



The Open Door

South Bay ECK Center Newsletter

January 2018

**Welcoming families & individuals to have a spiritual experience
at this month's ECK Light and Sound Service, Sunday January 7, at 11:00 a.m.
The theme is: *Can You Love God More?***

ECKANKAR is a worldwide religion known to many as an ancient teaching. The ECK, or the Holy Spirit, works on our own behalf to expand our consciousness and help us see God in our everyday lives. Harold Klemp, the Mahanta, the Living ECK Master, is the leader of ECKANKAR.

The Power of HU

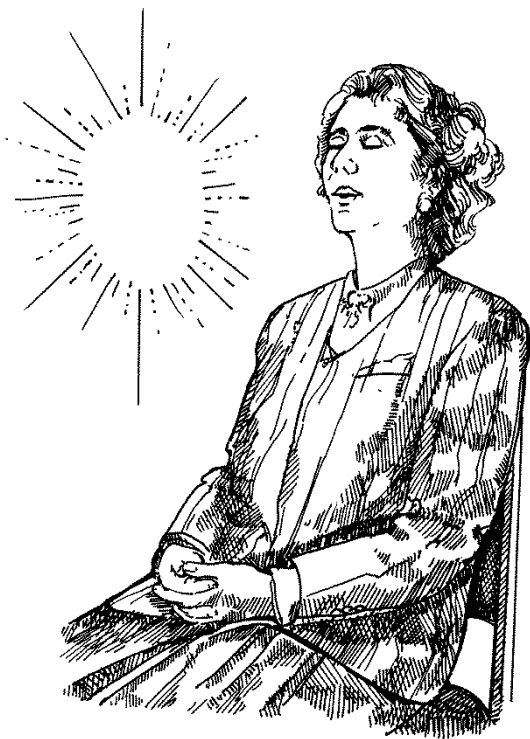
What would you recommend a person do to prove the authenticity of the path of ECK?

"I would suggest to sing the word *HU*. If you are going to have success on this path at all, generally you'll get it by singing *HU*. The way to sing *HU* is in a very long, drawn-out breath. Sing the word just simply as *HU-U-U-U*.

"Sing this song either silently or softly in prayer or meditation sessions for ten to fifteen minutes a day for a month. Try it this way. Then if nothing happens, give yourself a rest for a month or two. Later, if you remember, do it again. If nothing happens, don't worry about it, because when the seeker is ready, the Master appears. It's the spiritual law.

"When you're ready, you're going to find your next step on the spiritual path."

—Harold Klemp, *A Modern Prophet Answers Your Key Questions about Life*, Book 2, p. 184



Join us every Saturday and some Sundays from 11:00 to noon
for a spiritual event at our South Bay ECK Center
2239 Moorpark Avenue, Suite 202, San Jose, CA 95128

The South Bay ECK Center offers a welcoming, interactive environment for adults and youth to discover the spiritual benefits hidden in our life experiences. Join us for ECK Light and Sound Services, HU Songs, and discussions from books by Harold Klemp, the spiritual leader of ECKANKAR, that focus on spiritual topics and tools that allow Soul to gain greater love, wisdom, and spiritual freedom.

Free Spiritual Events at the South Bay ECK Center

Saturdays 11:00 a.m. to noon	Sundays 11:00 a.m. to noon
January 6—Spiritual Discussion Setting Your Spiritual Goals in a Year of HU <i>Instructor: Larry Compagnoni</i>	January 7—10 a.m. HU chant and 11 a.m. ECK Light and Sound Service: Can You Love God More? <i>Officiator: Bruce Bean</i>
January 13—Spiritual Discussion The Quest for Divine Love <i>Instructor: Abbie Layton</i>	January 14—11 a.m. ECK Light and Sound Service**: Breaking Free Spiritually <i>Officiator: Bob McGibeny</i>
January 20—Spiritual Discussion Discover Your Life as a Spiritual Lesson <i>Instructor: Marjorie Dufour</i>	January 21—11 a.m. The Sound of Soul, "Welcome to the World of HU" <i>Facilitator: Larry Compagnoni</i>
January 27—Spiritual Discussion "Records of the Heroes," Chapter 10, <i>Flute of God</i> <i>Instructor: Sunny Mohseni</i>	January 28—No activity scheduled.
**Redwood City ECK Center at 2009 Broadway (at Main) Redwood City, CA 94063	



ECK Light and Sound Service

The purpose of the ECK Light and Sound Service is to allow people to experience the Light and Sound of God. The theme this month is "Can You Love God More?"

