

Masthead Design, Paul D. Lemke

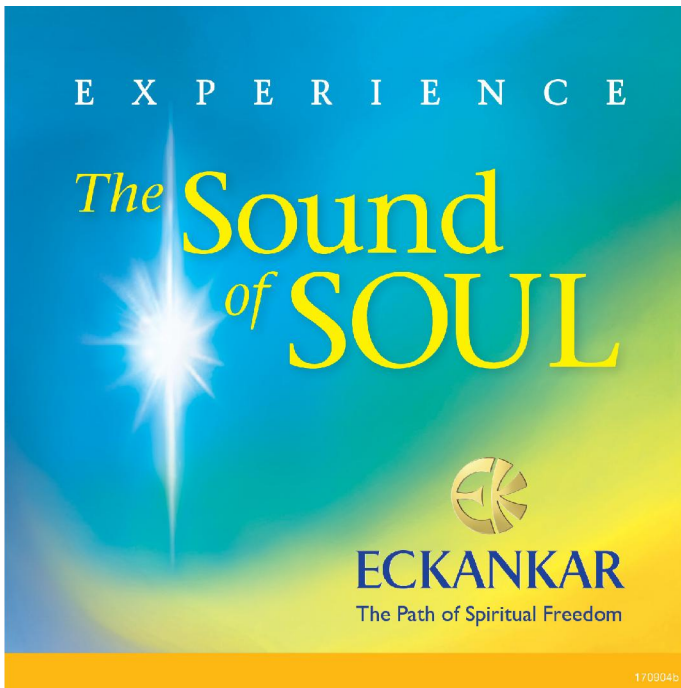
# Spiritual Rhythms



**ECKANKAR**  
THE PATH OF SPIRITUAL FREEDOM

News of ECKANKAR events in Ohio, published by: Ohio Satsang Society, Inc. A Chartered Affiliate of Eckankar.

January - February - March 2018



Love is love. And you are that. HU is the Sound of Soul.  
— Sri Harold Klemp

Welcome to the worlds of HU, an ancient, universal name for God. This sacred word can spiritually uplift people of any religion, culture, or walk of life. It is freely given—a gift beyond measure.

HU is the Sound behind all sounds, woven into the language of life.

It is the wind in the leaves, falling rain, thunder of jets, singing of birds, the awful rumble of a tornado. Its sound is heard in laughter, weeping, the din of city traffic, ocean waves, and the quiet rippling of a mountain stream. It is a word people anywhere can use to address the Originator of Life.

In time you may come to know it as the audible whisper of God’s love stirring in your very atoms. A proof that Soul exists because God loves it.

The ancient brotherhood of ECK Adepts has known of it for centuries. They chose the present age to bring knowledge of it to the modern world. To you—today. Sing it from your heart, and there will be infinite ways to benefit from its blessings.

Love opens you to its guidance, peace, healing of body, mind, and spirit, and to the highest form of creativity.

And whom do you love?

God, the Creator, Divine Intelligence, the Holy Spirit, the ECK, the Life Force, the All in All, the One. Or just love your family, pets, your neighbor as yourself, the flowers you watered today. Love is love.

And you are that. HU is the Sound of Soul. HU will prepare you to accept the full love of God in this lifetime. Begin today. Find a quiet spot, shut your eyes, and let love for something dear to you enter your heart. Sing HU gently aloud, then silently for ten to twenty minutes. Look and listen for the love that returns to you. This is a law of the universe.

Love returns love.

So sing HU, a love song to God, every day.

Excerpt from the new book by Sri Harold Klemp, *The Sound of Soul*, pp. 1-2. Read the following story about the healing benefits of singing HU. Available on Eckankar’s online bookstore: [www.ECKbooks.org](http://www.ECKbooks.org).



## IT’S A MIRACLE

by Sri Harold Klemp

Katie is an acupuncturist. Patients who feel their condition isn’t improving will sometimes ask her, “Isn’t there something else, something more that I can do?” So Katie will check with the Mahanta, her inner guide, to find out if she should speak about the HU song.

One of her patients was Jessica. And Katie had the nudge to share the HU song with her. Now Jessica is in her sixties. She had polio as a child, and most of her life she was under heavy medication. She’d often sleep twenty hours a day.

Jessica’s doctor and Katie were both trying to get Jessica free from her medication. And when Jessica began to sing HU along with the treatments she was getting, suddenly her condition improved vastly.

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## ECKANKAR EVENTS IN OHIO

**ECK Light and Sound Service:** Join people from all walks of life to celebrate a life lived in harmony with Divine Spirit. Readings, speakers, spiritual discussion and original creative arts demonstrate the gifts found through daily practice of the spiritual principles taught in Eckankar. Find out how singing HU, an ancient name for God, can open your heart to God's love. You are invited to come and experience spiritual growth and fellowship as you explore what could be your next spiritual step.

**Open Spiritual Discussion:** Join us for free, dynamic discussions that explore an exciting range of spiritual topics. Experienced facilitators share exercises and tips to help you live a happier, more meaningful life.

