



Public ECKANKAR Events

Bi-Monthly News and Activities in Greater Portland Area

November-December 2009

Advanced Spiritual Study as a Next Step on the Road Home to God

Experience the Miracle of Spiritual Growth

Eckankar Membership and *The Easy Way Discourses*



A true spiritual teaching makes a link between God and you. And it provides a guide to help make your journey as easy and direct as possible.

Eckankar has an inner and outer *living* guide. He has made the journey into the heart of God but has returned to help us on our way to Self-Realization and, ultimately, God-Realization.

This guide is the [Mahanta, the Living ECK Master](#).

The next step on your spiritual journey can be linking up with him through membership in Eckankar. You will then experience the awesome miracle of advanced spiritual growth—a life of joy, meaning, and creativity.

Who are the members of Eckankar?

Members of Eckankar (ECKists) come from all walks of life. ECKists are homemakers, businesspeople, and retirees. They are professionals, educators, scientists, and farmers. They come from all age-groups, all races and nationalities, and all religious backgrounds.

Like most people, ECKists have families, careers, and daily struggles. They live a life of joyful participation in the mainstream of society.

ECKists know they're responsible for their own experiences in life. They know tomorrow is the result of today's thoughts, feelings, and actions. They also know that giving love and service to their family and community is one way to increase their understanding of God's love.

More about membership in Eckankar:

Click these links or go to: www.eckankar.org/Membership

[Spiritual Benefits](#)—Reach your highest spiritual potential. See the bigger picture of life. Explore the many facets of divine truth.

[Discourses](#)—Take the next step on your spiritual journey. **Study at home or in classes.**

[Initiations](#)—Climb the stairway to spiritual freedom through the ECK initiations—the direct link between Soul and Divine Spirit.

[ECK Activities](#)—Worship services, introductory presentations, book discussion classes, seminars, spiritual fellowship.

[Membership Facts](#)—Individual and family memberships, publications, youth study.

[Online Eckankar Membership Application](#)—Sign up to be a member.

Or call Membership Services: 952-380-2222.

Public ECKANKAR Events

All events are at the ECKANKAR Center of Portland from 10:00—11:00 a.m. unless noted.

November 2009 Sunday Services

- Nov 1 – ECK Worship Service:
“Creativity: God's Gift to Soul”
- Nov 8 – ECK Video: “HU: Our Love Song to God”
Temple of ECK, Feb. 1991, Harold Klemp
- Nov 15 – ECK Worship Service: “Animals Are
Souls, Too”
- Nov 22 – Learn to Sing HU:
“HU: A Love Song to God” 10–10:30 am
- Nov 29 – Round Table Discussions

December 2009 Sunday Services

- Dec 6 – ECK Worship Service: “An Open Door: The
Mahanta Helps at a Crossroads in Life”
- Dec 13 – ECK Video: “The Light and Sound of
God,” Temple of ECK, May 1991, Harold
Klemp, the spiritual leader of Eckankar
- Dec 20 – ECK Worship Service:
“The Joy of Spiritual Freedom”
- Dec 27 – Learn to Sing HU:
“HU: A Love Song to God” 10–10:30 am

The Easy Way Discourses — Advanced Spiritual Study

“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, sharing them with your family if you like.

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.”

—Harold Klemp, spiritual leader of Eckankar

Monthly Lessons to Study

Spiritual training and experience come in many ways with Eckankar membership. You receive a year-long discourse series written by the spiritual leader of Eckankar for your personal study. You can also study with others in an ECK Satsang (spiritual study) class to share experiences, insights, and questions.

Each month you will read a discourse on another facet of the ECK teachings. Each lesson in the first year has a spiritual exercise for you to try.

The first year of ECK study is devoted to *The Easy Way Discourses*. The titles of the twelve *Easy Way* lessons are listed in the sidebar at www.eckankar.org/Membership/Discourse. There are currently seventeen years of ECK discourses for you to explore.

If you would like to visit or join *The Easy Way Discourses* advanced spiritual study class at the ECKANKAR Center of Portland, the 3rd Saturday of the month starting Saturday, Nov 21 from 10-11:30 a.m., contact Sandi Graves at 503-502-2929.

An Invitation to Learn to Sing HU: A Love Song To God Every 4th Sunday at the ECKANKAR Center of Portland

You are invited to try this simple spiritual exercise. It has helped people of many different faiths open their hearts more fully to the uplifting presence of God. At the **ECKANKAR Center of Portland, on the 4th Sunday of each month from 10-10:30 am**, experience singing an ancient love song to God, the word HU.

