

# *Lightwaves*

## Eckankar

The Path of Spiritual Freedom      March 2019

News of public and member ECK events on the South Coast

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### **THE ECK LIGHT AND SOUND SERVICE**

**Youth and Families and Everyone Welcome!**

**Sunday, March 10<sup>th</sup> 11:00 AM – Noon**

**Coos Bay Library Cedar Room**

**525 Anderson, Coos Bay**

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**This month's discussion theme:**

## **God's Love is a Wonderful Thing**

**God's love is a wonderful thing. It shows up in people we love, in the animals, birds, and other pets we have that we love. It shows up in all different ways in what we love. In case you haven't discovered it, the whole purpose in living, the whole purpose of God's plan, is so each of us—you and you and you—learn how to love. That's it.**

**And love begins where? It begins with those who are near and dear to us. If we can't love them, how are we ever going to love God? And before you can love those who are near and dear to you, you've got to learn to love yourself.**

**--Harold Klemp, *How to Survive Spiritually in our Times*, p. 221**

So I would like to leave you with this thought: Open your heart to love because God loves you.

--Harold Klemp, *How to Survive Spiritually in our Times*, p. 24

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.

### **Everyone is Welcome to these Special Events**

#### ***A Talk on Video by Sri Harold Klemp: A Golden Contract***

Harold Klemp is the spiritual leader of Eckankar and is known as a pioneer of today's focus on "everyday spiritually."

Wednesday, March 6<sup>th</sup>, 1:30 to 2:30 pm, Coos Bay Library Cedar Room

#### ***Spiritual Discussion: Have You Had a Spiritual Experience?***

Thursday, April 4<sup>th</sup>, 1:00 to 2:00 pm, Chetco Community Library Annex, [402 Alder Street](#)  
[Brookings](#)

A spiritual exercise to try:

### **The Open Heart**

In this spiritual exercise, you practice keeping an open heart throughout everyday life. It is very tough; I have to work at it all the time too.

**No one technique will work for everyone, but there are ways to keep your attention on having an open heart. Start with something you can love, even a pet or a plant, and just love it a lot. As the love comes, let it pour through you.**

**The habit of love is catching; it builds, gains momentum, and becomes easier. But like a plant that needs watering and loving care every day, the habit of love takes constant attention.**

**Love won't come through unless the heart is open. To work with an open heart is to love or care for something or someone more than you do for yourself. This is the first step to the divine love that we are looking for.**

**--Harold Klemp, *The Spiritual Exercises of ECK*, p. 185**

## **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**

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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.**