



# ECK NEWS of OKLAHOMA

February 2024

## ECKANKAR

Path of Spiritual Freedom



Harold Klemp,  
The Spiritual Leader  
of ECKANKAR

### GRACE AND LOVE

By Jan Ferris

“Grace itself begins with God’s unconditional and unfailing love for each Soul, as I see it. I do not earn it, grace is a gift. I would live the grateful and graceful life, even when my life, my road, has some tough patches. Everyone has some tough patches. I do know that everything which comes into my life is for the good.

“Life is a jungle, but it is likewise a garden. It provides a time and place for unfoldment, because Soul Is tempered by hardship.”

—Harold Klemp. *The Awakened Soul*, p. 30.

I have a good friend in my hometown. We share the thought that life is good, worthwhile, and happy. When we can love and care for family, good friends and for

others who need a helping hand, or just listen, life is good. When divine guidance tells me the time is right, I will share with my friend the singing of HU, my love song to God. It is my best spiritual tool. I did send her this thought I have on my fridge:

“Life is precious. Love it, and it will return unfoldment to you a thousand times.

“We live in a time of unequal spiritual opportunity.

“This world and the things in it are for exploration, study and joy.”

—Harold Klemp. *The Sound of Soul*, p. 59.

I would just let joy and the ECK, the Holy Spirit, flow through me and be a better, more graceful person. —Jan

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## "HOW TO SING HU

With eyes wide open or closed, take a few deep breaths to relax. then begin to sing *HU* (pronounced like the word hue) in a long, drawn-out sound: HU-U-U. Take another breath, and and sing *HU* again. Continue for up to twenty minutes.

Sing *HU* with a feeling of love and it will gradually open your heart to God.

Try this exercise every day to expand your awareness. Help you experience divine love. Heal a broken heart. Offer solace during times of grief. Bring peace and calm.”

—from the HU Card.

### **PUBLIC Zoom Links February**

<http://tinyurl.com/11aFirstSun>

ECK Light and Sound Service  
ECK Temple of North Texas

**(1st Sunday) 11:00 a.m.–12:30 p.m.**

*"Spiritual Lessons from Living"*

<http://tinyurl.com/5pThirdSun>

**(3rd Sunday) 5:00–6:00 p.m.**

*Are Dreams a True Reality?* Ages 18–40



<http://tinyurl.com/1130aFourthSunSoS>

**(4th Sunday) 11:30 a.m. – 12:30 p.m.**

*OK Sound of Soul Event*

Apr

ALTERNATING WITH

<http://tinyurl.com/1130aFourthSunSD>

**(4th Sunday) 11:30 a.m. – 12:30 p.m.**

*OK Spiritual Discussion*

Feb May

<http://tinyurl.com/5pmFourthSunSoS>

**(4th Sunday) 5:00–6:00 p.m.**

*A Sound of Soul Event*

Mar

ALTERNATING WITH

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*Spiritual Discussion*

Feb Apr