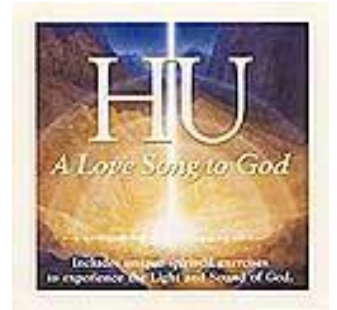
A Divine Connection

Eckankar teaches that a spiritual essence, the [Light and Sound](#), connects everyone with the heart of God. This Light and Sound is the ECK, or the Holy Spirit. Direct experience with these twin aspects of God opens the deep spiritual potential within each of us. The Light and Sound purify, uplift, and direct us on our journey home to God.

Singing HU draws us closer in our state of consciousness to the Divine Being. This is its purpose. It is for those who desire spiritual love, freedom, wisdom, and truth.

Visitors will receive a free CD, *HU: A Love Song to God.*

In this audio presentation, Harold Klemp explains how to sing HU and tells stories of how it has helped people all over the world. Some spiritual exercises are also provided, plus a dream technique. Also included is a recording of a group of thousands of people singing this majestic love song to God. Sing along with this uplifting musical sound, or just listen to it. This will help put you in tune with the ever-present reality of God. For more information, please contact Raeone Gilison at 503 427-0793.



Visit an ECK Worship Service

The public is warmly invited to ECK Worship Services. Each service focuses on an aspect of Eckankar.

They often feature a reading from the ECK works, singing HU, talks, music, and a group discussion of spiritual principles at work in daily life. The service lasts about an hour.

See the list of ECK Worship Service dates and titles and other Eckankar Sunday events.

Join others seeking to bring more insight and divine love into their lives at this special celebration of the Light and Sound of God.

ECKANKAR Books: The following books will be the focus of a series of discussion groups in the Portland area.

You can find these books by Harold Klemp at the ECKANKAR Center of Portland or order from Eckankar.org or your local bookstores.

- * Go to www.eckankar.org, click Eckankar Online Bookstore.
- * To purchase Eckankar books from online or local bookstores, record and give the retailer the Title and Author or the ISBN number.



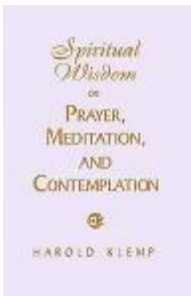
The Call of Soul

Harold Klemp

In this book, you'll discover the spiritual path of Eckankar—a companion and road map for people all over the world on their journey home to God. Spiritual exercises, dream techniques, Soul Travel explorations—all open wide the door to the most secret part of yourself. You are Soul, a Light of God.

(paperback, 122 pages, with CD) 011935 \$9.00

Refer to ISBN 978-1-57043-309-2 when requesting from online or local bookstores



Spiritual Wisdom on Prayer, Meditation, and Contemplation

Harold Klemp

This booklet can help you find the source of all truth, the most secret part of yourself, the heart of love.

(small booklet, 70 pages) 011923 \$3.00

Refer to ISBN 978-1-57043-282-8 when requesting from online or local bookstores

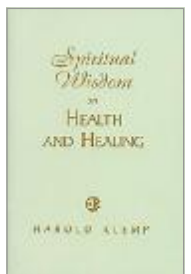


Spiritual Wisdom on Conquering Fear

Harold Klemp

This booklet of handy ECK wisdom is a gift of truth for anyone looking to replace fear with divine love. Discover answers to being afraid of losing love, of death, of going beyond yourself, and of change.

(small booklet, 60 pages) #011803 \$3.00



Spiritual Wisdom on Health and Healing

Harold Klemp

This pocket-size booklet of ECK wisdom makes a perfect gift for anyone interested in exploring his or her health from a spiritual vantage point. Try spiritual exercises to help you see yourself and your state of health from a higher perspective than you've likely ever imagined. (small booklet, 70 pages) #011843 \$3.00

Refer to ISBN 978-1-57043-230-9 when requesting from online or local bookstores.



Spiritual Wisdom on Relationships

Harold Klemp

This pocket-size booklet of ECK wisdom makes a perfect gift for you to share with anyone looking to understand their relationships from a spiritual perspective. Available in multiple quantities for sharing with family, friends, and seekers.

(small booklet, 68 pages) #011883 \$3.00

Refer to ISBN 978-1-57043-242-2 when requesting from online or local bookstores.



