



### Winter 2017

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- \* View Our Schedule of ECK Worship Services & Community HU Songs
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#### ECKANKAR, RELIGION OF THE LIGHT AND SOUND OF GOD

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 **Albuquerque Eckankar Center**: 2501 San Pedro NE, Suite 113, (505) 265-7388.

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.

## Albuquerque Eckankar Center 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 Worship Service and Community HU



You are warmly invited to our ECK Worship Services, held at the Albuquerque Eckankar Center 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 Worship Service (WS)
Jan. 6	6:00 PM	Community HU Song
Jan. 8	10:30 AM	WS: <i>How Can I Feel Closer to God?</i>
Jan. 22	10:30 AM	Community HU Song
Feb. 3	6:00 PM	Community HU Song
Feb. 12	10:30 AM	WS: <i>Learning to Listen to God</i>
Feb. 26	10:30 AM	Community HU Song
Mar. 3	6:00 PM	Community HU Song
Mar. 12	10:30 AM	WS: <i>Living the Spiritual Life</i>
Mar. 26	10:30 AM	Community HU Song

## 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.



### 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 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.



### Find More Online

At the official Eckankar Website ([www.eckankar.org](http://www.eckankar.org)), you will find the *Spiritual Wisdom Journal*. This is a quarterly online newsletter for people who want more spiritual perspective and encouragement, especially in uncertain times.

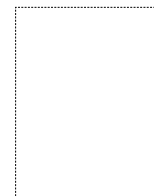
Each issue offers inspiring articles, uplifting stories, and dynamic spiritual exercises by Sri Harold Klemp, the spiritual leader of Eckankar. Known as a pioneer of "everyday spirituality," Harold Klemp helps people around the world find greater spiritual insight, wisdom through dreams, and relief from past-life burdens.

You can view the current issue of the *Spiritual Wisdom Journal* at this address:  
[http://www.spiritualwisdomjournal.org/swj\\_current.pdf](http://www.spiritualwisdomjournal.org/swj_current.pdf)

If you wish to know more about local events in New Mexico, follow us on Facebook® at: [www.facebook.com/EckankarNewMexico](http://www.facebook.com/EckankarNewMexico)

*Albuquerque ECK Quarterly News*

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Forwarding and Address  
Correction Requested



*"Divine love comes to us in surprising ways, often unrecognized ways."  
—Harold Klemp, *The Awakened Heart*, p. 90*

ECKANKAR, Religion of the Light and Sound of God, presents




# How to Find GOD's Love in Your Life

Arizona ECKANKAR Regional Seminar  
JULY 14-16, 2017

Enjoy a weekend of spiritual discovery:  
Uplifting talks – interactive workshops – creative arts

*All Welcome!*  
FREE for those new to Eckankar

Mesa Convention Center  
263 N Center Street  
Mesa, AZ 85201  
[www.eck-arizona.org/seminar](http://www.eck-arizona.org/seminar)



Guest Speaker  
Rodney Jones

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

For more seminar information, email [info@eckankararizona.org](mailto:info@eckankararizona.org) or call 1-877-300-4949.  
For more information about Eckankar, Religion of the Light and Sound of God, visit [www.eckankar.org](http://www.eckankar.org) or call 1-800-LOVE GOD.

Presented by the Arizona Satsang Society, Inc. A Chartered Affiliate of ECKANKAR.  
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