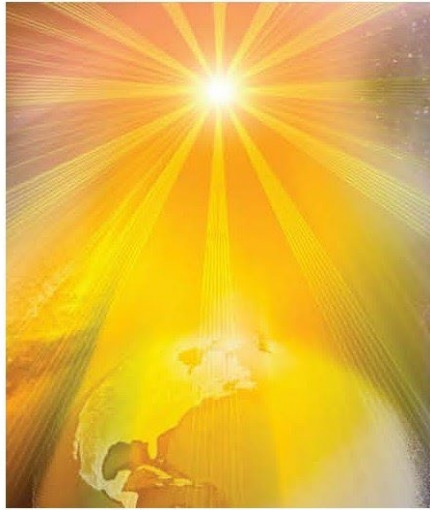




ECK Communities of San Carlos & San Jose



The Path of Spiritual Freedom

October 2026 Public Events

WELCOME

People of all faiths, religions, or beliefs are welcome to attend and experience a spirit of divine love and respect.

Please join us for these **IN-PERSON** events at the ECKANKAR Center of San Carlos:

Saturday, October 3 at 11:00 a.m. to experience *Gratitude Opens a Window of Spiritual Possibilities* from singing HU at this Sound of Soul event.

Sunday, October 11 at 11:00 a.m. to discover the *Secrets of Spiritual Healing: A Secret to Spiritual Living* for our monthly ECK Light and Sound Service. You are invited to stay afterwards for refreshments.

Thursday, October 22 to Sunday, October 25 experience the in-person *2026 ECK Soul*



Adventure Seminar in Minneapolis, MN to discover the **Secrets of Spiritual Healing: A Secret to Spiritual Living**. Guests may attend the seminar for free!

Sunday, November 1 at 11:00 a.m. for our quarterly **Bay Area Roundtable Discussion**. You are invited to stay afterwards for refreshments. **SAVE THE DATE!**

Sunday, November 8 at 11:00 a.m. for next month's ECK Light and Sound Service. You are invited to stay afterwards for refreshments. **SAVE THE DATE!**

Details are listed below about our local in-person and online events.



Experience, Grow, Discover!

A golden **in-person** opportunity
to raise your spiritual awareness awaits you at the

**2026 ECK Worldwide Soul Adventure Seminar,
Secrets of Spiritual Healing:
A Secret to Spiritual Living, October 23–25
in Minneapolis, MN**

Click [HERE](#) for the Flyer

Explore what spiritual healing means for you personally. Along the way, discover
the profound reality of divine love in your life.
You may never be the same!

Experience heart-opening talks and musical performances, dynamic workshops,
and in-depth roundtable discussions. Did you know that Soul exists because of
God's love for It?
Explore what that means in your everyday life.

The highlight of the seminar is Saturday evening's talk by Sri Doug Kunin.
Inspiring, engaging, and warmly relatable,
he speaks directly to you as Soul, awakening
the divine knowledge that is already within you.

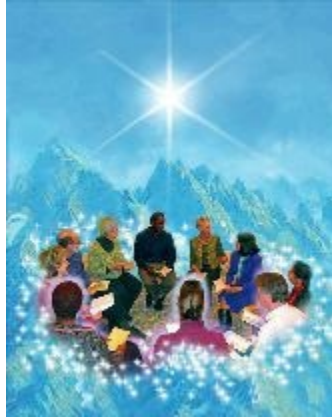
An awesome journey awaits you!

**Guests may attend the seminar activities for free
with a complimentary registration.**

Click [HERE](#) to Register

Click [HERE](#) for the Seminar-at-a-Glance

ONLINE



SOUND OF SOUL EVENTS & SPIRITUAL EXPLORATIONS

Saturdays 11:00 a.m.-Noon
Wednesday 7:00-8:00 p.m.

