

Illinois ECKANKAR Regional Seminars

An ECKANKAR regional seminar is an opportunity to join with other spiritual seekers and students of Eckankar for one to three days of events based in the ECK teachings — workshops; small group discussions; simple and practical spiritual exercises; inspiring creative arts; programs for children, youth, and families; outstanding speakers; and a sharing of spiritual community.



All are designed to help you to a greater awareness of the divine love and guidance that is always available to you in your daily life.

Examples of workshop or group discussion topics that have been presented in the past by Eckankar in Illinois at their public events are:

- Getting Inner Guidance from Past Lives, Dreams, and Soul Travel
- Spiritual Tools to Help You in Your Daily Life
- Loosening the Grip of Fear
- Opening the Heart to Divine Love
- The Art of Spiritual Dreaming
- Inner Guidance and Spiritual Healing
- Experience the HU Chant, the Sound of Soul

Watch our website for news of an Illinois ECK Regional Seminar!