

# 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)

## Satisfying Your Past-Life Curiosity

A group of students from Ghana traveled to another country for a year's study. They wanted to become more fluent in French.

One of the girls, a black student I'll call Mary, happened to meet a white German man. Soon they were close friends. Her acquaintances started to talk.

"Got a romance going?" they asked. "With a whitey?"

When someone of a different race, nationality, or even habits breaches the established order of a community, many times it's a recipe for trouble. Eyebrows are raised, and fair-weather friends run up their true colors. So her friends began to spread rumors and pass falsehoods about her friendship with this white German male.

Mary wished to lose neither her friends from Ghana nor her new white companion. She debated about the best course to take. To soothe the ferment, she sought counsel in a spiritual exercise.

It's easy to do a spiritual exercise. Shut your eyes and imagine a conversation with your spiritual guide, whomever you feel comfortable sharing the secrets or your heart with. It can be Jesus or some other religious figure. Eckkists look to the Mahanta, the Living ECK Master, the spiritual leader of Eckankar.

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So, in a spiritual exercise, Mary said, "Please, Mahanta, give me an insight into this. What can I do? I don't want to lose my friends on this side or my friend on that side."

Such was the concern she laid before the Mahanta.

In the next instant she became aware of being in a past lifetime, standing on a shore with a baby in her arms. Close offshore stood a slaving ship. White men dotted the beach. They brandished whips at a line of black slaves ranged along the sand, shackled in chains.

They herded blacks on the ships while she watched in tears, with a child at her breast. Her husband was one of the slaves. She begged the slave masters, "Please let my husband go. We have a child." Her plea brought harsh laughter.

Soon the last line of slaves boarded the ship. As they embarked, her husband cried out, "If we don't meet again in this lifetime, surely we will meet in another."

So Mary realized it wasn't mere chance to have met this white German student and develop such a strong attraction for him. It was a past-life connection. She also began to notice an oddity. Whenever he was with her, he behaved like an African. He walked, talked, and gestured like an African.

She used to observe him and wonder, *Now where did he pick that up?*

When this inner experience had ended, the Mahanta said to her, "Your friend in this lifetime was indeed your husband then."

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## Satisfying Your Past-Life Curiosity

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Finally, Mary understood the strong rapport between them.

After this she could better handle the faultfinding of her friends, who tried to intimidate her by saying, "You shouldn't be seen with that white man. What will people think?"

This criticism was the voice of the social consciousness speaking. It's an element of the human state that tries to put everybody within a society at the same level. It abhors a taller head in the crowd and attempts to pound all heads to the same social, financial, or philosophical level. This social consciousness is the great leveler. Its spiritual harm comes in its frantic zeal to stamp out individuality.

After this inner experience Mary drew a firm line with her friends, because now she knew the origin of affinity for the white German. He was a dear friend from the past. And there she took a stand.

—Harold Klemp, *Spiritual Wisdom on Karma and Reincarnation*, pp. 15-199



*"Nondirected prayer depends upon the divine power, the higher power. It depends upon the power of God. So whether you say 'Thy will, not mine be done,' or as we in ECK say, 'May the blessings be' this is the proper spiritual way to direct your own life."*

—Harold Klemp, *Love, the Keystone of Life*, p. 99

### 2018 ECK Springtime Seminar

March 30–April 1, 2018  
Minneapolis, MN USA

*Awaken to the Secret of Miracles*

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.

#### 2018 Massachusetts ECK Regional Seminar

February 2-4  
Springfield, MA  
[eckinmass.org](http://eckinmass.org)

#### 2018 Rhode Island ECK Regional Seminar

*The Road to Spiritual Freedom*  
Bill Elbert, guest speaker  
March 2-4  
Warwick, RI  
[eckankar-ri.org](http://eckankar-ri.org)

*Save the Date*  
**ECKANKAR Presents:**

**What Is HU?**  
*Explore the Sound of Soul*

2018 New York Regional Seminar  
April 27–April 28, 2018  
SUNY New Paltz  
New Paltz, NY 12561

Published by: New York Satsang Society, Inc.

A Chartered Affiliate of ECKANKAR.

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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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ECK Information Center of Hudson Valley, NY:  
PO Box 591, Port Ewen, NY. 12466  
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ECK Information Center of Long Island, NY:  
PO Box 1002—Patchogue, NY 11772-0800  
Telephone: 800-630-3546

ECK Information Center of Southern Tier, NY:  
PO Box 4204 — Ithaca, NY 14852-4204  
Telephone: 800-630-3546

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ECK Center of Greater New York City, NY:  
4 W 43rd Street, Suite 503  
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ECK Center of Central New York, NY:  
206 East Seneca St, Suite H  
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ECK Center of Rochester, NY:  
3300 Monroe Avenue, Suite 313  
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	Dreams- A Source of Truth	Sunday, Dec. 3	11 a.m.	ECK Center of Rochester
Book Discussion	<i>ECKANKAR'S Spiritual Experiences Guidebook</i>	Sunday, Dec. 10	11 a.m.	ECK Center of Rochester
The Sound of Soul Event	Experience HU, a love song to God.	Sunday, Dec. 17	11 a.m.	ECK Center of Rochester
Book Discussion	<i>ECKANKAR--Ancient Wisdom for Today</i>	Sunday, Dec. 24	11 a.m.	ECK Center of Rochester
ECK Roundtable Discussion	Leaving the Past in the Past	Sunday, Dec. 31	11 a.m.	ECK Center of Rochester
ECK Light and Sound Service	The Light and Sound- HU Opens your Heart to God's Voice	Sunday, Jan. 7	11 a.m.	ECK Center of Rochester
Book Discussion	<i>ECKANKAR'S Spiritual Experiences Guidebook</i>	Sunday, Jan. 14	11 a.m.	ECK Center of Rochester
The Sound of Soul Event	Experience HU, a love song to God.	Sunday, Jan. 21	11 a.m.	ECK Center of Rochester
Book Discussion	<i>ECKANKAR--Ancient Wisdom for Today</i>	Sunday, Jan. 28	11 a.m.	ECK Center of Rochester
ECK Light and Sound Service	How to Become the Awakened Soul	Sunday, Feb. 4	11 a.m.	ECK Center of Rochester
Book Discussion	<i>ECKANKAR'S Spiritual Experiences Guidebook</i>	Sunday, Feb. 11	11 a.m.	ECK Center of Rochester
The Sound of Soul Event	Experience HU, a love song to God.	Sunday, Feb. 18	11 a.m.	ECK Center of Rochester
Book Discussion	<i>ECKANKAR--Ancient Wisdom for Today</i>	Sunday, Feb. 25	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:* Airs 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 4 for Sound of Soul Events/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)

Eckankar is on Facebook. Visit  
<https://www.facebook.com/Eckankar>



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

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.

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