

*Lightwaves*, the SouthCoast Area Newsletter

**ECKANKAR**

*Religion of the Light and Sound of God*

**\* \* \* \* \* August, 2007 \* \* \* \* \***

**ECKANKAR WORSHIP SERVICE**

**“Attitudes: Creating a Spiritual Life”**

**Sunday, 11:00 am, August 12th**

**Coos Bay Library Cedar Room, 525 Anderson**

The public is warmly invited to this ECK Worship Service. Each service focuses on an aspect of ECKANKAR, often featuring a short selection from the ECK works, singing HU, and a discussion of spiritual principles at work in daily life. The services last about an hour. Join others seeking to bring more insight and divine love into their lives at this special celebration of the Light and Sound of God. Snacks and fellowship follow for those who wish to stay a few minutes.

**AUGUST EVENTS CALENDAR**

**Aug. 7<sup>th</sup> , 5 pm, *Shariyat-Ki-Sugmad, Book 2, Book Study, Chap. 10,*  
Ray Roberge’s home, 1570 35<sup>th</sup> St., Florence \***

**Aug. 10<sup>th</sup> , 6 pm, Friday, HU Sing at the Coos Bay Library Cedar Rm.**

**Aug. 14<sup>th</sup> , 6:30 pm, Video/discussion at Florence Library, Bromley Rm  
Public is invited to view a half-hour video of a seminar talk  
given by the Living ECK Master, Sri Harold Klemp, with a  
time for questions and discussion.**

**Aug. 21<sup>st</sup> , 5 pm, HU Sing at Ray Roberge’s, 1570 35<sup>th</sup> St. , Florence**

**Aug. 28<sup>th</sup> , 11 am, Satsang, *Letters of Light and Sound 1,*  
Discourse #5, Reedsport \***

**\*classes that need activeEckankar membership**

**CONTEMPLATION SEED FOR AUGUST**

“Lai Tsi says, “I have learned to stand back and let the divine work through me.” We find that this is the simple way of doing it...

I found when adopting a certain attitude that I made contact with this power. It was an attitude of curious, childlike devotion to the great Spirit...

So many people want this childlike state but the urgency of their physical needs causes tension and fear, thus closing the channel between themselves and the Spirit. Anxiety and fear are tense emotions, fastening the person rigidly into the emotional plane of consciousness so that he cannot reach the spiritual plane where things come true.

Competition intensifies the attitude of tension; tension springs from fear; fear rises out of excessive self-love; excessive self-love cuts one off from the contact with the ECK; thus, the qualities leading to satisfaction, happiness and growth are not achieved...

Anyone who recognizes his own self, as Soul, relaxes at once, for he can truly say, “I and the Father are one.”

In this relaxed way, all channels from within are opened.

*The Flute of God* by Paul Twitchell, chap. 7

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For more information and free book, call **1-800-LOVE-GOD** or to see video clips of Sri Harold or download a free book, visit Eckankar's international web site:

[www.eckankar.org](http://www.eckankar.org)

To access the 2007 Worldwide Seminar brochure, click on the “Information/Housing/Preregistration” button.

Oregon's website is [www.eckankar-oregon.org](http://www.eckankar-oregon.org) for activities in all Oregon areas.

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**Regional ECK Spiritual Aide: Roland Reeb, [reebstar@comcast.net](mailto:reebstar@comcast.net) (If there is a question for the RESA, he has asked that it go through local channels first.)**

**ECK Spiritual Aides and Initiators:**                      **Initiators: Ruth Snodgrass, 271-3193**  
Maureen Jenne, 345-7047    Mark West, 434-8075

**For information on all meetings, to request or inquire about specific Satsangs, or any other questions, you may call Ruth Snodgrass 271-3193.**

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