



REFLECTIONS OF SOUL

ECKANKAR, the Path of Spiritual Freedom

Utah Satsang Society

Oct / Nov / Dec 2017

Utah Satsang Society
8105 South 700 East
Sandy, UT 84070

Hours
Sundays 10:30am - Noon

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Utah Events

ECK Light and Sound Services **2nd Sundays of the month at 10:30am**

October 8th – Contacting the Light and Sound of
God

November 12th – Contemplation: Sharing Your
Heart with God

December 10th – Serving All Life with Love

Each service lasts about one hour and is followed by a
potluck and fellowship.

DVD talks by Living ECK Master, with open discussion afterwards.

November 26th

10:30 Sandy Center – ***The Road to Spiritual Freedom***

4:00 Ogden – ***Acres of Diamonds***

Contact Connie 801-866-6814 for Ogden location.

HU Chants at the Sandy ECK Center at 10:30am

Singing HU is a key to having an inner experience.

October - 1st, 15th, 22nd, 29th

November – 5th, 19th

December – 3rd, 17th, 24th, 31st

Easy Way Satsangs now forming in Sandy and Ogden

Satsang is a spiritual study group, and the first in the
Eckankar Satsang series is the Easy Way. To sign up or
for questions, call:

Connie 801-866-6814 – Ogden
Lynn 801-531-9073 - Sandy

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A Day of Gifts and Gratitude

by Penny Cole

So, I started out my Friday early in the morning by going out in the front yard to have a cup of tea and to look at the night sky - or the early morning sky - the stars. I had my dog, Apollo, on his lead. He sensed another dog coming down the street before I did. When I saw the dog, I got up and stood by Apollo and held him back. Apollo growled and jumped around a little bit, so I scolded him and took him back into the house. I wondered how my day was starting.

Then I decided to take Apollo out to the desert where we take our walks. I came across the man that we see each day with his two big black labs. He was very friendly this morning, and he asked if I could let Apollo off leash so he could come up and say hi to his dogs. I said "sure" and let Apollo off his leash. He went up to the two dogs to say hi. It went really well, so I stayed for a little while, and we talked about the dogs. It was nice. We had never done that before.

Next, we went further out in the desert to continue our walk with him back on leash. We came across four other dogs, so I let him off leash again, and he went over to play with them. It was really good and so fun to watch him play with other dogs. So then I got him back on leash, and we went about our way. We went out a little further for a walk. As I had the morning off from work, I wasn't hurrying like usual. We stopped at a convenience store, and I got him a hot dog for a treat, which I never do.

I got myself a yogurt parfait and a cup of coffee. Taking our treats, we went out to another trail to walk further, and at the end of that trail there's a bench where we could sit and I could have my treat and Apollo could have his. When we reached the end of the trail, a friend of mine was sitting there drinking a bottle of water. He'd been riding his bike. So I asked if we could join him. He said yes. We chatted; I ate my snack and drank my coffee. Apollo was so excited 'cuz he doesn't get treats like this very often. It was very pleasant, and other people stopped and talked. It was just one of those mornings where everything was just so in harmony

I had some flowers that I'd gotten for my birthday, sunflowers that had now faded. I decided to plant them for the birds and so they would reseed for more sunflowers on this trail by the river.

So then, I left with Apollo to go back up the trail to my car. On the way, we stopped at the area where Apollo could get a drink of water. I took my shoes off and I soaked my feet in the cool water.

I just enjoyed the moment and the morning and gave thanks. That morning, as always, I had started my day declaring myself a vehicle for the Sugmad, the ECK, and the Mahanta. I was wearing a T-shirt that said 'Sing HU to Open Your Heart'. And it did. Thank you, thank you, thank you. It was a morning full of gratitude and of stepping out of the normal routine.

Eckankar has taught me to pay attention to these subtle clues.