

Lightwaves

Eckankar

Experience the Light and Sound of God March 2017

News of public and member ECK events on the South Coast

THE ECK WORSHIP SERVICE

Youth and Families and Everyone Welcome!

Sunday, March 12th 11:00 AM – Noon

Coos Bay Library Cedar Room, 525 Anderson, Coos Bay

This month's discussion theme:

How to Survive Spiritually In Our Times

“It’s a spiritual exercise—this trial of survival in working with the ECK. It’s an exercise in working with the ECK, listening so carefully moment by moment by moment. Sometimes, for me, it has been moment to moment, day after day, week after week, month after month, for four or five years. It’s where you face a major crisis maybe four or five times a day. And you can never look back.”

It’s like when the Minnesota winter is over—you don’t look back. Spring is coming. It may be wild and woolly, but you sure don’t look back. You go forward.

You always go forward. And you keep your face to the ECK.

Because the ECK, the Holy Spirit, is the Voice of God. You keep your face to the Holy Spirit, to this Voice, this ancient, primordial Voice, because that’s the direction of Sugmad. That’s where God is. So you go there.

That’s what the challenges of life are about. You learn to use them as a spiritual exercise to help you become stronger spiritually.”

--Harold Klemp, *The Road to Spiritual Freedom*, pp. 178-179

“Think about the gifts in your life that have come from God, from the Holy Spirit, that make this life worth living. Think about the adventures that are coming, and be grateful for the strength to meet tomorrow.

Appreciate the gift of life.”

--Harold Klemp, *Spiritual Wisdom on Prayer, Meditation, and Contemplation*, pp. 51-52

You are warmly invited to The ECK Worship 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.

**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**

A Special Event

Community HU

Saturday, April 1st, 1:00-1:30 pm,

North Bend Public Library, 1800 Sherman Ave., North Bend

People of all Faiths and Beliefs are invited to this 20 min. chant

“When you sing the name of God with love, the binding and bands that constrain Soul will begin to unwind. Not all at once but very slowly, at a rate you can understand and accept. As these bindings are released, Soul rises in spiritual freedom.”

--Harold Klemp, *HU, the Most Beautiful Prayer*, p. 37

A Spiritual Exercise to Try:

Movie Screen

Find a comfortable position and relax. Shut your eyes, and look at the inner screen. Imagine you are watching a movie screen. Sometimes it will be black, sometimes white, sometimes gray. There may even be times when you can see a scene or a moving picture.

At first, try looking straight at the screen. After a while this may not work, so let your inner vision stray to the left or right about ten degrees. Suddenly, out of the corner of your eye, you may notice that something has appeared on the screen. This is how you begin to look for the Master.

In a relaxed way, look obliquely, knowing that your attention is really to the center. Begin singing HU or chanting your secret word.

As you do this spiritual exercise and sing HU to yourself, it begins a purifying, cleansing action on Soul. Old habit patterns—the gossip, the idle chatter, the dishonesty with oneself—start to fall away.

--Harold Klemp, *The Spiritual Exercises of ECK*, p. 149

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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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.

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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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