



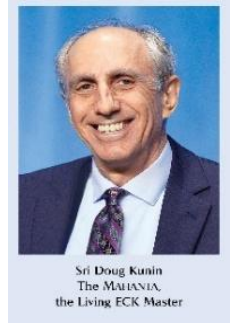
ECKANKAR Path of Spiritual
Freedom

ECK News of Oklahoma

August 2026

Oklahoma Satsang Society, Inc.
<http://eckankarinoklahoma.org>

405-655-0219



Sri Doug Kunin
The MAHANTA
the Living ECK Master

Aging Gracefully

About a month ago, a friend and I were walking into the courthouse when I tripped over nothing and fell to the concrete. The officer on duty was trying to be helpful and from Main Street it must have looked like a fiasco. The officer trying to lift this large woman off the sidewalk as I am blocking the entrance. Finally, I was able to get to my feet, butt in the air, shimmying up looking like a bear on all fours. It was a sight. When I was finally on my feet, the officer and my friend asked if I was alright. My answer was I was fine, but my ego was a little bruised. I tell you this story because sometimes our aging bodies can be very frustrating. Arthritis prevents us from being the agile people we were in our twenties and thirties. We no longer can use our brute force to open the pickle jar, swearing the new technology has made opening these jars harder. Even our eyesight dims.

However, in a more positive light, I believe it is the ECK slowing each of us down so we can focus more on our spiritual growth.

When I was younger, I was very physically active. I worked with thoroughbred racehorses. I stacked fifty-pound bales of hay six or seven high, climbed onto trucks and gracefully jumped off the side in a ten-point landing. But my spiritual growth was lacking. I only had time to read my monthly Satsang lesson. Was I supposed to do the exercises too? It took me getting older, my body failing me miserably, to finally be humbled enough and physically limited enough to actually focus on my spiritual lessons.

It took me returning to ECKANKAR and redoing all my lessons to finally slow down and actually listen to what the Mahanta was teaching me. Not being able to do the things we used to do and being physically limited for some of us is a blessing. We now can focus on what matters most. Learning to be coworkers with Sugmad. Listening to our inner guide and the Mahanta and loving ourselves and everything around us. Some are graceful and have learned these lessons without having to be limited in their bodies, but for others, like me the ECK slows us down so we can focus on what is truly important in life, spiritual growth and learning to love all.

Eventually, I will realize my body is just an illusion and I can have both health and spiritual growth, but for now, as I learn my lessons, I smile and let the Master teach me how to gracefully give and accept His love.

By Jackie Kirsch



“We don’t try to shortchange aging, because we know it’s part of the process. We do what we can to be strong, to retain our health as long as possible. We use our God-given creativity and our ability to listen and to learn to extend our life as long as possible. We do whatever we can to make this a rich life, to make it worth the trouble. —ECK Master Harold Klemp, *How the Inner Master Works*, p 246

I am happy to invite you, friends, family and awakened souls to the

2026 Texas ECK Soul Adventure Seminar Saturday afternoon online session.

The special 90-minute online session will be held on Saturday, August 8 from 1:30 -3:00 pm CDT. Both afternoon sessions will feature a 42-minute video of Sri Doug Kunin titled *The Quest for God-Consciousness*.

The theme of the 3-day seminar is *Getting Answers from God Through Past Lives, Dreams, and Soul Travel*. The seminar will be available in person at Houston Marriott South at Hobby Airport August 7-9. All are invited. You can discover more and register for the in-person or online session here:

<https://eckankar-texas.org/regional-welcome-page-2026/>

Click [this Zoom link](#) to register for the online session only.

https://zoom.us/meeting/register/6YGKgtjDRs-9_9gMJajMug#/registration

The online discovery forum from 1:30-3:00 p.m. CDT will feature:

- A Q&A interview with Rich Miller and a young adult
- Interactive reflection
- A 42-minute video of Sri Doug Kunin addressing the seminar attendees. Sri Doug's talk is titled *The Quest for God-Consciousness*
- Creative arts
- Spiritual Exercise

We are inviting you to share the attached invitation with the Awakened Souls, seekers, friends, and ECK students in your area to join us online

-In Person Events-

Tulsa

Raise Your Spiritual IQ! –

Anyone Can Soul Travel!
Explore the God Worlds within
you

August 2, 2:00-3:00 pm
Ash Room

Hardesty Regional Library,
8316 E 93rd St. Tulsa

“In simplest terms Soul Travel is
an individual moving closer to
the heart of God. —ECK Master
Harold Klemp, *ECKANKAR’s*
Spiritual Experiences Guidebook
p. 21

Join us as we discuss ways to
awaken this knowledge that is
already within your heart.

OKC

Raise Your Spiritual IQ! –

Passkey to the Inner Worlds –
How to fulfill your spiritual
potential.

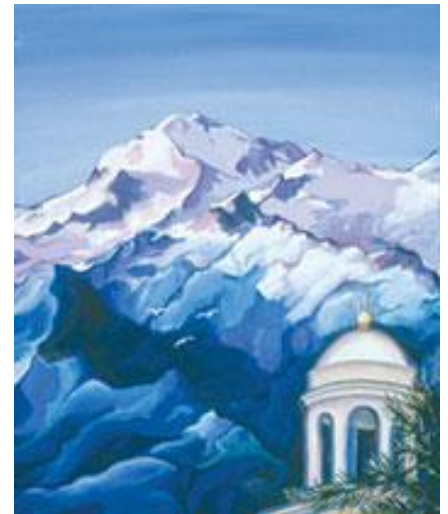
August 23, 1:00-2:00
room #2

Will Rogers Event Center,
3400 NW 36th, OKC

“Odd as it may seem, you had a
special reason for coming into
this lifetime. It was to become a
more godlike being, but most
people do not realize this fact.

They assume that birth is a
fancy of destiny....”
—ECK Master Harold Klemp,
Past Lives, Dreams and Soul
Travel, p. 17

Join us for a spiritual
discussion with a new
perspective. Are you
everything you want to be?
You came into this life to
spread your wings and live
in freedom – heart, mind,
and Soul!



Public Zoom Events



ECK Light and Sound
Service from the
ECK Temple of North Texas

<https://tinyurl.com/ELSS26>

11:00 a.m.–12:00 p.m.

Aug 2 - How Do You Find Divine
Truth in This Lifetime?

Aug 16 - Getting Your Own
Answers from God

<https://tinyurl.com/Puzzlebox26>

Aug 8, 4:30-5:30 p.m.

Unlock the Puzzle Box of
Life through Dreams, Past
Lives and Soul Travel

<https://tinyurl.com/3rd-Sun26>

Aug 16, 5:00–6:00 p.m.

Beyond Limits: Finding
True Spiritual Freedom!

Ages 18–40

<https://tinyurl.com/RYSIQTX26>

Raise Your Spiritual IQ:

Aug 23 · 5:00 to 6:00 p.m.

Exploring Love, Karma,
Dreams, and Reincarnation

Check MeetUp and our website
for more events and Zoom links



The ECK News is published monthly by the
Oklahoma Satsang Society, Inc. a chartered
affiliate of ECKANKAR. The opinions expressed
herewith are those of the writers and not
necessarily those of ECKANKAR or the Living
ECK Master. Copyright©2026 ECKANKAR. All
rights reserved. The terms ECKANKAR, ECK,
Mahanta, SOUL TRAVEL among others are
trademarks of ECKANKAR, P.O. Box 2000
Chanhassen, MN 55317-2000