



ECKANKAR The Path of Spiritual Freedom

July 2018 Lower Mainland Calendar of Public Eckankar Events

Spiritual Discussions/Meetup

Surrey

**Sunday, July 8th,
1:00 – 2:00 pm**
(every 2nd Sunday)



Greater Vancouver

Spiritual Experiences Meetup

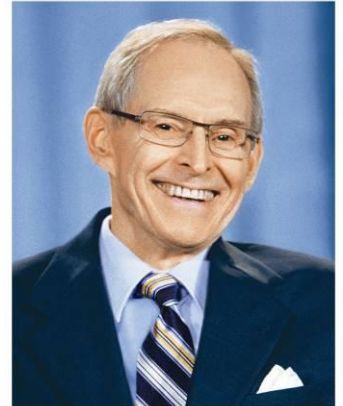
For more information visit us at:

<http://www.meetup.com/GreaterVancouverSpiritualExperiences/>

Discussion Topic:

“Loosening the Grip of Fear”

*Fleetwood Community Centre,
Room 3 (Lounge)
15996 84th Avenue, Surrey*



**Harold Klemp
The Spiritual Leader
of Eckankar**



Have you had a spiritual experience? Meet other people who have had one too. Haven't had a spiritual experience, but would like to? Join our sessions of spiritual discussions to find out how.

Just about everyone has a story to share or a question to ask about spiritual experiences. Perhaps it is an insight that you found through your personal study of life and spirituality. Whatever your background, come to share your stories, experiences, and insights in a warm, friendly environment. Our goal is to listen, validate, and share universal tools that can enhance anyone's spirituality. We are here to help each person find their own relationship with the Divine.

Sound of Soul (replacing the ‘Community HU Song’)

Surrey

Friday, July 6th
7:30 pm
(every 1st Friday)

*Fleetwood Community Centre
Room 3 (the lounge),
15996 84th Avenue*



North Shore

Friday, July 6th
7:30 pm
(every 1st Friday)

*John Braithwaite
Community Centre
Meeting Room 1
145 West 1st Street,
North Vancouver
(at the foot of Lonsdale, just a
short walk up from the sea bus)*

Burnaby

Tuesday, July 3rd
7:30 pm
(every 1st Tuesday)

*Bonsor Recreation Complex
Conference Room,
2nd Floor
6550 Bonsor, Burnaby
(near Metrotown)*



**“Chanting HU
is what gives Soul
vitality and strength.”**

—Harold Klemp,
The Call of Soul,
p.32



You are warmly invited to join us in sharing the experience of singing HU together as a community. To hear a five minute HU Song sung by thousands, please visit www.hearhu.org.

“HU, this ancient name for God, is a love song to God. You can sing it. And in singing it or holding it in your mind during times of need, it becomes a prayer. It becomes a prayer of the highest sort.”

—Harold Klemp, *Love—The Keystone of Life*, p.105

ECK Light and Sound Services

The public is warmly invited to attend ECK Light and Sound Services. Each service focuses on an aspect of Eckankar. They often feature a reading from the ECK works, singing HU, talks, music, and a group discussion of spiritual principles at work in daily life. The service lasts about an hour. Join others seeking to bring more insight and divine love into their lives at this special celebration of the Light and Sound of God.

Greater Vancouver Area

**July 15th,
10:30 am**
(3rd Sunday)

“The Secret of Love”

Vancouver Public Library
Alma VanDusen Room
350 West Georgia Street, Vancouver

(Parking: off Hamilton Street in Library Parkade or area around the Library Square.)

Next month’s ECK Light and Sound Service will be on August 19th.



Fraser Valley Area

**July 22nd,
1:00 pm**
(every 4th Sunday)

“How Has Life Been Your Teacher?”

Quality Hotel &
Conference Centre,
Summit Room
36035 N. Parallel Road,
Abbotsford

Next month’s ECK Light and Sound Service will be on August 26th.

