



# ECKANKAR The Path of Spiritual Freedom

September 2019 Lower Mainland Calendar of Public Eckankar Events

## Spiritual Discussions/Meetup

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

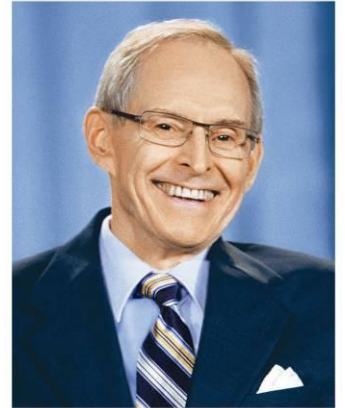


Please note the **Vancouver** Spiritual Discussion/Meetup has been **cancelled** until further notice!

*Discussion Topic:*  
“TBA”

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

Please visit us at:  
[www.meetup.com/Surrey-Spiritual-Experiences-Meetup/](http://www.meetup.com/Surrey-Spiritual-Experiences-Meetup/)



**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.

## Experience the Sound of Soul

**Surrey**  
**Friday, September 6th,**  
7:30 pm  
(every 1st Friday)  
*Fleetwood Community Centre*  
Room 3 (the lounge),  
15996 84th Avenue, Surrey



**North Shore**  
**Friday, September 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 SeaBus)

**Burnaby**  
**CANCELLED for this month only.** It will resume as usual on October 1st.  
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](http://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 from an hour to an hour and a quarter.** 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

**September 15th**

**10:30 am**

(every 3rd Sunday)

***“Dreams—A Path to  
Inner Guidance”***

*Creekside Community  
Recreation Centre*

Multipurpose Room (MP1)  
1 Athletes Way, Vancouver

(A 5-minute walk from the Science World  
Skytrain Station.)



## Fraser Valley Area

**September 22nd**

**1:00 pm**

(every 4th Sunday)

***“Gifts of the Light and Sound  
of God”***

*Quality Hotel &  
Conference Centre,*

Summit Room  
36035 N. Parallel Road,  
Abbotsford

Next month's ECK Light and Sound  
Service will be on October 27th.

**Please note, the ECK Kids and Youth  
Art and Colouring Table is back  
by popular demand!**

Next month's ECK Light and Sound  
Service will be on October 20th.

***“Life could not exist without  
either the Light and Sound of  
God. They show up in many  
different ways here in the  
material plane. They create the  
forms within which we move to  
get the spiritual experience we  
need to have spiritual freedom.”***

***—Sri Harold Klemp, *The Call of  
Soul*, p.87***



***Be sure to join us after the services 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.

# The Way to Spiritual Freedom

—Harold Klemp,  
*The Call of Soul*, pp.102,103

“The way to spiritual freedom is really very easy. But first you’ve got to recognize that there is a need to have spiritual freedom. That’s a big step. Most people never come to that in a single lifetime. It never occurs to them that they don’t have spiritual freedom.

Once you come to the realization that you are without spiritual freedom, then comes the question of how you go about getting it.

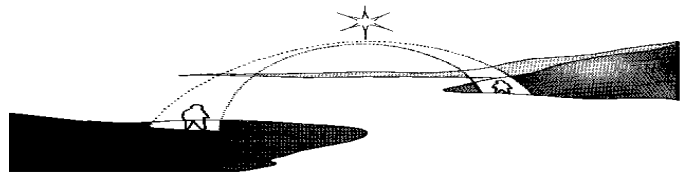
In the teachings of ECK, we have a very pat answer: You do the Spiritual Exercises of ECK. The mainstay is to chant HU, and ancient name for God. You sing HU once or twice a day for ten or fifteen minutes to spiritualize your state of consciousness.

During the time you’re singing HU, you are saying to Divine Spirit, “I’ve opened myself to you. Give me the understanding and the wisdom to meet the waves of life, and the problems, troubles, and whatever else. Give me the strength to meet life.” This is basically all that we do when we do a Spiritual Exercise of ECK.

A short session where we meet with the Divine: that is a Spiritual Exercise of ECK.

## The Passkey Is in Your Hands

When you’re ready for something more durable than philosophy, metaphysics, or orthodox religion, then you’re ready for the knowledge that grants love,



wisdom, and spiritual freedom. These three qualities are available through the teachings of ECK.

The answer is in your hands.

The Spiritual Exercises of ECK are the lost passkey to life. They give the secrets of the ancient ones. A greater state of consciousness is a direct result of doing your spiritual exercises and will reveal new ways to ease your life.

Such freedom is but one of the many benefits that come to all who wish to find the living way and do something about it.

You are Soul, a child of God. It is your good fortune to eventually become a Co-worker with God. The way of ECK is the single most important choice you can ever make.

And so begins Soul’s awakening to the wonder of you!



## 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](mailto: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](http://www.eckankar-bc.ca).**

Published by ECKANKAR CANADA (for BC - Greater Vancouver)  
PO Box 54656, Highgate Post Office, 7155 Kingsway, Burnaby, BC, V5E 4J6, 1-800-708-9060

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.

Copyright © 2019 ECKANKAR. ECKANKAR CANADA is a Chartered Affiliate of ECKANKAR. All rights reserved. The terms ECKANKAR, ECK, EK, MAHANTA, SOUL TRAVEL and VAIRAGI, among others are trademarks of ECKANKAR, PO Box 2000, Chanhassen, MN 55317-2000 USA.