



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.

Sunday, October 9th, 2022, at 7 – 8 pm

Experience the Sound of Soul

Theme: *Connect with the Life Force*

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 uplift your consciousness.

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.

You can open yourself and gain a greater awareness of who and what you are as Soul. You can do this by singing HU. Sing it to yourself or sing it out loud. But do it every day.

Experience HU, the Sound of Soul

"You can find the path to love, wisdom, and spiritual freedom by singing HU every day, until HU becomes a part of you and you of it. You will begin to vibrate in tune with the Sound Current. Once you enter the rhythm of life, you become the Song of HU itself."

— Harold Klemp, *The Sound of Soul*, p. 77

****INTERNATIONAL GUESTS, PLEASE NOTE:** This event is not intended for anyone who is barred by the laws of their country from attending. Please follow the laws of your home country.

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

Wednesday, October 12th, 2022, at 7 – 8 pm

Spiritual Video Night

Enjoy the timeless wisdom of the spiritual leader of ECKANKAR, Harold Klemp.

Come join us for a 30-minute video from Harold Klemp's talk, *"Thanks for the Help and Love."* Uplifting and insightful, his talks can help you unravel some of the perplexing mysteries of life. Each showing will be followed by group discussion; a time to share your own experiences and nagging questions about life's many challenges. Sponsored by Eckankar, the Path of Spiritual Freedom.

****INTERNATIONAL GUESTS, PLEASE NOTE:** This event is not intended for anyone who is barred by the laws of their country from attending. Please follow the laws of your home country.

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

Saturday, October 15, 2022, at 11 am – 12 Noon

The Book of ECK Parables, Volume 4 – Online Book Discussion (6-month discussion)

To make a connection with our everyday life and the ECK, Divine Spirit, is truly a gift. The stories within *The Book of ECK PARABLES, Volume Four*, were gathered from talks by Harold Klemp, the Spiritual Leader of ECKANKAR. They are simple stories on the surface - but look deeper - turn the story around to reveal different facets of spiritual lessons and understanding. This is Spirit's gift to you and as you study and contemplate each story - the story becomes yours! They become your lessons. We have an opportunity for spiritual growth every day and this book highlights the many facets of spiritual growth in harmony, discipline, love, trust, death, and reincarnation, and so much more. You do not need the book to be a part of this book discussion. Holly and Lessandra will summarize the stories and invite those with a book to highlight their favorites. You'll also have the opportunity to tell your own personal story. We hope to see you on the third Saturday of the month at 11am.

This month's discussion will cover:

Chapter Seven – Spiritual Tests and Spiritual Growth.

Chapter Eight – Spiritual Exercises of ECK.

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

1. Order from Eckankar though Eckbooks.org
2. Order from Amazon at Amazon.com

Sponsored by ECKANKAR, the Path of Spiritual Freedom.

****INTERNATIONAL GUESTS, PLEASE NOTE:** This event is not intended for anyone who is barred by the laws of their country from attending. Please follow the laws of your home country.

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

