

Continued from inside brochure -

**March 25-** *"Contacting the Voice of God "*

*"With the spiritual exercises of ECK, we consciously try to make contact with the Light and Sound of God. It's a worthwhile goal to experience The Voice of God; It means we have contact with the Divinity."*

How to Find God, page 72 by Sri Harold Klemp

**April 22-** *"What is the Path of ECK?" - "The Path*

*of ECK is designed to help you open your eyes to the ways of Spirit as IT interacts and works in your everyday life."*

How to Find God, page 74 by Sri Harold Klemp

**May 27-** *"Healing Through Service" - "If you have*

*problems, the way to get rid of them is to give something back to life in some way, in some service ."*

How to Find God, page 95 by Sri Harold Klemp

**June 24 -** *"What is the Universality of Spirit?" -*

*"All paths to God are provided by Spirit for the express purpose of giving Soul in Its varying states of consciousness a choice in how It wants to return to God."*

How to Find God, page 121 by Sri Harold Klemp

**July 22-** *"Spiritual Wisdom and Humor" - "As we*

*begin developing an understanding of what is happening in our daily life, we also ought to be able to develop a sense of humor and tolerance when things don't go the way we've planned ."*

How to Find God, page 170 by Sri Harold Klemp

**August 26 -** *"Living the Life of Spirit ?" -*

*"...just being with others is a way of passing the Light and Sound along. ...Spirit will use us in this way, through ordinary everyday living."*

How to Find God, page 175 by Sri Harold Klemp

**September 23-** *"Accepting the Grace of God"*

*- "We must make at least some effort before the grace of God comes to us; but when it does, we are lifted up into it."*

How to Find God, page 8 by Sri Harold Klemp



Most quotes taken out of *"How to Find God, Mahanta Transcripts, Book 2, Copyright 1988 Eckankar*

**Special Note:** *ECK Light and Sound Services are also held in East Stroudsburg, PA at the Day Street Community Center, 15 Day Street, every 1st Sunday of the month at 9:45AM. Please refer to [www.eckankarofpa.org](http://www.eckankarofpa.org) for more information or call 570-656-3790.*

Visit ECKANKAR's Web site  
at [www.eckankar.org](http://www.eckankar.org).

*"The purpose of Eckankar is  
to make God an everyday  
reality in your life"*

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Presented by the Pennsylvania Satsang  
Society Inc., a chartered affiliate of  
ECKANKAR The Path of Spiritual Freedom  
For local information on ECKANKAR,  
call - (610)416-1824



[www.eckankarofpa.org](http://www.eckankarofpa.org)

**ECKANKAR Presents:**



**ECK Light and Sound  
Services 2017-18**

**Charles Chrin  
Community Center  
4100 Green Pond Road  
Palmer, PA 18045**

**(4th Sunday of every month)  
10:00AM  
(610) 416-1824**

**[www.eckankarofpa.org](http://www.eckankarofpa.org)**

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Chartered Affiliate of ECKANKAR

## ECK Light and Sound Service

Eckankar teaches that a spiritual essence—the Light and Sound of God connects everyone with the Heart of God. This Light and Sound is the ECK, or the Holy Spirit.

The ECK Light and Sound Service lasts about one hour and is made up of three spiritual parts. It begins with a short uplifting reading from the works of Eckankar. Following the reading, everyone is invited to sing HU, an ancient name of God. The song of HU can open one's heart to the love of God. Anyone can benefit from this song of spiritual love regardless of age, background, or religion.

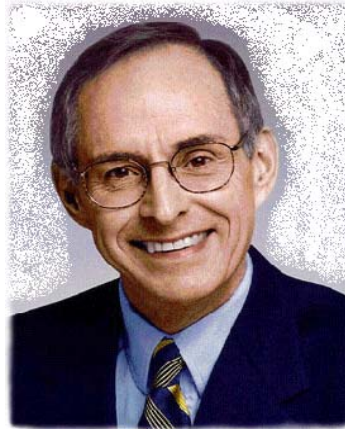
The HU song closes with a few moments of quiet contemplation followed by an open discussion of the morning's topic.