October 3:

Finding Truth:

A Sound of Soul Event

Click to Attend Through:

[MEETUP](#)

October 10:

Discover Your

Spiritual Destiny as Soul

Click to Attend Through:

[MEETUP](#)

October 17:

**Accepting the Miracles
in Our Lives**

Click to Attend Through:

[MEETUP](#)

October 24:

**Developing Your
Inner Guidance**

Click to Attend Through:

[MEETUP](#)

October 28:

Gratitude:

**Opening a Window of
Spiritual Possibilities**

Click to Attend Through:

[MEETUP](#)

October 31:

**The Spiritual Purpose
of Problems**

Click to Attend Through:

[MEETUP](#)

Events Open to All

IN-PERSON

Gratitude:
**Opening a Window
of Spiritual Possibilities**

A Sound of Soul Event

Saturday, October 3

11:00 a.m. to 12 Noon

ECKANKAR Center of San Carlos
1556 Laurel Street
San Carlos, CA 94070

You may also attend online to discuss this same topic!

Wednesday, October 28
7:00-8:00 p.m.

To register on Meetup, click [HERE](#)



“If you can learn to be grateful for the things that Holy Spirit brings to you every day, you will have gained something that many people have not found.”

— Harold Klemp, *The Spiritual Laws of Life*, p. 168

What to Expect

You are invited to participate in a spiritual exercise, a technique that can open our hearts to greater love and understanding.

We will be listening to a 15 minute recording of thousands of people singing HU. HU is an ancient Mantra and sacred name for God. You may sing along if you wish or just listen, the choice is yours. The HU will be followed by a few minutes of quiet contemplation, this is a time to listen inwardly.

This will be followed by a relaxed informal discussion sharing our experiences and wisdom on spiritual grace.

All faiths and beliefs are welcome!

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

For more information please contact

Jessica Reynolds

jrpearldragon@gmail.com

650-303-8658

Online

Open Your Heart to Gain

Wisdom and Truth

A Sound of Soul Event

Thursday, October 8

7:30 to 8:30 p.m.

every second Thursday of the month

Click [HERE](#) to register on San Carlos Meetup

Click [HERE](#) to register on San Jose Meetup



Would you like to have a meaningful life?

Would you like to be your true self?

Do you know that you have all the truth within you?

“Sing the word HU, a love song to God, and you will be opened up to divine love.
Love will lead you to truth.”

—Harold Klemp, *The Sound of Soul*, p. 17



**You are invited to Experience HU,
THE SOUND OF SOUL!**

At this event, enjoy relaxing moments
to tune into your highest self.

Listen to an uplifting quote, then chant HU for 15 minutes, a special time to
connect with Divine Spirit.

After chanting, there's a moment of silence, followed by an
interactive discussion which could include sharing,
discovery, questions, or next steps with HU,
and how to work with HU in your daily life.

IN-PERSON

Secrets of Spiritual Healing:

A Secret to Spiritual Living

ECK Light and Sound Service

Sunday, October 11

11:00 a.m.-12 noon

**ECKANKAR Center of San Carlos
1556 Laurel Street
San Carlos, CA 94070**



"Spiritual healing brings harmony, clarity, and balance to mind, heart, and spirit. It also means change. What are we willing to accept or do to become more whole?"

"In some way, we need to accept more of God's Light and Sound into our being. This is the ECK, the God Current. When It enters your heart, Soul lives by a new law, a new vibration of love and wisdom.

"HU opens the door to your full radiance as a spiritual being."

—Sri Doug Kunin, *The 2026 ECK Worldwide Soul Adventure Seminar flyer*



People of all faiths and beliefs are welcome.

At the ECK Light and Sound Service,
you can expect, in some way,
to have a new experience of God's love!

Services last about one hour and may include features
such as a speaker, light musical performances,
panels, and group discussion.

Services always include time to experience the Light and Sound of God with
a HU song and brief contemplation time.
Participation is respectfully each person's choice.

Please stay afterwards for refreshments.

FREE Online Workshop

Raise Your Spiritual IQ!

Understanding Your

Dream Dictionary & Symbols

Monday, October 12

7:30-8:45 p.m.

