



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

Sunday, September 2, 11:00 am to 12:00 pm at the ECKANKAR Spiritual Center of Portland.

Friday, September 14, 1:30 to 1:50 pm, Oregon City, Meadows Court Yard - Library, 13637 Garden Meadow Drive.

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.”

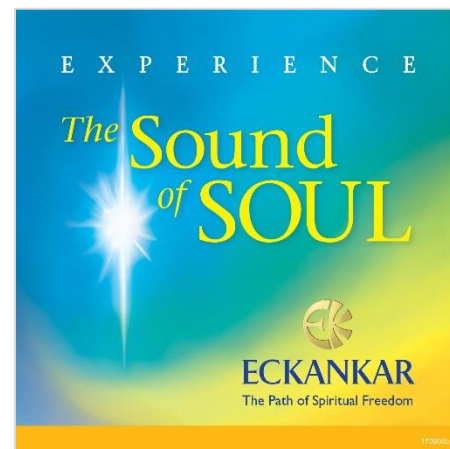
“Sound of Soul events offer the opportunity to chant HU, engage in spiritual conversation, and enjoy community.”

“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.”

<https://eckankarblog.org/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/>



ECK SPIRITUAL DISCUSSION: ECK WISDOM ON DREAMS

Sunday, September 9, 11:00 am - 12:00 am at the ECKANKAR Spiritual Center of Portland

Spiritual Discussion on Dreams

Free and all are welcome.

"Dream your way home. Dream your way back to God. Use your creative imagination, because that is the only way you can return to the source of life."

From Harold Klemp, "ECK Wisdom on Dreams," p. 2.

"ECK Wisdom on Dreams can help you discover everything you need to know to get along in this life!

Come discuss how to:

- remember and interpret your dreams
- meet spiritual guides and Masters
- and much more"
- get practical help in everyday life
- grow spiritually with the Light and Sound
- reunite with departed loved ones;
- research past lives via dreams

From Harold Klemp, "ECK Wisdom on Dreams," back cover

ECK SPIRITUAL DISCUSSION

Sunday, September 16, 11:00 am - 12:00 pm at the ECKANKAR Spiritual Center of Portland

You are warmly invited to the new 3rd Sunday ECK Spiritual Discussion!

Each month we will explore a new topic with a spiritual focus on how the ECK (Holy Spirit) helps and guides us in life, in a wide-ranging, informal, and relaxed discussion. ***Free and all are welcome***

INTERESTED IN ADVANCED SPIRITUAL STUDY?

A new *The Easy Way Discourses* Satsang Class is Starting

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-12:15 pm.

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.

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

Tuesday	September 4	10:00 am to 1:00 pm	ECK video at noon: "Doing Our Part"	2014 ECK Worldwide Seminar
Tuesday	September 11	10:00 am to 1:00 pm	ECK video at noon: "On Holy Ground"	2015 ECK Springtime Seminar
Monday	September 17	10:00 am to 1:00 pm	ECK video at noon: "Life Is a Chancy Thing"	2015 ECK Worldwide Seminar
Thursday	September 19	10:00 am to 1:00 pm	ECK video at noon: "The Subtle Golden Threads of Love"	2016 ECK Springtime Seminar



ECKANKAR Spiritual Center of Portland Contacts

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