

Lightwaves

Eckankar

The Path of Spiritual Freedom **January 2018**

News of public and member ECK events on the South Coast

THE ECK LIGHT AND SOUND SERVICE

Youth and Families and Everyone Welcome!

Sunday, January 14th 11:00 AM – Noon

Coos Bay Library Cedar Room

525 Anderson, Coos Bay

This month's discussion theme:

How to Connect with God's Sweet Love

**Consciously open your heart to God's love, which is
always and forever flowing out to you like a quiet mountain stream.**

It's easy to do.

**Sing HU, and, in your mind and heart, watch this
quiet stream of God's love flow gently into your heart and being.**

**HU opens your heart to God. It opens you to God's
sweet love.**

--Harold Klemp, *The Sound of Soul*, p. 14

HU will prepare you to accept the full love of God in this lifetime. Begin today. Find a quiet spot, shut your eyes, and let love for something dear to you enter your heart. Sing HU gently aloud, then silently for ten to twenty minutes. Look and listen for the love that returns to you. This is the law of the universe.

Love returns love.

So sing HU, a love song to God, every day.

--Harold Klemp, *The Sound of Soul*, p. 2

**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 Temple Door

This is a very simple exercise to make contact with the Voice of God.

Close your eyes and relax. You are preparing to enter the inner temple, that sacred place where Soul has communication with God. You may see the Light of God first in your Spiritual Eye. You may see It as a Blue Light or a Blue Star. You may see It as a globe or blob of light.

This means you have contact with the highest state of consciousness that is available. It can uplift you to that very same state, too, but not overnight—the shock would be too great.

After you see the Light in your Spiritual Eye or feel It in your heart center, then comes the Sound. The Sound may come first at times.

The Sound may be that of the flute of God which comes from the Soul Plane. Or you may hear the buzzing of bees or any number of different sounds. Later, as you move higher, it may become a very high peeping sound, a single peep so high that it feels as if you can barely reach it.

It is the Voice of God uplifting you.

--Harold Klemp, *The Spiritual Exercises of ECK*, p. 139

Families in ECK

Children, Youth, and

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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