

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.

JULY-SEPT 2017

“Throughout the day, contemplate on all the blessings in your life. The power of gratitude opens the heart to allow love to enter. But once the love comes in and we receive the gifts of Divine Spirit and of life, the way to keep the gifts flowing is to be grateful.”

—Harold Klemp,
The Spiritual Exercises of ECK, Page 13



Light and Sound: It's God's Love

Officiator: Shirley Jolley

Sunday, **July 16**, 11:00 am – 12:00 pm

“The Light and Sound of God are the two aspects of the Holy Spirit that equal divine love. The highest form of love that you can bring into your life is through the Light and Sound. That's what we look for.”

—Harold Klemp, *The Slow Burning Love of God*, Mahanta Transcripts, Book 13, page 199

Finding Freedom in an Imperfect World

Officiator: Merril Godfrey

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

“Self-responsibility is the key to spiritual freedom.”

“Develop the creative side of yourself so you can figure out your own problems. The creative power works best through those who love what they are doing.”

—Harold Klemp, *The Awakened Heart*, page 23

Divine Guidance in Everyday Life

Officiator: Francine Joy

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

“Remember to ask, ‘What do I do now?’ and listen. Listen, and listen again. Then wait 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.



SONORA AREA ACTIVITIES

JULY – SEPTEMBER 2017

every 2nd Tuesday of each month

COMMUNITY HU CHANTS in Sonora

DATE	TIME	LOCATION
Tuesday, July 11	7:00 pm to 7:30 pm	All HU Chants to be held at the Sonora Main Library, 480 Greenley Rd., Sonora Contact: (209)591-8511 eckankarsonora@gmail.com
Tuesday, Aug 8	7:00 pm to 7:30 pm	
Tuesday, Sept 12	7:00 pm to 7:30 pm	

COMMUNITY HU CHANT

You have the potential to experience greater happiness, love and understanding. Singing HU, an ancient name for God, can help bring these to you. Join us in this simple 20 minute HU chant, followed by quiet contemplation. HU is for all people, of all beliefs and backgrounds.

Eckankar Events in Nearby Communities

ECK Light and Sound Services

San Jose

First Sunday of the Month

July 2, August 6, Sept 3,

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

July 16, August 20, Sept 17,

11:00 am - 12:00 pm

Location: Sacramento Eckankar

Center, 2641 Cottage Way, Suite 7

Sacramento, CA

Information: (916) 488-4741

A Spiritual Exercise to Try: *Listening for God*

“Try this simple spiritual exercise to help you hear and see the two aspects of God, the Light and Sound. “Go somewhere quiet. Sit or lie down in a comfortable place. Put your attention on your Spiritual Eye, a point just above and behind your eyebrows. With eyes lightly shut, begin to sing a holy word or phrase, such as HU, God, Holy Spirit, or “Show me thy ways, O Lord.” But fill your heart with love before you approach the altar of God, because only the pure may come.

“Be patient. Do this exercise for several weeks, for a limit of twenty minutes each time. Sit, sing, and wait. God speaks to you only when you are able to listen.”

WHAT IS SPIRITUAL FREEDOM?

2017 California ECK Statewide Seminar



August 25-27, San Diego, CA

WYNDHAM SAN DIEGO BAYSIDE HOTEL

“Love is the doorway to spiritual freedom. And the Light and Sound of God opens that doorway of love. You must go through that doorway. You must have the love of God transform your life before you can realize the gift of spiritual freedom.”

—SRI HAROLD KLEMP, *WHAT IS SPIRITUAL FREEDOM?*,
MAHANTA TRANSCRIPTS, BOOK 11, PAGE 165

FOR MORE INFO: WWW.ECK-CA.ORG

Workshop Topics Include:



- Discover Your Divine Purpose on the Road to Spiritual Freedom
- Take a Giant Leap Upward in Consciousness
- Do What You Love, Love What You Do
- When Love Replaces Fear
- I Am Soul
- Get Spiritually Creative!

You're Invited!

Join us for an uplifting weekend of spiritual inspiration, renewal, and fellowship. Open your heart to what spiritual freedom means for you! Experience creative ways to unlock your full spiritual potential through interactive workshops and spiritual discussions. Gain insight from lively talks, panels, and creative arts.

Free Video

www.MiraclesinYourLife.org



Free Book and CD

www.SpiritualExperience.org



SpiritualExperience.org

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

Newsletter Subscription Form

The River of Light is published quarterly by the ECKANKAR Information Center of Modesto. Subscriptions are for one year.

Member \$10/year

New Subscription

Non-Member, complimentary
For 3 quarters, renewable

Renewal

Change of Address

Name _____

Address _____

City _____ State _____ Zip Code _____

Make check payable to: California Satsang Society
Mail to: Eckankar Information Center of Modesto, P.O. Box 1257,
Waterford, CA 95386



ECKANKAR, The Path of Spiritual Freedom

The River of Light newsletter
ECKANKAR Information Center of
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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.