

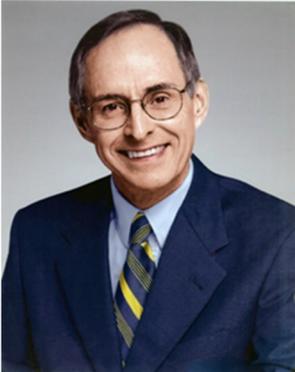


FALL 2020

# *the* ECK HERALD

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## PUBLIC ECKANKAR EVENTS IN MAINE



*"If you are a sincere seeker of truth, you realize that something within you is constantly pushing you from the nest. You know the answers you seek do exist somewhere in the world. This inner force that pushes you to find the answers is an urge you have no control over. It is the call of Soul... You are Soul, a divine spark of God on a journey homeward. Soul wants to experience more of the Voice of God, which can be heard as Sound or seen as Light. So you begin your search."*

—Harold Klemp, *Spiritual Experiences Guidebook*, page 3

Dear Fellow Spiritual Explorer:

Recently you viewed one of our advertisements regarding ***Spiritual Experiences***, and received introductory information about the teachings of **Eckankar – *The Path of Spiritual Freedom***, and the many spiritual tools and benefits it can offer you. The opportunity to build your own, direct, personal relationship with the Divine is truly priceless. The practical spiritual guidance that Eckankar offers through dreams, spiritual exercises, and special waking-dream moments has been life-changing for my entire family and invaluable in every facet of our lives.

My name is Mike DeLuca, and I am Eckankar's official representative for the State of Maine. I want to thank you sincerely for your interest and for your desire to take another step forward in your journey of Spiritual experiences and self-discovery. Every step you take, and the spiritual unfoldment that results, benefit all of us who also seek more divine wisdom, love, and spiritual freedom.

As promised, I am writing to inform you of the many opportunities that exist in Maine. Through them, you will learn more about the spiritual tools and experiences that Eckankar has to offer, and will discover ways to be kept up-to-date. I invite you to participate in some very special activities that are happening in Maine this year.

Spiritual services, book discussions, classes, and introductory workshops are offered in various locations in Maine. **Due to the Covid Pandemic, these activities are currently being held via Zoom.** Please contact one of the three individuals below to receive information on registering to attend these free events.

**\*\*Please see pp. 4 and 5 for ECK events held from Bangor, Damariscotta, and Arundel.**

**For Local Area Information, please call our local directors:**

Bangor Area - Brian Lowell - [207-299-7079](tel:207-299-7079)

MidCoast Area - Steve Sulzer - [207-785-5269](tel:207-785-5269)

Southern Maine - Mike DeLuca - [207-831-6896](tel:207-831-6896)

**Access RESA Mike DeLuca at: [EckankarMaine@gmail.com](mailto:EckankarMaine@gmail.com)**

**Join us on Meetup! EckankarMaine: <https://www.meetup.com/eckankarmaine/>**



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**Eckankar Regional Seminars** are wonderful 2 to 3-day gatherings of chelas from around the region to share talks, panels, workshops, creative arts and roundtable discussions about their experiences with the spiritual tools Eckankar has to offer. People will share their personal experiences with the divine love, guidance, and protection they receive from the ECK and the Mahanta.

**PLEASE NOTE: All in-person group ECK meetings in Maine have been shifted over to online or phone events for the present time. Please consult our Website [eckinme.org](http://eckinme.org) for updates. Thank you.**

**Monthly Advanced Spiritual Study Classes** meet once a month and focus on special monthly discourses by Harold Klemp, the spiritual leader of Eckankar. Discourses are studied privately or in a class taught by a trained teacher of Eckankar. A one-year subscription for these discourses include a one-year student membership to Eckankar, along with a quarterly newsletter with special articles written by Harold Klemp and other spiritual students of Eckankar from around the world. A small suggested donation is requested if within your means.

*"The ECK discourses are written with a secret, internal rhythm that gradually unfolds your consciousness in a very precise and orderly manner. When you become a member of Eckankar, you receive a discourse series for your personal study. You study one lesson a month, sharing them with your family if you like. The Easy Way Discourses are a portal for you to enter the secret worlds that exist beyond our cosmos, the higher regions so well known to the ECK travelers and the saints of old." —Harold Klemp*

Advanced Spiritual Study Classes are held in Bangor, Damariscotta, Portland, Belfast, and Arundel. New classes will be forming as well. You are welcome to visit a class to experience it for yourself before joining a class. To arrange to visit a class, or have us organize one in your area, please contact me at [eckankarmaine@gmail.com](mailto:eckankarmaine@gmail.com) or call 207-831-6896 for more information about the Eckankar Advanced Spiritual Study Program. For membership in Eckankar, please visit <http://www.eckankar.org/Membership/discourse.html/>.

