



# ECK NEWS of OKLAHOMA

December 2024

## ECKANKAR

Path of Spiritual Freedom



Harold Klemp,  
The Spiritual Leader  
of ECKANKAR

## ON SACRED GROUND

Each day, do one small thing for love and love alone, with no thought of reward. Giving of yourself to others—to life—is a key to heaven.

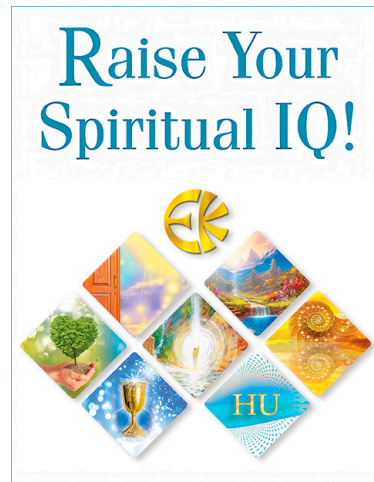
Invite the ECK, the God Current, to light up these golden opportunities to serve as a Coworker with the divine.

At the end of the day, chant *HU* for a few moments and think back on your deeds done for love and love alone. You will become more aware of what makes these acts golden.

—Harold Klemp, *Raise Your Spiritual IQ*, p.14

HU is an ancient name for God. It has been used for thousands of years as a prayer and sacred chant to attune oneself to the presence of God. Millions of people around the world have experienced the joy of HU.

In many spiritual traditions, sound plays an important part in uplifting the individu-



al. HU is a key to open your heart to God's loving presence in your life.

Anyone can sing HU, regardless of age or religion. It is a simple technique that can be used as part of your daily spiritual practice. It has the power to uplift you spiritually for inner peace, healing, and insight.

It is a gift to you, and for anyone looking to experience more divine love in life.

<https://www.eckankar.org/experience/hu-the-sound-of-soul/>

Singing *HU* draws one closer to God.

With eyes 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-U. Take another breath, 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.



### **PUBLIC Zoom Links**

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

ECK Light and Sound Service  
ECK Temple of North Texas

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

*"Is God Ever Surprised by What Happens?"*

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

**(December 15th) 5:00–6:00 p.m.**

*Dream Healing & Help Today* Ages 18–40

Realize the Profound Reality of God's Love in Your Life!

The 2024 ECK Worldwide

Soul Adventure Online Event

[ECKseminars.org](http://ECKseminars.org)

Coming November 18!

**Loving As God Loves:  
A Secret to Spiritual Living**

~Experience seminar highlights~

featuring a talk by Sri Harold Klemp,  
the MAHANTA, the Living ECK Master

**2024 Online Event**

streaming Nov. 18, 2024–Jan. 31, 2025



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

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

*A Sound of Soul Event*

**January**

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

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

*A Spiritual Discussion*

**February**

**Change Your Life with Divine Imagination  
Finding Opportunities in Change**



December 22, 11:30 a.m. – 12:30 p.m.

In-Person Spiritual Discussion  
Will Rogers Gardens Event Center  
3400 NW 36th St., OKC