

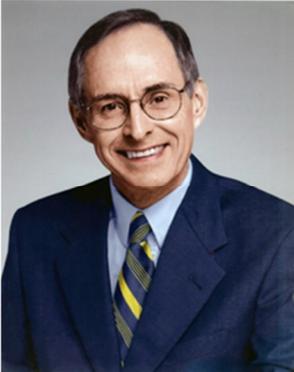


SUMMER 2017

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.

Worship 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 below for events in Bangor, Portland, and Damariscotta, and for those soon to be scheduled in Biddeford.

****Please see pp. 2 and 3 for ECK events held in Bangor, Damariscotta, and Southern ME. 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 EckankarMaine@gmail.com

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



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Spiritual Exercise The Golden Cup

“Every evening at bedtime, visualize a golden cup to be filled with your dream experiences. The cup sits by your bed. When you awake in the morning, in contemplation or in your imagination, drink from the cup. You are drinking in the experiences, a conscious way of saying, I want to remember what I’m doing on the inner planes while my body is asleep.

The golden cup is Soul; it is you. As you put more attention on drinking from the cup, it takes on a life of its own. The more the ECK flows in and out of the cup, the more Soul shines of its own golden light. You, as Soul, become an ever brighter vehicle for the Holy Spirit.

The experiences you have will lead to greater awareness of your life and its divine meaning.”
—Harold Klemp, *The Spiritual Exercises of ECK*, page 23

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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Community HU Chants



The Community HU Chant

*"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*

All around the world, students of Eckankar and fellow spiritual seekers are joining friends, family, co-workers, and neighbors in singing HU—an ancient love song to God. People from all religions and walks of life can experience the blessings that singing HU brings to them. Singing HU is a very simple and sacred event, designed to introduce the HU to everyone who wishes to try it. Community HU songs meet each month in Bangor, Damariscotta, and the Biddeford areas. Please check the area listings below and this newsletter, the www.eckinme.org website, and our ECKANKAR Maine page at www.Meetup.com for dates and times. Please consider attending, and invite someone you know to experience this wonderful opportunity to experience the blessings of singing HU—our love song to God. The HU Chant itself lasts about 30 minutes. Following the HU will be light refreshments and conversation.

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, 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 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

The ECK Light and Sound Services

Sunday, June 4, 11:00am—How to Have an Open Heart

Sunday, July 2, 11:00am—Thinking from the End—the As If Principle

Sunday, August 6, 11:00am—Doorway to Heaven

Services are held at **Healthy Solutions, 193 State St. in Bangor.**

Community HU Chant

Meets weekly on Fridays from 7–7:30pm at **Healthy Solutions Store, 193 State St. in Bangor.**

**A potluck dinner is held on the third Friday of the month from 6-7pm, prior to the HU chant.

Book Discussions

Meets weekly on Wednesdays from 6:30–8pm at **Healthy Solutions Store, 193 State St. in Bangor.**

Upcoming Titles:

June: *ECK Wisdom on Inner Guidance*

July: *Spiritual Wisdom on Conquering Fear*

August: *Spiritual Wisdom on Health and Healing*

Eckankar in Damariscotta—Featured Public Activities

Community HU Chant and Book Discussion

The HU Chant itself lasts about 20 minutes. Following the HU will be light refreshments and conversation. An optional book discussion, on *ECK Wisdom on Solving Problems*, follows the HU Chant for about 30 min.

Meets at 7pm on June 6, at **Mobius, 319 Main St. in Damariscotta**

Upcoming Workshop:

Please join us for a September workshop based on the booklet, *Spiritual Wisdom on Health and Healing*. It will be held at Mobius, 319 Main St. in Damariscotta.

Saturday, September 16, from 1:30–3:00pm.

Free books will be available.

Eckankar in Southern ME—Featured Public Activities

Community HU Chant

The Community HU Chant will be held on third Saturdays from 10-10:30am at a location to be announced soon in Biddeford. The Light and Sound Service will follow at 11:00am. Please check www.eckinme.org for updates.



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Eckankar in Portland—Featured Public Activities

Special – FREE Dream Workshop – “The Purpose of Dreams – Dreaming Your Purpose” will be held on **Wednesday June 21 from 6:30–8:30pm at DiMillo’s Restaurant** function room on Commercial Street in Portland, ME. Learn how to Remember, Interpret, and Direct your Dreams for practical guidance, problem solving, and to improve your health, relationships, and professional life. Free books and CD to be given to each attendee. Please pre-register online at <http://eepurl.com/cPM27T> or call 207-831-6896.

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 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. To begin receiving this uplifting publication, please visit <http://spiritualwisdomjournal.org/>.

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 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.

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.com)

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. 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. 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.



Discover the
Unlimited Source
of Practical
Guidance,
Creativity,
Inspiration, and
Protection
Available
Through Your
Dreams

Learn to
Remember,
Interpret, Direct,
and Manifest
Your Dreams

Free Books & CD

Please Register by
June 12th at
<http://eepurl.com/cPM27T>

WEDNESDAY JUNE 21ST
6:30-8:30 PM
***“THE PURPOSE OF
DREAMS – DREAMING
YOUR PURPOSE”***

FREE WORKSHOP – All Are Welcome To Attend!

Facilitated by Mike DeLuca – Internationally recognized author, speaker and workshop facilitator on Dreams, Personal Development, and Integrative Medicine



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**DIMILLO'S
ON THE WATER
RESTAURANT**

Commercial Street
Portland, ME

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