

# *Lightwaves*

## **Eckankar**

**The Path of Spiritual Freedom      July 2017**

News of public and member ECK events on the South Coast

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### **THE ECK LIGHT AND SOUND SERVICE**

**Youth and Families and Everyone Welcome!**

**Sunday, July 16<sup>th</sup> 11:00 AM – Noon**

**Coos Bay Library Cedar Room**

**525 Anderson, Coos Bay**

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**This month's discussion theme:**

## ***Deepening Your Inner Connection with Spirit***

**“Light and Sound, just like the rain and the wind, come to everyone equally and alike. But some people benefit more than others.**

**“It's up to you in your state of consciousness.**

**“And you state of consciousness depends upon whether or not you care enough to open yourself to this inner guidance of Divine Spirit so that you can have some of the experiences that are necessary to break through this hard human shell. Unless you do, you cannot rise into the higher states of awareness.”**

**--Harold Klemp, *How to Survive Spiritually in Our Times*, pp. 78-79**

**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.**

**“Seize the moment, seize the day—and embrace life with joy and wonder. The ECK teachings offer you a simple way to enjoy life to the fullest measure: the Spiritual Exercises of ECK. Do them daily, do them well. For they bring love.”**

**--Harold Klemp, *The Living Word, Book 2*, p. 204**

**Spiritual Exercises to Try:**

### **Golden Musical Notes**

**Sit or lie down, close your eyes, and place your attention on the Spiritual Eye. Chant HU. As you chant, listen carefully in a gentle way. Use the creative imagination: Try to visualize the Sound as golden musical notes flowing down from a place above you.**

**As you see them, know that each golden note has an accompanying sound. Listen for the melodies as they pass into and through you in a continuous stream.**

**Visualize something connected with the music that strikes a definite image on your mind, perhaps a stringed instrument, a flute, or woodwinds. First try to see, then try to hear the golden notes flowing down from this musical instrument. Know that you are listening to the melody of God.**

**--Harold Klemp, *The Spiritual Exercises of ECK*, p. 141**

### **The Dream Basket**

**In contemplation or the dream state, imagine meeting the Inner Master in your home or office. He holds out a wastebasket. “Take your cares and worries, and put them in here,” he tells you.**

**Visualize taking all the things that are bothering you and putting them into the Master’s basket. Feel rested and relaxed as you release them into the hands of the ECK.**

**If something is unpleasant in your life, change it. You are the creator of your worlds, whether they are on the inner planes or out here. The Inner Master will try to show you how to make your life out here better.**

**By turning a situation over to the Inner Master, something is worked off, and out of it can come more harmony and balance.**

**--Harold Klemp, *The Spiritual Exercises of ECK*, p. 169**

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

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

For seminar info: [www.visitECKseminars.org](http://www.visitECKseminars.org)

Direct Link to HU: A Love Song to God: [www.HearHU.org](http://www.HearHU.org)

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

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H.I. Reviewer: Inquire to 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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