

ECKANKAR Experience the Light & Sound of God

# *The Open Door*

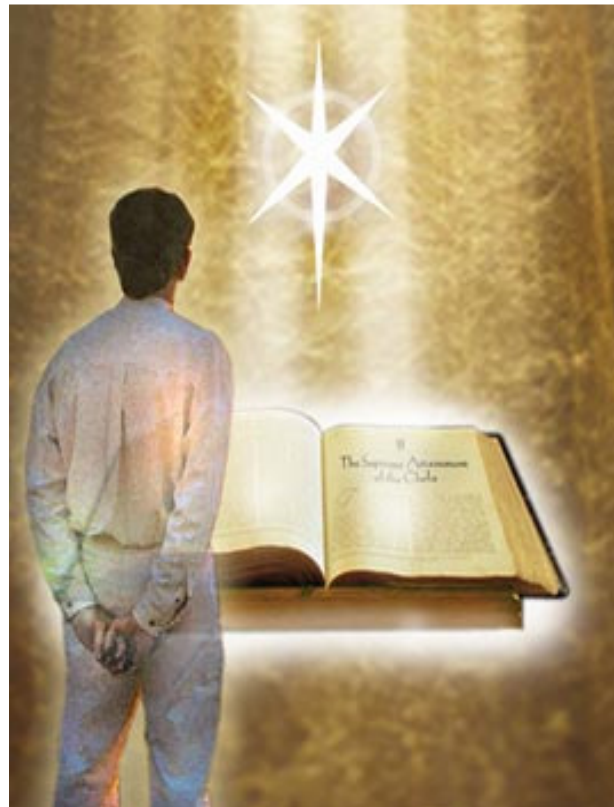
January 2010

Eckankar Public Events in the South Bay Area

Have you had a spiritual experience, either in your dreams or while you were awake? Do you long to connect more deeply with God or the Divine in your daily life? Do you wonder what life is really about and how to rise to your own spiritual potential?

Join us any Saturday or Sunday morning for a spiritual discussion forum or ECK Worship Service!

We offer a welcoming, interactive environment for discovering what your spiritual experiences really mean and how they can help you move forward in life. Connect with other like-minded people, and learn spiritual tools for greater peace, happiness, and understanding.



These hour-long events begin at 11 a.m. All South Bay events are held at the South Bay Eckankar Center: 871 Coleman Avenue (at Hedding), Suite 100, in San Jose.

(More details inside)

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“These exercises open a person’s heart to God’s love, which is to help and comfort all. With this understanding, one may then become a real spiritual traveler. He begins his mission as a co-worker with God. Everything is an open book. Life is a joyful, interesting and useful one of service to all.”

—Harold Klemp, *Youth Ask a Modern Prophet about Life Love and God*, p. 174.

Saturday Spiritual Forums	Sunday Spiritual Forums	Sunday ECK Worship Services
January 2 11:00 a.m. The Journey to Spiritual Mastership		January 3 11:00 a.m. Officiator: Marsha Elsmere Make Every Day a Wonderful— and Sacred—Adventure
January 9 11:00 a.m. The Shield of Love in Everyday Life		*January 10 11:00 a.m. Life: The Master Teacher
January 16 11:00 a.m. What is Our Purpose in Life?	January 17 11:00 a.m. Making the Climb Easier	
January 23 11:00 a.m. Breaking Free Spiritually	January 24 11:00 a.m. When to Let Go, and When to Hold On	
January 30 11:00 a.m. Love Drives Soul On	January 31 11:00 a.m. Recognizing God’s Help in Every Moment	

\* The ECK Worship Service on January 10 is held at the Redwood City ECK Center: 2009 Broadway, Redwood City, CA 94063.

### ECK Worship Services

Families and individuals of all ages and faiths are invited to [join us](#) on the first Sunday of every month for a personal experience with the Light and Sound of God.

Our hour together includes a reading from the written works of Eckankar, music, and an opportunity to sing HU—an ancient prayer-song that connects us to the heart of God. In addition, you'll enjoy a presentation about a spiritual principle and have an opportunity to discuss spiritual experiences that you have had. Come learn how your life is guiding you towards more spiritual freedom as your heart opens to a greater flow of the Light and Sound of God.