**Community HU Song:** You are invited to join with others in this simple spiritual exercise. It has helped people of many different faiths open their hearts more fully to the uplifting presence of God. To sing or chant the word HU, an ancient name for God, first get comfortable, close your eyes, and take a few deep breaths. Next, gently put your attention on your inner visual screen, where daydreams and images come to you. With your eyes closed, sing HU (pronounced like the word hue) as a song of love. When you sing HU and sit in quiet contemplation, you might also perceive the inner Light and Sound. The Light may appear as brightness or colors on your inner visual screen. The Sound may be musical or the sounds of nature, such as the wind or the ocean. However you experience the presence of God, it is bringing you a broader understanding of the life you lead.

*For information on all events listed:  
1.800.891.7713 or [EckankarOhio.org](http://EckankarOhio.org)*

### Akron/Canton

#### ECK Light and Sound Service:

**Sundays, 11:00 am - 12:00 pm**

January	7	<i>Awaken to the Secret of Miracles</i>
February	4	<i>God's Love in Action</i>
March	4	<i>The Spiritual Purpose of Problems</i>

4642 Cleveland Avenue NW  
Canton, OH 44709

*(look for the National Beauty College sign)*

#### Open Spiritual Discussions: Thursdays, 7:00 pm - 8:00 pm

January	25	<i>Spiritual Experiences Guidebook – Past Lives</i>
February	22	<i>Spiritual Experiences Guidebook – Dreams</i>
March	29	<i>Spiritual Experiences Guidebook – Soul Travel</i>

#### Akron-Summit County Public Library

##### Green Branch

4646 Massillon Road  
Uniontown OH 44685

### Greater Cincinnati

**First two events held at Anderson Center Station**  
7832 Five Mile Road, Cincinnati, OH 45230  
I-275 (exit 69), north 1.8 mi. on right.

#### Community HU Song:

**Sundays, 10:00 am - 10:30 am**

**January 14, February 11, & March 11**

#### ECK Light and Sound Service:

**Sundays, 11:00 am - 12:00 pm**

January	14	<i>Can Karma Be Managed?</i>
February	11	<i>The Light and Sound of God</i>
March	11	<i>Seventeen Words That Can Change Your Life</i>

#### Open Spiritual Discussion:

**Saturday, February 3, 11:30 am - 12:30 pm**

*ECK Wisdom on Solving Problems*

#### Anderson Center (large conference room)

7850 Five Mile Road, Cincinnati, OH 45230

### Greater Cleveland

**First two events held at Holiday Inn**  
6001 Rockside Road, Independence, OH 44131.

#### ECK Light and Sound Service:

**Sundays, 11:00 am - 12:00 pm**

January	14	<i>Fulfilling Your Dreams as the Awakened Soul</i>
February	11	<i>Spiritual Freedom: Take a Leap Forward</i>
March	11	<i>What Is True Prayer?</i>

#### Open Spiritual Discussions:

**Tuesdays, 7:00 pm - 8:30 pm**

January	30	<i>Past Lives, Present Lessons</i>
February	20	<i>Taking a Giant Leap Upward in Consciousness</i>
March	27	<i>What Is Spiritual Freedom?</i>

#### Strongsville Branch Library

18700 Westwood Drive, Strongsville, OH 44136

#### Eckankar on Spectrum Cable TV, Channel 21:

**Every Thursday. New video monthly. 6:00 pm - 6:30 pm**

Featuring Sri Harold Klemp, the spiritual leader of Eckankar, speaking on a variety of spiritual topics, including, dreams, Soul Travel, reincarnation, and how to connect daily with Divine Spirit for love and guidance.

## Gift of Light Expo

**April 7 & 8, 10:00 am – 6:00 pm**

#### Cuyahoga County Fairgrounds

19201 East Bagley Road, Middleburg Heights, OH 44130

You are invited to visit the Eckankar booth to discover resources to help you take another step on your personal spiritual journey! We offer free books, a spin on the *Spiritual Wisdom Wheel*, and listening to the Sound of Soul, HU, sung by thousands of people for spiritual upliftment. See you there!

– *It's a Miracle* – continued from page 1

Jessica said, "It's like a miracle." And Katie observed, "That's how Divine Spirit changes lives."

Jessica has a housemate by the name of Linda. "She's always going a mile a minute," Jessica said about Linda. Katie, just wondering, said, "Do you suppose Linda might be helped with meditation?"

Jessica said, "Oh, we sing HU together. In fact, Linda likes it so much she's inviting friends over so they can all sing HU together on Sunday."

What's interesting is that Katie has seen such a correlation between the openness of Soul – especially one who embraces and uses the HU – and the patient's correspondent healing and upliftment in consciousness.

And it is so, because HU opens the heart to healing.

**Sing HU to Open Your Heart**

Singing HU draws one closer to God. It's easy to do this simple spiritual exercise. With eyes open or closed, take a few deep breaths to relax. Then begin to sing HU (pronounced hue) in a long, drawn out sound, HU-U-U-U. Take another breath, and sing HU again. You can continue for up to twenty minutes. If you sing HU with a feeling of love, it will gradually open your heart to God.

Reprinted with permission from *The Call of Soul*, pp. 35-36.