North Shore

**July 22nd,
10:30 am**
(4th Sunday)

“Living in the Sacredness of the Moment”

John Braithwaite Community Centre
Anchor Multipurpose Room
145 West 1st Street, North Vancouver
(at the foot of Lonsdale, just a short walk up from the SeaBus)

Next month’s ECK Light and Sound Service will be on August 26th.



Be sure to join us after the service for fellowship, tea and goodies!

A Spiritual Exercise to Try

HU is an ancient name for God. When you sing HU, you open your heart to the Light and Sound of God.

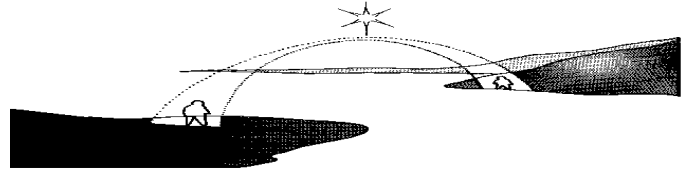
Here is a simple spiritual exercise to try. First, close your eyes and look gently to a point between your eyebrows. Then, softly sing HU (pronounced like the word “hue”). Now sit quietly for a few minutes. Watch and listen for the presence of God. It may come as a light or a sound, or in some other way.

This Must Be Soul Travel!

An Out-of-Body Journey Shows This Woman Her True Self

—By Suzie Kurz,

The ECKANKAR Journal, 2012, pp.9, 10



“I was very curious about Soul Travel when I was new to Eckankar and wanted to experience it for myself.

So, with great anticipation, I practiced my nightly spiritual exercises, hoping I would leave my body and travel the inner worlds as Soul.

But most of the time, I just dozed off to sleep and woke up the next morning with little recollection of any experiences. Still, I patiently wrote down in my journal whatever I learned from my dreams. This went on for a long time.

Then one night, it happened!

I was lying in bed, feeling very relaxed. Quietly, I began to sing HU, an ancient love song to God. As usual, I started dozing off to sleep.

All of a sudden, I had the sensation of feeling feathery light, as if I was floating on air. I knew my body was in bed, and yet there I was—floating!

With my eyes closed, I looked around with my inner vision. There were trees everywhere. Then I knew I was out of my body.

Slowly I floated toward the kitchen, and I found I

was in the middle of a forest. The wall that separated the bedroom from the kitchen was gone. I looked toward what was supposed to be the kitchen window.

Instead of seeing the street, I saw a river surrounded by shrubs and trees and heard the sound of rushing water.

Happily, I said to myself, *This is fantastic! I'm out of my physical body. This must be Soul Travel!*

Then I accidentally wiggled a toe on my right foot.

Immediately I was back in my body in bed. I remained awake for a while, trying to comprehend this incredible experience. It was so real!

As I lay there, I thought, *So this is what Eckankar is all about. It is a teaching to realize and know one's True Self!*

I had proven that I am Soul, a spiritual being that is separate from the physical body. It was the beginning of my conscious spiritual journey back home to God.

ECK Clergy Services

The four ECK celebrations of life are: the **ECK Consecration Ceremony** for young children, celebrating new life and a new phase in Soul's journey home to God; the **ECK Rite of Passage** for boys and girls of about age thirteen, celebrating their personal commitment to the ECK teachings; the **ECK Wedding Ceremony**; and the **ECK Memorial Service**.

An ECK Spiritual Aide session, though not counseling, can help you find your own answers in challenging situations through the personal guidance of Divine Spirit. Please call 1-800-708-9060 to find an ECK cleric or ECK Spiritual Aide near you.

To receive this calendar via email or regular post mail, please email ecknewsletter@gmail.com and ask to be put on the list. For online viewing of this calendar and other Eckankar events in BC, please visit www.eckankar-bc.ca.

Presented by ECKANKAR CANADA. The opinions expressed in this publication are those of the writers and not necessarily those of ECKANKAR or the Mahanta, the Living ECK Master, Harold Klemp.

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PO Box 54656, Highgate Post Office, 7155 Kingsway, Burnaby, BC, V5E 4J6, 1-800-708-9060