

# What Is the Secret of True Freedom?

“Spiritual freedom is growing into a state of more godliness. Becoming more aware of the presence of God. How do you do this? By becoming aware of the lessons behind your everyday experiences. This is how you grow into a loving awareness of the presence of God.”

—Harold Klemp, *ECK Wisdom on Spiritual Freedom*, pg. 4

## Experience The Sound of Soul

“Singing HU each day can lead to a deeper understanding of yourself and why things happen the way they do in your life. It opens your awareness to new viewpoints and attitudes. Anyone can work with the HU regardless of age, background, or religion.

“HU, the most beautiful prayer, is a gift to the world.”

—Harold Klemp, *The Sound of Soul*, pg. 43

## 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)



# Winter/Spring Events 2019

## The Sound of Soul Events

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

Jan 18, Feb 15, Mar 15, Apr 19

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

*Jan 20 – Love Is All There Is*

*Feb 17 – Getting the Most Out of Life*

*Mar 17 – Going Home to God*

*Apr 21 – To Give Is to Live*

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.

*Jan 9 – Riding the Waves of Change*

*Feb 13 – Love As a Bridge to Freedom*

*Mar 13 – Surrender for an Expanded Awareness*

*Apr 10 – Dreams, A Source of Truth?*

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> & 3<sup>rd</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)