FREE Online Workshop

Register [HERE](#) to Attend!



Are your dreams a mystery? Not understandable?

Would you like spiritual tools to change that?

Awaken to your full spiritual potential through your dreams!

Come to this FREE online workshop on dreams!

"As Soul, you have the God knowledge within you."

—Harold Klemp, *Raise Your Spiritual IQ!*, inside cover

This workshop explores different ways to understand your own dream language, and with these spiritual tools, can help you live your life in a greater, more fulfilling way.

What to expect. . . .

Expand your inner awareness with dream tools

Share your experiences with other like-hearted people!

Learn ways to handle challenges from a spiritual perspective

Discover techniques to access your divine intuition

Get simple spiritual exercises to directly connect with the Life Source.

Download the **free pdf** *Raise Your Spiritual IQ! Experience Journal* to jumpstart your spiritual adventure! [HERE](#)

All faiths welcome!

Online Event

Spiritual Purpose of Reincarnation in the Family

Parent Spiritual Chat

Wednesday, October 14

from 7:00 to 8:00 p.m.
every second Wednesday of the month

Click [HERE](#) to register on San Carlos Meetup

Click [HERE](#) to register on San Jose Meetup



Would you like to hear and share spiritually uplifting stories of reincarnation in the family?

Have you had an experience of recognizing a family member that has reincarnated?

Did your child connect with you as Soul before their birth?

Has your child had dreams of awakening speaking in other languages and acting out memories of other lifetimes?

You are warmly invited to come share your stories!

“As a reminder, everyone in a family has gathered in this lifetime to take advantage of the best possible circumstances for each to excel spiritually.

“In the end, our children will walk their own paths, in their own shoes.”

—Harold Klemp,
*A Modern Prophet Answers Your
Key Questions about Life, Book 3, p. 77*



Welcome!

This spiritual chat for parents is a community service sponsored by Eckankar.

The teachings of Eckankar are based on God's love and spiritual freedom for everyone. They offer you individual spiritual tools to bring you more understanding, love, and help in these challenging times, whatever your spiritual beliefs.

**There's no pressure, expectation, judgment,
or unasked-for follow up.**

We respect your divinity as a spiritual being.

We honor your choices and your journey as a parent.

Save-the-Date!

In-Person

The San Carlos & San Jose ECK Communities

invite you to attend the

San Francisco Bay Area
Quarterly ROUNDTABLE Discussion
Sunday, November 1
11:00 a.m. to 12 noon

Past Lives, Present Lessons

You are invited to stay afterwards for refreshments



ECKANKAR Center of San Carlos
1556 Laurel Street
San Carlos, CA 95070

For more information, please contact

Jessica Reynolds, jrpearldragon@gmail.com
650-303-8658

Larry Compagnoni, larrycompagnoni@gmail.com
650-279-6321

ECKANKAR PARENTS AND FAMILIES



To access the website, click the titles below!

Parent and Family Resources

You may also access these resources from the [ECKANKAR](#) website. Simply scroll down to the bottom of the homepage and click on “Parents and Families” in the first column.

Adventures in ECK Parenting Blog

You may also access this Blog from the [ECKANKAR](#) website. Simply scroll down to the bottom of the homepage and click on “ECK Parent Blog” on the far-right side.

Published by the California Satsang Society, Inc., a chartered Affiliate of ECKANKAR. Copyright © 2026 ECKANKAR. All rights reserved. The terms ECKANKAR, ECK, EK, MAHANTA, SOUL TRAVEL and VAIRAGI, among others, are trademarks of ECKANKAR, P.O. Box 2000, Chanhassen, MN 655317- 2000 USA.



Map of the ECKANKAR Center of San Carlos

PRIVACY POLICY

We value your privacy. We never share or sell personal information and will use it only for your newsletter or e-mail subscription.

Our mailing address is:
ECKANKAR Center of San Carlos
1556 Laurel Street
San Carlos, CA 94070
(650) 568-3209

ecksancarlos@gmail.com

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)