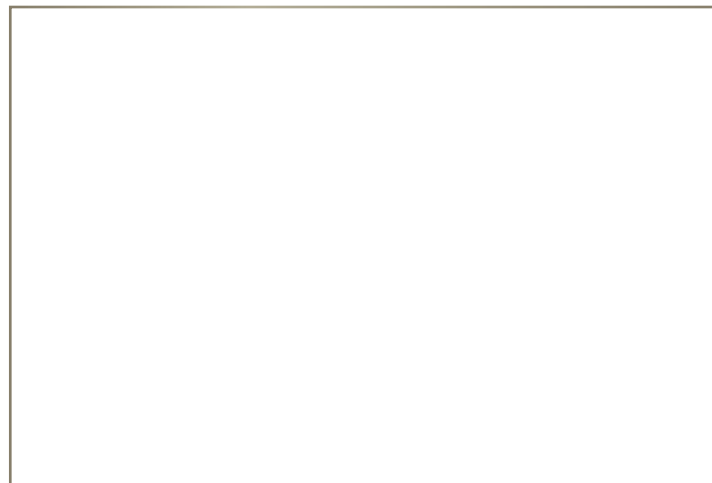
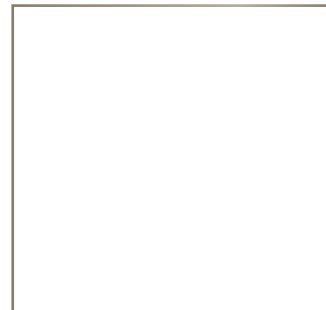


ECKANKAR

RETURN MAILING ADDRESS:

SAN DIEGO ECKANKAR NEWSLETTER  
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FOR INFORMATION: (858) 492-8441

FREE SUBSCRIPTIONS FOR THE PUBLIC  
TO GET ON THE NEWCOMER MAILING LIST, PLEASE PUT YOUR NAME ON THE SIGN-UP SHEET AT THE ECKANKAR CENTER, OR WRITE TO US AT THE ABOVE ADDRESS. YOU WILL RECEIVE A FREE NEWSLETTER FOR THREE MONTHS.

ALSO, YOU CAN VISIT THE OFFICIAL ECKANKAR WEB SITE AT:

WWW.ECKANKAR.ORG

### Books in Spanish

In addition to English, ECKANKAR books in Spanish are available for purchase at the Center. Two free books are also available in Spanish:

– ECKANKAR: *Una antigua sabiduría para hoy*  
– ¿Es la vida un camino al azar?

HU

### Directions to the:

San Diego ECKANKAR Center  
located at 11722 Sorrento Valley Rd, Suite A, that is  
located in Sorrento Valley in San Diego County

### FROM NORTH COUNTY:

#### I-5 South

After traveling south past Encinitas, Solana Beach, and the Del Mar Highlands exit, go past Carmel Valley Road (Exit 33) to the “Carmel Mountain Road/Local Bypass.” Stay in the far right lane, which goes on a ramp. Take the Carmel Mountain Road exit, which is EXIT 32. At the stoplight, turn right. Go about 1/10th mile down the street. Turn left onto Sorrento Valley Road. Go about 200 feet to 11722 Sorrento Valley Road. We are on the first floor, facing the street, Suite A.

#### I-15 South

Head south and exit on CA-56 West for 9.4 miles. Exit to I-5 South from the left lanes. After merging with I-5, you will have only .3 mile to move two lanes to the right to Exit 32, Carmel Mountain Road. Go right on Carmel Mountain Road one block to Sorrento Valley Road, then turn left and the San Diego ECKANKAR Center is about one block on the right.

### FROM SOUTH COUNTY: 805 or I-5 North

After traveling north past La Jolla, go to the “Carmel Mountain Road/Local Bypass.” Stay in the far right lane, which goes on a ramp. Take the Carmel Mountain Road exit, which is EXIT 32. At the stoplight, turn left. Go about 1/10th mile down the street. Turn left onto Sorrento Valley Road. Go about 200 feet to 11722 Sorrento Valley Road. We are on the first floor, facing the street, Suite A.

SEPTEMBER  
2017

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SUNDAY  
SEPTEMBER 17TH

“THE SHIELD OF LOVE  
IN EVERYDAY LIFE”

OFFICIATOR:  
SUSAN HAWKINS  
GUEST SPEAKER  
OMO CLEMENT

“THE ANCIENT  
BOOKS OF THE  
SHARIYAT-KI-SUGMAD  
ARE INDEED THE TRUE  
LIGHT AND THE WORD OF  
GOD: IT TAKES UP AND  
DISCUSSES EVERY PHASE  
OF LIFE IN BOTH THE  
WORLDS OF MATTER AND  
THE HIGHEST PLANES.”

THE SHARIYAT-KI-SUGMAD  
BOOKS 1 & 2  
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SRI HAROLD KLEMP  
THE MAHANTA, THE LIVING  
ECK MASTER



ECKANKAR  
The Path of Spiritual Freedom

# The Golden Thread

PUBLIC EVENTS & SERVICES FOR THE SAN DIEGO AREA

## Make This Lifetime Count!

Each lifetime is a precious opportunity. To live a happier, more fulfilled life. To experience more divine love. To find your way back home to God.

## Make it count.

Of all the teachings on Earth today, ECKANKAR offers the most direct teaching on the Light and Sound of God. For people who experience these twin pillars of God, life becomes fresh and new again.

The San Diego ECKANKAR Center is a Spiritual Resource Center on your journey home to God. The classes, workshops and other activities provide a loving, open environment that can help you reclaim your awareness as Soul, and renew your connection with God.

