

Lightwaves

Eckankar

The Path of Spiritual Freedom August 2017

News of public and member ECK events on the South Coast

THE ECK LIGHT AND SOUND SERVICE

Youth and Families and Everyone Welcome!

Sunday, August 13th 11:00 AM – Noon

Coos Bay Library Cedar Room

525 Anderson, Coos Bay

This month's discussion theme:

Creative Problem Solving

“A solution is hidden in the folds of every reverse. No matter what is thrown into our face, there is a way to roll with the punch.

People with a high state of consciousness are not frozen into inaction by terror brought about through disasters. They immediately make a plan to turn the negative energy to advantage. At this level of creative imagination, Soul is in a condition of survival.

The lesson of the worlds of matter is to develop Soul's ability to ride the crests of life.”

--Harold Klemp, *ECK Wisdom on Solving Problems*, pp. 42-43

“Soul hasn't any problems; we have problems in our mental, emotional, or physical bodies. Soul hasn't any real problems to speak of.

It isn't concerned about a whole lot of things; It isn't concerned about how long we live, because Soul is eternal.”

--Harold Klemp, *Touching the Face of God*, p. 80

For information about ECKANKAR events on the South Coast call 541-756-2255
Oregon Satsang Society, Inc. P.O. Box 1622, North Bend, OR 97459

You are warmly invited to the ECK Light and Sound Services. Each service focuses on an aspect of Eckankar. The service lasts about an hour and features a reading from the ECK works, singing HU, and a group discussion of spiritual principles at work in daily life. Join others seeking to bring more insight and divine love into their lives at this special celebration of the Light and Sound of God. For those who like, fellowship and light snacks follow the service.

“A way to heal oneself begins with a spiritual exercise.”
--Harold Klemp, *The Spiritual Life*, p. 20

A Spiritual Exercise to Start the Day Right

You may find it helpful to declare yourself a vehicle for God each morning. Just made a statement such as, “I declare myself a vehicle for God.” Or you can use the ECK terms: “I declare myself a vehicle for the SUGMAD” (which is God), “the ECK” (or Spirit), “and the Mahanta” (which is this high state of consciousness that we look to).

Then go about you duties throughout the rest of the day.

You don’t even have to think about it anymore. You know that every experience you have today is for your spiritual unfoldment. If a negative situation comes up with your fellow employees, or what have you, there is a way to handle it.

You will find that declaring yourself a vehicle for Spirit and God is a great help in giving you an understanding of the purpose of your everyday life.

You’ll also find it will help take those tangles out of the stomach in the morning, when you have to go to work but would rather not.

--Harold Klemp, *ECK Wisdom on Solving Problems*, pp. 61-62

Children, Youth, and Families in ECK

Children have the wisdom of God and are closer to it than many people who have spent years in this world gaining all kinds of knowledge about the nature of religion. Children have it naturally.

—Harold Klemp, *The Secret of Love*, p. 96

Millions of families today are looking for a spiritual home.
Some find solace in the religion they grew up with. Others are still searching.
You may be among them.

Eckankar offers families spiritual support to handle the pressures in society and at school.
Eckankar offers your family spiritual values based on God's love instead of fear and guilt.

The ancient wisdom contained in Eckankar's teachings can make the job of being a parent easier. For instance:

- Each member of your family is Soul, a divine spark of God. This understanding helps you respect your child's individuality. Seeing that spark of God helps a family **have greater compassion and love for each other.**
- God speaks to each person through the Light and Sound in subtle and sometimes dramatic ways. Learning to listen to the Voice of God can help you **live with greater confidence and less fear.**
- When family members share a clearer knowledge of the spiritual laws taught in Eckankar, such as the Law of Cause and Effect (karma), **self-discipline and self-responsibility make more sense.** You and your family can learn together how to take charge of your lives, start to release negative habits, and learn to relate to each other in more loving and respectful ways.
- Eckankar's spiritual exercises help all family members **become better problem solvers** through creative imagination and direct contact with God.

www.eckankar.org/child.html

Would you like more information about ECKANKAR?

Call 1-888-Love God and receive as a gift the *Spiritual Experiences Guidebook*

Eckankar's web site: www.eckankar.org

or write: ECKANKAR, P.O. Box 2000, Chanhassen, MN 55317-2000

For seminar info: www.visitECKseminars.org

Direct Link to HU: A Love Song to God: www.HearHU.org

Oregon's web site is www.eckankar-oregon.org for activities in all Oregon areas

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H.I. Reviewer: Inquire to Editor, as above

Lightwaves: Subscriptions are a gift and available by regular mail or e-mail. Contact Editor, as above.

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The opinions expressed in this publication are those of the writers and not necessarily those of ECKANKAR or the Mahanta, the Living ECK Master, Sri Harold Klemp.

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