

# The Key Is Within You

“Learn to go inside yourself, because this is the source of all truth. There are a lot of holy temples out here, but the most sacred of all is the temple inside you, because this is where you meet with the Holy Spirit.

How do you meet with the Holy Spirit?”

—Harold Klemp, *The Call of Soul*, pg. 19

## Experience The Sound of Soul

One way to contact the Holy Spirit is to sing HU. Listen. Then contemplate.

“You can open yourself and gain a greater awareness of who and what you are as Soul. You can do this by singing HU. Sing it to yourself, or sing it out loud.

But do it everyday.

“HU is your key to your secret worlds. Once you learn this key, you will find a blending of your inner and outer worlds. You’ll find yourself filling with love.”

—Harold Klemp, *The Sound of Soul*, pg. 53

## Discover the ECK Light and Sound Service

Discover more about yourself as Soul, an eternal, creative, spiritual being.

Connect with the most sacred part of yourself, receive new insights, and magnify love in your life through the Light and Sound of God.

ECKANKAR welcomes people of all faiths and backgrounds.

## Explore. Experience. Share. Spiritual Conversations

Explore spiritual conversations in a friendly and relaxed atmosphere.

Experience open hearted and love filled discussions with like-minded souls.

Share your spiritual experiences and stories, ask questions or just listen.

## Eckankar — The Path of Spiritual Freedom

For More Info About Eckankar Visit:

[TheSoundofSoul.org](http://TheSoundofSoul.org)

[YouTube.com/EckankarOfficialSite](https://www.YouTube.com/EckankarOfficialSite)

[SpiritualExperience.org](http://SpiritualExperience.org)

(See back for specific locations, dates and topics)



# Fall/Winter Events 2018

## The Sound of Soul Events

3<sup>rd</sup> Friday of each month • 7:00 – 8:00 p.m.

Sep 21, Oct 19, Nov 16, Dec 21

Finley Community Center – Manzanita Room  
2060 West College Ave, Santa Rosa, CA

## ECK Light and Sound Services

3<sup>rd</sup> Sunday of each month • 11:00 a.m. – 12 noon

*Sep 16 – Let Go, and Let God*

*Oct 21 – What Does Becoming the Loving Heart Mean to You?*

*Nov 18 – Are You Looking for a Sign from God?*

*Dec 16 – How to Survive Spiritually in Our Times*

The Flamingo Hotel – 2777 Fourth Street, Santa Rosa, CA

## Spiritual Conversations

2<sup>nd</sup> Wednesday of each month • 6:30 – 7:30 p.m.

*Sep 12 – Karma is God's Love in Action*

*Oct 10 – Finding Calm Within Chaos*

*Nov 14 – Past Lives, Present Opportunity*

*Dec 12 – Dreams—Our Spiritual Journey*

SoCo Coffee – 1015 4<sup>th</sup> Street, Santa Rosa, CA

## Santa Rosa Eckankar Center Open Hours

Monday & Tuesdays 11:00 a.m. – 1:00 p.m.

1<sup>st</sup> Sat 11:00 a.m. – 1:00 p.m.

2<sup>nd</sup> Sat 11:00 a.m. – 12:30 p.m.

Santa Rosa Eckankar Center

1301 Farmers Lane, Suite 202, Santa Rosa, CA

Info Line: 707-542-2100 • [www.eck-ca.org](http://www.eck-ca.org)