



# THE ECK CONNECTION

ECKANKAR—THE PATH OF SPIRITUAL FREEDOM

NEWS OF PUBLIC ECK EVENTS IN MT. SHASTA AREA **Jan/Feb 2019**

## —————ECK LIGHT AND SOUND SERVICES—————

ECK Light and Sound Services are open to people of all faiths and provide an opportunity for everyone to gain greater spiritual insight . The hour-long service features a reading from the ECK works, singing HU, a heart-opening contemplation, and a discussion of how spiritual principles work. Fellowship and light refreshments follow each service.

**Sunday, Jan 13**

10:30 a.m.

**Staying Focused on  
What Really Counts**

Yreka Healing Arts  
229 W. Miner, Yreka



**Sunday, Feb 10, 2018**

10:30 a.m.

**What is True Worship?**

Yreka Healing Arts  
229 W. Miner, Yreka  
**Info 530-938-1072**

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***SAVE THE DATE***

***May 25th 2019***

***NOR CA Spiritual Explorations Day***

***Lake Natoma Inn, Folsom***

***More details to follow***

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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.

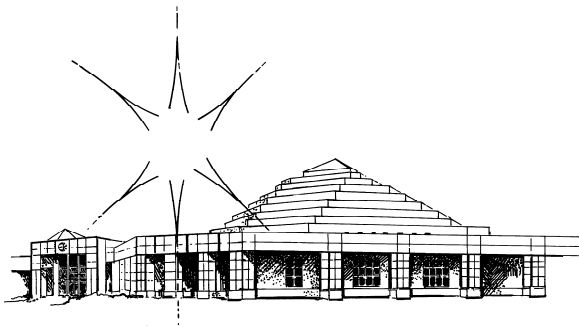
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**Mt. Shasta Area Eckankar Information Center**  
**P.O. Box 633**  
**Weed, Ca 96094**  
**530-938-1072 or [eckankar.mtshasta@gmail.com](mailto:eckankar.mtshasta@gmail.com)**

*Jan/Feb 2019*



**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