

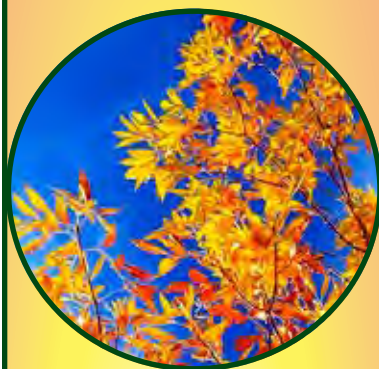
# ECKANKAR

The Path of Spiritual Freedom



## Albuquerque ECK Quarterly News

News of public Eckankar events in Albuquerque, New Mexico



### Fall 2017

#### Inside This Issue

- \* Special Video Showing of Harold Klemp from the 2017 ECK World Wide Seminar
- \* View Our Schedule of ECK Light and Sound Services & Community HU Songs Special Location in November!
- \* Enjoy Convenient Eckankar Center Hours
- \* Try a Simple Spiritual Exercise with the Sound of HU

### ECKANKAR, THE PATH OF SPIRITUAL FREEDOM

Eckankar teaches that there is an audible life current known as the ECK, or Holy Spirit, that connects each of us with the heart of God. We can experience the ECK as Light and Sound. Through study and practice of the Spiritual Exercises of ECK, we learn to recognize the Light and Sound of God as It touches our lives and brings increased divine love.

The spiritual leader of Eckankar is the Mahanta, the Living ECK Master. The Mahanta gives inner guidance through dreams, Soul Travel, and the Spiritual Exercises of ECK. Harold Klemp's inspiring talks and writings, and his practical approach to spirituality, help thousands of people worldwide find greater freedom, wisdom, and love. His teachings uplift and help people recognize their own experiences with the Light and Sound of God.



**Harold Klemp**  
The Spiritual Leader  
of Eckankar

### COMMUNITY HU SONG

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

People of all faiths are warmly invited to a community HU Song and contemplation on the first Friday at 6:00 PM and on the fourth Sunday at 10:30 AM, each month, at the New Mexico ECK Center in Albuquerque: 2501 San Pedro NE, Suite 113, (505) 265-7388. You can also meet with us at our new location at North Domingo Baca Multigenerational Center, 7521 Carmel Ave., NE, Albuquerque, NM 87113, every Friday at 7:00 PM.

Please join us in singing this ancient and universal name for God for twenty minutes, followed by a five-minute contemplation. Many people experience a feeling of peace and divine love, often hearing the Sound and seeing the Light of God, or a concentration of the universal life force. Come experience this for yourself, and feel free to invite friends and family.

## New Mexico ECK Center in Albuquerque Open Every Wednesday — Noon to 2:00 PM

- \* Listen to the healing sound of HU
- \* Browse the lending library
- \* Purchase ECK Materials
- \* Attend classes or discussions
- \* Listen to recordings of Harold Klemp's talks
- \* Visit with a volunteer or ask questions



## ECK Light and Sound Service and Community HU



You are warmly invited to our ECK Light and Sound Service, held at the New Mexico ECK Center in Albuquerque on the second Sunday of each month at 10:30 AM. Each service focuses on an aspect of Eckankar and often features a reading from the ECK works, singing HU, talks, music, and a group discussion of spiritual principles at work in daily life. The services last about an hour. The community HU Song is also open to visitors and is held on the first Friday at 6:00 PM and the fourth Sunday at 10:30 AM, as shown in the schedule below. Please come join us!

