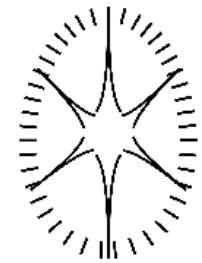




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All events are at ECKANKAR Spiritual Center of Portland, unless otherwise noted.

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



ECK LIGHT AND SOUND SERVICE Topic: “Finding Divine Spirit in Unexpected Places”

Sunday, September 8, 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.

ECKANKAR Center More Open Hours	
Sept 1	1:00 pm-4:00 pm
Sept 4	10:00 am-2:00 pm
Sept 9	1:00 pm-3:00 pm
Sept 10	10:00 am-1:00 pm
Sept 17	10:00 am-1:00 pm
Sept 18	10:00 am-2:00 pm

EXPERIENCE HU—THE SOUND OF SOUL

Sunday, September 15, 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.”

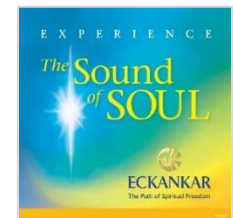
“Sound of Soul events offer the opportunity to chant HU, engage in spiritual conversation, and enjoy community.”

“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.





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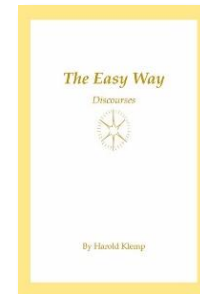
Interested in Advanced Spiritual Study? “The Easy Way Discourses” Satsang Classes starting.

“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.



Covering the entire Portland Metro area: ECKANKAR 30-Minute Public Access TV Videos of Sri Harold Klemp speaking on various topics

We’re delighted to announce expanded viewing times to watch and hear Sri Harold Klemp, the spiritual leader of ECKANKAR, share his wisdom and divine love on local cable TV stations. We invite you to tune in to your local Public Access TV station listed below.

BROADCAST AREA	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
CH 22 and CH 33 MetroEastCM: Gresham	—	—	—	—	—	—	6:00 pm
CH 23 WFMC: Damascus, Milwaukie, Wilsonville and the Unincorporated regions of Clackamas County	3:00 pm	11:30 pm	4:30 pm, 7:30 pm	5:30 pm, 11:30 pm	9:00 am	10:00 am, 6:00 pm	11:30 pm
CH 23 WFMC: Oregon City	—	11:30 pm	4:30 pm	5:30 pm, 11:30 pm	9:00 am	10:00 am, 6:00 pm	11:30 pm
Ch 23 TVCTV: Banks, Beaverton, Cornelius, Durham, Forest Grove, Gaston, Hillsboro, King City, Lake Oswego, North Plains, Rivergrove, Tigard, Tualatin, Washington County and West Linn	1:00 am 7:00 pm	7:00 αμ 6:00 πμ	6:00 αμ 3:30 πμ	3:30 am 12:00 pm	12:00 am 7:30 pm	7:30 am 9:00 pm	9:00 am 1:00 pm
Ch 23 PCM: Portland and East Multnomah county	—	—	—	—	7:00 pm	—	—

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

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