ECKANKAR

of Greater Los Angeles

Public Activities for September 2026

Classes and events are held on Zoom unless otherwise noted on the calendar.
You must join Meetup in order to participate in the Zoom events.
Please copy and paste one of the links listed below into your browser to join.

https://www.meetup.com/culver-city-past-lives-dreams-and-soul-travel/
https://www.meetup.com/past-lives-dreams-and-soul-travel
https://www.meetup.com/la-exploradores-espirituales-de-eckankar/

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 **2:00 - 4:00 p.m.** Open Discussion ***Gaining New Perspectives on Spiritual Freedom*** In-Person Culver City Center Open for Visitors	2	3	4 **7:30 p.m.** Spiritual Discussion ***Paul Twitchell & Sudar Singh*** (Spanish)	5 **5:00 p.m.** Spiritual Discussion ***The Ascent to God Consciousness*** (Spanish)
6 **11:00 a.m.** ECK Light & Sound Service ***ECKANKAR: the Art of Spirituality*** In-Person & on Zoom Culver City In-Person includes Youth Discussion and Activity	7	8	9 **7:00 p.m.** Spiritual Parenting Chat ***Living the Spiritual Life***	10 **7:30 p.m.** Sound of Soul ***Everything Revolves Around Love*** 	11 **4:00 p.m.** Spiritual Exploration ***Is Self-Generating / Self-Sustaining Happiness Possible?*** (Farsi) **7:30 p.m.** Sound of Soul ***Discover HU, An Ancient Mantra and Sacred Sound*** (Spanish)	12 **5:00 p.m.** Book Discussion ***The Living Word, Book 2*** Chapter #2 ***In Search of God*** (Spanish)
13 	14 **7:30 p.m.** Spiritual Workshop ***Raise Your Spiritual IQ! Understanding Your Dream Dictionary & Symbols***	15	16 **10:30 a.m.** Sound of Soul ***Learn to be Relaxed and Restored*** Montrose Community Park 3529 Clifton Place Glendale, CA 91208	17 **2:00 - 4:00 p.m.** Open Discussion ***Gaining New Perspectives on Inner Guidance*** In-Person Culver City Center Open for Visitors **7:30 p.m.** Next Gen Spiritual Chat ***Turning Barriers into Bridges***	18 **7:30 p.m.** Spiritual Discussion **ECK Parable:** ***The Golden Net*** (Spanish)	19
20 **11:00 a.m.** ECK Light & Sound Service ***Resonate with the God Current Within You***					25 **4:00 p.m.** Spiritual Exploration ***Creating Habits for Your Higher Self*** (Farsi) **7:30 p.m.** Workshop ***Increase Your Spiritual IQ by Opening the Door to Greater Consciousness*** (Spanish)	26 **11:00 a.m.** Workshop ***Raise Your Spiritual IQ: 3 Spiritual Keys for Creating Harmonious Relationships*** in-person Culver City
27	28	29	30 **7:30 p.m.** Sound of Soul ***Everything Revolves Around Love*** 			

Keeping a Dream Journal

Find a notebook or journal you love, or decorate one to make it special to you. Use this journal just for writing or drawing your dreams every morning as soon as you wake up.

One way to open yourself to the wisdom of your dreams is to sing HU, either softly or silently, for a few minutes before bedtime. Then go to sleep as usual.

Whenever you have a dream, jot it down in your dream journal. Describe the dream, and write down your feelings about what it may mean. Some people voice-record their dreams. Others wake up at night and fix one or two points of their dream in their mind, then write the dream down later.

Write simply. A dream may have so many details in it that you can become sidetracked from the point. To avoid this, write the dream out in full. Then put it away. At the end of the month, make believe you are an editor of a magazine. Review the inner experiences that stand out, and simplify them.

If you put any time at all into doing this dream exercise, you will begin to see how Divine Spirit is using your dreams to bring you spiritual understanding.

-Harold Klemp, *The Wonder Within You,* pp.78-30

For more information on ECKANKAR, the Path of Spiritual Freedom, please go to www.eckankar.org or www.eck-ca.org
ECKANKAR Hollywood location is at 1542 McCadden Place, Los Angeles, CA 90028.
ECKANKAR Culver City location is at 5508 Sepulveda Blvd, Culver City, CA 90230. (424) 500-2112