What Is Worship?

By Harold Klemp

What is the meaning of worship? I see it as anything that brings Soul closer to God.

True worship brings Soul closer to God on Its own merits and never at the expense of someone else. You cannot bring yourself closer to God by hating others, even if you believe your anger is righteous.

The relationship between Soul—which is you—and God is one of love. Where there is pure, absolute love, there is no room for anger of any kind.

You can tell if a person practices true worship by how he treats others throughout the week. People are very good on their holy days, but the test of true worship is how they act the other six days of the week. For me, the test of true worship is whether or not a person has charity. By that I mean goodwill toward others.

What is important in this life is your relationship with God, and how you worship God truly. As you do this, it will show up in your daily life, whether it's your traditional holy day or not.

In the years I have been the spiritual leader of Eckankar, I have tried to show the members of ECK what is true prayer and what is not. True prayer lets things be. It shows trust that God has done things right. It says, "God, you're doing a good job. Everything's OK."

Wrong prayer is the kind that tries to change things, especially how other people behave. It also implies that God has fallen down on the job.

No matter what religion you practice, it is important that you learn to listen. This is prayer in the true sense.

True prayer is the art of listening to God. Just open your heart and listen to God. In ECK, one way to open the heart is to sing HU.

HU, this ancient name for God, is a love song to God. You can sing it. And in singing it or holding it in your mind during times of need, it becomes a prayer. It becomes a prayer of the highest sort.

It becomes a nondirected prayer, which means that we're willing to let the Holy Spirit take care of the affairs in our life according to the divine plan instead of our personal plan.

If people would trust their hearts and know that if they love God and open their heart—if they love God through loving their neighbor—they will find that God brings help and protection to them in ways that most people don't know.

Students of ECK have many stories of protection and healing. They are learning the future in their dreams. This is because they have been able to open their hearts to God's love.

The way to do that is to sing HU to yourself. Sing it as HU-U-U-U (like the word *hue*) in one long sound, in one long breath. You just sing this very quietly to yourself or inwardly. You may see the Light of God; it can be a blue light, a white light, a yellow light, or a green light. You can see it many different ways. Or you may hear the sound of tinkling bells, a flute, a full orchestra, or something as simple as a sigh.

But you will be filled with love.

Sing HU, and this may help you open your heart to God's love. Then you will find the miracles happening in your life too.

These techniques are not meant to suggest that a Christian can't chant HU or an ECKist can't think of Jesus or anyone else. You do whatever your heart tells you to do. You are an individual, there is just one of you. You have your own understanding of God, and you are on your own path to God.

The ECK Worship Service is to help people find out what they can do to improve their relationship with God. If we can help in any way, we are more than willing to be of service.

Harold Klemp is the Mahanta, the Living ECK Master and spiritual leader of Eckankar.

Reprinted with permission of ECKANKAR, June 2009.

ECK Spiritual Exercise

From www.eckankar.org, click *What is Eckankar*, then click *HU: A Love Song to God*

An Invitation to Sing HU

You are invited to try this simple spiritual exercise. It has helped people of many different faiths open their hearts more fully to the uplifting presence of God.

To do the exercise, first get comfortable. Close your eyes and take a few deep breaths. Next, gently put your attention on your inner visual screen, where daydreams and images come to you.

With your eyes closed, sing HU (pronounced like the word *hue*) as a song of love. You may notice a feeling of peace, warmth, and comfort. You may also recognize the presence of the Divine through greater spiritual insights into your daily life. There are many ways to experience the love of God.

When you sing HU and sit in quiet contemplation, you might also perceive the inner Light and Sound. The Light may appear as brightness or colors on your inner visual screen. The Sound may be musical or the sounds of nature, such as the wind or the ocean. However you experience the presence of God, it is bringing you a broader understanding of the life you lead.

Upliftment throughout Your Day

In *The Golden Heart*, Mahanta Transcripts, Book 4, Harold Klemp explains how HU can help you see your life from this higher viewpoint.

“As you chant the name of God, with love, for twenty minutes a day, the bindings and bands that constrain Soul will begin to unwind. Not all at once, but very slowly, at a rate you can understand and accept. As these bindings are released, Soul rises in spiritual freedom.

“As Soul, you are like a balloon that rises above the ground. The higher you go, the farther you can see. And the farther you can see, the better you can plan your life.”

