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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

**ECKANKAR Center
More Open Hours**

Jan. 5: Noon - 4:00 pm

Jan. 14: 2:15 - 5:15 pm

Jan. 15: 10:00 am - 1 pm

Jan. 29: 10:00 am - 1 pm

EXPERIENCE HU—THE SOUND OF SOUL

Sunday, January 6, 11:00 am to 12:00 pm. You are cordially invited to attend.

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.”

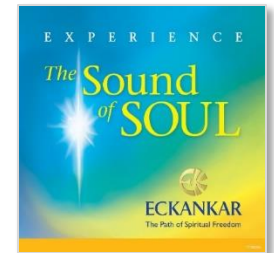
“Meet others of like heart who share a desire to explore their own connection with God or Divine Spirit.

ECKANKAR offers events, including the Sound of Soul experience, around the world.”

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

During a Sound of Soul event, we introduce the HU, then sing it for about 20 minutes, followed by a quiet, contemplative time of about 3 to 5 minutes.

Then we engage in spiritual conversation and enjoy community.



ECK LIGHT AND SOUND SERVICE

“Recognizing Inner Guidance in Your Life”

January 13, 2019 - 11:00 am - 12:15 pm You are cordially invited to the Light and Sound Service.

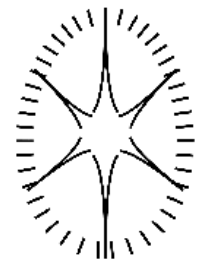
Discover more about yourself as Soul, an eternal, creative, spiritual being.

- Divine Spirit expresses Itself in the world as Light and Sound.
- Connect with the most sacred part of yourself, receive new insights, and magnify love in your life through the Light and Sound of God.
- Experience the sacred sound of HU, which can open your heart to divine love, healing, and inner guidance.
- Experience contemplative exercises to have your own experience of the spiritual Light and Sound.

“The Light and Sound of God together are the Voice of God. In scriptures we know It as the Word or Logos.

In other words, It’s God speaking from beyond creation to Its creation.” —Harold Klemp, The Slow-Burning Love of God

Join others seeking to bring more insight and divine love into their lives at this special celebration of the Light and Sound of God.





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Interested in Advanced Spiritual Study? *"The Easy Way Discourses"* Satsang Classes are Starting

Two New *"The Easy Way Discourses"* Satsang classes are starting. Contact: Russell Henderson, 503-632-6186

* **Jan 26, 2019** 4th Sat. 12:00 pm-1:30 pm *The Easy Way Discourses, Ch. 1*,
ECKANKAR Spiritual Center of Portland

* **Feb 27, 2019** 4th Wed. 5:30 pm-7:00 pm *The Easy Way Discourses, Ch. 1*, Estacada Public Library

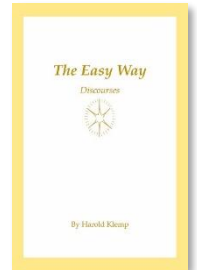
"The ECK discourses are written with a secret, internal rhythm that gradually unfolds your consciousness in a very precise and orderly manner.

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.

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. The first year is *The Easy Way Discourses*. See www.eckankar.org/Membership and www.eckankar.org/Membership/discourse.
- You can also study with others in an ECK Satsang (spiritual study) class to share experiences, insights, and questions.
- Each month you will read a discourse on another facet of the ECK teachings. Each lesson in the first year has a spiritual exercise for you to try.



ECKANKAR Spiritual Center of Portland Contacts:

Oregon Regional ECK Spiritual Aid: Diane Ehrler, 503-644-4992,

Local Director: Linda Hammond, 503-750-866.

The ECK Star is published by the Oregon Satsang Society, Inc.

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