

REFLECTIONS OF SOUL

ECKANKAR

RELIGION OF THE LIGHT AND SOUND OF GOD

PUBLISHED QUARTERLY

UTAH SATSANG SOCIETY NEWSLETTER

APR/MAY/JUN 2017

The Spiritual Exercises of ECK

Beyond prayer is contemplation.

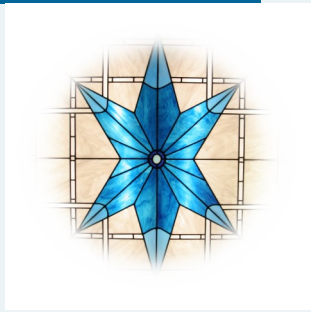
Contemplation is a method that enables you to begin to go out and actively explore the inner worlds of your own being. It is different from meditation, a passive state in which the practitioner goes within and quietly waits for the light.

One contemplation technique is to read something inspirational — a biblical verse or a passage from the ECK writings — then shut your eyes and look inwardly, very gently, at the form of an ECK Master, Jesus, or any figure you feel is a spiritual traveler. Ask to be shown the truth. You can ask for love, wisdom and understanding, but something greater than these three things, which are only attributes of God, is to ask for the realization of God.

It is suggested that Spiritual Exercises be done for 20 minutes a day, in a quiet place of your choosing. Most members find that following this spiritual discipline gives them a better perspective on life and helps them stay in balance during the day, no matter what happens. It is a commitment you might wish to try.

ECK Worship Service

The public is warmly invited to attend ECK worship services on the second Sunday of every month in Salt Lake City. Each service focuses on an aspect of Eckankar’s teachings. Services often feature a reading from ECK works, singing HU (an ancient love song to God), talks, music, or a group discussion of spiritual principles at work in daily life. Worship service lasts about an hour. Fellowship and a potluck lunch follow.



Join others seeking to bring more insight and divine love into their lives at this special celebration of the Light and Sound of God.

“True worship is listening to God.”

Sri Harold Klemp, The Spiritual Leader of Eckankar

SALT LAKE CITY AREA WORSHIP SERVICES

Location:

Utah Eckankar Center
8105 S. 700 E.
Sandy, Utah
Or call:
(801) 542-8070

April 9 - 10:30 a.m. “Accepting the Blessings of Life in Hard Times and Challenges”

May 14 - 10:30 a.m. “The Power and Grace of Unconditional Love”

June 11 - 10:30 a.m. “How Problems Make Us Stronger”

Note: Services are held the second Sunday of the month.

Children’s and Youth Services (located in the ECK Center lower level):

Children's and youth Satsang (ages 5+), 10:00 a.m. (prior to Worship Service)
Children's and youth Worship Service and activities,
10:30 - 11:30 (during Worship Service)

Utah Satsang Society

Center Hours:

Sundays: 10:30 a.m. to Noon
 Thursdays: 6:30 to 8:00 p.m.
 Phone: (801)542-8070
 www.eckankar-utah.org

Utah Contact:

Sue Smith
 Regional ECK Spiritual Aide
 utahresa@eckankar-utah.org
 (801) 662-8342



8105 South 700 East
 Sandy, Utah

Contemplation Seed...

If you can open your heart to love,
 you can tune in to God's will.

—Harold Klemp
Love - The Keystone of Life

The opinions expressed in this publication are those of the writers and not necessarily those of ECKANKAR or the Mahanta, the Living ECK Master, Sri Harold Klemp.

Copyright © 2017 by ECKANKAR. All rights reserved. The terms ECKANKAR, ECK, EK, MAHANTA, SOUL TRAVEL, and VAIRAGI, among others, are trademarks of ECKANKAR, P.O. Box 27300, Minneapolis, MN 55427 U.S.A.

Published by the Utah Satsang Society, Inc. A Chartered Affiliate of ECKANKAR.

COMMUNITY EVENTS AT A GLANCE

★ **Community HU Chants**
 Learn how to sing HU, a Love Song to God. Held the first, third, and fifth Sundays of each month at the Utah ECK Center in Sandy at 10:30 a.m.
 Apr 2, 16 & 30; May 7 & 21; Jun 4 & 18



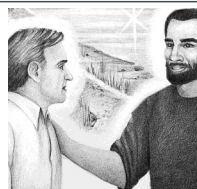
★ **New Consciousness Expo**
 Eckankar will have a booth at this annual event at the South Towne Expo, 9575 S. State Street. Use Trax Blue line 94th St. stop. Saturday, Apr 22 from 10:00 a.m. to 6:00 p.m. Free admission.

★ **DVD and Discussion**
 Excerpts from Harold Klemp's talks. Held the fourth Sunday of the month in:
 the ECK Center in Sandy at 10:30 a.m.
 Ogden at 1421 Adams Ave at 4:00 p.m.
 Apr 23, May 28, Jun 25

★ **Coffee Chats** in Ogden at Grounds for Coffee, 111 25th Street
 4th Thursdays at 2:30 p.m.
 Apr 27, May 25, Jun 22.

ECK Clergy Services

ECK members and the public are welcome to contact a qualified ECK cleric about the following services:



The Four ECK Celebrations of Life.

These are the ECK Consecration Ceremony (for young children), the ECK Rite of Passage (for boys and girls of about age thirteen), the ECK Wedding Ceremony, and the ECK Memorial Service.

ESA Sessions. An ECK Spiritual Aide session, though not counseling, can help you find your own answers in challenging situations through the personal guidance of Divine Spirit. The ESA session is conducted by an ECK Spiritual Aide, a specially appointed and trained ECK cleric.

