

# *Lightwaves*

## **Eckankar**

**The Path of Spiritual Freedom**      February 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, February 11<sup>th</sup> 11:00 AM – Noon**

**Coos Bay Library Cedar Room**

**525 Anderson, Coos Bay**

\*\*\*\*\*

**This month's discussion theme:**

# **Loving God by Serving All Life**

**Realize that as you give love to God, God's love has already been given to you. Now all you need do is accept God's love and return it to life.**

**For in returning it to life, to your fellow man and other creatures of God, you are returning it to God.**

**--Harold Klemp, *The Awakened Heart*, p. 55**

**A gift of true love is always God's love to you that you give to another.**

**--Harold Klemp, *The Language of Soul*, p. 148**

**We're all creations of God, and for this reason, each Soul deserves the highest respect you can give.**

**--Harold Klemp, *The Loving Heart*, p. 127**

**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 Spirit of Love**

The spiritual exercises work best when done with goodwill, a feeling of happiness in your heart, and with joy in expectation of seeing the Mahanta.

On the inner planes, the Mahanta is the representation of the Sugmad, which is often seen in the form of the Living ECK Master. If you can fill yourself with love, you have a very good chance of being successful in Soul Travel.

How do you invoke the spirit of love? You can do it in any number of ways.

For instance, when you go into contemplation, you can put your thoughts and mind upon a past experience where you were filled with love. This will set the tone for your state of consciousness. Then begin chanting one of the secret names for God or your personal word.

You are the one who must set the tone of love and let it fill your heart. Your whole being has to be filled with love, not from the head, but from the heart. And then, as you make your preparations to go inwardly, you say to the Inner Master: "Mahanta, please take me to the place that is right and fitting for me at this time. I put myself in thy hands."

**--Harold Klemp, *The Spiritual Exercises of ECK*, p. 285**

**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](http://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](http://www.eckankar.org)

or write: ECKANKAR, P.O. Box 2000, Chanhassen, MN 55317-2000

For seminar info: [www.visitECKseminars.org](http://www.visitECKseminars.org)

Direct Link to HU: A Love Song to God: [www.HearHU.org](http://www.HearHU.org)  
Oregon's web site is [www.eckankar-oregon.org](http://www.eckankar-oregon.org) for activities in all Oregon areas

\*\*\*\*\*

Editor, South Coast Director: Ruth Gallagher, [rgheartline@gmail.com](mailto: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.

Copyright © 2018 ECKANKAR. All rights reserved. The terms ECKANKAR, ECK, EK, MAHANTA, SOUL TRAVEL, and VAIRAGI, among others, are trademarks of ECKANKAR, PO BOX 2000, Chanhassen, MN 55317-2000



