

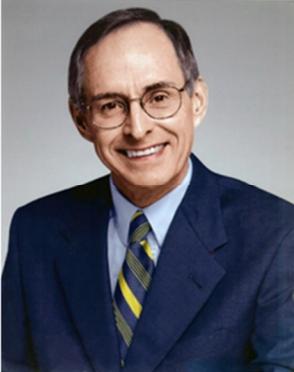


FALL 2018

# *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 attended one of our introductory workshops, visited our website, or viewed one of our advertisements regarding spiritual experiences. You 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 and 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. I hope you will take the opportunity to enjoy these same benefits in your life as well.

Thanks!  
With much ECK Love,  
Mike

Spiritual services, book discussions, classes, and introductory workshops are offered in various locations in Maine. These activities are held in local community centers, libraries, and other meeting facilities.

**\*\*Please see pp. 2 and 3 for ECK events held in Bangor, Damariscotta, Portland, and Arundel.**

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

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

Mid-coast 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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## **Spiritual Exercise What Is HU?**

*“Singing HU or chanting your secret word enhances your life and gives you strength. HU is a holy name for God which will lift you into the higher worlds.*

*But the name itself has even more meaning behind it. I would like to recommend a spiritual exercise which will be very beneficial to you in finding it out for yourself.*

*As you chant each long, drawn-out HU outwardly, keep asking inwardly, ‘What is HU?’ Repeat the question mentally as many times as is comfortable for you, maybe two or three. In other words, with each outward HU, you are asking within, ‘What is HU? What is HU? What is HU?’”*

—*The Spiritual Exercises of ECK*, by Sri Harold Klemp, p. 101

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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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**2018 ECK Worldwide Seminar**  
***Become the Loving Heart***  
**October 26–28, 2018**  
**Minneapolis, Minnesota, USA**

Please contact [www.eckankar.org](http://www.eckankar.org) for more information.



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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. Refreshments and 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.

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**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 sowell known to the ECK travelers and the saints of old.”* —Harold Klemp

Advanced Spiritual Study Classes are held in Bangor, Damariscotta, 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/>.



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## Eckankar in the Bangor Area—Featured Public Activities

**\*Please note that all events are held at The Green Gem, 900 State St., Bangor.\***

### **The ECK Light and Sound Services**

Sunday, September 2, 11am–12pm: Show Me Truth

Sunday, October 7, 11am–12pm: To Find the Spiritual Mission of Your Day

Sunday, November 4, 11am–12pm: To Remember Who You Are

### **Community HU Song and Potluck**

A potluck is held monthly on third Fridays at 6pm, followed by a HU Chant from 7–7:30pm:  
September 21, October 19, and November 16.

### **Sound of Soul Event**

Held on the third Sunday of the month from 11am–12pm: September 16, October 21, and November 18.  
Light refreshments will be served.

### **Book Discussions**

Our weekly book discussions are momentarily suspended.

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## Eckankar in Damariscotta—Featured Public Activities

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

The Sound of Soul Event itself lasts about 20 minutes. Following will be light refreshments and conversation.  
An optional book discussion follows for about 30 minutes.

Meets at 7pm on first Tuesdays at **Mobius, 319 Main St. in Damariscotta:**

September 4, October 2, and November 6.

**September title:** *ECK Wisdom on Inner Guidance*

**October title:** *ECK Wisdom on Inner Guidance*

**November title:** *ECK Wisdom on Inner Guidance*

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



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## Eckankar in Arundel—Featured Public Activities

### Sound of Soul Event

The Sound of Soul Event is held on second Sundays at **1228 Portland Road, Arundel**, from 11am–12pm: September 9, October 14, and November 11.

#### 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**  
**Bangor Area on Channels 2 and 7**  
**Scarborough on Channel 2**  
**Portland Cable Elizabeth on Channel 2**  
**Cape Elizabeth on Channel 3**

*The Spiritual Wisdom Journal* is a free quarterly online newsletter for those who want further 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*,” Sri Harold helps people around the world to find greater spiritual insight, wisdom through dreams, and relief from past-life burdens. To receive this uplifting publication, please visit <http://spiritualwisdomjournal.org/>.

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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://ECKANKAR The Path of Spiritual Freedom)

## ***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 together. 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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