



# *The ECK Current*

ECKANKAR—The Path of Spiritual Freedom

**NEWS OF ECK EVENTS FOR THE PUBLIC IN REDDING**

**Jan. & Feb.  
2018**

## **ECK LIGHT & SOUND SERVICES**

ECK Light & Sound Services are open to people of all faiths and provide an opportunity for everyone to gain greater spiritual insight into their lives. The hour-long service focuses on an aspect of ECKANKAR. They usually feature a reading from the ECK works, singing HU: a heart-opening contemplation that can expand our awareness of God's love and presence in our life, and a discussion of how spiritual principles work. Fellowship and light refreshments follow each service.

### ***Life: The Journey of Soul***

Sunday, Jan. 7, 2018 11 a.m.

Barbara LaVolpa  
Holiday Market Com. Room  
3315 Placer St.,  
Redding, CA.



### ***The Key is Within You***

Sunday, Feb. 4, 2018 11 a.m.

Joseph LaVolpa  
Holiday Market. Com. Room  
3315 Placer St.,  
Redding, CA.

## **ECK Light & Sound Service Invitation**

The public is warmly invited to attend both ECK Light & Sound Services. Join others seeking to bring more insight and divine love into your life and learn more about the spiritual principles of ECKANKAR.

"How do you tune in in ECK? With the Spiritual Exercises of ECK. That's our form of prayer. It's a form of contemplation where we don't try to tell God what to do. We listen to hear what God's Voice is saying to us."

Harold Klemp, *How to Survive Spiritually in Our Times, Mahanta Transcripts Book 16*

ECKANKAR teaches simple spiritual exercises that can be used to experience the Light and Sound of God. These exercises also help us Soul Travel, to move into greater states of consciousness. People of any faith can use ECKANKAR's spiritual exercises to find answers to their questions about this life and the afterlife.

Spiritual exercises are a "treasure whose value we might overlook because of their simplicity. But they are your lifeline to the Word of God," says Harold Klemp, the spiritual leader of ECKANKAR.

A spiritual exercise can be as simple as relaxing and singing the word HU, an ancient name for God. As we practice these spiritual exercises, we learn to recognize the presence of the Holy Spirit in our lives. We learn that each of us is Soul, a spark of God sent to this world to gain spiritual experience.

**—For questions or information on any of the above, please call 530-378-2557 or 224-8703—**

The opinions 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.

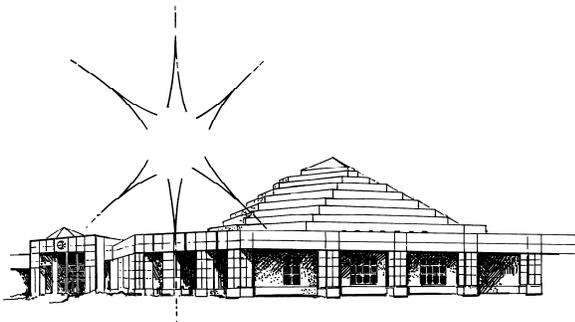
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**Redding ECKANKAR Information Center**  
**PO Box 494111**  
**Redding, CA. 96049**

## ***JAN. & FEB. ISSUE***



**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 #: 530-224-8703

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

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



**Harold Klemp**  
The Spiritual Leader  
of Eckankar