### A Spiritual Exercise

HU is an ancient name for God that can make you more aware of the presence of God in your life. When you sing HU, you open your heart to the Light and Sound of God. This can give you insight into the challenges and situations you are facing.

Here is a simple spiritual exercise to try. First, close your eyes and look gently to the point between your eyebrows. Softly sing HU (pronounced like the word "hue.") Then, sit quietly for a few minutes. Watch and listen for the presence of God. Look to your inner visual screen for subtle plays of light. Listen for the soft sounds of God.

**If you practice this technique over time, you will discover reserves of inner strength that come from God.**



**Harold Klemp, The Spiritual Leader of ECKANKAR**

Harold Klemp is the current spiritual leader of Eckankar. He became the Mahanta, the Living ECK Master, in 1981 after years of spiritual training. He speaks at Eckankar seminars around the world and is the author of over sixty books on Eckankar. He also writes monthly spiritual study discourses for members of Eckankar.

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### ECKANKAR COMMUNITY HU SONG

**ECKists, Family, and Friends are also invited to attend a Community Eckankar HU Song the 1st Sunday of each month. The Community HU Song is from 9AM to 9:30AM at the Day Street Community Center 15 Day Street, E. Stroudsburg, PA**

**An ECK Light and Sound Service will follow at 9:45AM**

**ECK Light and Sound Service dates and Topics – From 10/17 to 09/18**

**Held the 4th Sunday of the Month**

## **A Year of HU ~ First of the Golden Years (2017-2029)**

**“...each day is Soul’s golden opportunity to find the Kingdom of God—and enter it in this lifetime....” —Sri Harold Klemp, Child in the Wilderness**

**Oct. 22** — “Becoming the Awakened Soul” - “Your grace will be recognized by others as you become the awakened Soul. You grow in your capacity to love, establishing the correct relationship between you and God.” The Awakening Soul, page vi, Sri Harold Klemp

**Nov. 26** — “Keeping Up with Change” - “At each heaven or state of consciousness that we reach, the spiritual laws shift. What was true before may not be true now, or it may be more true than it was before.” How to Find God, page. 47-48, Harold Klemp

**Dec. 24** — “Developing Your Creative Imagination” - “...work with the spiritual exercises of ECK... What your looking for is to have experience with the Sound and Light where you will have adventures in the other worlds.” How to Find God, pg 51, Sri Harold Klemp

### **2018 Year**

**Jan. 28** “The Spiritual Value of Service” - “Giving something back to life when you have the ECK coming in is absolutely essential for spiritual survival.” How to Find God, page 68, Sri Harold Klemp

**Feb. 25** — “Walking the Narrow Path” - “The higher you go, the narrower becomes the path—some call it the razor’s edge.” How to Find God, page 158, Harold Klemp

Continued from inside brochure -

**March 4—** *"Contacting the Voice of God"*

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**June 3 —** *"What is the Universality of Spirit?"* -

*"All paths to God are provided by Spirit for the express purpose of giving Soul in Its varying states of consciousness a choice in how It wants to return to God."*

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**Special Note:** ECK Light and Sound Services are also held at the Charles Chrin Community Center, 4100 Green Pond Road, Palmer PA every 4th Sunday of the month at 10AM. Please refer to [www.eckankarofpa.org](http://www.eckankarofpa.org) for more information or call 610-416-1824

*"The purpose of Eckankar is to make God an everyday reality in your life"*

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[www.eckankarofpa.org](http://www.eckankarofpa.org)



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**ECKANKAR Presents:**



**ECK Light and Sound  
Services 2017-18**

**DAY STREET COMMUNITY  
CENTER  
15 Day Street  
East Stroudsburg, PA 18301**

**(1st Sunday of every month)  
9:45AM– 10:45AM  
(570) 656-3790**

**[www.eckankarofpa.org](http://www.eckankarofpa.org)**

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**15 Day Street,  
East Stroudsburg, PA 18301  
All are Welcome to Attend**

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**Held the 1st Sunday of the Month**

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