Pursue Your Spiritual Goals

Eckankar, Religion of the Light and Sound of God, offers tools to come into a closer relationship with God. [Membership in Eckankar](#) is available for those who wish to pursue their spiritual goals with the guidance of the Living ECK Master.

The current Mahanta, the Living ECK Master, is [Sri Harold Klemp](#). His mission is to help interested people find their own way back to God. As the outer teacher, he writes discourses and gives talks that are broadcast throughout the world. As the Mahanta, the inner teacher, he gives personal inner guidance to those who request it.



The Spiritual Exercises of ECK

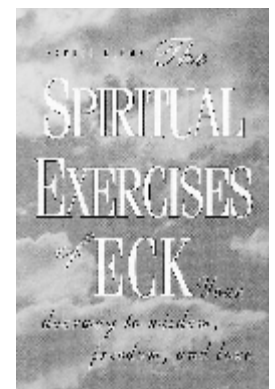
By Harold Klemp

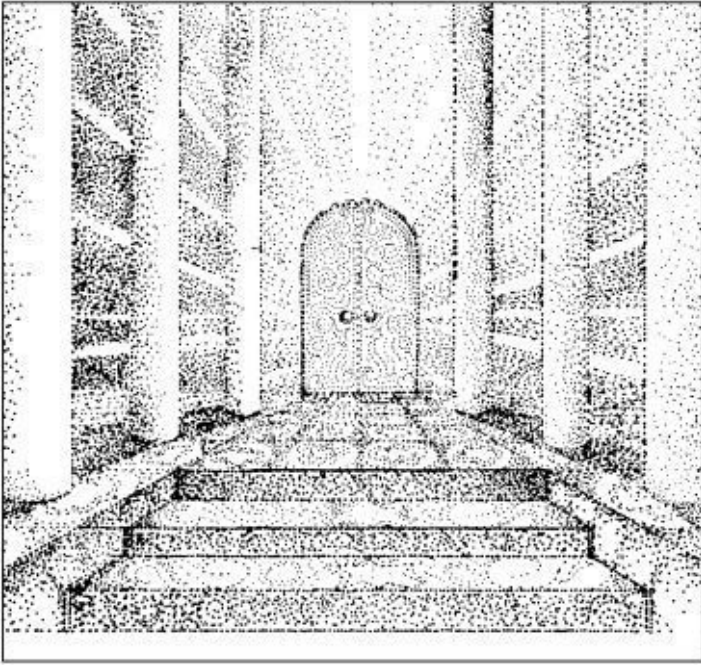
A how-to collection of 131 spiritual exercises for spiritual growth and upliftment. This book is a staircase with 131 steps leading to the doorway to spiritual freedom, self-mastery, wisdom, and love. Each step is a spiritual exercise. As you climb these steps, you will discover exercises to:

- *Solve problems
- *Master your fate
- *Achieve self-discipline
- *Meet with the Inner Master
- *Dream consciously
- *Protect yourself spiritually
- *Achieve balance and harmony
- *Soul Travel into the splendid worlds of God

These exercises are simple and straightforward. Described briefly, often in less than a page each, they will lead to greater awareness of your life and its divine meaning. You can expect gradual changes in your outlook on life over a period of weeks or months.

- * Available at local and online bookstores and at the “Eckankar Books” section on the official main site of ECKANKAR, Religion of the Light and Sound of God at www.eckankar.org.
- * Refer to ISBN 1-57042-001-2 when requesting from online or local bookstores.





ECKANKAR

Religion of the Light and Sound of God

Eckankar teaches 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 inner 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.

The spiritual leader of ECKANKAR is the Mahanta, the Living ECK Master, Sri Harold Klemp. The Mahanta is the inner, or spiritual, form of the Living ECK Master.


The Mahanta gives inner guidance through dreams, Soul Travel, and the Spiritual Exercises of ECK. Harold Klemp's inspiring talks and writings, and his practical approach to spirituality, help thousands of people worldwide find greater freedom, wisdom, and love. His teachings uplift and help them recognize their own experiences with the Light and Sound of God.

What Are the Light and Sound of God?

The Light and Sound, known as the ECK or Holy Spirit, flow out from the heart of God.

The Light purifies Soul. It helps us see our lives from a higher viewpoint. The Sound is always calling us home. It shows us the direction back to God.

With practice, we learn to recognize these twin aspects of God all around us. The Holy Spirit teaches us in the smallest details of our lives. The Spiritual Exercises of Eckankar help us open ourselves to the Light and Sound of God.

