

**Your Spiritual Toolkit**

Eckankar offers a spiritual toolkit to help you **experience the Light and Sound of God**. Discover simple daily **Spiritual Exercises** that can give you the experience of the Sound behind all sounds, and the pure Light of God; techniques for personal experience with **Dreams, Past Lives, Soul Travel**, and your spiritual destiny.

Eckankar means "Co-worker with God." It offers ways to explore your own unique and natural relationship with the Divine. With the personalized study that is a part of Eckankar, you get divine guidance to apply in your everyday life and on your journey home to God. The full experience of God is possible in this lifetime!\

**Spiritual Study Groups**

Eckankar is mainly about your daily, personal connection with Divine Spirit. You'll also find people of like mind and experience in Eckankar who share your desire for truth. Your spiritual experiences reach welcoming ears among ECKists, those who study the ECK teachings. To find out about groups in your area go to: [www.eck-ca.org](http://www.eck-ca.org).

**Eckankar Cable TV Broadcasts**

Watch and listen to talks by Harold Klemp on Access San Francisco, television Channel 29 every Sunday from 11:30 a.m. to noon.

**If you'd like to talk to someone about Eckankar, leave a message at (415) 441-1229 and someone will return your call.**

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*The Golden Thread***ECKANKAR—The Path of Spiritual Freedom**

San Francisco Eckankar Center—1615 Polk St, Suite 2 - San Francisco, CA 94109  
(near Sacramento & Polk, upstairs) Phone: (415) 441-1229



# The Golden Thread

## ECKANKAR—The Path of Spiritual Freedom

Public News & Events

May/June 2018

San Francisco, California

All Events On This Page are Open to the Public

### ECK Light and Sound Services

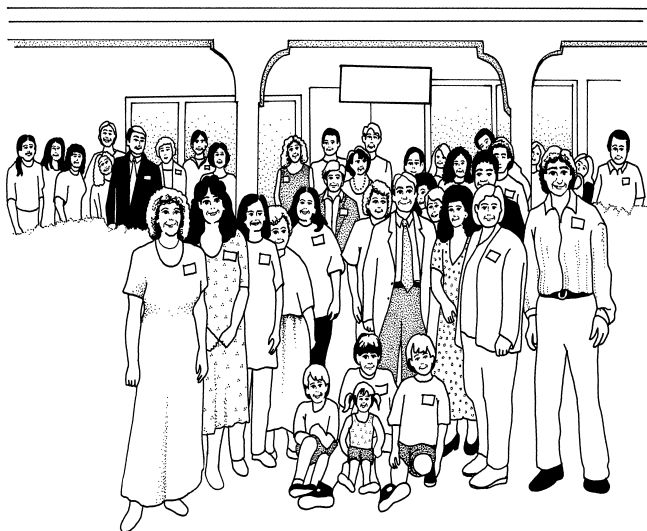
You and your families are warmly invited to the monthly ECK Light and Sound Services. The services focus on a topic related to spiritual growth and unfoldment.

ECK Worship Services are held the first Sunday of the month in the **Franciscan Room of the Sequoias—San Francisco, 1400 Geary Blvd.** Please use street parking.

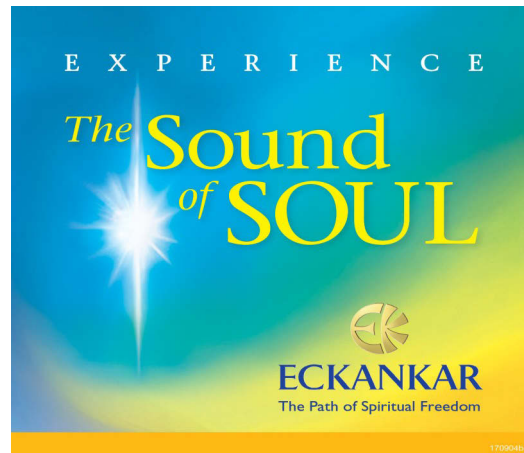
**Topic:** *Light and Sound, the Wonders of God*  
**ECK Cleric:** Laura Erkeneff  
**When:** Sunday, May 6  
**Time:** 11:00 a.m. - 12 Noon

**Topic:** *How Dreams Help Us*  
**ECK Cleric:** Lorraine Venner  
**When:** Sunday, June 3  
**Time:** 11:00 a.m. - 12 Noon

The services are relaxed, informal, and family-friendly. They include a reading, group HU song, guest speaker or panel discussion, creative arts. Fellowship follows each service.



### Join Us for the Sound of Soul Event



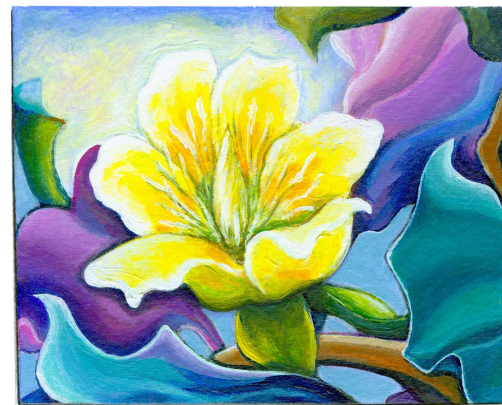
*Welcome to the worlds of HU, an ancient, universal name for God. This sacred word can spiritually uplift people of any religion, culture, or walk of life. It is freely given—a gift beyond measure...*

*...Love is love.*

*And you are that. HU is the Sound of Soul.*

*—Harold Klemp, The Sound of Soul*

**When:** Friday, May 18, June 15  
**Time:** 7:30-7:50 p.m. - HU Song,  
7:50-8:30 p.m. - Fellowship  
**Where:** ECK Center, 1615 Polk, Suite 2



### ECKANKAR—The Path of Spiritual Freedom

Eckankar teaches 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 It as Light and Sound. Through study and practice of the Spiritual Exercises of ECK, we recognize the Light and Sound of God as It touches our lives and brings increased divine love.