

Lightwaves

Eckankar

The Path of Spiritual Freedom December 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, December 16th 11:00 AM – Noon

Coos Bay Library Cedar Room

525 Anderson, Coos Bay

This month's discussion theme:

Giving, the Secret to Receiving

As we give of ourselves, of our patience and love, to someone else who needs it more, something changes inside us. Something flows in, a flow of good feeling. A spiritual upliftment occurs both in us and in the person receiving the love.

--Harold Klemp, *The Language of Soul*, p. 138

Learn to give, without ever thinking of a reward. That's how to find the treasures of heaven.

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

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:

More than Just Getting By

Pick one day a week where you will do more than just get by. On that day put your whole heart into taking care of your family, your work, and yourself.

So many people spend their lives just trying to get by. That's all they really want to do. A person like that isn't material for God Consciousness; his cloth is different from one who is striving for the highest spiritual states.

People of the golden heart care about things. They are filled with love, they finish what they start, and they like to see it done well.

--Harold Klemp, *The Spiritual Exercises of ECK*, p. 199

God Consciousness, Levels of CONSCIOUSNESS beyond the margin of attention; the MANIFESTATION of spiritual energy, ECK POWER, made up of atoms in space; God Awareness, that which lies beyond the physical consciousness; GOD-REALIZATION, full AWARENESS, of identity with God; complete and conscious awareness of God.

--Harold Klemp, *A Cosmic Sea of Words*, p 80

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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