Sing **HU** to Open Your 

HU is woven into the language of life. It is the Sound of all sounds. It is the wind in the leaves, falling rain, thunder of jets, singing of birds, the awful rumble of a tornado. . . . Its sound is heard in laughter, weeping, the din of city traffic, ocean waves, and the quiet rippling of a mountain stream. And yet, the word HU is not God. It is a word people anywhere can use to address the Originator of Life.

—[Harold Klemp](#)

A Spiritual Exercise

HU is an ancient name for God. When you sing HU, you open your heart to the Light and Sound of God.

Here is simple spiritual exercise to try. First, close your eyes and look gently to a point between your eyebrows. Then, softly sing HU (pronounced like the word "hue"). Now sit quietly for a few minutes. Watch and listen for the presence of God. It may come as a light or a sound, or in some other way.

An Invitation

Eckankar teaches spiritual techniques to help you:

- Discover the Mahanta, the Living ECK Master, a spiritual guide for our times.
- Gain insights into the nature of life.
- Strengthen your direct, personal link with God.
- Bring more spiritual awareness to all aspects of your life.

For more information on ECKANKAR visit our website at:

www.eckankar.org

or call

1-800-LOVE-GOD.

Or write:

ECKANKAR
P.O. Box 2000
Minneapolis, MN 55317-2000

Membership in ECKANKAR

Eckankar, Religion of the Light and Sound of God, can help you find answers to your deepest spiritual questions. Through ECK Worship Services, books and book discussion classes, 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 printed monthly lessons from the spiritual leader of Eckankar, Sri Harold Klemp, the Mahanta, the Living ECK Master. These lessons can be studied privately at home or with others in spiritual study (Satsang) classes.

For more information,

*visit Eckankar's web site at www.eckankar.org,

*or call (in U.S./Canada) 1-800-LOVE GOD (1-800-568-3463),
all other countries: (952) 380-2222 weekdays, 8:00 a.m. to
5:00 p.m., central time,

or write

ECKANKAR
PO Box 2000
Chanhassen, MN



A Glossary of ECK Terms

From: www.eckankar.org/glossary.html

ECK EHK The Life Force, the Holy Spirit, or Audible Life Current which sustains all life.

Eckankar. *EHK-ahn-kahr* Religion of the Light and Sound of God. Also known as the Ancient Science of Soul Travel. A truly spiritual religion for the individual in modern times. The teachings provide a framework for anyone to explore their own spiritual experiences. Established by Paul Twitchell, the modern-day founder, in 1965. The word means "Co-worker with God."

ECK Masters. Spiritual Masters who can assist and protect people in their spiritual studies and travels. The ECK Masters are from a long line of God-Realized Souls who know the responsibility that goes with spiritual freedom.

HU. HYOO The most ancient, secret name for God. The



Oregon Satsang Society

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ECKANKAR Center of Portland

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www.eckankar-oregon.org

ECKANKAR Center Hours

1st and 4th Wednesdays of each month - 6:00-7:30 pm
1st Monday of each month - 6:00-7:30 pm
Every Sunday 10:00 – 11:30 pm

ECKANKAR Center Contacts

Local Directors	Diane Ehrler and Bob Ehrler	503-644-4992
Spiritual Services Coordinator	Raeone Gilison	503 427-0793
Vahana Coordinator	Catherine Ganci	503-545-4236
ECKANKAR Center Manager	Dan Power	503-287-9441

Comments, Suggestions, or Requests:

Please contact the ECK Star Editor, Roger Holden, at eckstar-editor@eckankar-oregon.org or 503-356-6951.

Your comments and suggestions can contribute to the ongoing refinement of the ECK Star newsletter.

All requests for assistance or for information are welcome.

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singing of the word HU is considered a love song to God. It can be sung aloud or silently to oneself.

Living ECK Master. The title of the spiritual leader of Eckankar. His duty is to lead Souls back to God. The Living ECK Master can assist spiritual students physically as the Outer Master, in the dream state as the Dream Master, and in the spiritual worlds as the Inner Master. Sri Harold Klemp became the Mahanta, the Living ECK Master in 1981

Mahanta. mah-HAHN-tah A title to describe the highest state of God Consciousness on earth, often embodied in the Living ECK Master. He is the Living Word. An expression of the Spirit of God that is always with you. Sometimes seen as a Blue Light or Blue Star or in the form of the Mahanta, the Living ECK Master.

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Thank you for your interest in the *ECK Star*!



Harold Klemp

The spiritual leader of ECKANKAR