

Lightwaves

Eckankar

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

Coos Bay Library Cedar Room

525 Anderson, Coos Bay

This month's discussion theme:

The Holiness of the Moment

“The future comes up on us unseen. It is for this reason we must concern ourselves with *now*; to live in the moment.

Be aware that you are alive, that you are gaining experience.”

--Harold Klemp, *The Awakened Heart*, p. 75

“A person who lives in the holiness of the moment is always looking for the potential in whatever they happen to be doing. They are always looking for ways to make everything around them better. These are people who will always take the extra step and do more than anyone else around them. They will go out of their way to do whatever is required to be of service to others.”

--Harold Klemp, *The Dream Master, Mahanta Transcripts, Book 8*, p. 156

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.

“There is a step beyond prophecy. This is the ability to live in the moment.”

--Harold Klemp, *The Awakened Heart*, p. 74

Listening for God

Try this simple spiritual exercise to help you hear and see the two aspects of God, the Light and Sound.

Go somewhere quiet. Sit or lie down in a comfortable place. Put your attention on your Spiritual Eye, a point just above and behind your eyebrows. With eyes lightly shut, begin to sing a holy word or phrase, such as HU, God, Holy Spirit, or “Show me thy ways, O Lord.” But fill your heart with love before you approach the altar of God, because only the pure may come.

Be patient. Do this exercise for several weeks, for a limit of twenty minutes each time. Sit, sing, and wait. God speaks to you only when you are able to listen.

--Harold Klemp, *The Spiritual Exercises of ECK*, p. 9

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

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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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