



# REFLECTIONS OF SOUL

ECKANKAR, the Path of Spiritual Freedom

Utah Satsang Society of ECKANKAR

January / February / March 2019

*Utah Satsang Society  
8105 South 700 East  
Sandy, UT 84070*

**Open Hours**  
**Sundays 10:30am - Noon**  
**1<sup>st</sup> Thursdays, 6:30 to 8:00pm**

**www.eckankar-utah.org**  
**801-542-8070**



**WWW.ECKANKAR.ORG**  
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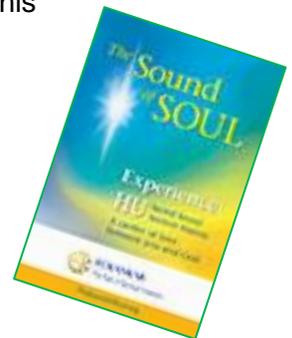
**All Are Welcome!**

## The Sound of Soul

**Sandy ECK Center at 10:30am**  
**1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Sundays**

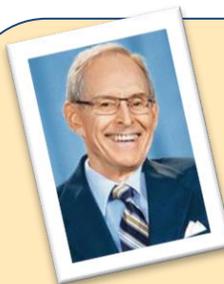
You are welcome to come and sing this ancient sound of HU.

Throughout the ages, followers of many spiritual traditions have used prayer, the singing of holy words, and meditation to bring themselves closer to God. In the same way, those who have discovered HU, an ancient name for God, sing it for their spiritual upliftment.



This group HU chant lasts about 20 minutes.

[www.TheSoundofSoul.org](http://www.TheSoundofSoul.org)



## Listen to Harold Klemp's Talks via DVD

**4<sup>th</sup> Sundays, 10:30am**  
**at the Sandy ECK Center**

With open discussion afterwards

January 27<sup>th</sup> – *“The Heart and Hand of God, Jewels of Wisdom”*

February 24<sup>th</sup> – *“The Law of Returns, Into the Arms of Love”*

March 24<sup>th</sup> – *“What’s It All About?”*

# REFLECTIONS OF SOUL

## ECKANKAR, the Path of Spiritual Freedom

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

#### **2nd Sundays at 10:30am**

These services offer you a chance to explore your own direct connection with the Divine. As we become more aware of ourselves as spiritual beings, we can see there are miracles, large and small, all around us when we have the insight to recognize them.

Often, these miracles come to us as expressions of God's love for us, either through a sense of well-being, protection, inspiration, or inner guidance. We learn that often they are shown to us in the most unexpected ways, sometimes through our dreams, pets, co-workers, family, or friends.

Each service includes a spiritual exercise, singing the Sound of Soul, the HU, and describes techniques that may be used to connect with the divine.

The service lasts about one hour. Fellowship and a potluck lunch follow.

**January 13<sup>th</sup> – “How Important is Love?”**

**February 10<sup>th</sup> – “A Spiritual Life is a Precious Adventure”**

**March 10<sup>th</sup> – “Take the Next Step to Spiritual Freedom”**

### ***The Word is HU***

“The word is HU. It depends upon no human authority for validation. No priest, minister, or spiritual figure can say HU is this or that. It is what it is. From a practical standpoint, it is love's golden thread, drawing Soul closer to God, like an infant to a parent.

Anytime you sing HU as a love offering to God, the Lord of all creation, your heart fills with the Light and Sound of God. They are the twin aspects of ECK, the Holy Spirit.”

-Harold Klemp

*HU, the Most Beautiful Prayer*, page 64

Harold Klemp is the spiritual leader of Eckankar.  
For more information about this spiritual teaching, visit [www.eckankar.org](http://www.eckankar.org)