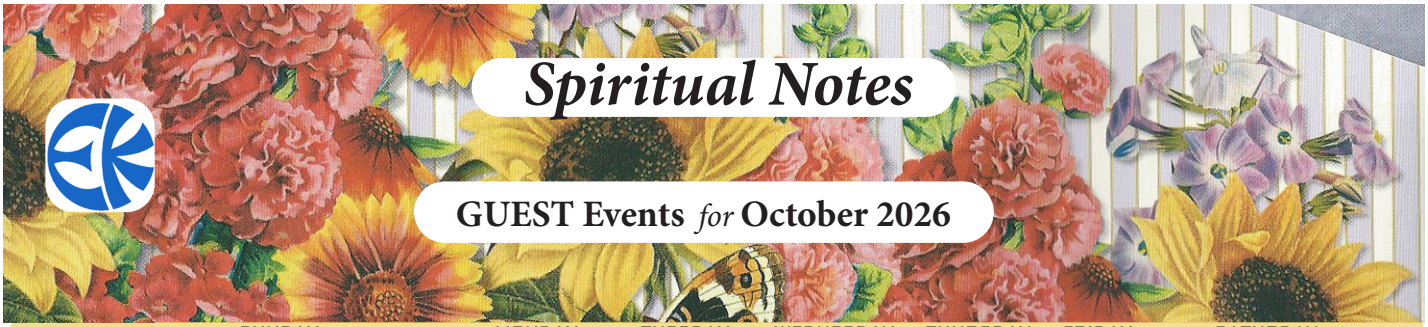

Spiritual Notes

GUEST Events *for* October 2026

ECKANKAR

THE PATH *of* SPIRITUAL FREEDOM

Sri Doug Kunin
The Mahanta, the Living ECK Master

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The opinions expressed in this newsletter know as Spiritual Notes are those of the writer and not necessarily of ECKANKAR or The Mahanta, the Living ECK Master, Sri Doug Kunin.

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* Until further notice, check email for the location of the Wednesday HU Chant and Sound of Soul in South Orange County

* A way to be reminded of discussions is to join free Meetup.com.
https://www.meetup.com/san-juan-capistrano-spiritual-experiences-group
Meetup.com is not part of ECKANKAR, but a free service used to organize online groups that host in-person and Zoom events for people with similar interests.
Ask the ECK Center for easy instructions so you don't incur costs.

For a copy of calendar of ECK events, fill out this form online:
https://eck-ca.org/wp3/contact-form/
or request a paper form to complete and mail
or send email to: *info@eck-ca.org*
or mail your request to:
California Satsang Society,
PO Box 2041, Sunnyvale, CA 94087-0041

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 * 10am **Spiritual Exploration:** Soul Travel: What Is It, and How Do You Do It? Zoom link on Meetup.com 10 a.m.
4 Spiritual Exploration *Your Spiritual Identity as Soul"* 11am to 12pm * online	5	6	7 * Sound of Soul HU 6:30 p.m	8	9	10 *The Easy Way* is the first discourse in advanced spiritual lessons as a member of Eckankar. Classes in English, Span., Farsi, and Vietnamese
11	12	13	14	15	16	17 * 10am **Spiritual Exploration:** Finding joy & purpose in life's challenges Zoom link on Meetup.com
18 Book Discussion "What is Spiritual Freedom? 10 a.m. to 11 a.m. Look for email for location	19	20	21 * Sound of Soul HU 6:30 p.m	22	23 2026 Soul Adventure Minneapolis	24 2026 ECK Soul Adventure Minneapolis **Minnesota**
25 2026 ECK Soul Adventure Minneapolis Roundtable "The Spiritual Laws of Life" 10 a.m. to 11 a.m. Look for email for location	26 *Soul Travel 2* DISCOURSE in Farsi	27	28	29	30	31

Eckankar Center of San Juan Capistrano This location not available while the rebuild is going on.
32118 Paseo Adelanto, #7AR, San Juan Capistrano, CA 92675 ▪ (949) 312-1475 ▪ eck.sjc@gmail.com