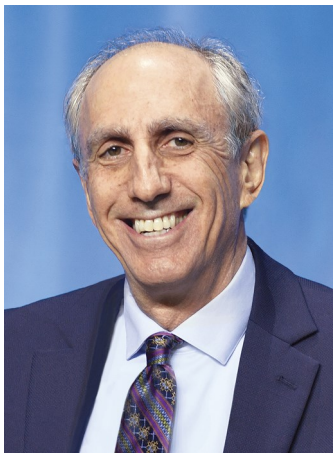
September/October 2026

"One of the first things you learn on the path of ECK is that there is no separation between the physical life—your everyday life—and your spiritual life. Carrying this a step further, there is no separation between you and the dream world. These are all part of you."

—Harold Klemp, *Truth Has No Secrets*, p. 52



Sri Doug Kunin
The Spiritual Leader
of Eckankar

ECKANKAR
The Path of Spiritual Freedom

Serving the Northern California Coast

Eureka/Arcata ECKANKAR Newsletter

Public Edition

An ECK Light and Sound Service is a Celebration of God's Love for Soul

Divine Spirit expresses Itself in the world as Light and Sound. Would you like to experience these twin aspects of God's love in your life? They bring wisdom, awareness, and new ways to handle life's challenges.

This service offers you the chance to explore your own direct connection with the Divine. Discover more about yourself as Soul, an eternal, creative, spiritual being. Connect with the most sacred part of yourself, receive new insights, and magnify love in your life through the Light and Sound of God. Eckankar welcomes people of all faiths and backgrounds. These services will be held online quarterly, on the third Sundays of March, June, September, and December at 11:00 a.m. Visit the California ECK Website at www.eck-ca.org for topics and registration information as they become available. You may also find additional ECK Light and Sound Services held at different times and locations throughout California.

Experience the sacred sound of HU— We invite you to join us for The Sound of Soul

"HU is an ancient name for God. It is also a love song to God. All that we do with the word HU is to sing it with reverence. It represents the love of God for Soul, and we are Soul. HU represents the enormous love that the Creator has for Its creation."

—Harold Klemp, *HU, the Most Beautiful Prayer*, p. 7

Regardless of your background or religion, we invite you to join us in trying this simple, 20-minute spiritual exercise. It has helped people of many different faiths experience the presence of God. We will have an in-person Sound of Soul on Saturday, September 5, and October 3, from 3:30 to 4:30 p.m. at the Adorni Center, 1011 Waterfront Drive (at the foot of L Street), Eureka, CA.

There will also be an online Sound of Soul on Thursday, September 10, and October 8, at 7:30 p.m. Visit the California ECK Website at www.eck-ca.org for topics and registration information as they become available.

2026 ECK Worldwide Soul Adventure Seminar

Marking the beginning of the new spiritual year, A Year of Spiritual Healing, this year's seminar will be held in Minneapolis, Minnesota from October 23 through October 25. The theme this year will be "Secrets of Spiritual Healing: A Secret to Spiritual Living." Highlights include inspiring talks and presentations, music performances, and the opportunity to hear Sri Doug Kunin, the Mahanta, the Living ECK Master, speak to the world. Registration is free for those new to ECKANKAR. More information on the seminar is available on Eckankar's Web site at www.Eckankar.org.

Spiritual Explorations On Wednesdays

Join us online the first and third Wednesdays of each month at 7:30 p.m. You can share your experiences and questions in a relaxed conversation, or just listen. Topics and registration links will be posted on our Meetup page, Eureka & Arcata Spiritual Adventurers, as they become available. Topics available at press time are listed on our local calendar on page 3. See you there!

ECK Videos on Cable TV

A 30-minute ECK video can be seen on Optimum cable channel 12. These excerpts of talks by Sri Doug Kunin or Harold Klemp are scheduled to air each Friday evening at 8:00 p.m., then repeating on Sunday afternoon at 3:00 p.m., and Tuesday morning at 7:30 a.m. We plan to add new titles on a regular basis. We would like to thank Access Humboldt for providing this service to the community.

For More Information

For more information on Eckankar—The Path of Spiritual Freedom, visit Eckankar's Website at www.Eckankar.org, call 1800-LOVE GOD, or write: ECKANKAR
Att: Information
PO Box 2000
Chanhassen, MN 55317-2000.

For regional information, including online events and activities throughout California, visit the California ECK Website at www.eck-ca.org. If you would like to be notified of upcoming ECK events, please fill out this form online: https://eck-ca.org/wp3/contact-form/. Or you can request a hard copy of the form to complete and mail in by sending an email to info@eck-ca.org or mailing your request to:
California Satsang Society
PO Box 2041
Sunnyvale, CA 94087-0041

For local information you may email eureka.arcata.eck@gmail.com, call (707) 798-1868, or write to:
ECK Information Contact
PO Box 5583
Eureka, CA 95502-5583
You may also visit our Meetup Page at www.meetup.com/Eureka-Arcata-Spiritual-Adventurers/

Or try these additional links:
TheSoundofSoul.org—Experience HU and listen to the Sound of Soul, with links to download the HU app.

ECK Soul Adventure Magazine —The ECK Soul Adventure Magazine is a free, quarterly, online magazine for people who want more spiritual perspective and encouragement, especially in uncertain times.

FAQs link-Frequently Asked Questions About ECKANKAR Beliefs on Eckankar's Website.

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 Doug Kunin. Copyright © 2026 ECKANKAR. All rights reserved. The terms ECKANKAR, ECK, EK, MAHANTA, SOUL TRAVEL, and VAIRAGI among others, are trademarks of ECKANKAR, PO Box 2000, Chanhassen, MN 55317 USA. Published by the California Satsang Society, Inc., A Chartered Affiliate of ECKANKAR.

Local ECKANKAR Calendar

Event	Topic	Date and time	Location
Spiritual Exploration	"The Blue Blessing"	Wednesday, September 2 7:30 p.m.	Visit www.meetup.com/Eureka-Arcata-Spiritual-Adventurers/
The Sound of Soul	"Align with Spirit by Singing HU"	Saturday, September 5 3:30 p.m.	Adorni Center 1011 Waterfront Dr. Eureka, CA 95501
The Sound of Soul	"Everything Revolves Around Love"	Thursday, September 10 7:30 p.m.	Visit www.eck-ca.org
Spiritual Exploration	(Topic to be selected)	Wednesday, September 16 7:30 p.m.	Visit www.meetup.com/Eureka-Arcata-Spiritual-Adventurers/
ECK Light and Sound Service	"Resonate With the God Current Within You"	Sunday, September 20 11:00 a.m.	Visit www.eck-ca.org
The Sound of Soul	(Topic to be selected)	Saturday, October 3 3:30 p.m.	Adorni Center 1011 Waterfront Dr. Eureka, CA 95501
Spiritual Exploration	(Topic to be selected)	Wednesday, October 7, 21 7:30 p.m.	Visit www.meetup.com/Eureka-Arcata-Spiritual-Adventurers/
The Sound of Soul	(Topic to be selected)	Thursday, October 8 7:30 p.m.	Visit www.eck-ca.org

Photo by Clare Vettes

The Temple of ECK, near Minneapolis, Minnesota