Date	Time	Community HU Song or ECK Light and Sound Service (ELSS)
Oct. 6	6:00 PM	Community HU Song
Oct. 8	10:30 AM	ELSS: <i>A Golden Contract with Divine Spirit</i>
Oct. 22	10:30 AM	Community HU Song
Nov. 3	6:00 PM	Community HU Song
Nov. 12	10:30 AM	ELSS: <i>What is Spiritual Freedom?</i> <b>*Special Location</b>
Nov. 26	10:30 AM	Community HU Song
Dec. 1	6:00 PM	Community HU Song
Dec. 10	10:30 AM	ELSS: <i>Finding Joy in Life Every Day</i>
Dec. 24	10:30 AM	Community HU Song

\*Best Western Plus Executive Suites—4630 Pan American Freeway, NE  
Albuquerque, NM 87109—Phone: 505-830-0900

The opinions expressed in this newsletter are those of the writers and not necessarily those of ECKANKAR or the Living ECK Master, Sri Harold Klemp. Copyright © 2017 ECKANKAR, all rights reserved. The terms ECKANKAR, ECK, EK, MAHANTA, SOUL TRAVEL, and VAIRAGI, among others are trademarks of ECKANKAR. P.O. Box 2000, Chanhassen, MN 55317-2000, USA. Published by the New Mexico Satsang Society, a Chartered Affiliate of ECKANKAR.

## Special Event!

See and hear the Spiritual Leader of Eckankar, Harold Klemp, deliver his most recent public talk, given at the October 2017 ECK World Wide Seminar, held in Minneapolis. The video showing begins at 10:30 AM on Saturday, November 18<sup>th</sup>, at the New Mexico ECK Center in Albuquerque. The showing lasts about one hour and is free to the public. Please feel free to join us!



### What Are the Light and Sound of God?

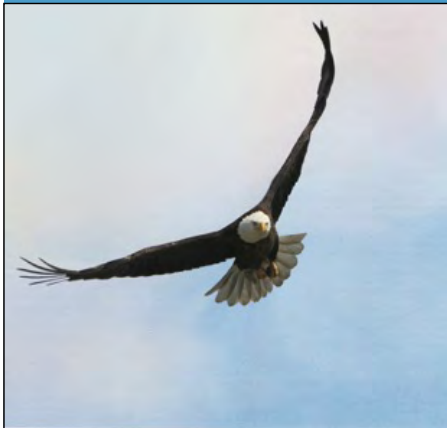
The Light and Sound, known as the ECK or Holy Spirit, flow out from the heart of God.

The Light purifies Soul. It helps us see our lives from a higher viewpoint. The Sound is always calling us home. It shows us the direction back to God.

With practice, we learn to recognize these twin aspects of God all around us. The Holy Spirit teaches us in the smallest details of our lives. The Spiritual Exercises of Eckankar help us open ourselves to the Light and Sound of God.



You are warmly invited to the  
**ECK Light and Sound Service**



## What Is Spiritual Freedom?

Sunday, November 12th, 10:30am

Best Western Plus Executive Suites

4630 Pan American Frwy. NE

Albuquerque

*"Every single moment of your life is the handiwork of a higher cause. And you can know what it is. Hint: God's love is the key, and spiritual freedom is the goal."*  
 - Harold Klemp, *The Road To Spiritual Freedom*

presented by: New Mexico Satsang Society, Inc., A Chartered Affiliate of Eckankar

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

[facebook.com/Eckankar](https://facebook.com/Eckankar)

### A Spiritual Exercise

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

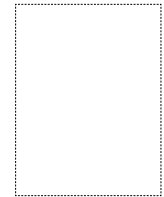
Here is a simple spiritual exercise to try. First, close your eyes and look gently to a point



Harold Klemp  
The Spiritual Leader  
of Eckankar

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.

*Albuquerque ECK Quarterly News*  
New Mexico ECK Center in Albuquerque  
2501 San Pedro NE, Suite 113  
Albuquerque, NM 87110  
Phone: 505-265-7388



Forwarding and Address  
Correction Requested



---

**2017 ECK Worldwide Seminar**  
**October 20 – 22**  
**Minneapolis, Minnesota**

Visit Eckankar in New Mexico  
at [www.eckankar-nm.org](http://www.eckankar-nm.org)

