

# the Eternal Sound

New York



ECKANKAR, The Path of Spiritual Freedom

Rochester Edition

Serving Allegany, Genesee, Livingston, Monroe, Ontario, Orleans, Steuben, Yates, Wayne, and Wyoming Counties

## Harold Klemp

The Spiritual Leader of ECKANKAR



### What is ECKANKAR?

Eckankar means “Co-worker with God.” It offers ways to explore your own unique and natural relationship with the Divine. ECK is another word for the Holy Spirit.



### Get a Free Book

Download at  
<http://www.eckankar.org/FreeBook>

For More Information Visit:  
[www.eckankar.org](http://www.eckankar.org)

## Julie Opens Her Mom’s Heart to HU

An ECKist I’ll call “Ginger” missed her flight to Chicago. But she said, “What can you do? You miss a flight. No reason to fret about it; just try to get on the next one.” And so she did.

Seated beside her was a very good man, and they had some light conversation. Then the flight attendant came up and said to the man, “Sir, would you be willing to change your seat? There’s a mother with her small child sitting in separate seats, and they should be together.” The man said, “Why, of course” and got up right away.

So along came this woman with her little girl. The mother’s name was “Grace,” and she and Ginger took to each other right away. They just had an instinctive liking for each other.

Now, Ginger always asks the Mahanta, “If there’s an opening for HU, show it to me so that I can tell somebody about the HU.”

So Ginger was talking with Grace. They talked about kid things, and then they talked about parent things. And gradually the conversation moved over into the spiritual area. So Ginger was thinking, *Boy this is the perfect time for the Inner Master, the Mahanta, to send me some kind of message—to let me know this is the time to speak about the HU, this love song to God.* But nothing came.

Then “Julie,” the three-year-old opened the door. She had a book where she could practice her letters, and with the book came a writing board—one of those things you write on with a stylus, and then you just pull the cover sheet up and everything’s gone.

The little girl, Julie, held up the board to Ginger. And on it she had put two letters. Now, this is a three-year-old practicing her letters. She could have written any letters she wanted to on this little board. She had written the letters *H-U*.



Of course, Ginger started laughing. She turned to Grace, the mother, and said “This might sound funny, but I was just wondering how to tell you about this word *HU*. Julie just wrote it down.”

And the mother was quite excited by this because she could see the significance of the timing. It couldn’t have been mere coincidence that her daughter had picked out just those two letters.

Julie was a rambunctious and energetic little thing. After a while, she got tired, and she rested her head on her mother’s lap. When she did, Ginger, the ECKist, looked at her, talked quietly for a minute, and then sang *HU* to her very quietly. Julie looked at her, smiled, and then sang *HU* with Ginger a couple of times. Then she rested.

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## Julie Opens Her Mom's Heart to HU

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A further lesson came during a layover. The two adults had taken Julie to a restaurant for a meal. Sitting in a high chair, the little girl became very excited. She started making little noises in her throat that sounded like stress noises. Then suddenly, she breathed HU-U-U-U in a very high little voice. Ginger encouraged her. She said, "Sing or say that word, HU, and you'll feel better."

The mother was amazed. She had often heard her daughter make those same little noises at home. And now she realized they were due to stress. But the little girl also knew how to deal with it now. On her own, she was singing HU.

Well, the mother still has some doubts about Eckankar. The Inner Master opened the door for her, but only she can walk through it.

—Harold Klemp, *The Road to Spiritual Freedom*, Mahanta Transcripts, Book 17, pp. 342-344



*"You are Soul. You are the eternal being and you wear this body. At the time of passing over, you shed this body and it turns to dust, but Soul lives on, because Soul is eternal.*

*"Soul exists because God loves It. God loves us. And this love must be a two-way street."*

—Harold Klemp, *The Road to Spiritual Freedom*, Mahanta Transcripts, Book 17, p. 117

### 2017 ECK Worldwide Seminar

October 20–22, 2017  
Minneapolis, MN USA

*How to Become the Awakened Soul*

The Mahanta, the Living ECK Master, the spiritual leader of Eckankar, will be the featured speaker. Experience workshops, spiritual discussions, and other activities for greater spiritual growth.

Please visit [www.eckankar.org](http://www.eckankar.org) for more information.

### Upcoming Regional Events

Regional seminars are a wonderful way to experience the teachings of Eckankar through talks, workshops, creative arts, and fellowship with the Eckankar community. For full listings, visit [www.eckankar.org](http://www.eckankar.org). Click on Upcoming Seminars, then ECK Regional Seminars. Find the event that interests you and click on the link to its local website.

#### 2017 Vermont ECK Regional Seminar

September 30-October 1

*How to Survive Spiritually in Our Times*

Mary Carroll Moore, Guest Speaker

Burlington, VT

[eckankar-vt.org](http://eckankar-vt.org)

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## Want more information?

If you're new to Eckankar and would like to speak with someone in person feel free to give one of us a call. We'll be happy to meet you and to answer any questions you may have. If you'd like we can route you to folks in your local community who have information about what's coming up near you.

Linda and Paul Morelli 516 694-0124

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## NY ECK Centers

ECK Information Center of Capital Area, NY:  
PO Box 1316 — Guilderland, NY 12084-1316  
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Rochester, NY 14618-4616  
Telephone: 585-288-4721

If you plan to visit, please call in advance for open hours.