## **Spiritual Exercise Bypassing Barriers**

To get around barriers on the road to God, an individual must find the Sound and Light, the most certain way to spiritual freedom. A simple contemplative exercise to help one do that is this: At bedtime, shut your eyes and look at a blank screen in your mind. This screen is located at the Spiritual Eye, which is slightly above and behind the eyebrows. Breathe deeply several times, then sing *God* or *HU* softly for twenty minutes.

To add variety to your contemplations, look at the letters *E-C-K*, which signify the Holy Spirit. Whatever name you choose, sing it daily. This word may be sung aloud—or silently, if you do not want to disturb another. It is often enough to mentally invite the Mahanta, the Living ECK Master to give you a Soul Travel experience during sleep. No harm will come to you, for a Soul Traveler of the Far Country is always there to watch over you.

Before contemplation, think of some person you love, or of some happy event. This feeling of love or goodwill is necessary for travel in the Far Country. Soul Travel is the first step to God.

—Sri Harold Klemp, *The Spiritual Exercises of ECK*, p. 111



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## The Sound of Soul Event



*"If you want to lift yourself to a higher state of consciousness so that the political issues, the family issues, the social issues of the day do not throw you out of balance, so that you can find a happier, more contented life while you're living here, sing HU, the most beautiful prayer."*

—Harold Klemp, *HU the Most Beautiful Prayer*, page 58

As part of a new Golden Age in Eckankar, Harold Klemp, the Spiritual Leader of Eckankar, has developed a wonderful new opportunity for you to experience the divine love and spiritual uplift that comes from singing HU—an ancient chant and spiritual exercise. You are invited to join us to celebrate "The Sound of Soul," (formerly known as the Community HU), where we welcome you as friends. We will settle in with a beautiful contemplation seed from the ECK writings, and then experience a fifteen to twenty-minute HU Chant. Relaxed, authentic, spiritual conversation will follow.

The Sound of Soul Event will be held each month in the Bangor, Damariscotta, and Arundel areas. Please check the area listings in this newsletter, at [www.eckinme.org](http://www.eckinme.org), and on our Eckankar Maine page at [www.Meetup.com](http://www.Meetup.com) for dates and times. Please consider attending, and invite a friend or family member to experience the blessings of singing HU—our love song to God.

**Monthly Advanced Spiritual Study Classes** meet once a month and focus on special monthly discourses by Harold Klemp, the spiritual leader of Eckankar. Discourses are studied privately or in a class taught by a trained teacher of Eckankar. A one-year subscription for these discourses includes a one-year student membership to Eckankar, along with a quarterly newsletter with special articles written by Harold Klemp and other spiritual students of Eckankar from around the world. A small suggested donation is requested if within your means.

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## ECKANKAR in Arundel

### The Sound of Soul Event

The Sound of Soul Event will be held on second Saturdays via Zoom from 11am – 12pm. For more information, please contact Mabeth DeLuca at 207-838-0061. Please join us on September 12, October 10, and November 14.

**Registration for this event is required. If you wish to attend the Sound of Soul event Zoom gathering, go to: [meetup.com/eckankarmaine/](https://www.meetup.com/eckankarmaine/).** Or search "meetup eckankar maine" for this as well as for all of our local events on [meetup.com](https://www.meetup.com).

### How to Find Spiritual Freedom and Conquer Fear Spiritual Discussion on Zoom

An ECK spiritual discussion in French, Portuguese, and English will be held October 10 from 6 – 7:30pm on Zoom. Please check our website: [www.wckinmw.org](http://www.wckinmw.org) for updates or contact Eyitayo O. Adande Kinti at [dimontayo@hotmail.com](mailto:dimontayo@hotmail.com) for further information.

**Registration for this event is required. If you wish to attend this ECK spiritual discussion Zoom gathering, go to [meetup.com/eckankarmaine/](https://www.meetup.com/eckankarmaine/).** Or search "meetup eckankar maine" for this as well as for all of our local events on [meetup.com](https://www.meetup.com).

## ECKANKAR in Bangor

### Animals Are Soul Too Book Discussion

We will hold a book discussion based on the Eckankar *Animals Are Soul Too*. This will be held on Zoom on third Thursdays at 7pm. The class is open to the public. The first class meets on September 17 and will cover the introduction and stories 1 & 2 in Chapter 1. In October and November, we will discuss the next three stories in sequence from chapter 1.

**Registration for this event is required. If you wish to attend the *Animals Are Soul Too* Zoom gathering, go to: [meetup.com/eckankarmaine/](https://www.meetup.com/eckankarmaine/).** Or search "meetup eckankar maine" for this as well as for all of our local events on [meetup.com](https://www.meetup.com).

### The Sound of Soul Event

We will host a Sound of Soul Service via a free conference call. This event meets the 3rd Sunday of the month at 11AM on September 20, October 18, and November 15. We will be posting this event on Facebook and on [meetup.com](https://www.meetup.com): search "meetup eckankar maine" for this as well as for all of our local events on [meetup.com](https://www.meetup.com). Contact Brian Lowell at [brilow@tds.net](mailto:brilow@tds.net) for more information.



