



# WELCOME TO ECKANKAR IN NOVA SCOTIA

## ECKANKAR, Experience the Light and Sound of God

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Reference article by P. Smith

Members of ECKANKAR often experience the Light and Sound of God by having more love in their lives. Experiencing the light and sound of God allows a greater awareness into the meaning of life through Past Lives, Dreams and Soul Travel.

One of the simplest ways of defining what the ECK terms mean is to read the book, "A Cosmic Sea of Words, The ECKANKAR Lexicon," written by Harold Klemp, the Spiritual Leader of Eckankar. Three terms from this book include [Eckankar. EHK-ahn-kahr Religion of the Light and Sound of God; the Path of Total Awareness; the way of all things; means "Co-worker" with God"; a teaching that gives knowledge of both the Light and the Sound which contains the total sum of all teaching emanating from God...]

[Light. The reflection of the spiritual atoms moving in space, as the ECK, the manifestation of the Sugmad in the lower worlds, flows from the Sugmad into them and returns.] (*Sugmad - means God*)

[Sound. The sound of the spiritual atoms moving in space, as the ECK, the manifestation of the Sugmad in the Lower Worlds, flows from the Sugmad into them and returns.]

[Light and Sound. The ECK as the manifestation in the lower worlds of the absolute supreme Deity, the Sugmad.] (*ECK - means Holy Spirit*)

The HU, (*pronounced hue*) a love song to God can be sung alone or in groups to open one's heart to divine love. Whether stressed, angry, depressed, grieving, or fearful, singing HU can bring you peace and calm.

Practicing the Spiritual Exercises of ECK, often brings a sense of peace and upliftment.

"Soul exists, because God loves It" is the message of Sri Harold Klemp, the Mahanta, the Living ECK Master, the Spiritual Leader of Eckankar. The Temple of ECK is in Chanhassen, MN, USA.

Harold Klemp, The Spiritual Leader of Eckankar, is one in a long line of ECK Masters who are Spiritual Guides people have looked to since the beginning of time--for guidance, protection and divine love.

To learn more about ECKANKAR, please visit the main official website of ECKANKAR at [www.eckankar.org](http://www.eckankar.org) or you may telephone 1-800-LOVE GOD (1-800-568-3463). For Eckankar activities in the local area, please visit our website for Nova Scotia at [www.eckankar-ns.ca](http://www.eckankar-ns.ca)

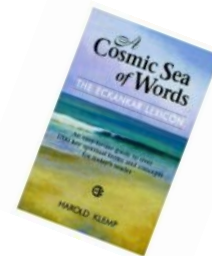


### Special Points of Interest

- ECKANKAR - Experience the Light and Sound of God
- ECK Books
- ECK Calendar of Events
- ECK Worship Services



**Harold Klemp**  
The Spiritual Leader  
of Eckankar



"A Cosmic Sea of Words: The ECKANKAR Lexicon"

by Harold Klemp.



A sample of some of the ECK Books available for order through our website at; [www.eckbooks.org](http://www.eckbooks.org), or you may check for many titles of ECK books at your favourite book store, authored by Harold Klemp, The Spiritual Leader of Eckankar.

[Left to Right] "HU, The Most Beautiful Prayer", "Those Wonderful ECK Masters", "Past Lives, Dreams and Soul Travel", "The Art of Spiritual Dreaming", and "The Spiritual Exercises of ECK".

## ECKANKAR - Experience the Light and Sound of God

## Calendar of ECK Member Activities and Events in Nova Scotia

### Spring 2010

<p><b>ECK Worship Service</b></p> <p><i>If I Let Divine Love Act</i></p> <p><b>Saturday, April 24, 2010</b></p> <p><b>10:15 - 11:15 am</b></p> <p>Bedford Public Library 15 Dartmouth Road (Wardour Centre) Bedford, Nova Scotia</p> <p>Everyone welcome</p>	<p><b>Mind, Body &amp; Spirit Expo</b></p> <p><i>ECK Materials Display Table</i></p> <p><b>Saturday, April 24, 2010 &amp; Sunday, April 25, 2010</b></p> <p><b>10:00 am - 5:00 pm</b></p> <p>Brooklyn (new) Civic Centre #995 Corners of Highway 14 &amp; Route 215 Brooklyn, Hants County, N.S.</p> <p>"Vahana Activity"</p>	<p><b>ECK Worship Service</b></p> <p><i>Theme - to be announced</i></p> <p><b>Saturday, June 26, 2010</b></p> <p><b>11:00 am - 12:00 noon</b></p> <p>Bedford Public Library 15 Dartmouth Road (Wardour Centre) Bedford, Nova Scotia</p> <p>Everyone welcome</p>
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### Summer 2010

<p><b>ECK Worship Service</b></p> <p><i>Theme - to be announced</i></p> <p><b>Saturday, August 28, 2010</b></p> <p><b>11:00 am - 12:00 noon</b></p> <p>Bedford Public Library 15 Dartmouth Road (Wardour Centre) Bedford, Nova Scotia</p> <p>Everyone welcome</p>
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### ECK Worship Services

An ECK Worship Service is an opportunity to learn more of the Light and Sound of God and enjoy spiritual fellowship in a comfortable setting. The service is usually opened with the reading of an uplifting story of how Spirit (the ECK) works in our lives. Readings are selected from many of the books written by Sri Harold Klemp, the Living ECK Master, the Spiritual Leader of ECKANKAR. Sri Harold's talks and writings connect the simple, yet often miraculous, experiences that occur in the lives of each of us with the spiritual principle or lesson to be gained.

In addition to the readings, there are stories from the heart (with audience participation), and short talks. Creative arts are also interspersed throughout the service.

You may wish to join in singing the HU. HU is a form of prayer that allows Spirit to work in our lives for our own spiritual growth and for the good of the whole. After a brief period of silent contemplation, the words "May the Blessings Be," draws the prayer to a close.

*The secret is that one cannot live without love.  
You've got to find the kind that agrees with your  
spiritual makeup. Once you have it, you find it a  
delicate thing that can slip away like water through  
the fingers.*

Harold Klemp, "The Language of Soul"

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"Temple of ECK"  
Chanhassen, MN, USA

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

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