

A Better Way to Pray

Dear Friend,

Have you ever felt that there was a better way to pray than you have experienced so far?

Or that there must be a way for you to make a true and pure connection with Divine Spirit, where God resides – in your heart? Wouldn't life have more meaning if you only knew how to make this connection?

I searched many years before finding how to make such a connection with Divine Spirit. When I did, my life changed. I have grown to understand the purpose of my life – why I am here with family, friends, and co-workers, and how I can serve others.

Spiritual knowledge and blessings began with one simple word, sung as a love song to God. That word is "HU," an ancient name for God. Our mother's heartbeat is one of the first sounds we experience in this world; then hear her voice. When she sings a lullaby, it is a carrier of love to her child. I

have found that, in a similar way, HU, the most beautiful prayer, is a carrier of love between me and God. Singing HU is how I began to experience my special connection with Divine Spirit and to begin to understand the spiritual help available to me at any moment.

I sincerely wish to share the gift of HU with you. You are warmly invited to learn more about this special way to pray. Please join us for a heartfelt discussion about creating a sacred connection with Divine Spirit. Saturday, Feb. 18th from 1 pm – 2 pm at the Cedar Mill Community Library, 12505 NW Cornell Road, Portland, OR 97229

Stop by to receive a free CD: *HU, A Love Song to God*. You are welcome to contact me at 971-404-5532 with questions about HU. Or hear HU anytime at www.hearhu.org.

I look forward to meeting you. Sincerely, Diane E

Public ECKANKAR Events and Titles

All events are at the ECKANKAR Center of Portland unless noted.

February 2012

- Feb 1 — **Eckankar Center Open:** Wednesday, 7:00-8:00 pm
- Feb 5 — **ECK Worship Service:** "Finding the Hidden Blessings in Hardship" Sunday, 11:00-noon
- Feb 8 — **Eckankar Center Open:** Wednesday, 6:00-7:30 pm
- Feb 12 — **Community HU:** "HU: A Love Song to God" Sunday, 11:00-noon
- Feb 15 — **Eckankar Center Open:** Wednesday, 11:00-12:00 noon
- **Community HU:** "HU: A Love Song to God" Wednesday, 7:00-7:30 pm
- Feb 17 — **Community HU:** "HU: A Love Song to God" Friday, 7:00 pm, (North of Beaverton)
Cornell Meadows Clubhouse, 1755 NW 143rd Ave., Portland, 97229
- Feb 18 — **Discussion:** "A Better Way to Pray" Saturday, 1:00-2:00 pm, (North of Beaverton)
Cedar Mill Community Library, 12505 NW Cornell Road, Portland, 97229
- Feb 19 — **ECK Worship Service:** "How to Love in God's Name" Sunday, 11:00-noon
- Feb 22 — **Eckankar Center Open:** Wednesday, 7:00-8:00 pm
- Feb 23 — **Discussion Series:** "Spiritual Wisdom on Healing and Health" Thursday, 7:00-8:00 pm
Market of Choice, 5630 Hood St., West Linn 97068
- Feb 26 — **Community HU:** "HU: A Love Song to God" Sunday, 11:00-noon

An Invitation to Sing HU: A Love Song to God

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.

HU, the most beautiful prayer, is a gift to the world”

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

For more information contact: Chris Allen 503-422-2033
chris.c.allen@gmail.com

For date, time, and locations see
Community HU listings, Page 1, under
Public Eckankar Events and Titles



Discussion: Spiritual Wisdom on Health and Healing

Please join us on Thursday, February 23, 7-8:00 pm for a lively discussion on the topic of Harold Klemp's booklet, *Spiritual Wisdom on Health and Healing*. A free copy of this book will be available at this discussion.

Spiritual Wisdom on Health and Healing will help you see yourself and your state of health from a higher perspective than you have likely ever imagined possible.

What is the greatest spiritual force you can use for healing? Where does healing come from? How can you heal the past to help yourself now? During this discussion we will practice spiritual exercises to begin your journey of spiritual healing today.

We will meet at Market of Choice, 5630 Hood St., West Linn 97068. For more information, contact Roger Holden at 503-577-9014 or roger.holden@comcast.net.

New ECK Satsang (Spiritual Study) Class

Newcomers to Eckankar are warmly invited to visit the next ECK Satsang (spiritual study) class, *The Easy Way Discourses*, on Sunday, February 26th, 2012 and we will be discussing lesson 1.

We will meet on the 4th Sunday of each month from 1:30-2:30 pm at the ECKANKAR Center of Portland.

If you are not a member of Eckankar, you are welcome to visit any one of *The Easy Way Discourses* classes. If you have questions, please contact Rita Maupin at 503-245-2160 or zeenaeck@yahoo.com.

