

## Welcome, Everyone – An Invitation to Sing HU: A Love Song to God

“If you want to lift yourself to a higher state of consciousness – so that the political issues, the family issues, the social issues of the day do not throw you out of balance, so that you can find a happier, more contented life while you’re living here – sing HU, the most beautiful prayer.”

Harold Klemp, *HU, the Most Beautiful Prayer*, p. 58

We welcome everyone, of all walks of life, faiths, and religions, to come experience the benefits of singing HU.

“HU is an ancient name for God. When sung, it is a love song to God. Singing HU can help fill your heart with divine love. We invite you to join us at the Community HU.

We sing this song, pronounced like ‘hue’ in a long, drawn-out breath, for 20 minutes followed by an inner quiet time of 5 minutes where we each, as individuals, listen to God.

Singing HU each day can lead to a deeper understanding of yourself and why things happen the way they do in your life. It carefully opens your awareness to new viewpoints and attitudes. Anyone can work with the HU regardless of age, background, or religion.”

Harold Klemp, *HU, The Most Beautiful Prayer*, p. viii-ix.

- ★ **2nd Sunday:**  
December 11th at 11:00 am
- ★ **3rd Wednesday:**  
December 21st from 7:00 to 7:30 pm

**ECKANKAR Center of Portland**  
7904 SE Milwaukie Avenue, Portland, OR 97202,  
(503) 233-1595 [www.eckankar-oregon.org](http://www.eckankar-oregon.org)

## Public ECKANKAR Events and Titles

All events are at the ECKANKAR Center of Portland on Sundays from 11:00—12:00 p.m. unless noted.

### December 2011

- Dec 4 — **ECK Worship Service:** “Spiritual Tools to Live Gracefully Through Loss”  
Sunday, 11:00-12:00 noon
- Dec 7 — **Eckankar Center Open,** Wednesday, 7:00-8:00 pm
- Dec 11 — **Community HU:** “HU: A Love Song to God” Sunday, 11:00-12:00 noon
- Dec 14 — **Eckankar Center Open,** Wednesday, 6:00-7:30 pm
- Dec 18 — **ECK Worship Service:** “Creating Your Spiritual Life”  
Sunday, 11:00-12:00 noon
- Dec 21 — **Eckankar Center Open,** Wednesday, 11:00-12:00 noon  
— **Community HU:** “HU: A Love Song to God” Wed. 7:00-7:30 pm
- Dec 28 — **Eckankar Center Open,** Wednesday, 7:00-8:00 pm

## Advanced Spiritual Study as a Next Step on the Road Home to God Experience the Miracle of Spiritual Growth

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. (from eckankar.org)

For local information, call Raeone Gilison: 503-427-0793.

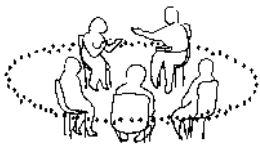
For more information about **The Spiritual Benefits of Eckankar**

go to [www.eckankar.org/Membership/benefits.html](http://www.eckankar.org/Membership/benefits.html) or call Membership Services: 952-380-2222

## 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 on page 1 for ECK Worship Service dates and titles and other Eckankar Sunday and Wednesday Service 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

### 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, 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.

## The Spiritual Exercises of ECK

By Harold Klemp

This is 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.

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.

This is 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](http://www.eckankar.org).

\* Refer to ISBN 1-57042-001-2 when requesting from online or local bookstores.

## 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.

### Learn about HU: A Love Song to God

Read about HU: A Love Song to God and listen to the sound of thousands of people singing this majestic love song to God at [www.eckankar.org/hu.html](http://www.eckankar.org/hu.html)

## 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](http://www.eckankar.org)**  
or call  
**1-800-LOVE-GOD.**

Or write:

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

## A Glossary of ECK Terms

From: [www.eckankar.org/glossary.html](http://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.



## Oregon Satsang Society

The *ECK Star* is published by the Oregon Satsang Society, Inc., a chartered affiliate of ECKANKAR.

### ECKANKAR Center of Portland

7904 SE Milwaukie Avenue  
Portland, OR 97202  
(503) 233-1595  
[www.eckankar-oregon.org](http://www.eckankar-oregon.org)

### ECKANKAR Center Hours

1st Wednesday of each month 7:00—8:00 pm  
2nd Wednesday of each month 6:00—7:30 pm  
3rd Wednesday of each month 11:00 am—12:00 noon  
and 7:00—8:00 pm (Community HU)  
4th & 5th Wednesday of each month 7:00—8:00 pm  
Every Sunday 11:00 am—12:30 noon; closed Dec 25th

### ECKANKAR Center Contacts

<b>Local Director</b>	Raeone Gilison	503 427-0793 raeone1@comcast.net
<b>Spiritual Services Coordinator</b>	Anne Roberts	503-554-9700
<b>Vahana Coordinator</b>	Ada Gonzalez	503-653-5960
<b>Administrative Services</b>	Meg Fancher	503-558-8346
<b>ECKANKAR Center Manager</b>	Jeanette Rico-Wheeler	503-459-2444

### Comments, Suggestions, or Requests:

Please contact the ECK Star Editor, John Houlgate, at 503-850-4909 or [kindredsoul\\_79@yahoo.com](mailto:kindredsoul_79@yahoo.com).

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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**HU. HYO** The most ancient, secret name for God. The 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.

## HU: A Love Song to God

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 Love Song to God

You have the potential for greater happiness, love, and understanding. Singing HU can bring these to you—through the Light and Sound of God.

Throughout the ages, followers of many spiritual traditions have used prayer, the singing of holy words, and meditation to bring themselves closer to God. In the same way, those who have discovered HU, an ancient name for God, sing it for their spiritual upliftment.

Regardless of your beliefs or religion, you can sing HU to become happier and more secure in God's love.

### 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.

From <http://www.eckankar.org/hu.html>

## Free ECK Star Subscription

Subscription to the *ECK Star* is **free** to the public.

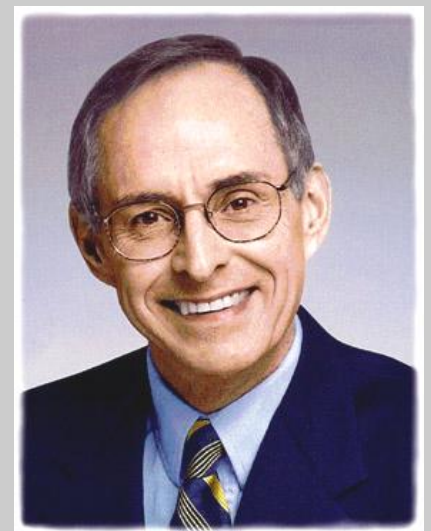
To subscribe, renew, change, or cancel your free subscription, choose one of three contact options:

- **Call:** ECKANKAR Center of Portland voice mail message service at (503) 233-1595.
- **Mail to:** ECKANKAR Center of Portland, 7904 SE Milwaukie Avenue, Portland, OR 97202.
- **E-mail:** kindredsoul\_79@yahoo.com

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



**Harold Klemp**

The spiritual leader of ECKANKAR