

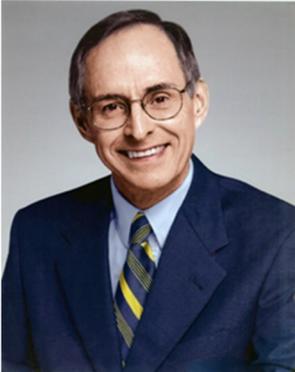


SPRING 2019

# *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. These activities are held in local community centers, libraries, and other meeting facilities.

**\*\*Please see pp. 4 and 5 for ECK events held in 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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## **Spiritual Exercise Regaining Emotional Balance**

If you are faced with negative attitudes about people, how can you feel the love of the Mahanta? Here are three ways:

1. If you meet someone that you have negative feelings about, silently say to yourself, "In the name of the Sugmad." Repeat this phrased to yourself each time this occurs, blessing the situation and letting it go.
2. Be polite when these people are near you, but chant HU silently within yourself. Listen to them while you chant, rather than getting into a long conversation with them. Say as little as possible while still remaining cordial.
3. In your imagination, see the Mahanta near you.

When you bless a situation, you keep yourself in balance and do not become involved in the negative conditions. In addition, if you are a true channel for the ECK, miracles will take place around you.

—Sri Harold Klemp, *The Spiritual Exercises of ECK*, page 103

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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.

#### **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 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.

**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/>.



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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: Please join us on: March 10, April 14, and May 12.

### New Book Discussion in French

A new book discussion in French will be starting in March.

For date, time, and location, please stay tuned at [www.eckinme.org](http://www.eckinme.org) or <https://www.meetup.com/eckarmaine>. You may also call Mike DeLuca at 207-831-6896 for further information.

## Eckankar in the Bangor Area—Featured Public Activities

### The ECK Light and Sound Services

Sunday, March 3, 11am–12pm “Experience the Sound of Soul”

Sunday, April 7, 11am–12pm “Discover the Road to Spiritual Freedom”

Sunday, May 5, 11am–12pm “Reach Your God-given Potential”

Services are held at the **Quality Inn, 750 Hogan Rd., Bangor, ME 04401**

### Sound of Soul Event

The Sound of Soul Event is held on the third Sunday of the month from 11am–12pm.

**The Quality Inn, 750 Hogan Rd., Bangor, ME 04401.** Please join us on: March 17, April 21, and May 19. Light refreshments will be served.

### *Shariyat-Ki-Sugmad* Book Discussion, Book One

We meet on the first Friday of the month at 2pm at **Martha Day’s home** in Belfast. However, because dates may change, please call Brian Lowell at 207-299-7079, who leads the discussion, or Brian Catell at 207-944-6265 to confirm meeting times.

March 1: Chapter 10; April 5: Chapter 11; May 3: Chapter 12.

### Introductory Chats

Please join us for this monthly event, based on the booklet, *Is There More to Life than What You See?*

We meet on the third Thursday of the month, at 10:30am at the **Bangor Public Library, 145 Harlow St., Bangor, 14401.**

Please contact Brian Catell at [bricatell@roadrunner.com](mailto:bricatell@roadrunner.com) or call 947-8413 for further information.



**ECKANKAR in the Belfast Area—Featured Public Activities**

*The Easy Way Discourses* Satsang class began in Belfast in January. It meets on second Thursdays at 2PM at The Belfast Free Library at 106 High St, Belfast, 04915. The class will accept new members through March. Please contact Arahata Steve Sulzer at [ssulzer@tidewater.net](mailto:ssulzer@tidewater.net) or call 785-5269 for further information.

**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:** March 5, April 2, and May 7. Contact Steve Sulzer at [ssulzer@tidewater.net](mailto:ssulzer@tidewater.net) or call 785-5269 for further information.

**March title:** *Prayer, Meditation, and Contemplation*

**April title:** *Prayer, Meditation, and Contemplation*

**May title:** *Karma and Reincarnation*

**Announcing a brand-new blog dedicated to exploring our spiritual bond with animals.**

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

**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 call Natalie Sulzer, at 207-785-5269.

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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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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