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 Anne Roberts, 503-554-9700 or eckankar.org/Membership/benefits.html

The Oregon Satsang Society, a chartered affiliate of ECKANKAR, Religion of the Light and Sound of God presents:

SPIRITUAL TOOLS FOR *Mastering Life's Challenges*

June 22–24, 2012

(Friday afternoon through Sunday Afternoon)

Deschutes County Fair and Expo Center

3800 SW Airport Way, Redmond, Oregon

Save the Date!

Location

The Deschutes County Expo Center is a beautiful, state-of-the-art events facility located just off Highway 97 on the south end of Redmond, next to the Redmond International Airport. The seminar will be held in the Middle Sisters Conference Hall and adjoining rooms. Visit www.expo.deschutes.org for more details. **All parking is free.**

Lodging

Rooms have been blocked at the three closest motels—located on Highway 97 either a few minutes by car or only a 15-minute walk to the Expo Center. Make your reservations now, as Central Oregon lodging fills up very early for that time of year.

Best Western Plus Rama Inn (www.redmondramainn.com)

2630 SW 17th Place, Redmond, OR 97756

(541) 548-8080

Rates: \$85/night plus tax. Includes free hot breakfast, pool, and more.

Comfort Suites Redmond Airport (www.comfortsuites.com)

2243 SW Yew Ave, Redmond, OR 97756

(541) 504-8900

Rates: \$85/night plus tax. Includes a full free breakfast, pool, shuttle service, and more. Call during the day for special seminar rates.

Super 8 Redmond (www.super8.com)

3629 SW 21st Place, Redmond, OR 97756

(541) 548-8880

Rates start at \$83.99 per night plus tax, with similar extras.

If you call and the blocked rooms are filled, let Debbie Hosier know at (541) 350-3066. We may be able to add more if rooms are still available.

Camping

A limited number of RV sites with full hookups and campsites are available at the **Expo Center RV Park**. Call (541) 548-2711, ext. 7949 now to make your reservations.

What Would You Love to Do?

We, the seminar planning team, invite you to join us. We need lots of help in all areas. This is your seminar too. **Contact our volunteer coordinator, Margaret Fancher**, at (503) 558-8346, or e-mail her at gandmfancher@yahoo.com to offer your assistance.

Thank you in ECK love,

Your Seminar Team

GUEST SPEAKER

RODNEY JONES—Rodney is a long-time member of the Eckankar clergy, an ECK writer and speaker, a professional musician and professor at both Julliard and Manhattan Schools of Music.

THE SEMINAR VISION—To create a vibrant, joyous event flowing with love, laughter, learning, and community. Planned events include workshops, roundtables, chela trainings and workshops on Friday afternoon, and a priority on children, youth and families. There will be ongoing children's and youth programs as well as a family room for those with children under age five.

Also, plenty of music and creative arts and a full day on Saturday of special presentations for those new to Eckankar.

THIS IS THE MAHANTA'S SEMINAR—for all Oregon chelas and visiting ECKists, as well as those exploring Eckankar for the first time.



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 Eckkist 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.

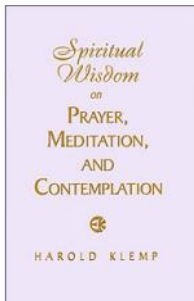
Reprinted with permission of ECKANKAR, June 2009.

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

You can find these books by Harold Klemp free at the ECKANKAR Center of Portland or during discussions groups scheduled around the Portland area this year.

You can also 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 below.



Spiritual Wisdom on Prayer, Meditation, and Contemplation

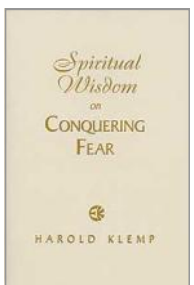
Harold Klemp

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 1-57043-282-8 when requesting from online or local bookstores

Free at the ECKANKAR Center of Portland or during discussions groups scheduled around the Portland area this year.



Spiritual Wisdom on Conquering Fear

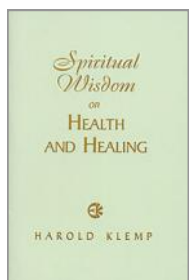
Harold Klemp

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

Refer to ISBN 1-57043-219-8 when requesting from online or local bookstores

Free at the ECKANKAR Center of Portland or during discussions groups scheduled around the Portland area this year.



Spiritual Wisdom on Health and Healing

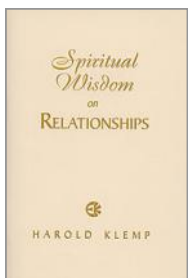
Harold Klemp

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 1-57043-230-9 when requesting from online or local bookstores.

