mistake of trying to fit the teachings of ECK into old ways of thinking. Drop all and start over again.

* * *

“Do you have a problem or a question you would like to get beyond? In contemplation, sing HU for several minutes, and open your heart to divine love.

In your Spiritual Eye, see the Light of ECK entering your inner being and reorganizing the atoms of your thoughts and habits. The sparkling Light of ECK soothes and uplifts you in spirit. Continue this exercise for fifteen to twenty minutes or more.

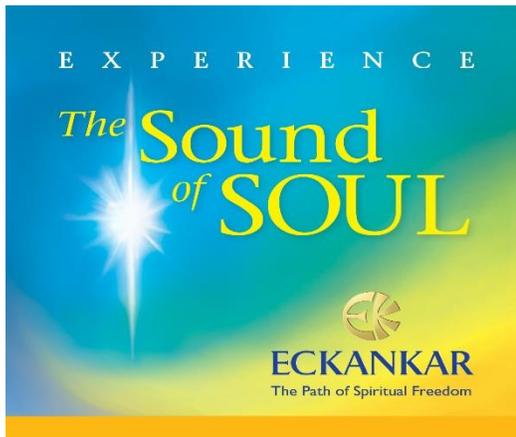
* * *

Watch for the subtle feeling of lightness in your heart and mind as you go about your day.”

—Harold Klemp, *Spiritual Exercises for The Shariyat*, Book One, page 66

EXPERIENCE THE SOUND OF SOUL

*Discover your inner guidance, healing for body, mind and Spirit;
A higher form of creativity*



Sunday, March 17, 2019

11:00 - 12:15 p.m.

FAIRFIELD INN & SUITES

4342 Salida Blvd, Salida, CA

For more info: eckankarmodesto@gmail.com

*Experience some of the many
benefits of HU:*



- Inner peace and calm
- Divine love
- Expanded awareness
- Spiritual self -discovery and growth
- Healing of the heart

You're Invited!

Attend this FREE spiritual event. You're invited to experience chanting HU, contemplative time, and spiritual conversation with others of like heart. HU can uplift people of any religion, culture or walk of life.

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
Modesto/Stockton
4505 Pebble Beach Dr.
Stockton, CA 95219-1090
(209) 591-8511
eckankarmodesto@gmail.com

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.