ECKANKAR

Return Mailing Address:

ECKANKAR Newsletter of San Diego
c/o California Satsang Society

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Visit the California Satsang Website for more information:

www.eck-ca.org/

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The San Diego ECKANKAR Newsletter is published the first of every month by the California Satsang Society.
In the care of:
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2044 Cordoba Place
Carlsbad, CA 92008-3714
under the auspices of the
California Satsang Society, Inc.,
A Chartered Affiliate of ECKANKAR.

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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

Books in Spanish

In addition to English, ECKANKAR books in Spanish are available for purchase at the Center. Two free books are also available in Spanish:

– ***ECKANKAR: Una antigua sabiduría para hoy***
– ***¿Es la vida un camino al azar?***

HU

Does ECKANKAR in California (info@eck-ca.org) Have Your Current Email Address?

If you are not receiving emails from ECKANKAR in California (info@eck-ca.org) about statewide Chela HU Chants every Friday & Sunday on Zoom—and other statewide communication, including the monthly ECK Light and Sound Service—

please send your name and email address to ECKANKAR in California at:

INFO@ECK-CA.ORG

You can also update your phone number and mailing address.

October 2026

ECKANKAR
The Path of Spiritual Freedom

The Golden Thread

Public Events & Services for the San Diego Area

The ECKANKAR Information Center of San Diego is here to serve you!

Thank you for your support!

"The ancient books of the Shariyat-Ki-Sugmad are indeed the true Light and the Word of God: It takes up and discusses every phase of life in both the worlds of matter and the highest planes."

The Shariyat-Ki-SUGMAD, Books 1 & 2, Page xiv (Foreword)

Sri Doug Kunin
The Mahanta,
the Living ECK Master

Make This Lifetime Count!

Each lifetime is a precious opportunity. To live a happier, more fulfilled life. To experience more divine love. To find your way back home to God.

Make it count.

Of all the teachings on Earth today, ECKANKAR offers the most direct teaching on the Light and Sound of God. For people who experience these twin pillars of God, life becomes fresh and new again.

The ECKANKAR Information Center of San Diego is a spiritual resource center on your journey home to God. The classes, workshops and other activities provide a loving, open environment that can help you reclaim your awareness as Soul, and renew your connec-

Spiritual exercises help open your heart to God's love and the presence of the Holy Spirit (which can be perceived as the Light and Sound of God, or simply a feeling of love).

ECKANKAR offers more than one hundred different spiritual exercises to help you experience more love, joy and spiritual freedom.

One of the simplest spiritual exercises is to sing HU (pronounced like the word "hue"). With eyes closed, sit in a quiet place and fill your heart with love. Sing HU on one long, steady note while sending love to God. After a few minutes, listen and perceive ways God's love returns to you as either divine Light, Sound, or a feeling of love.

HU brings freshness to life by helping you be a happier person. HU is an ancient name for God. It is also a non-denominational form of prayer and a love song to God that everyone can use privately, regardless of religious affiliation or spiritual belief.

ECK Light and Sound Service

Quest for God Consciousness

Sunday, December 20
11:00 am to 12:15 pm

Join others in Southern California for this special ECK Light and Sound Service, a celebration of the Light and Sound of God. This service focuses on a special spiritual topic or aspect of the teachings of ECKANKAR.

"The Quest for God Consciousness: that's a path and a quest that is the search for truth, for enlightenment, to be all that one can really be as was intended when each individual as Soul was born from the heart of the Divine Reality....

"This aim, this purpose, is what ECKANKAR's all about, this quest for God consciousness."

—Sri Doug Kunin,
Video talk:
The Quest for God Consciousness

Two elements of the service are the reading from the ECK works and the singing of e sacred word "HU" for several minutes followed by three to five minutes of quiet contemplation. (HU is an ancient name for God. Singing HU is a form of prayer. It is a love song to God, and can help you feel closer to God.)

Register at: eck-ca.org

Learn how past lives can help solve today's problems.
Discover how dreams contain important spiritual guidance.
Explore your inner worlds through Soul Travel.

