



# THE ECK CONNECTION

ECKANKAR—THE PATH OF SPIRITUAL FREEDOM

NEWS OF PUBLIC ECK EVENTS IN MT. SHASTA AREA **May/June 2018**

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**HU** is a carrier of love  
between you and God.  
—Sri Harold Klemp

HU is a sacred sound and ancient mantra. It is an ancient name for God that has been sung for thousands of years in many lands for spiritual unfoldment.

HU can uplift people of any religion, culture, or walk of life.

You're invited to experience chanting *HU*, contemplative time, and spiritual conversation with others of like heart.

Experience some of the many benefits of HU:

- Inner peace and calm
- Divine love
- Expanded awareness
- Spiritual self-discovery and growth
- Healing of the heart

"Love is love. And you are that.  
HU is the Sound of Soul."

—Sri Harold Klemp, *The Sound of Soul*

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

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**Please join us for Sound of Soul program:**

**Sunday, May 20 at 10:30–11:30 a.m.**

**Sunday, June 10, at 10:30–11:30 a.m.**

The opinion expressed in this publication are those of the writers and not necessarily those of ECKANKAR or the Mahanta, the Living ECK Master, Sri Harold Klemp.

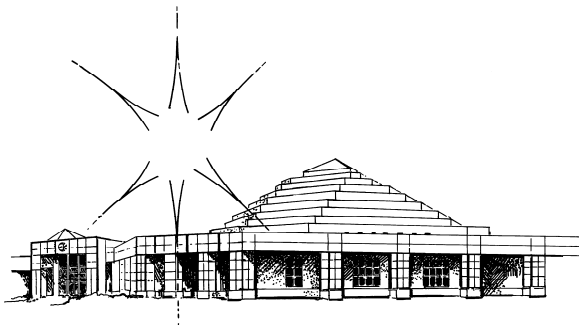
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***MAY/JUNE 2018***



**The Temple of ECK, near Minneapolis, Minnesota**  
A place where people of all faiths study the teachings of  
Eckankar—the Path of Spiritual Freedom

## **What is Eckankar?**

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.

For more information on the Path of Spiritual Freedom  
contact your local ECK group or write:

**ECKANKAR**

Attn: Information

P.O. Box 2000

Chanhassen, MN 55317

**Local No.: 530-938-1072**

**[www.ECK-ca.org](http://www.ECK-ca.org)**

**Visit ECKANKAR's Web site  
at [www.eckankar.org](http://www.eckankar.org).**



**Harold Klemp**  
The Spiritual Leader  
of Eckankar