



****Print in Landscape****

All events are at 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

NEW Sunday, June 9, 10:00 am to 11:00 am, Avamere at St. Helens, 2400 Gable Road, St. Helens, OR 97051. Contact Gail Thistle: 503-233-1595. **You are warmly invited to attend.**

Sunday, June 16, 11:00 am to 12:00 pm at the ECKANKAR 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.”

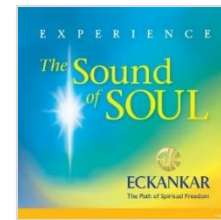
“Sound of Soul events offer the opportunity to chant HU, engage in spiritual conversation, and enjoy community.”

“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.”

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 offer the opportunity to engage in spiritual conversation and enjoy community.



ECKANKAR Center

More Open Hours

June 4	10:00 am-1:00 pm
June 10	1:00-3:00 pm
June 11	10:00 am-1:00 pm
June 14	Noon-3:00 pm
June 16	Noon-4:00 pm
June 25	10:00 am-1:00 pm
June 28	Noon-3:00 pm

ECK LIGHT AND SOUND SERVICE

Topic: “How Divine Spirit Works in Our Lives”

Sunday, June 9, 2019 - 11:00 am - 12:15 pm

You are warmly invited to ECK Light and Sound Services.

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 is 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.





****Print in Landscape****

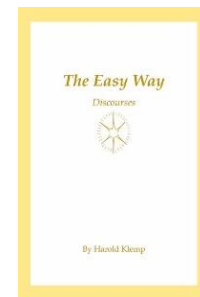
Interested in Advanced Spiritual Study? “The Easy Way Discourses” Satsang Classes starting.

“The Easy Way Discourses” Satsang classes are starting. Contact: Russell Henderson, 503-632-6186

“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.
- When you become a member of ECKANKAR, you receive a discourse series for your personal study.
- Each month, you study one lesson a month on another facet of the ECK teachings. Each lesson in the first year has a spiritual exercise for you to try.
- You can also study with others in an ECK Satsang (spiritual study) class to share experiences, insights, and questions.
- For assistance to become a member of ECKANKAR or help in signing up for a class, contact Russell Henderson: rhender@bctonline.com or 503-632-6186

ECKANKAR Center More Open Hours	
June 4	10:00 am-1:00 pm
June 10	1:00-3:00 pm
June 11	10:00 am-1:00 pm
June 14	Noon-3:00 pm
June 16	Noon-4:00 pm
June 25	10:00 am-1:00 pm
June 28	Noon-3:00 pm

ECKANKAR Spiritual Center of Portland Contacts: Oregon RESA: Diane Ehrler, 503-644-4992, Local Director: Linda Hammond, 503-750-866, and Newsletter Editor: Roger Holden, 503-577-9014.

The ECK Star is published by the Oregon Satsang Society, Inc., a chartered affiliate of ECKANKAR - The Path of Spiritual Freedom.