



REFLECTIONS OF SOUL

ECKANKAR, the Path of Spiritual Freedom

Utah Satsang Society of ECKANKAR

January/February/March 2020

ECK Temple of Utah

8105 South 700 East
Sandy, UT 84070

Open Hours:

Sundays, 10:30 a.m.–Noon
1st Thursdays, 6:30-8:00 p.m.

(801) 542-8070



WWW.ECKANKAR.ORG
WWW.ECKANKAR-UTAH.ORG

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All Are Welcome!

The ECK Light and Sound Services

Sandy ECK Temple at 10:30 a.m.
2nd Sundays



Each service offers you the chance to explore your own direct connection with the Divine. Services focus on a different spiritual principle with open discussions, sharing experiences, and contemplative exercises.

Jan. 12 "Embracing Life with Joy & Laughter"
Feb. 9 "Seeing Through the Eyes of Soul"
Mar. 8 "How God Speaks to Us"

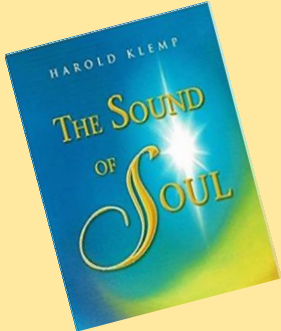
Easy Way Satsang Now Forming

A Satsang is a monthly gathering for the teaching of spiritual topics and principles. The Easy Way lessons were written by Harold Klemp, the spiritual leader of Eckankar. The Easy Way, the first Satsang series, covers such topics as: In Soul You Are Free, Dreams, Karma or Sin, Overcoming the Fear of Death, and many more. To order the discourses, contact Member Services at (952) 380-2222. For more information you may contact the class instructor, Cara Vento at (210) 535-0006. These lessons may also be studied on your own, if you prefer.



The Sound of Soul

Sandy ECK Temple at 10:30 a.m.
1st, 3rd, and 5th Sundays



All 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, followed by light refreshments and conversation.

www.TheSoundofSoul.org

NEW! SPIRITUAL TOPICS OPEN DISCUSSION

4TH Sundays; 10:30-Noon
ECK Temple of Utah

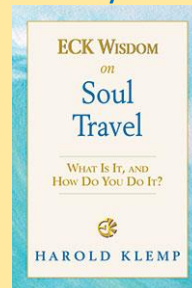
- Based on the ECK Wisdom Book Series
- Learn techniques to help you in your daily life
- Take your next spiritual step!
- Books are free to guests

January 26: Spiritual Wisdom on Soul Travel

February 23: Spiritual Wisdom on Inner Guidance

March 22: Spiritual Wisdom on Conquering Fear

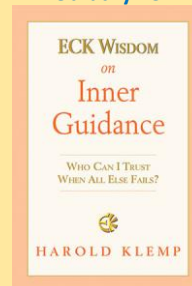
January 26



Where do you go when you close your eyes or daydream?

Soul Travel opens the door to the universes where we truly live. Realizing you are Soul, a divine spark of God, will bring you closer to the heart of God.

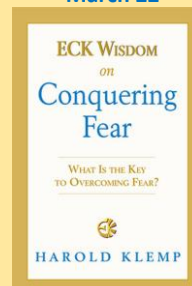
February 23



Help can come as a nudge, a dream, a vision, or a quiet voice within you.

This book offers new ways to connect with the ever-present guidance of ECK, the Holy Spirit.

March 22



Discover answers to being afraid of losing love, of death, of going beyond yourself, of change, and much more.

You will also find a very special spiritual exercise to help you conquer fear.

