

Lightwaves

Eckankar

The Path of Spiritual Freedom June 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, June 11th 11:00 AM – Noon

Coos Bay Library Cedar Room

525 Anderson, Coos Bay

This month's discussion theme:

Blessings of the Light and Sound

“True food for Soul is the Light and Sound of God, the two parts of the Holy Spirit. ECK equals the Holy Spirit which equals the Light and Sound which equals divine love. These things are all one and the same. When we try to explain what this or that part of it is, it's very difficult. Basically, the Light and Sound of God are divine love coming into your life. It's that and nothing more.”

--Harold Klemp, *The Secret of Love*, pp. 118-119

You are Soul. It is the real you.

You are a timeless, deathless spark of God—in love, strength, and beauty—upheld by the always present Light and Sound, the Holy Spirit.

--Harold Klemp, *The Spiritual Life*, p. 75

“Everything consists of Light and Sound in some form. Sound, or vibration interspersed with matter, creates matter of different density. It makes soft cushions, and it makes hard floors. It makes the plastic on this chair. It's a level of vibration, of the Sound going through matter of different composites to make another substance which has its own unique properties.

And this is how the ECK speaks. It speaks in a number of different ways, including via dreams and intuition.”

--Harold Klemp, *Our Spiritual Wake-Up Calls*, p. 206

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 Spiritual Exercise to Try:

The Water of Life

In contemplation or before going to sleep, visualize yourself walking along a beach.

Ahead of you on the sand is a blanket spread with fruit. The Inner Master, the Mahanta, is waiting for you. In his hands he holds a goblet made of precious jewels.

The Mahanta offers you the goblet, "This is the water of life," he says to you. "Take it, and drink."

The water of life is actually the ECK, which is the Light and Sound of God. As you drink of It, visualize the Light and Sound rushing through your being. Know that once you drink of this, you will never be the same. You will always thirst for the waters of heaven.

--Harold Klemp, *The Spiritual Exercises of ECK*, p. 159

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

Editor, South Coast Director: Ruth Gallagher, rgheartline@gmail.com, 541-756-2255

P.O. Box 1622, North Bend, OR 97459

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.

Lightwaves Newsletter is published by the Oregon Satsang Society, Inc., a Chartered Affiliate of ECKANKAR, P.O. Box 1622, North Bend, OR 97459

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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