## Membership in ECKANKAR

Eckankar, The Path of Spiritual Freedom, can help you find answers to your deepest spiritual questions. Through ECK Light and Sound 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 main Web site at [www.eckankar.org](http://www.eckankar.org); call 1-800-LOVE GOD, ext. F23; or write:

ECKANKAR

Att: Information, Dept. F23

P.O. Box 2000

Chanhassen, MN 55317-2000

## 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. For more information call the ECK Center of Rochester at 1-585-288-4721. Feel free to leave a message and we will get back to you.

For free introductory information about Eckankar, you are welcome to call 1-800-LOVE-GOD, ext. F23 (1-800-568-3463, ext. F23), visit the Eckankar Web site or write to the address at right.

## ECKANKAR Books

Many books about the teachings of Eckankar are available in bookstores and from on-line booksellers.

Books may also be purchased directly from Eckankar. To order from Eckankar or request a complete listing of ECK books:

- call: 952-380-2222 (M–F, 8:00 am–5:00 pm Central time)
- write: Eckankar, P.O. Box 2000, Chanhassen, MN, 55317-2000, USA
- visit on-line: [www.eckbooks.org](http://www.eckbooks.org).

Event	Topic	Date	Time	Location
ECK Light and Sound Service	Taking the Next Step Spiritually	Sunday, Sept. 3	11 a.m.	ECK Center of Rochester
Book Discussion	<i>ECKANKAR'S Spiritual Experiences Guidebook</i>	Sunday, Sept. 10	11 a.m.	ECK Center of Rochester
Community HU Song	Experience HU, a love song to God.	Sunday, Sept. 17	11 a.m.	ECK Center of Rochester
Book Discussion	<i>ECKANKAR--Ancient Wisdom for Today</i>	Sunday, Sept. 24	11 a.m.	ECK Center of Rochester
ECK Light and Sound Service	Showing Love and Gratitude	Sunday, Oct. 1	11 a.m.	ECK Center of Rochester
Book Discussion	<i>ECKANKAR'S Spiritual Experiences Guidebook</i>	Sunday, Oct. 8	11 a.m.	ECK Center of Rochester
HU Song	Experience HU, a love song to God.	Sunday, Oct. 15	11 a.m.	ECK Center of Rochester
Book Discussion	<i>ECKANKAR--Ancient Wisdom for Today</i>	Sunday, Oct. 22	11 a.m.	ECK Center of Rochester
ECK Roundtable Discussion	Hard Times, Best Times for Learning	Sunday, Oct. 29	11 a.m.	ECK Center of Rochester
Gratitude Dinner (semi-annual fundraiser)	Dinner at 5:15 p.m. Sri Harold Klemp's talk at 7 p.m.	Saturday, Nov. 4	5:15 p.m.	ECK Center of Rochester
ECK Light and Sound Service	Like You, All God's Creatures Are Soul Too	Sunday, Nov. 5	11 a.m.	ECK Center of Rochester
Book Discussion	<i>ECKANKAR'S Spiritual Experiences Guidebook</i>	Sunday, Nov. 12	11 a.m.	ECK Center of Rochester
HU Song	Experience HU, a love song to God.	Sunday, Nov. 19	11 a.m.	ECK Center of Rochester
Book Discussion	<i>ECKANKAR--Ancient Wisdom for Today</i>	Sunday, Nov. 26	11 a.m.	ECK Center of Rochester

## ECK Center of Rochester

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[eckankar-ny.org](http://eckankar-ny.org)

## ECK ON TV

*Brighton Public Access:* Airls every day at 5:30 a.m., 11:30 a.m., 5:30 p.m. & 11:30 p.m.

*Irondequoit Public Access:* Mondays 10 p.m.

*Penfield Public Access:*  
Check local schedule.

*If you would like more information about Eckankar, you may contact Regional ECK Spiritual Aides (RESAs) Linda and Paul Morelli at 516-694-0124. For information about Eckankar events in the greater Rochester area, you may contact Local Director Jim Modera at 315-521-3057.*



## The Community HU

Experience HU, a love song to God. It is the sound within all sounds. It represents the love of God for Soul, and we are Soul. HU represents the enormous love that the Creator has for Its creation. To listen to the HU, please visit <http://www.HearHU.org>



**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.

See page 3 for Community HU song times in this area, or visit our website at [www.eckankar-ny.org](http://www.eckankar-ny.org) for a statewide schedule.

Eckankar offers a great resource:

The *Spiritual Wisdom Journal* is a quarterly online newsletter for people who want more spiritual perspective and encouragement, especially in uncertain times.

Each issue offers inspiring articles, uplifting stories, and dynamic spiritual exercises by Sri Harold Klemp, the spiritual leader of Eckankar. Known as a pioneer of "everyday spirituality," Harold Klemp helps people around the world find greater spiritual insight, and wisdom through dreams, and relief from past-life burdens.

**You Can Subscribe Here:**  
[www.SpiritualWisdomJournal.org](http://www.SpiritualWisdomJournal.org)

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<https://www.facebook.com/Eckankar>



This newsletter can be viewed online:  
<http://eckankar-ny.org/newsletters/rochesternews.pdf>  
or scan for access:

Come visit our center, where you may meet and talk to other like-minded souls. Enjoy the quietude, or browsing through books, journals and other material about Eckankar, Religion of the Light and Sound of God.

[eckankar-ny.org](http://eckankar-ny.org)  
(585) 288-4721

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