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 different 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 a freshness to life by helping you be a happier person. HU is an ancient name for God. It is also a non-denominational form of prayer and a love song to God that everyone can use privately, regardless of religious affiliation or spiritual belief.

## ECK Light and Sound Service

*The Shield of Love  
in Everyday Life*

Sunday, September 17th  
11:00 am to 12:00 pm

The public is warmly invited to the San Diego ECK Light and Sound Service, a monthly celebration of the Light and Sound of God. Each service focuses on a special spiritual topic or aspect of the teachings of ECKANKAR.

This month, please join the **Officiator, Susan Hawkins and Guest Speaker, Omo Clement**, as we explore this fascinating topic.

“If you fill your consciousness with the positive aspects of Divine Spirit, there is no vacuum where the negative may enter.”

--Harold Klemm  
*The Language of Soul*  
page 129

The service typically consists of a short reading from the ECK works. Then the sacred word “HU” is sung for a few minutes followed by three to five minutes of quiet contemplation. (HU is an ancient name for God. Singing HU is our form of prayer. It is a love song to God, and helps us feel closer to God.) Next, the guest speaker may give a talk, and some musicians might perform original ECK music.

“**Kid-Friendly**” Services and Classes: During the Worship Service, an adult-monitored play room is provided for children. For more information, please call Rahil Kim at (760) 635-5766.



**San Diego  
ECKANKAR Center:  
Resources  
For the Public**

The San Diego ECKANKAR Center is open to serve the San Diego community and provides the following resources.

**Bookstore:**

The bookstore stocks a full inventory of ECKANKAR books for purchase. It also carries several titles in Spanish.

**Free ECKANKAR  
Books:**

*ECKANKAR – Ancient Wisdom for Today* and *Is Life Just A Random Walk?* are available in both English & Spanish at no charge. You may pick up the booklets at the ECK Center, or download them from the Web at: [www.eckankar.org](http://www.eckankar.org).

**Video Presentations**  
Three of our local TV cable stations regularly broadcast video talks by the spiritual leader of ECKANKAR—Sri Harold Klemp. Dates and times occasionally vary because of scheduling conflicts at the Cable Stations.

**TIME WARNER  
CABLE-North and  
South Counties:**  
Every Friday at 11:00 p.m.  
Channel 19

**COX CABLE-South:**  
Every Wednesday  
at 4:30 p.m. Shown  
only in San Diego.  
Channel 23

**COX CABLE-North:**  
Every Wednesday at 4:30  
p.m. Some areas only.  
Channel 18

**AT&T U-verse:**  
Every Wednesday  
at 4:30 p.m.  
Channel 99

**Learn how past lives can help solve today's problems.  
Discover how dreams contain important spiritual guidance.  
Explore your inner worlds through Soul Travel.**

**Come Visit our Center!**

**W**e welcome you to visit our location at 11722 Sorrento Valley Road, Suite A, in Sorrento Valley in San Diego. We look forward to seeing you!

**Are you new to Eckankar and  
interested in taking a class?**

"The ECK discourses are written with a secret, internal rhythm that gradually unfolds your consciousness in a very precise and orderly manner. When you become a member of Eckankar, you receive a discourse series for your personal study. You study one lesson a month at home. If you like, you can also join an ECK Satsang class to share experiences, insights, and questions..."

*The Easy Way Discourses* are a portal for you to enter the secret worlds that exist beyond our cosmos, the higher regions so well known to the ECK travelers and the saints of old. You can travel to these secret worlds and enjoy them at your leisure. It is part of spiritual freedom."

Harold Klemp

*Your Road Map to the ECK Teachings, Volume 2*

pages 13-14

**For New Members**

An advanced spiritual studies class is offered to newcomers several times a year at the San Diego ECKANKAR Center.

For more information on *The Easy Way Discourses* and attending this class, or other classes at a future date:

Contact Susan Banks at (760) 944-7535.

**Free Public Workshops!  
In Spanish and English**

**These free public Workshops  
are being held at the  
San Diego Eckankar Center**

and are based on the book:

***ECKANKAR: Ancient  
Wisdom for Today***

**All Workshops are being held from  
11:00 am to 12:30 pm.**

**Saturday, September 9th  
Workshop Title:**

***Past Lives, Heaven, and Soul's Destiny***

**Saturday, September 23rd  
Workshop Title:**

***Problem Solving, Prophecy, and Divine  
Love***

**Saturday, October 7th  
Workshop Title:**

***Initiation, Masters, and Your  
Secret Path to God***



*The  
Spiritual Adventure  
of a Lifetime*

**E**CKANKAR 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 current 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.

**E**CKANKAR, the Path of Spiritual Freedom, can help you find answers to your deepest spiritual questions. Through the ECK Light and Sound Services, books, book discussion classes, advanced spiritual studies, workshops and seminars, you will find new ways to unfold spiritually.

Membership in ECKANKAR is available for those who wish to take their spiritual studies further. Members receive printed monthly lessons from the spiritual leader of ECKANKAR, Sri Harold Klemp, the Mahanta, the Living ECK Master. These lessons can be studied privately at home or with others in advanced spiritual study (Satsang) classes.

**For more information, visit ECKANKAR's website at [www.Eckankar.org](http://www.Eckankar.org); call 1-800-LOVE GOD, or write: ECKANKAR, Att: Information, P.O. Box 2000, Chanhassen, MN 55317-2000.**

**Community HU Song**

**Public is Welcome**

**San Diego ECKANKAR Center**

Please join us on the first Sunday of the month, September 3rd, from 11:00 am to Noon at the San Diego ECKANKAR Center for the Community HU Song.

The format is simple.

A two to three minute intro on the HU. Then we sing HU for 20 minutes, with a five-minute contemplation. Follow up with light refreshments and fellowship.

**HU**