Children are welcome to remain with their parents during the entire Worship Service or participate in Worship Service activities in the youth room.

### Spiritual Discussion Forums

Spiritual discussion forums offer a relaxed setting for exploring spiritual truth and how we live it. Videos, short readings, and the unique Spiritual Exercises of ECK—including HU, a love song to God—form the basis for heart-opening discussions about thriving spiritually in today’s world. These lively forums are facilitated by members of the ECK clergy and others experienced in how Spirit works.

Visit Eckankar online at [www.Eckankar.org](http://www.Eckankar.org) and see more about California ECK events at [www.ECK-ca-org](http://www.ECK-ca-org).

### Youth and Family Day

On the fourth Sunday of every month we celebrate Youth and Family Day. Youth enjoy their own fun, Spirit-inspired activities for part of the time, led by skilled adult facilitators. Stories and excerpts from the works of Harold Klemp, the Spiritual Leader of Eckankar, inspire discussions for the adults. Everyone gets to explore the spiritual nature of their daily interactions with family members, friends, and the world around us. ECK members and visitors are all welcome to participate.

“Children have the wisdom of God and are closer to it than many people who have spent years in this world gaining all kinds of knowledge about the nature of religion. Children have it naturally.”

—Harold Klemp, *The Secret of Love, Mahanta Transcripts, Book 14*, p. 96

For more information about Eckankar resources for youth and families, visit [Eckankar.org/child.html](http://Eckankar.org/child.html)

## ***Eckankar on Campus***

### ***Upcoming Dates:***

**Monday, January 4, 2010**  
**Monday, February 1, 2010**  
**Monday, March 1, 2010**

8 a.m. – 11 a.m.  
DeAnza College Student Center  
21250 Stevens Creek Blvd.  
Cupertino, CA 95129

This is a perfect opportunity to talk to members of Eckankar one-to-one. Ask questions, share stories from the heart, and pick up a brochure.

The Eckankar materials are displayed at Table #5 in the cafeteria.

## **About the South Bay ECK Center**

The South Bay Eckankar Center is located at 871 Coleman Avenue, Suite 100 in San Jose.

Our Center is open Saturday and Sundays from 11:00-12:00 p.m., Tuesday evenings from 7:00 – 8:00 p.m. and Friday evenings from 8:00 – 9:00 pm. *(Please note that the Friday evening hours have been revised).*

Worship service is on the first Sunday of each month at 11:00 a.m.

Our phone number is 408-294-4888

## **Try a Spiritual Exercise**

### **Setting Goals**

“First choose something you want in your life or pick a problem that needs to be dealt with. Then set clear goals.

Second, ask yourself the following questions. Your goals must pass four tests: (a) Are they specific? (2) Are they realistic? (3) Can the results be verified? and (4) Do they give a date for completion?

Next, of course, you must begin working toward your goals in your daily life. As you do this, you can also use visualization or daydreaming to help you. First picture the goal clearly—what you want to do or be in life. Then fill the picture with unbounded love, because love is the true creative force that removes all limitations.

Practically all famous or successful people in the world have done this. The ECK Masters have set the goal of God-Realization and becoming a Co-worker with God for the chela of ECK. Holding this picture with love can pull you through rough times.”

—Harold Klemp, *The Spiritual Exercises of ECK*, p. 225

*“Detached does not mean unemotional; it means that no matter what we have in life, we will not be crushed if it is taken from us. It means we have the attitude of total trust in life to give us what is for our own spiritual benefit.”*

—Harold Klemp, *How to Find God*, Mahanta Transcripts, Book 2, p. 351



**ECKANKAR: Experience the Light & Sound of God**

The Open Door Newsletter  
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[www.Eckankar.org](http://www.Eckankar.org)  
[www.ECK-ca.org](http://www.ECK-ca.org)

***Forwarding and Address Correction Requested***



Harold Klemp  
The Spiritual Leader of Eckankar

## **Eckankar: Experience the Light & Sound of God**

Eckankar 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 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.