



All events are at the ECKANKAR Spiritual Center of Portland, unless otherwise noted.

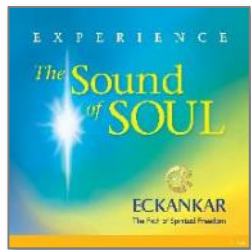
7904 SE Milwaukie Avenue, Portland, OR 97202 (503) 233-1595, www.eckankar-oregon.org, www.eckankar.org

EXPERIENCE HU—THE SOUND OF SOUL

Friday, June 1, 1:30 to 1:50 pm, Oregon City, Meadows Court Yard - Library, 13637 Garden Meadow Drive.

Contact: Russell Henderson: rhender@bctonline.com

Sunday, June 3, 11:00 am to 12:00 pm at the ECKANKAR Spiritual Center of Portland.



Sacred Sound, ancient mantra. HU is a universal love song to God. Meet Like-Hearted People at a Sound of Soul Event.

Discover your inner guidance. Healing for body, mind, and spirit. A higher form of creativity.

Sound of Soul events offer the opportunity to chant *HU*, engage in spiritual conversation, and enjoy community.

Meet others of like heart who share a desire to explore their own connection with God or Divine Spirit. ECKANKAR offers events, including the Sound of Soul experience, around the world. - Harold Klemp, *The Sound of Soul*

During a Sound of Soul event, we introduce the HU, then sing it for about 20 minutes (pronounced like the word hue), followed by a quiet contemplative time of about 3 to 5 minutes. Then we engage in spiritual conversation and enjoy community.

For more information about HU-the Sound of Soul, see <https://eckankarblog.org/sound-of-soul/>.

SPIRITUAL DISCUSSION ON RELATIONSHIPS (Free and all are welcome)

June 6, 7:00 - 8:15 pm, Tea Chai Te, 7983 SE 13th Ave, Portland (Sellwood District), OR Presented by the ECKANKAR Spiritual Center of Portland

"Look at others as if they are carries of God's love to you. In fact, they are.

The next point is important. You must consciously open your heart to God's love, which is always and forever flowing out to you like a quiet mountain stream." From Harold Klemp, "Spiritual Wisdom on Relationships," p. 38.

What is the secret of love? How could a past life affect a current relationship?

Come discover how relationships can be the window to a deeper part of ourselves.

INTERESTED IN ADVANCED SPIRITUAL STUDY? A new "The Easy Way Discourses" Satsang Class is Starting

Saturday, June 9, 11:00 – 12:30 pm, The Easy Way Discourses.

Located in a private home in NE Portland. For address and directions contact: Jocelyn Parrish jqparrish@gmail.com, 806-356-4877.

You are welcome to visit this satsang one-time as a quest. To study "The Easy Way Discourses," Eckankar membership is required. When you become a member of Eckankar, you receive a discourse series for your personal study. You study one lesson a month, sharing them with your family if you like.

Spiritual training and experience come in many ways with ECKANKAR membership.

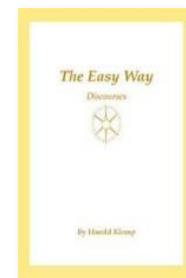
- You receive a year-long discourse series written by the spiritual leader of ECKANKAR for your personal study.
- You can also study with others in an ECK Satsang (spiritual study) class to share experiences, insights, and questions.

"The ECK discourses are written with a secret, internal rhythm that gradually unfolds your consciousness in a very precise and orderly manner.

The Easy Way Discourses are a portal for you to enter the secret worlds that exist beyond our cosmos, the higher regions so well known to the ECK travelers and the saints of old." —Sri Harold Klemp, the Mahanta, the Living ECK Master.

To become a member of ECKANKAR, you may sign up online at:

- www.eckankar.org/Membership or call ECKANKAR membership services at (952) 380-2222.
- Or, talk to a member of the ECK clergy after an ECK Light and Sound Service, held at the ECKANKAR Spiritual Center of Portland on the 2nd Sunday of each month, from 11:00 am-12:00 pm.



ECK LIGHT AND SOUND SERVICE

Sunday, June 10, 11:00 - 12:00 noon. Spiritual topic: "Gift of Love in Daily Life"



The public is warmly invited to ECK Light and Sound Services. Each service focuses on an aspect of Eckankar. They often feature a reading from the ECK works, singing HU, talks, music, and a group discussion of spiritual principles at work in your daily life.

The service lasts about an hour. Join others seeking to bring more insight and divine love into their lives at this special celebration of the Light and Sound of God.

DROP IN - ECKANKAR SPIRITUAL CENTER OF PORTLAND IS OPEN

Enjoy checking out Eckankar books and CDs from the Eckankar Library. Or select free information. Spend time by yourself to read or contemplate.

An Eckankar Host is always available to discuss any questions about ECKANKAR – the Path of Spiritual freedom. All are welcome.

Tuesday, June 5, 10:00 am to 1:00 pm; ECK video at noon: "Stand Back for a Better Look", 1998 ECK European Seminar

Tuesday, June 12, 10:00 am to 1:00 pm; ECK video at noon: "You Air a Cup for the Living Water", 1998 ECK Springtime Seminar

Wednesday, June 14, 10:00 am to 1:00 pm; ECK video at noon: "God's Love is a Wonderful Thing", 1998 ECK Springtime Seminar

Tuesday, June 19, 10:00 am to 1:00 pm; ECK video at noon: "Under the Spread of Holy Spirit's Wings", 2005 ECK Spiritual Skills Seminar

Wednesday, June 20, 10:00 am – 12:00 pm.

Tuesday, June 21, 10:00 am to 1:00 pm; ECK video at noon: "The Wonderful Ways of ECK", 2005 ECK Worldwide Seminar



ECKANKAR Spiritual Center of Portland Contacts

Local Director: Linda Hammond, 503-750-8667 / Oregon RESA: Diane Ehrler, 503-644-4992

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