

The ECK Currents

ECKANKAR - Experience the Light and Sound of God

May 2011 Public

ECK Events for the Public in the Sacramento Valley & Sierra Foothill Communities

ECK WORSHIP SERVICE GRANITE BAY

Mark your calendar for May's ECK Worship Service hosted by the Auburn and Sacramento Eckankar Centers. The topic for May's Worship Service is *The Spiritual Power of Gratitude*.

The date is Sunday, May 15, at 11:00 a.m.

The place is the Granite Bay Library
6475 Douglas Boulevard
Granite Bay, CA 95746
Ph. 916-791-5590

Directions: Take the Auburn/Folsom Road; turn right on to Douglas Blvd, 5 miles past the Barton Road light. The library is on the left just past the Lutheran Church. If coming from the Sacramento or surrounding areas, take I-80 East to Douglas Boulevard, and the rest of the directions are the same.

You are cordially invited to join us at the Granite Bay Library for May's Eckankar Worship Service. There will be a guest speaker, creative arts, and fellowship. The public is welcome to attend. Bring a friend or family member. We'll see you there!

Note: There will be no Worship Services at the Auburn or Sacramento Eckankar Centers this month.

For more information on Eckankar, Religion of the Light and Sound of God, visit the California Eckankar website at:

<http://www.eck-ca.org>.

Locations

Sacramento ECKANKAR Center
2641 Cottage Way, Suite 7
Sacramento, CA 95825
(916) 488-4741

Auburn ECKANKAR Center
884 Lincoln Way, Suite 37
Auburn, CA 95603
(530) 888-1117



Inner Journey to the Temple of ECK

Paul Favello

The Temple of ECK is the starting place for Soul's dream of reaching God.

— Sri Harold Klemp, *The Temple of ECK*, inside cover

COMMUNITY HU SONG

“So sing HU softly, gently. Once among the most secret names of God, the Order of Vairagi Adepts has now brought it into the world for the upliftment of all. It is for those who desire true love, true freedom, wisdom, and truth.

In time, people everywhere will have the chance to sing this age-old, universal name for God. This is a new cycle in the spiritual history of the human community.”

— Harold Klemp, *HU, The Most beautiful Prayer*, pp 64-65.

The public is warmly invited to connect with Divine Spirit through HU, a spiritual exercise technique that can open your heart to Divine Love. Our monthly Community HU Song is held every second Wednesday of the month at 7:00 p.m., currently at the Sacramento Eckankar Center. This month's Community HU Song will be on Wednesday, May 11, at 7:00 p.m.

Spiritual Discussions

For those new to ECK, spiritual discussion groups serve as a great introduction to the ECK Teachings.

Sacramento Meetup

What: <http://www.meetup.com/Sacramento-Spiritual-Experiences/>

When: Saturday, May 21, 10:30 a.m.

Where: Rancho Cordova Library
9845 Folsom Blvd
Sacramento, CA 95827

How to find us: Come to the Community Room, on the right side, just inside the main entrance

May's theme: Wake Up to Your Life as a Spiritual Adventure - "Spiritual Wisdom on Prayer, Meditation, and Contemplation."

Prayer, Meditation, and Contemplation each represent an individual's desire to contact the source of all truth. You are Soul, a divine spark of God on a journey homeward. Come learn and discuss creative techniques to accelerate your pursuit of truth and enhance your spiritual journey, whatever your chosen path to God.

Spiritual Wisdom on Prayer, Meditation, and Contemplation will transform your life! Discover:

- *The source of all truth*
- *How prayer works*
- *The power of chanting*
- *What lies beyond prayer and meditation*

- *A guide to the most secret part of your self*
- *And much more*

— Harold Klemp, *Spiritual Wisdom on Prayer, Meditation, and Contemplation*, back cover

Come and share your experiences and try some new spiritual exercises to begin a richer, happier, more fulfilling life today.

.What: <http://www.meetup.com/Spiritual-Dreamers/>

Folsom Meetup

When: Sunday, May 22, 12 p.m.

Where: Planet Earth Rising
625 Sutter St
Folsom, CA

How to find us: Come to the meeting room at the back of the store

May's theme: Dreams: A Doorway to Your Inner Worlds

Dreams are an opportunity to tune into the higher worlds of consciousness. You are SOUL, a Divine Spark of God and an eternal being of Light that exists because of the Divine Creator's love. Soul exists because God loves it. While the body sleeps, SOUL is awake to explore the Inner Worlds of

Light and Sound, to understand the lessons of your daily life and to gain insight into your next steps to be in harmony with the Divine Spirit that is ever-present within you.

You can learn to tune into the higher worlds of consciousness through Dreams, spiritual exercises and contemplation. Spiritually charge your dreams through spiritual exercises to get a higher perspective on your life, learn to connect the diamonds in your life and set a course for Temples of Golden Wisdom in the Higher Worlds of consciousness.

Take the leap of faith to meet others like you who are ready for the Spiritual adventure of a lifetime. You are Soul and you can discover for yourself the Divine Truths that await you in your own dream worlds!

Davis Meetup

What: <http://www.meetup.com/The-Sacramento-Davis-Spiritual-Experiences-Group/>

When: date/time To Be Announced

Where: The usual spot (call Jonn for directions (530) 574-2150).

Greater Sacramento Public May 2011 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11 7:00 P.M. (Sac) Community HU Song	12	13	14
15 11:00 A.M. (Aub & Sac) ECK Worship Service "The Spiritual Power of Gratitude" Granite Bay Library	16	17	18	19	20	21 10:30 A.M. (Sac) Wakeup to your Life as a Spiritual Adventure: Spiritual Wisdom on Prayer, Meditation, and Contemplation
22 12:00 P.M. (Folsom) Dreams, Past lives & Soul Travel meetup Dreams: A Doorway to Your Inner Worlds	23	24	25	26	27	28 ECK HU Connections Jonn & Wendy Axsen (Davis) date/time TBA (530) 574-2150
29	30	31	Notes: **Rancho Cordova Library 9845 Folsom Blvd Sacramento, CA 95827			