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## **ECK Light and Sound Service**

Meets on first Sundays at 11AM.

Sunday, September 6: "The Spiritual Survivor"

Sunday, October 4: "The Golden Kiss"

Sunday, November 1: "Discover the Source of All Truth"

Please contact Brian Lowell at [brilow@tds.net](mailto:brilow@tds.net) for more information.

**The service is held on Zoom. Registration for the event is required. If you wish to attend the ECK Light and Sound Service Zoom gathering, go to: [meetup.com/eckankarmaine/](https://www.meetup.com/eckankarmaine/). Or search "meetup eckankar maine" for this as well as for all of our local events on [meetup.com](https://www.meetup.com).**

## **ECKANKAR in Damariscotta**

### **The Sound of Soul Event and Book Discussion**

The Sound of Soul Event itself lasts about 20 minutes. An optional book discussion follows for about 30 minutes. Meets at 7pm on first Tuesdays via Zoom: September 1, October 6, and November 3.

**Registration for the event is required. If you wish to attend the Sound of Soul Zoom gathering, go to: [meetup.com/eckankarmaine/](https://www.meetup.com/eckankarmaine/). Or search "meetup eckankar maine" for this as well as for all of our local events on [meetup.com](https://www.meetup.com).**

Please contact Steve Sulzer at [ssulzer@tidewater.net](mailto:ssulzer@tidewater.net) or call 785-5269 for further information.

**September title: *35 Golden Keys* by Linda Anderson**

**October title: *35 Golden Keys***

**November title: *35 Golden Keys***

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### **Cable Access Television Broadcasts**

Several 30-minute Eckankar TV programs air around the state of Maine on local cable access channels. More channels are being added and more programs will be produced locally and added in the near future.

**Check back here for expanded listings, coming soon!**

**South Portland on Channel 2**

**Cape Elizabeth on Channel 3**

**Portland Cable Access on Channel 2**

**Scarborough on Channel 2**

**Bangor Area on Channels 2 and 7**



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## **The ECK Light and Sound Service**

This is a monthly spiritual celebration open to all spiritual seekers and their families. Each service focuses on an aspect of Eckankar and how to find more Divine Love, Wisdom, and Freedom. They often feature a reading from the ECK works, singing HU, talks, and music, and open discussion with the focus of spiritual principles at work in your daily life. The services last about an hour.

## **Free Eckankar Book Discussions**

ECK book discussions bring together people who are working to increase their awareness of God's presence. The wisdom you gain through these discussions can help you face your daily life with greater courage and wisdom.

## **Introductory Presentations**

All introductory presentations and book discussions are led by members of Eckankar, who facilitate the sharing of spiritual questions and experiences. Attendees are given tools which help them in living their lives to the fullest. All events are free unless otherwise indicated.

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**The ECK Herald Maine newsletter** – To help you stay updated on the latest special events in your area, we need your help. To help reduce the time and expenses involved with printing and mailing the newsletters, we would like to send the newsletter via email. To request this email newsletter, or if you do not have access to a computer, please contact me at [eckankarmaine@gmail.com](mailto:eckankarmaine@gmail.com) or Natalie Sulzer, at [nmsulzer@gmail.com](mailto:nmsulzer@gmail.com).

Thank you once again for your interest in the teachings of Eckankar. I look forward to seeing you at a local ECKANKAR event this year. Also, please visit our local Website – [www.eckinme.org](http://www.eckinme.org).

Much Love and Gratitude,

**Mike**

Mike DeLuca – Regional Eck Spiritual Aide – Maine

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**Visit our blog dedicated to exploring our spiritual bond with animals.**

Visit [www.AnimalsAreSoul.blog/](http://www.AnimalsAreSoul.blog/).

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

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Learn more at the official main site of [ECKANKAR The Path of Spiritual Freedom](http://www.ECKANKAR.com)

*Explore More information about ECKANKAR through these beautiful videos:*

*What the Path of ECKANKAR is All About:* <https://youtu.be/fY8qO-n0Bwg>

*Experience HU- The Sound of Soul –* <https://youtu.be/jgBoCO3Dw2q>

### **HU—Miracles in Your Life Video**

Another beautiful and simple way to share the miracle of the HU with your family friends, neighbors, and co-workers is to invite them to view the new 3-minute video about the HU, called **Miracles in Your Life**. You can invite anyone you wish to watch this inspiring video by visiting [www.miraclesinyourlife.org](http://www.miraclesinyourlife.org). You can also download a copy of the video onto your computer and show it to friends and family by going to [www.hearhu.org](http://www.hearhu.org). There you can follow the directions and download a free copy of the video as well as listen to a 5-minute audio of thousands of people singing the HU. Sharing the HU with someone you know may be one of the most powerful gifts he or she may receive in this lifetime. Think what it would mean for the future of this world if everyone knew about HU.

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