Bruce Bean is an ECK cleric and will officiate the Service. As an attendee, you can look forward to an enlightening talk as well as small group discussion. Refreshments and fellowship follows the Service.

Book Discussion

The book discussion on *The Flute of God*, by Paul Twitchell, the modern day founder of ECKANKAR is semi-monthly. Chapter 10, "The Records of Heroes," will be discussed. Twitchell writes, "Start now, ask in the right way, and receive." (Paul Twitchell, *The Flute of God*, p. 142).

New! Easy Way Satsang

There is a new Easy Way satsang, or spiritual study class, at the SBEC. New members have the golden opportunity to join in a vastly personal, yet spiritual exploration of the ECK teachings. It is Monday, January 15, at 6:30. Contact Brian Seifert: bseifert@gmail.com, or (408) 612-6169.

Spiritual Discussions

You are warmly welcomed to have a spiritual discussion on a theme three Saturdays this month. The discussions range from casual to the deeply spiritual. All are facilitated by a trained instructor. "You hold the key to open your heart to God's loving presence in your life." (*HU, The Most Beautiful Prayer*, inside cover).

The Sound of Soul

In a clear message, Harold Klemp describes the HU, the Sound of Soul. "The pure prayer to God is simply a song of love to the Creator. And the best one I know is the song of HU." (*HU, the Most Beautiful Prayer*, p. 27).

Every third Sunday, the SBEC holds the Sound of Soul. You are more than welcome to participate if you want. Even if you don't sing it out loud, holding the HU in your consciousness can bring you gifts.

You can hear the HU at TheSoundofSoul.org.

What's New in the Lending Library

The South Bay ECK Center has a well stocked lending library as well as items such as DVDs and CDs for sale. You are invited to browse through them.

There are many new additions, including *The Road to Spiritual Freedom*, and *The Sound of Soul*. Talks by Harold Klemp, the spiritual leader of ECKANKAR can be bought or borrowed.

Please take your time as long as the items are returned.



Free Newsletter

Contact Newsletter Editor, Casey Louie: casey_louie@yahoo.com.

All quotes on this page are from the works of Harold Klemp, the Spiritual Leader of ECKANKAR.

Larry Compagnoni	Local Director	larrycompagnoni@sbcglobal.net	
Bob McGibeny	H.I. Reviewer	godsend12@hotmail.com	
Catherine Birdsall	Newsletter Specialist	cabaeons@comcast.net	
Casey Louie	Newsletter Editor	casey_louie@yahoo.com	408-623-7318

An Exercise to Try

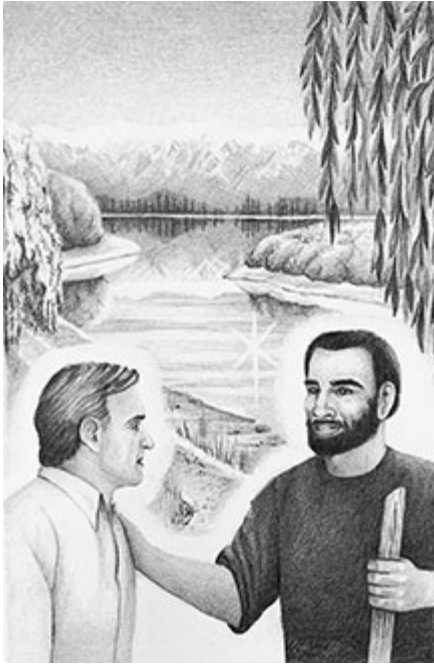
The Master's Presence

"As you sit in contemplation, ask the Inner Master for more understanding of the words *I am always with you*.

