



## Welcome to the DC/MD/VA Areas Online ECK Events Pages

All events listed below are sponsored by *Eckankar - The Path of Spiritual Freedom*. They are open to the public, free of charge, and are hosted via [Zoom.us](https://zoom.us). To participate in any of these events, please send an email request as indicated below to receive the Zoom login information for the corresponding event.

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Sunday, March 7, 2021 at 11 AM

### **ECK Light and Sound Service**

**Theme: *You Owe It to Yourself***

An ECK Light and Sound Service is a celebration of God's love for Soul. The topics vary, but each service is to lead participants to their own experience of the Light and Sound of God. Each service focuses on an aspect of Eckankar, the Path of Spiritual Freedom, and lasts about an hour. Eckankar services feature readings from the ECK works, singing HU (a prayer to God), and an exploration on the topic of the day. Services may also include creative arts, talks, discussion and a video excerpts on the topic of the day.

To register for this free event, please send an email request to [spiritualdiscussions12@gmail.com](mailto:spiritualdiscussions12@gmail.com) and you will receive Zoom event login information via a return email.

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Sunday, March 14, 2021 at 11 AM

### ***The Book of ECK Parables, Volume 3* – Online Book Discussion** (6-month discussion)

The stories are just amazing and spiritually revealing. This book helps us all realize that we also have stories in our life that have made a difference in our unfoldment. **You do not need to have the book to be a part of this book discussion.** The facilitators will summarize some favorites with discussion to follow. Those of you who have read the book will surely have your own favorites that lit up for you! And we will all have the opportunity to tell our own personal stories that have helped us see God in our lives. March's discussion will cover chapters 5 and 6.

If you would like the book, there are a couple ways to obtain one:

1. Order from Eckankar though [Eckbooks.org](https://eckbooks.org)
2. Order from Amazon at [Amazon.com](https://amazon.com)

To register for this free event, please send an email request to [spiritualdiscussions12@gmail.com](mailto:spiritualdiscussions12@gmail.com) and you will receive Zoom event login information via a return email.

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Sunday, March 28, 2021 at 7 PM

***Why Is This Happening and How Can I Fix It?***

**ECK Wisdom on Solving Problems**

You are Soul – and have the godlike power of creative imagination within you. You can use this creativity to find solutions for every problem and take charge of your own life. But how do we tap into those abilities? What’s standing in our way? How can we remove those barriers and create a happier and more productive life for ourselves – even in very difficult times? During this spiritual discussion, we will explore ways to more consciously connect with the Divine power, make true peace with the past, and transform the way we identify and work with problems. We look forward to seeing you there!

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Sunday, April 4, 2021 at 7 PM

**Experience the *Sound of Soul***

Throughout the ages, followers of many spiritual traditions have used prayer, the singing of holy words, and meditation to bring themselves closer to God. In the same way, those who have discovered HU, an ancient name for God, sing it for their spiritual upliftment. Singing HU can help to smooth out some of the daily ruffles in our lives and expand our awareness and enjoyment of life. It can help open our hearts to experience a greater amount of God’s love. Regardless of your beliefs or religion, you can sing HU to become happier and more secure in God's love. You are invited to join us in this simple spiritual exercise. We will spend twenty minutes singing/chanting the word HU, followed by five minutes of quiet contemplation. Afterward, there will be some time for discussion and sharing.

To register for this free event, please send an email request to [spiritualdiscussions12@gmail.com](mailto:spiritualdiscussions12@gmail.com) and you will receive Zoom event login information via a return email.

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Sunday, April 11, 2021 at 11 AM

***The Book of ECK Parables, Volume 3 – Online Book Discussion* (6-month discussion)**

The stories are just amazing and spiritually revealing. This book helps us all realize that we also have stories in our life that have made a difference in our unfoldment. **You do not need to have the book to be a part of this book discussion.** The facilitators will summarize some favorites with discussion to follow. Those of you who have read the book will surely have your own favorites that lit up for you! And we will all have the opportunity to tell our own personal stories that have helped us see God in our lives. March’s discussion will cover chapters 7 and 8.