**Greater Columbus**

**ECK Light and Sound Service:**

**Sundays, 11:00 am - 12:00 pm**

- January 7 *The Path of Spiritual Freedom*
- February 4 *The Riches of Spirit*
- March 4 *The Meaning of Surrender*

**Eckankar Center - Columbus**

1161 Bethel Road, Suite 103, Columbus, OH 43220

Contact: Center phone line: 614.442.6880

**Open Spiritual Discussion:**

*Dreams: What Can They Teach Us?*

**Saturday, January 27, 11:00 am - 12:30 pm**

**Granville Public Library - Community Room**

217 E Broadway Street, Granville, OH 43023



**Coshocton**

**Open Spiritual Discussion:**

**Saturday, February 24, 11:00 am - 12:30 pm**

*Solving Problems: Spiritual Keys to Unlock Your Own Answers*

**Coshocton Public Library - Boardroom**

655 Main St, Coshocton, OH 43812

**Greater Dayton**

*First two events held at:*

**Comfort Inn (formerly Quality Inn & Suites)**

Meeting Room, 3661 Maxton Road, Dayton, OH 45414

**Community HU Song: Sundays, 10:00 am - 10:30 am,  
January 28, February 25, & March 25**

**ECK Light and Sound Service:**

**Sundays, 11:00 am - 12:00 pm**

- January 28 *Spiritual Freedom: Take a Leap Forward*
- February 25 *Loosening the Grip of Fear*
- March 25 *Karma Busters*

**Open Spiritual Discussions: Fridays, 7:00 pm - 8:15 pm**

- January 12 *Spiritual Wisdom on Karma and Reincarnation*
- February 9 *Spiritual Wisdom on Prayer, Meditation and Contemplation*
- March 9, 23 *Spiritual Wisdom on Health and Healing*

**Bryan Center, Meeting Room, A/B (upstairs)**

100 Dayton Street, Yellow Springs, OH 45387

**ECKANKAR RESOURCES IN OHIO**

Eckankar in Ohio introduces greater Cincinnati into the *Meetup* family. Visit the internet addresses below to see all areas in Ohio represented in *Meetup*. Due to publishing constraints, our newest events may not be listed in *Spiritual Rhythms*. Visit your area *Meetup* site for the latest event information.



- www.meetup.com/Canton-Eckankar-Meetup/
- www.meetup.com/Eckankar-Cleveland-Meetup/
- www.meetup.com/Eckankar-Columbus-Meetup/
- www.meetup.com/Eckankar-Greater-Cincinnati-Meetup/
- www.meetup.com/Eckankar-Greater-Dayton-Meetup/

**Call Us**

**Toll Free:** 1.800.891.7713. *Call to request your free informational gift!*

**Eckankar Worldwide Toll Free:** 1.800.LOVE GOD

**Eckankar Center - Columbus:** 614.442.6880

1161 Bethel Road--Suite 103, Columbus, OH 43220

## How to Continue Receiving information about Eckankar Events in Ohio

**Internet:** You can access the Ohio Eckankar newsletter, *Spiritual Rhythms*, at [www.EckankarOhio.org](http://www.EckankarOhio.org). To receive quarterly email notification of new editions, email your request to [info@ECK-Ohio.org](mailto:info@ECK-Ohio.org). Please include your email address. Members of Eckankar can also request email notification of the member’s edition at [info@ECK-Ohio.org](mailto:info@ECK-Ohio.org).

**U. S. Mail:** To receive a mailed copy of this newsletter, complete the form below and mail to Ohio Satsang Society, Inc. Non-members can receive the newsletter FREE for one year. Members of Eckankar are requested to please donate as you are able to cover the cost of materials and distribution for all editions. Please make your check payable to Ohio Satsang Society, Inc. According to federal guidelines, the full value of your contribution is tax-deductible.

**Updating Your Subscription:** Email us at [info@ECK-Ohio.org](mailto:info@ECK-Ohio.org) or call 1.800.891.7713.

To receive *Spiritual Rhythms* by mail, complete this form and mail to the address below:

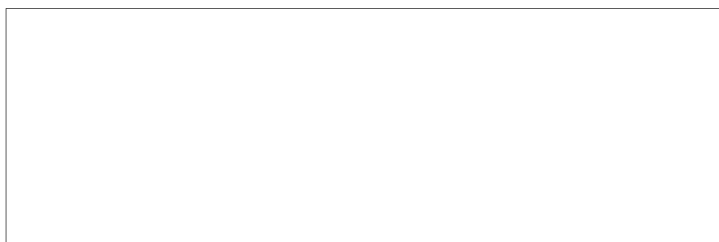
Name: _____	<b>Ohio Satsang Society, Inc.</b> <b>Attn: ML</b> <b>P. O. Box 09502</b> <b>Columbus, OH 43209-0502</b>
Address: _____	
City: _____ State: _____ Zip: _____	
Phone: (    ) _____ E-mail: _____	
Check one: <input type="checkbox"/> FREE public edition <input type="checkbox"/> Member’s edition, please give as you are able	

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January - February - March 2018



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 P. O. Box 09502  
 Columbus, OH 43209-0502