Free at the ECKANKAR Center of Portland or during discussions groups scheduled around the Portland area this year.



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 1-57043-242-2 when requesting from online or local bookstores.

Free at the ECKANKAR Center of Portland or during discussions groups scheduled around the Portland area this year.

An Invitation to Learn to Sing *HU: A Love Song To God* Every 2nd and 4th Sunday and 3rd Wednesday

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 2nd and 4th Sunday of each month from 11 to 11:30 am and the 3rd Wednesday from 7:00 to 7:30 pm**, experience singing an ancient love song to God, the word HU.

A Divine Connection

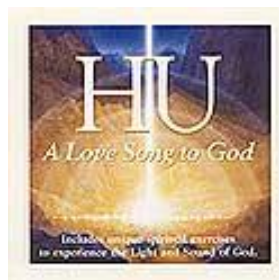
Eckankar teaches that a spiritual essence, the [Light and Sound](#), connects everyone with the heart of God. This Light and Sound is the ECK, or the Holy Spirit. Direct experience with these twin aspects of God opens the deep spiritual potential within each of us. The Light and Sound purify, uplift, 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 20-minute 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 contact: Chris Allen 503-422-2033 chris.c.allen@gmail.com.



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 Page 1 for ECK Worship Service dates and titles and other Eckankar Sunday 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 at the ECKANKAR Center of Portland.



The Spiritual Exercises of ECK

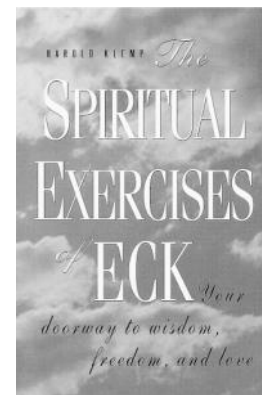
By Harold Klemp

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 splendorous 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, 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.

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**

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.



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

ECKANKAR Center Hours (Also, see page one)

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 from 11:00 am—12:30 is a Sunday Service. See Page 1.

ECKANKAR Center Contacts

Local Director	Raeone Gilison	503 427-0793 raeone1@comcast.net
Spiritual Services Coordinator	Anne Roberts	503-554-9700
Vahana Coordinator	Ada Gonzalez	503-653-5960
Administrative Services	Margaret Fancher	503-558-8346
ECKANKAR Center Manager	Margaret Fancher	503-558-8346

Comments, Suggestions, or Requests:

Please contact the ECK Star Editor, John Houlgate, at 503-850-4909 or 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.

The *ECK Star* is published by the Oregon Satsang Society, Inc., a chartered affiliate of ECKANKAR.® The opinions expressed in this newsletter are those of the writers and not necessarily those of ECKANKAR or The Living ECK Master, Harold Klemp.©2012 ECKANKAR All Rights Reserved.

HU. HYOO 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

We invite you to join us at the Community HU

“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 www.eckankar.org/hu.html

For more information contact: Chris Allen 503-422-2033 chris.c.allen@gmail.com

For date, time, and locations see Page 1 under Community HU

Free ECK Star Subscription

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

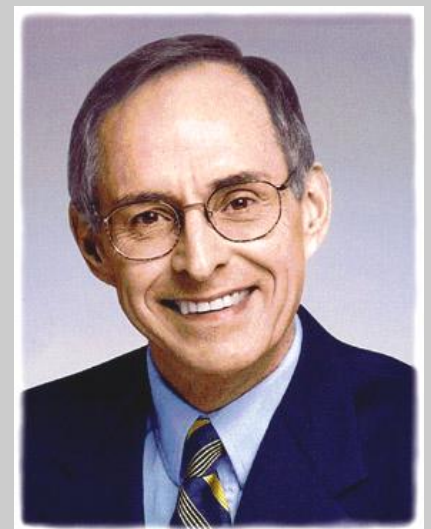
To subscribe, renew, change, or cancel your free subscription, choose one of three contact options:

- **Call:** ECKANKAR Center of Portland voice mail message service at (503) 233-1595.
- **Mail to:**
ECKANKAR Center of Portland
c/o Newsletter
7904 SE Milwaukie Avenue, Portland, OR 97202.
- **E-mail:** kindredsoul_79@yahoo.com

If subscribing, renewing, or changing your free subscription, please give the following information:

1. Subscriber name (please spell it out).
2. Your phone number (in case we have questions about your subscription).
3. Your request. For example:
 - Please send me a free subscription of the *ECK Star* to (name, house number, street, city, state, zip).
 - Please renew my subscription (give name).
 - Please change my *ECK Star* mailing address to (name, house number, street, city, state, zip).

Thank you for your interest in the ECK Star!



Harold Klemp

The spiritual leader of ECKANKAR