"Practice talking inwardly to the Master about anything that is in your heart. Visualize him sitting right next to you and establish a dialogue. One day you may be surprised to hear him answer you, loud and clear.

"Practice of the Master's presence is one of the four fundamentals of ECK."

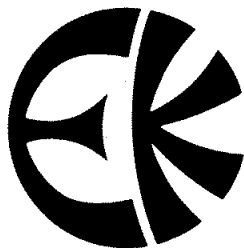
—Harold Klemp, *The Spiritual Exercises of ECK*, p. 133



Now Available

- *The Sound of Soul*
- *Spiritual Exercises for the Shariyat, Book 2*
- The ECKANKAR planning calendar
- Illustrated ECK Parables (Powerpoint CD)
- "Love is That Kind of Thing," CD and DVD of a talk by Harold Klemp at the ECK Springtime Seminar, 2017
- Eckankar Blog, <https://eckankarblog.org/>
- The new HU app, <https://eckankarblog.org/HU-app/>

A percentage of all materials purchased at the South Bay ECK Center helps support the center. Thank you for all you do.



Sing **HU** to Open Your 

Finding the South Bay ECK Center
2239 Moorpark Avenue, Suite 202 (upstairs)
San Jose, CA 95128

We are across Moorpark from Santa Clara Valley Medical Center, just west of Bascom Avenue. There is a small parking lot behind our building; street parking is available on Moorpark and along the I-280 sound wall on Central Way, just one short block north of the Center; and Valley Med has a free parking structure across the street.

By Car

From the north, drive south on Bascom Avenue, cross over I-280 and turn right onto Moorpark at the next traffic light.

From the south, drive north on Bascom, drive past Santa Clara Valley Medical Center, then turn left onto Moorpark at the traffic light. Note:

Moorpark Avenue becomes one-way east of Bascom, forcing you toward southbound 280. To drive around San Jose City College and get back to the ECK Center: turn right on Leigh, right on Fruitdale, right on Bascom, and left on Moorpark.

By Bus

VTA routes 61 and 62 stop around the corner, northbound at Bascom & Renova, and southbound at Bascom & Moorpark. VTA routes 61 and 62 stop around the corner, northbound at Bascom & Renova, and southbound at Bascom and Moorpark.

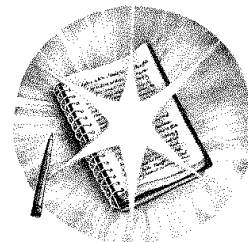
An Invitation

ECKANKAR teaches spiritual techniques to help you:

- Discover the Mahanta, the Living ECK Master, a spiritual guide for our times
- Gain insights into the nature of life
- Strengthen your direct, personal link with God
- Bring more spiritual awareness to all aspects of your life

For more information on the Path of Spiritual Freedom, contact the South Bay ECK Center at (408) 294-4888. Our address is 2239 Moorpark Avenue, San Jose, CA 95128. You can also visit the ECKANKAR website at www.eckankar.org; call the main ECKANKAR Spiritual Center, 1-800-LOVE-GOD, ext. F23; or write:

ECKANKAR
Att: Information Dept.
P.O. Box 2000
Chanhassen, MN 55317 U.S.A.





ECKANKAR—The Path of Spiritual Freedom

South Bay ECK Center
2239 Moorpark Avenue, Suite 202
P.O. Box 7454
San Jose, CA 95128

+1-408-294-4888
www.ECK-ca.org

Forwarding and Address Correction Requested



Harold Klemp

The Spiritual Leader of Eckankar

Eckankar—The Path of Spiritual Freedom

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.

The opinions expressed in this publication are those of the writer and not necessarily those of Eckankar or the Living ECK Master, Sri Harold Klemp. The terms Eckankar, ECK, EK, Mahanta, Soul Travel, and Vairagi, among others, are trademarks of Eckankar, P.O. Box 2000, Chanhassen, MN 55317 USA. Published by the California Satsang Society, Inc., a Chartered Affiliate of Eckankar. Copyright 2017 Eckankar, all rights reserved.