If you would like the book, there are a couple ways to obtain one:

1. Order from Eckankar though [Eckbooks.org](http://Eckbooks.org)
2. Order from Amazon at [Amazon.com](http://Amazon.com)

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April 18, 2021, at 7PM

***Dreams: Your Window to Greater Awareness***

Dreams are not illusions but very real glimpses into life in far-greater levels of awareness. In this spiritual discussion, we will address some of the mystery surrounding dreams; talk about ways to control, remember, and interpret your dreams; discuss the benefits that dreams offer in our daily lives; and explore techniques that will enrich your dream life. Remember, you are an artist! Your life is your canvas—and dreams can be the secret to creating a masterpiece.

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Sunday, May 2, 2021 at 11 AM

**ECK Light and Sound Service**

**Theme: *The Spirit of Love and Adventure***

An ECK Light and Sound Service is a celebration of God's love for Soul. The topics vary, but each service is to lead participants to their own experience of the Light and Sound of God. Each service focuses on an aspect of Eckankar, the Path of Spiritual Freedom, and lasts about an hour. Eckankar services feature readings from the ECK works, singing HU (a prayer to God), and an exploration on the topic of the day. Services may also include creative arts, talks, discussion and a video excerpts on the topic of the day.

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Sunday, May 9, 2021 at 11 AM

***The Book of ECK Parables, Volume 3 – Online Book Discussion* (6-month discussion)**

The stories are just amazing and spiritually revealing. This book helps us all realize that we also have stories in our life that have made a difference in our unfoldment. **You do not need to have the book to be a part of this book discussion.** The facilitators will summarize some favorites with discussion to follow. Those of you who have read the book will surely have your own favorites that lit up for you! And we will all have the opportunity to tell our own personal stories that have helped us see God in our lives. March's discussion will cover chapters 9 and 10.

If you would like the book, there are a couple ways to obtain one:

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Sunday, June 6, 2021 at 7 PM

### **Experience the *Sound of Soul***

Throughout the ages, followers of many spiritual traditions have used prayer, the singing of holy words, and meditation to bring themselves closer to God. In the same way, those who have discovered HU, an ancient name for God, sing it for their spiritual upliftment. Singing HU can help to smooth out some of the daily ruffles in our lives and expand our awareness and enjoyment of life. It can help open our hearts to experience a greater amount of God's love. Regardless of your beliefs or religion, you can sing HU to become happier and more secure in God's love. You are invited to join us in this simple spiritual exercise. We will spend twenty minutes singing/chanting the word HU, followed by five minutes of quiet contemplation. Afterward, there will be some time for discussion and sharing.

To register for this free event, please send an email request to [spiritualdiscussions12@gmail.com](mailto:spiritualdiscussions12@gmail.com) and you will receive Zoom event login information via a return email.

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Sunday, June 13, 2021 at 11 AM

### ***The Book of ECK Parables, Volume 3* – Online Book Discussion (6-month discussion)**

The stories are just amazing and spiritually revealing. This book helps us all realize that we also have stories in our life that have made a difference in our unfoldment. **You do not need to have the book to be a part of this book discussion.** The facilitators will summarize some favorites with discussion to follow. Those of you who have read the book will surely have your own favorites that lit up for you! And we will all have the opportunity to tell our own personal stories that have helped us see God in our lives. March's discussion will cover chapters 11 and 12.

If you would like the book, there are a couple ways to obtain one:

1. Order from Eckankar though [Eckbooks.org](http://Eckbooks.org)
2. Order from Amazon at [Amazon.com](http://Amazon.com)

To register for this free event, please send an email request to [spiritualdiscussions12@gmail.com](mailto:spiritualdiscussions12@gmail.com) and you will receive Zoom event login information via a return email.

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