

Lightwaves

Eckankar

The Path of Spiritual Freedom **December 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, December 10th 11:00 AM – Noon

Coos Bay Library Cedar Room, 525 Anderson, Coos Bay

A Quality of Spirit:

Charity

charity. One of the three main qualities of SPIRIT, the other two being freedom and WISDOM; non-attached LOVE.

--Harold Klemp, *A Cosmic Sea of Words*, p. 29

Charity is what the Christian Bible speaks of as goodwill. We call it Vairag, or detachment. When we see another person with problems and troubles, we can have compassion; but we understand that somewhere down the path these problems have come to him by his own efforts. We let him have the freedom to have his troubles. If he asks for help or compassion in one sense or another, we can give it, but we certainly do not interfere with another person's problem and take it on ourselves by saying, I'm going to pray for his healing. We learn the laws of Spirit.

--Harold Klemp, *How to Find God, Mahanta Transcripts Book 2*, pp. 40-41

Once you've had an experience with the Light and Sound of God, in one way or another you are going to have an urge to serve. This urge is the action of charity working through you. It is the Spirit of God coming through you, trying to find Its way into this world and express Itself through you. This Spirit of God is what we call the ECK; it's no different.

--Harold Klemp, *The Drumbeat of Time*, pp. 93-94

**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 Simple Exercise

A spiritual exercise you can use whenever you go out in life is simply this: Do one good deed a day and expect no thanks for it.

It can be even the smallest deed as long as you do it for someone else, including a pet or a bird. It can be a simple kindness, like watering plants in your home. But say to yourself, "I do this because I love you, and because God loves me." That's the only reason.

Soul exists because God loves us. There is no ulterior motive; God doesn't love us because He is going to get something out of it. So when you do a deed of love for someone else, you shouldn't expect to get anything out of it either.

This spiritual exercise will help you begin to find the happiness and satisfaction that so many are missing today in their own religions, even in ECKANKAR. They don't yet realize that to receive love, they have to give. So do a little deed of some kind for others, and you will begin to see a change in your life. You will become a happier, more fulfilled human being.

--Harold Klemp, *The Drumbeat of Time*, p. 84-85

in ECK

Children, Youth, and Families

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.

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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