



**Open to the Public**  
***Eckankar Events in Redwood City***  
**September and October 2018 Activities**

**Spiritual Exploration Discussions**

**Redwood City Eckankar Center / 7:30 - 8:30 pm**

Explore a spiritual topic with other participants in a lively discussion. Feel free to ask questions, share experiences, or just listen. You are welcome to attend any or all classes.

- Wednesday, September 05 / *Being the Loving Heart in Any Situation*
- Wednesday, September 19 / *Explore the Secret Path to Heaven*
- Wednesday, October 03 / *The Call of Soul*
- Wednesday, October 17 / *Explore Your Next Spiritual Step*

**Spiritual Chat**

**Palo Alto Café, [2675 Middlefield Rd. Palo Alto](#)**

Join us for an informal chat about everyday spiritual experiences.

Tuesday, September 11, 7:00 – 8:00 pm

**Spiritual Exercises**

Spiritual Exercises for The Shariyat Book Two meets on the third Saturday of the month at 10:30 am at the Redwood City ECK Center.

Saturday, September 15 (Chapter 9)

Saturday, October 20 (Chapter 10)

**ECK Light & Sound Service**

**Redwood City Eckankar Center**

**Service 11:00 am – Noon**

Divine Spirit expresses Itself in the world as Light and Sound. Experience these twin aspects of God's love and discover ways to meet life's challenges with new insights. The service features talks, music, a spiritual exercise to explore your own direct connection with the Divine, group discussion, and fellowship.

- Sunday, September 9 / *How God Speaks to Us*
- Sunday, October 14 / *Transforming Your Life with the Sacred Word HU*

### **Sound of Soul**

**Saturday, November 17, 3:00 – 4:00 pm**

**Rinconada Public Library, 1213 Newell Rd, Palo Alto, CA 94303**

HU is a sacred sound and 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, followed by contemplative time, and spiritual conversation with others of like heart. Discover some of the many benefits of HU:

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

### **ECK Worldwide Seminar**

***Becoming the Loving Heart***

**Friday, October 26 – Sunday, October 28**

**Minneapolis, Minnesota**

The ECK Worldwide Seminar celebrates the spiritual new year in ECK, signifying the high point or spiritual harvest in the year's cycle. This is the beginning of a new, higher cycle for the next year.

See [Sri Harold Klemp](#), the Mahanta, the Living ECK Master. This God-Realized spiritual teacher will speak in person. Experience workshops, spiritual discussions, and other activities for greater spiritual growth.

Visit [www.eckankar.org/Seminars/major.html](http://www.eckankar.org/Seminars/major.html) for further details, including complimentary registration for guest events.

**The events listed here are open to the public at no cost. They are offered as a community service to address the spiritual needs of people of all religious backgrounds and beliefs.**