There are no fees for the above services, but ECK clerics accept donations to Eckankar. Contact the local ECK center for more information.

Reflections of Soul Newsletter Subscription

Please cut out and return this form to the Utah Satsang Society at 8105 S. 700 E., Sandy, UT 84070.

Current Member? Yes No
 Please send the newsletter via US Mail Email Both

Name _____

Address _____

City, State, Zip _____

Email address _____

I am also sending a donation of \$ _____ to go towards publishing costs.

Please make checks payable to: Utah Satsang Society



You are welcome to come and listen to video talks by Harold Klemp, the spiritual leader of Eckankar. There will be time after the video to discuss our understanding of his talks and how they may apply to our own lives.

As Harold explains, “This is what I am trying to do — pass along words of wisdom that you can use to build your own life. Your opportunities are right at home. They are too close to see. All you’ve got to do is open your eyes to see them. This is where the teachings of ECK come in.”

-Harold Klemp

The Road to Spiritual Freedom, pages 294-295

At the Sandy ECK Center at 10:30 a.m.

April 23 “Stand Back for a Better Look”

May 28 “Acres of Diamonds”

June 25 “Discover the Mahanta”

At 1421 Adams Avenue in Ogden at 4:00 p.m.

April 23 “God’s Love Is a Wonderful Thing”

May 28 “All Has Meaning: Seeing a Bigger Picture”

June 25 “A Sheep from Another Fold”

Coffee Chats

A coffee chat is an informal way to have a conversation on spiritual matters. When we share our spiritual experiences with others, it helps us all realize that our lives are made up of countless sacred moments.

We have scheduled coffee chats on the subject “Tell Us about Your Spiritual Experiences” at

Grounds for Coffee
111 25th Street in Ogden

on the fourth Thursdays of the month at 2:30 p.m.

April 27th
May 25th
June 22nd

You are welcome to join these discussions.

Seven Lessons

This is the story about a woman named Phyllis. She had had several inner experiences and believed in reincarnation before becoming a member of Eckankar around the age of 50. She was a counselor for families of disabled children.

After two years of study, she took the Second Initiation in Eckankar and began writing initiate reports. These are letters to the Living ECK Master in which we can discuss the problems we are encountering or the spiritual progress we have made. In one of her first initiate reports, Phyllis mentioned that she had learned seven lessons up to that point. Here is the list of those lessons:

1 Her level of consciousness is equal to her level of acceptance.

- 2 Peace cannot be transmitted unless the other person is ready for it.
- 3 What appears negative in the beginning may have a completely positive ending later.
- 4 She is responsible for what she knows, and must be honest about what she doesn’t know.
- 5 To be loving and give love is more important than being right.
- 6 One does not struggle to convince others, but rather oneself.
- 7 To listen quietly is the best teacher.

This story is found on pages 48-50 of *The Road to Spiritual Freedom*, Mahanta Transcripts, Book 17, which became available last fall. It is the collection of talks that Harold Klemp gave at Eckankar seminars from 2000 to 2006.

As you might suppose from the title, collections of his previous talks have also been published, comprising the Mahanta Transcripts, Books 1 through 16 and covering his talks from 1981 to 2000.

Few of us are able to attend all the seminars where Harold Klemp gives talks, but we can read these talks and learn from them. There are spiritual lessons in his stories that can benefit all of us. In the Foreword the wish is expressed that these talks “serve to uplift you on your journey home to God.”

These books, and more, are available for purchase at the ECK Center in Sandy. There are also books available in a lending library that you can take home, enjoy, and then return. Items can also be purchased online at www.eckankar.org.



Harold Klemp
The Spiritual Leader of
ECKANKAR

**ECKANKAR: Religion of the
Light and Sound of God**

Eckankar teaches that 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 exper-

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

The spiritual leader of Eckankar is the Mahanta, the Living ECK Master, Sri Harold Klemp. The Mahanta is the inner, or spiritual, form of the Living ECK Master. The Mahanta gives inner guidance through dreams, Soul Travel, and the Spiritual Exercises of ECK. Harold Klemp’s inspiring talks and writings, and his practical approach to spirituality, help thousands of people worldwide find greater freedom, wisdom and love. His teachings uplift and help people recognize their own experiences with the Light and Sound of God.

Membership in ECKANKAR

Eckankar, Religion of the Light and Sound of God, can help you find answers to your deepest spiritual questions. Through ECK Worship Services, books and book discussion classes, workshops and seminars, you will find new ways to unfold spiritually.

Membership in Eckankar is available for those who wish to take their spiritual studies further. Members receive printed monthly lessons from the spiritual leader of Eckankar, Sri Harold Klemp, the Mahanta, the Living ECK Master. These lessons can be studied privately at home or with others in spiritual study (Satsang) classes. For more information visit Eckankar’s Web site at www.eckankar.org; or call 1-800-LOVE GOD; or write:

ECKANKAR
Attn: Information, Dept. F23
PO Box 27300
Minneapolis, MN 55427 USA



ECKANKAR

RELIGION OF THE LIGHT AND
SOUND OF GOD

Reflections of Soul
Utah Satsang Society, Inc.
8105 S. 700 E.
Sandy, UT 84070
newsletter@eckankar-utah.org
www.eckankar-utah.org

You’re Invited!

You’re invited to the 2017 ECK Springtime Seminar

Reach Your God-Given Potential

April 14 - 16 in Minneapolis, Minnesota.

