Eckankar offers a spiritual toolkit to help you experience the **Light and Sound of God**. Discover simple daily **Spiritual Exercises** that can give you the experience of the Sound behind all sounds, and the pure Light of God; techniques for personal experience with **Dreams, Past Lives, Soul Travel**, and your spiritual destiny.

Eckankar means "Co-worker with God." It offers ways to explore your own unique and natural relationship with the Divine. With the personalized study that is a part of Eckankar, you get divine guidance to apply in your everyday life and on your journey home to God. The full experience of God is possible in this lifetime!

**Your Spiritual Toolkit**

**Spiritual Study Groups**

Eckankar is mainly about your daily, personal connection with Divine Spirit. You'll also find people of like mind and experience in Eckankar who share your desire for truth. Your spiritual experiences reach welcoming ears among ECKists, those who study the ECK teachings. To find out about groups in your area go to: www.eck-ca.org.

**Eckankar Cable TV Broadcasts**

Watch and listen to talks by Harold Klemp on Access San Francisco, television Channel 29 every Sunday from 11:30 a.m. to noon.

If you’d like to talk to someone about Eckankar, leave a message at (415) 441-1229 and someone will return your call.

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You and your families are warmly invited to the monthly ECK Light and Sound Services. The services focus on a topic related to spiritual growth and unfoldment.

ECK Worship Services are held the first Sunday of the month in the Franciscan Room of the Sequoias—San Francisco, 1400 Geary Blvd. Please use street parking.

**Topic:** Learning to Love God, Each Other, and Ourselves  
**Cleric:** Lee Opengart  
**When:** Sunday, November 5  
**Time:** 11:00 a.m. - 12 Noon

**Topic:** Seeing Through the Eyes of Soul  
**Cleric:** Helaine Reiner  
**When:** Sunday, December 3  
**Time:** 11:00 a.m. - 12 Noon

The services are relaxed, informal, and family-friendly. They include a reading, group HU song, guest speaker or panel discussion, and creative arts.

**Experience the Sacred Sound of HU**

Singing/chanting the sacred sound of HU provides an opportunity for you and your families to expand your awareness, experience divine love, bring peace and calm, and much more.

**When:** 1st Sundays, November 5, December 3  
**Time:** 10:15-10:30 a.m.

**Where:** Sequoias-SF, Franciscan Rm

**Harold Klemp to Speak at Potluck Lunch**

What: Potluck Lunch - Video of Harold Klemp at ECK Worldwide Seminar  
**When:** Sunday, November 19  
**Time:** Potluck 12 noon, Video 12:45 p.m.  
**Where:** ECK Center, 1615 Polk, St, Suite 2

You, your families and friends are warmly invited to join other spiritual seekers for fellowship and food to watch a video of Harold Klemp, the Spiritual Leader of Eckankar, speak at the recent 2017 ECK Worldwide Seminar in Minneapolis.

Bring a favorite dish to share with others and enjoy the wit, wisdom, and insightful stories of Harold Klemp as you listen and watch him via video.

**Ready to Take the Next Step? New Easy Way Class Coming Soon**

**When:** Start date: Monday, December 11  
**Time:** 7:00 p.m.  
**Where:** ECK Center, 1615 Polk, Suite 2

This class provides you a golden opportunity to explore advanced spiritual study of the ECK teachings.

The Easy Way discourses consist of 12 monthly lessons. They come with Eckankar membership for a nominal monthly or annual donation. Membership brochures are available at the ECK Light & Sound Services.

If you would like more information contact Michele Aubin at 415-717-2467 or m.aubin@mac.com.

**Join Us for Spiritual Exploration Classes**

**Topic:** Problem Solving, Prophecy, and Divine Love  
**When:** Sunday, November 12  
**Topic:** Initiation, Masters & Your Secret Path to God  
**When:** Sunday, December 10  
**Time:** 12:30-2:00 p.m.  
**Where:** Stong Conference Rm, SF Main Library, 100 Larkin St.

You’ll receive a FREE Book Eckankar, Ancient Wisdom for Today

Eckankar teaches 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 It as Light and Sound. Through study and practice of the Spiritual Exercises of ECK, we recognize the Light and Sound of God as It touches our lives and brings increased divine love.