Video Presentations

Four of our local TV cable stations regularly broadcast video talks.

Dates and times occasionally vary because of scheduling conflicts at the Cable Stations.

SPECTRUM-North and South Counties:
Every Friday at 11:00 p.m.
Channel 19

COX CABLE-South:
Every Wednesday at 4:30 p.m. Shown only in San Diego.
Channel 23

COX CABLE-North:
Every Wednesday at 4:30 p.m. Some areas only.
Channel 18

AT&T U-verse:
Every Wednesday at 4:30 p.m.
Channel 99

Are you new to Eckankar and interested in taking a class?

"The ECK discourses are written with a secret, internal rhythm that gradually unfolds your consciousness in a very precise and orderly manner. When you become a member of Eckankar, you receive a discourse series for your personal study. You study one lesson a month at home. If you like, you can also join an ECK Satsang class to share experiences, insights, and questions.

The Easy Way Discourses are a portal for you to enter the secret worlds that exist beyond our cosmos, the higher regions so well known to the ECK travelers and the saints of old. You can travel to these secret worlds and enjoy them at your leisure. It is part of spiritual freedom."

—Harold Klemp,
Your Road Map to the ECK Teachings,
Volume 2,
pages 13-14

For New Members

An advanced spiritual studies class is offered to new members, via Zoom.

***The Easy Way Discourses*, the first of the advanced spiritual studies classes, will be held again in the near future.**

For more information on this class: Contact Ula Tazu at (619) 430-5174 for details and the Zoom Link. ulatazu@gmail.com

VISIT: WWW.ECK-CA.ORG

Actividades en español y bilingües de ECK en San Diego Via Zoom

El Sonido del Alma
Viernes 9 de octubre – 7:30 a 9:00 pm

Estudio del libro:

La Palabra Viva, libro 2, capítulo 3: Tu universo de los sueños
Sábado 10 de octubre – 5:00 a 6:30 pm

Conversaciones espirituales:

La libertad espiritual
Viernes 2 de octubre –7:30 a 9:00 pm

El crecimiento del Alma
Sábado 3 de octubre – 5:00 a 6:30 pm

Las parábolas de ECK: Los cubiertos gigantes del cielo y el infierno
Viernes 16 de octubre – 7:30 a 9:00 pm

Un regalo misterioso
Sábado 17 de octubre – 5:00 a 6:30 pm

¡Aumenta tu IQ espiritual utilizando el diccionario de los sueñosa
Viernes 30 de octubre – 7:30 a 9:00 pm

En persona:

Conversación espiritual bilingüe:
¿Qué haría el amor ahora?
Sábado 31 de octubre de – 2:00 a 3:30 pm

En el parque de los veteranos de Imperial Beach, 1075 8th St.. Imperial Beach, CA 91932

Para mayor información por favor llama al (800) 506-8385

The Spiritual Adventure of a Lifetime

The ECKANKAR Community of San Diego presents the following Events:

Spiritual Discussion at Moonlight Beach

Everyone is Welcome!

Date: Sunday, October 11, 2026
Time: 5:30 - 6:30 PM
Theme: *Inner Guidance in Dreams*

Please call Rahil Kim at: (858) 775-4542 for details!

At Sunset at Moonlight Beach, Encinitas! Check out Meetup:
https://www.meetup.com/sd-spiritual-explorations/events/311074584/

ECKANKAR, the Path of Spiritual Freedom, can help you find answers to your deepest spiritual questions. Through the ECK Light and Sound Service, books, book discussion classes, advanced spiritual studies, workshops and seminars, you will find new ways to unfold spiritually.

Membership in ECKANKAR is available for those who wish to take their spiritual studies further. Members receive annual discourses, with twelve lessons to be studied one month at a time.

These lessons can be studied privately at home or with others in advanced spiritual study (satsang) classes, starting with *The Easy Way Discourses.*

For more information, visit ECKANKAR's website at: www.Eckankar.org.

Or, call: 1-800-LOVE GOD

Or, write:
ECKANKAR
Attn: Information
P.O. Box 2000, Chanhassen, MN 55317-2000

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.