

# ECKANKAR

RELIGION OF THE LIGHT AND SOUND OF GOD



## Albuquerque ECK Quarterly News

News of public Eckankar events in Albuquerque, New Mexico



*Spring 2012*

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### 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 experience 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. 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. You can see and hear Harold Klemp by tuning in to Albuquerque cable Channel 27, each Sunday at 12:00 PM (noon).



**Harold Klemp**  
**The Spiritual Leader**  
**of Eckankar**

### COMMUNITY HU SONG — BRING A FRIEND!

HU, this ancient name for God, is a love song to God. You can sing it. And in singing it or holding it in your mind during times of need, it becomes a prayer. It becomes a prayer of the highest sort.

— Harold Klemp, *Love, the Keystone of Life*, p. 105

People of all faiths are warmly invited to a Community HU Song and contemplation on the first Friday at 6:30 PM and on the fourth Sunday at 10:30 AM, each month, at the Albuquerque Eckankar Center: 2501 San Pedro NE, Suite 113.

Please join us in singing this ancient and universal name for God for twenty minutes, followed by a five-minute contemplation. Many people experience a feeling of peace and divine love, often hearing the Sound and seeing the Light of God, or a concentration of the universal life force. Come experience this for yourself, and feel free to invite friends and family.

## ECK Worship Service and Community HU Song Schedule

You are warmly invited to our ECK Worship Services, held at the Albuquerque ECK Center on the second Sunday of each month at 10:30 AM. Each service focuses on an aspect of Eckankar and often features a reading from the ECK works, singing HU, talks, music, and a group discussion of spiritual principles at work in daily life. The services last about an hour. The Community HU Song is also open to visitors and is held on the first Friday at 6:30 PM and the fourth Sunday at 10:30 AM. Please come join us!

Date	Worship Service (WS) Title or HU Song
April 6 <sup>th</sup>	Community HU Song
April 8 <sup>th</sup>	(WS) The Lessons of Life are Your Teachers
April 22 <sup>nd</sup>	Community HU Song
May 4 <sup>th</sup>	Community HU Song
May 13 <sup>th</sup>	(WS) Discover a Soul-Empowered Life
May 27 <sup>th</sup>	Community HU Song
June 1 <sup>st</sup>	Community HU Song
June 10 <sup>th</sup>	(WS) How Can I Be Happier?
June 24 <sup>th</sup>	Community HU Song



Visit Us At  
The Albuquerque  
**ECK Center**      2501 San Pedro, NE  
Suite 113  
(505) 265-7388

- Read books from the lending library
- View pictures of ECK Masters
- Listen to audio and videotapes of Harold Klemp's talks
- Purchase ECK Materials
- Attend classes or discussions
- Visit an ECK Worship Service or Community HU Song
- Or feel free to just visit with one of our friendly representatives

## Harold Klemp on TV

Would you like to see the Spiritual Leader of Eckankar on television? Please tune in to cable Channel 27, on Sundays at 12:00 PM (noon) to see and hear Harold Klemp, as he speaks to audiences of every age and background, delivering the timeless message of ECK (Divine Spirit), and how the teachings of ECK can help you in your daily life.



Harold Klemp  
The Spiritual Leader  
of Eckankar

## What Are the Light and Sound of God?

The Light and Sound, known as the ECK or Holy Spirit, flow out from the heart of God.

The Light purifies Soul. It helps us see our lives from a higher viewpoint. The Sound is always calling us home. It shows us the direction back to God.

With practice, we learn to recognize these twin aspects of God all around us. The Holy Spirit teaches us in the smallest details of our lives. The Spiritual Exercises of Eckankar help us open ourselves to the Light and Sound of God.

## A Spiritual Exercise

HU is an ancient name for God. When you sing HU, you open your heart to the Light and Sound of God.

Here is a simple spiritual exercise to try. First, close your eyes and look gently to a point between your eyebrows. Then, softly sing HU (pronounced like the word "hue"). Now sit quietly for a few minutes. Watch and listen for the presence of God. It may come as a light or a sound, or in some other way.

**NEW!**

## ECK Video Showings

You're invited to take a spiritual break during your day. Come watch a video of a talk by Harold Klemp, the spiritual leader of Eckankar.

Videos will be shown at the Albuquerque ECK Center, 2501 San Pedro NE, suite 113. They will be on the third Tuesday of each month, at 1:30 PM, beginning April 17<sup>th</sup>. For more information, call 265-7388.

## Experience The HU At These Upcoming Fairs

### Earth Day Festival

Sunday, April 22<sup>nd</sup>, 10 AM – 6 PM  
Nob Hill – on the corner of Silver and Carlisle

### The Quest ABQ Mind-Body-Spirit Expo

Saturday, May 20<sup>th</sup>, 10 AM – 5 PM  
Marriott Pyramid Albuquerque Hotel

### Santa Fe Holistic Expo

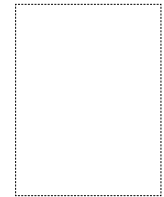
Saturday & Sunday, June 9<sup>th</sup> & 10<sup>th</sup>; 10 AM – 5 PM  
El Museo de Santa Fe

Visit the HU booth to listen to a group chanting HU on headphones.

*Receive a free HU CD!*

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New Mexico Eckankar Center  
2501 San Pedro NE, Suite 113  
Albuquerque, NM 87110  
Phone: 505-265-7388



Forwarding and Address  
Correction Requested



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## ***YOU'RE INVITED!***

Please join us for  
the Albuquerque  
Community HU Song.

Monthly on the  
1<sup>st</sup> Friday at 6:30 PM  
and the 4<sup>th</sup> Sunday at  
10:30 AM.



Visit Eckankar in New Mexico  
at [www.eckankar-nm.org](http://www.eckankar-nm.org)