



Sri Harold Klemp  
The Mahanta, The Living ECK Master

## **ECKANKAR, The Path of Spiritual Freedom**

Eckankar teaches simple spiritual exercises to experience the Light and Sound of God. As we practice the spiritual exercises, we learn to recognize the presence of the Holy Spirit in our lives. We learn that each of us is Soul, a spark of God sent to this world to gain experience.

Harold Klemp is the spiritual leader of Eckankar today.

**HU** - The most ancient, secret name for God. The singing of the word HU is considered a love song to God.

**Mahanta** - A title to describe the highest state of God consciousness on earth, often embodied in the Living ECK Master. He is the living word. An expression of the spirit of God that is always with you.

**Sugmad** - Another sacred name for God.

### **To Learn More**

For more information about Eckankar,  
visit [www.eck-illinois.org](http://www.eck-illinois.org) or call us at 630-427-5950

Copyright © 2024 ECKANKAR. All rights reserved.  
The terms ECKANKAR, ECK, EK, MAHANTA, SOUL TRAVEL, and VAIRAGI, among others, are trademarks of ECKANKAR, PO Box 2000, Chanhassen, MN 55317-2000

---

# **ECK Light & Sound Service**

---



## **The Art of Graceful Living** *Live a Life Filled with Blessings and Gratitude* **Quad Cities Eckankar Center** **Moline, Illinois**

**Sunday, March 3, 2024**

**11:00 am–12:00 pm**

Presented by the Illinois Satsang Society, a Chartered Affiliate of ECKANKAR.

## ECK Light & Sound Service Program

### The Art of Graceful Living

*Live a Life Filled with Blessings and Gratitude*

Debbie Bryk-Serva, ECK Cleric



---

“Graceful Living, being gracious, means you are filled with the blessings of God. And if you are filled with the blessings of God, you will certainly be someone who lives gracefully and graciously with others.”

—Harold Klemp, *The Awakened Heart*, p. 2

---

“This is the golden contract: that every encounter, without exception, is there to move Soul along spiritually on Its way back home to God. That’s every encounter, every event, without exception.”

—Harold Klemp, *Spiritual Lessons from Living*, p. 136

#### Spiritual Discussion

How do you live with the awareness of the blessings of God in your life? How does this help you live gracefully?

In the video excerpt, Shirley remembered her golden contract. What is your golden contract? How do events or people in our lives bring us closer to divine love? What are keys to graceful living that have helped you when facing challenges?

Welcome, HU Song, Opening

HU Song quote “Blessings” –Harold Klemp, *Sound of Soul*, p. 35

Video Excerpt of Harold Klemp from  
“A Golden Contract,” 2010 ECK Springtime Seminar

Creative Arts

Spiritual Discussion, small groups

Invitation to Events and  
Advanced Spiritual Living Courses

Spiritual Exercise entitled “Golden Acts” –Harold Klemp,  
*Spiritual Exercises for The Shariyat*, Book 2, p. 142

Closing

An open house and fellowship time will follow the service.