

ECKANKAR

RETURN MAILING ADDRESS:

SAN DIEGO ECKANKAR NEWSLETTER  
C/O JIM HAWKINS  
11722 SORRENTO VALLEY RD, SUITE A  
SAN DIEGO, CA 92121-1021



VISIT THE CALIFORNIA SATSANG  
WEBSITE FOR MORE  
INFORMATION:  
WWW.ECK-CA.ORG/

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### 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

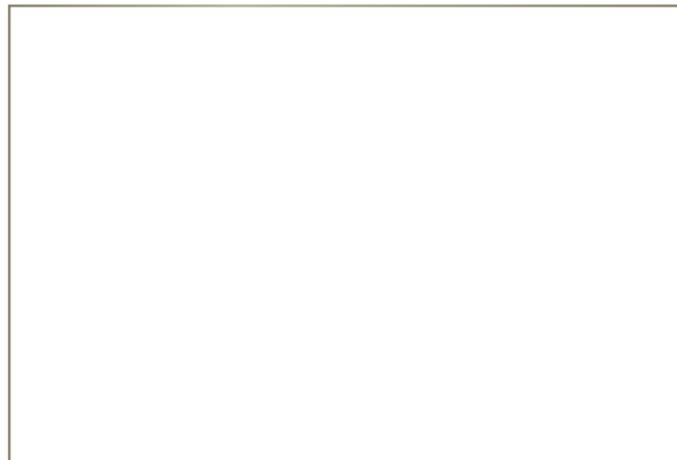
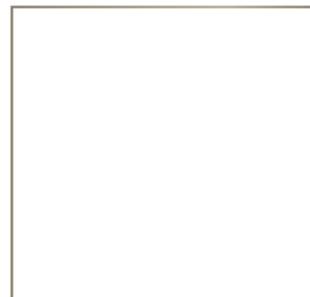
FOR INFORMATION: (858) 492-8441

### FREE SUBSCRIPTIONS FOR THE PUBLIC

TO GET ON THE 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



### Directions to the:

San Diego ECKANKAR Center located at 11722 Sorrento Valley Rd, Suite A, located in Sorrento Valley, 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.

JANUARY  
2019

IN THIS ISSUE:  
ECK  
LIGHT AND SOUND  
SERVICE  
SUNDAY

JANUARY 20

*DIVINE GUIDANCE  
IN EVERYDAY LIFE*

OFFICIATOR:  
MICHAEL ELLERBY

SPEAKER:  
MICHELLINE BECK

"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."

—Paul Twitchell,  
THE SHARIYAT-KI-SUGMAD,  
BOOKS 1 & 2,  
PAGE XIV (FOREWORD)



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 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

*Divine Guidance  
in Everyday Life*

Sunday, January 20  
11:00 am to 12:15 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, Michael Ellerby** and **Guest Speaker, Michelline Beck**, as we explore this fascinating topic.

"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

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**

Four 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.

**SPECTRUM-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 new members at the San Diego ECKANKAR Center.

*The Easy Way Discourses*, the first of the advanced spiritual studies classes offered for new members, will be offered at a future date. For more information: Contact Philip Dizon at (858) 344-5552.

**Free Public Introductory  
and  
Book Discussion Classes**

**Book Discussion Classes**

**Those Wonderful  
ECK Masters**

**Fourth Tuesday the Month**

**January 22  
7:30 to 9:00 p.m.**

The public is invited to this six-month book discussion meeting at the San Diego ECKANKAR Center. For more information, please call Charles Richards at (760) 715-7715.

**VISIT THE CALIFORNIA SATSANG SOCIETY**

WEBSITE FOR MORE INFORMATION:

[WWW.ECK-CA.ORG/](http://WWW.ECK-CA.ORG/)

*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 Service, 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 annual discourses, with twelve lessons to be studied one month at a time, 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, starting with *The Easy Way Discourses*.

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

**At the San Diego  
ECKANKAR Center:**

**Sound of Soul Event**

**The Public is Welcome!**

Please join us on the **first Sunday of the month, January 6, from 11:00 am to Noon** for our *Sound of Soul* Event at the San Diego ECKANKAR Center

The format is simple:

First, a short introduction to the worlds of HU, an ancient, universal name for God. This sacred word can spiritually uplift people of any religion, culture, or walk of life. It is freely given—a gift beyond measure. Then we sing HU for 20 minutes, with a short contemplation. This is followed by discussion, refreshments and fellowship.

**HU**

*"And as an atom in the body of ECK,  
there is a sound that comes from you.  
That sound is HU. This sound not  
only comes from you, but it is you."*

**—Harold Klemp,  
Be the HU,  
page 298**