



Sponsored by ECKANKAR
The Path of Spiritual Freedom

Online Zoom/Phone and In-Person Events for ECK Students in Illinois and Iowa
September through December, 2024

OUTER Chela HU Chants on Zoom Twice Monthly

“Make HU the first impulse of your day, your thoughts, your words and actions.”

—Sri Harold Klemp, *ECK Essentials*, p. 43

Wednesdays @ 7 pm: Sept 11 * Oct 9 * Nov 6 * Dec 11

Saturdays @ 11 am: Sept 14 * Oct 12 * Nov 9 * Dec 14

Click Link to Join Meeting Directly

<https://us02web.zoom.us/j/82223830591?pwd=bSt0aXJ1QVRTdWtMQ1Rzbk55dk5KUT09>

Zoom App Meeting ID: 822 2383 0591 **Passcode:** 497182

Dial in: +1 312 626 6799 **Meeting ID:** 822 2383 0591 **Passcode:** 497182



Living Word Discussions for all ECK Chelas in IL & IA

Need to be current member of Eckankar.

Please bring your issue of *The Mystic World*. Arahata: Ami Bourne-Nisson

Sunday, October 27, 6:00–7:30 pm discuss *The Mystic World*, September 2024

CLICK LINK To Join Meeting Directly

<https://us06web.zoom.us/j/86891581839?pwd=ZG5QQmmttSGpiWitiQXBXeHF1cSswZz09>

Zoom App Meeting ID: 868 9158 1839 **Passcode:** 155547

Dial in +1 312 626 6799 (Chicago) **Meeting ID:** 868 9158 1839 **Passcode:** 155547

Living Word Discussion for all ECK High Initiates in IL & IA

Need to be current ECK High Initiate.

Please bring your issue of *The Golden Leaf*. Arahata: Flow Van Koten

RSVP to floravk@yahoo.com or 760-989-6661 for Zoom/phone details

Friday, October 25, 7:00–8:30 pm discuss *The Golden Leaf*, September 2024



Monthly Satsang Intensives on the First Friday

True contemplation of the ECK works: Reflection * Sharing * Spiritual Exercises * Journaling

**First Friday
of the month
7:00–8:30 pm**

CLICK LINK To Join Meeting Directly

<https://us02web.zoom.us/j/89221962620?pwd=ZUJ6amVOazB0N29OMTZqbVIOZE5XZz09>

Zoom App Meeting ID: 892 2196 2620 **Passcode:** 584609

Dial in: +1 312 626 6799 US (Chicago) **Meeting ID:** 892 2196 2620 **Passcode:** 584609

“Four disciplines of ECK: The spiritual disciplines the chela practices that give harmony, purity, and perfection of Soul.”

—Sri Harold Klemp, *ECKopedia: The ECKANKAR Lexicon*, p. 93



Sept 6 Visions of Contemplation

“An essential spiritual exercise in ECKANKAR where the attention is focused upon some definite spiritual principle, thought or idea, or upon the Living ECK Master.

“This is a conversation with the most secret, most genuine, and most mysterious part of oneself—a way to actively explore the inner worlds of one’s own being.

“Contemplation is the process by which the knower and the known become one. Also known as true contemplation of the ECK works, one of the Four Fundamentals of ECK.

“This is a reciprocal relationship. As Soul invests Itself in deeper realizations of Truth, Truth invests Itself in Soul.

“The scope and form contemplation can take is infinite. The most direct is to sit for a session with the Spiritual Exercises of ECK for twenty minutes a day. As well, immersing oneself in any Soulful study or effort can result in communication with the God Current, the ECK.

“Contemplation is a sacred act of purification and upliftment, guided by the MAHANTA, the Inner Master. He is the desire for Truth that dwells in the contemplator’s heart, and his devotion to Soul knows no equal.” —*ECKopedia*, pp. 44-45

Oct 4 The Fifteen-Times Spiritual Exercise

“This technique is based on the principle of focusing on a spiritual goal. You focus by writing that goal down fifteen times every day.

“This is more than an affirmation; an affirmation is a discipline of the mind only. As a form of contemplation, this exercise opens the door to the Holy Spirit to help you change your life according to Its will. So whenever you do this exercise, do it with the attitude ‘Thy will be done.’ That lifts it from a simple mental affirmation to true contemplation.

“Sit down at a table or desk and form your spiritual goal, whatever the Inner Master prompts you to ask for. Start with ‘I’ and use the present tense. For example, you might choose to write, ‘I am healthy, happy, wise, and free.’ Or you might choose a more specific goal, such as, ‘I travel in my dreams’ or ‘I know the secret of divine love.’ It can be anything at all. Choose your words carefully. Keep it short enough that you will write it fifteen times—all at once—every day.

“As you write, be creative; let yourself go. If you usually write neatly, you might scribble instead. Or write very big. Maybe write on shopping bags or a chalkboard. Or don’t use any punctuation. What you’re doing is opening up the windows of your world.

“This contemplative writing exercise is an open invitation to the ECK. Watch how Divine Spirit begins to bring these objects of your spiritual desire into your life. As time goes on, you’ll see changes beginning. Little things will happen. Events will start to shape themselves to where you have new choices. It’s up to you to make the right choice, but doors will begin to open for you.

“Be aware. Watch the Voice of God, the Holy Spirit, the living water, pour into your cup. Be a worthy vessel.”

—*ECKopedia*, pp. 347–348

Nov 1 Shield of Silver Light

“In the forest of the Sugmad, there is an enormous clearing, It is set in a breathtakingly beautiful landscape, where the sky is baby blue, speckled with fluffy white clouds.

“Against the stump of an ancient tree, all by itself in the middle of the clearing, stands a silver shield. It appears as a mighty warrior’s shield from medieval times. The Light of God shines down from above, strikes the shield, and comes off in a ray of light so brilliant that it will blind anyone who approaches it with an impure heart.

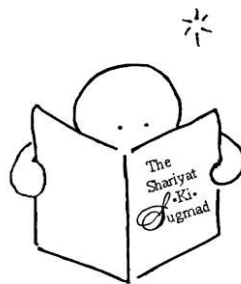
“This Shield of Silver Light stands as a protection for the children of ECK, those who make the commitment to follow the high path of love. No being can approach it except in the spirit of love. And when you can approach the Shield of Silver Light in the spirit of love, you have the protection of the Mahanta with you. Nothing can touch you, nothing can harm you.

“When battle must be done to bring protection to Its own, the Inner Master, the Mahanta, will go to the inner clearing, pick up the shield, and with the sword of the Sugmad he will take the field in battle for you.

“If you know and accept this, then you have the love and protection of the Holy Spirit against every psychic attack, against all harm and all danger. In times of danger, you have the ability to wrap this aura of love so tightly around you that nothing can touch you.

“In your contemplation, see yourself walking beside the Mahanta through the meadows to this great forest. When you reach the clearing in the middle of the forest, you will find the Shield of Silver Light, which is the shield of love. Stand within its circle of protection, and know that you are standing in the love and protection of the Sugmad. Stay in this experience of love and protection for as long as you wish.”

—Sri Harold Klemp, *The Wonder Within You*, pp. 224–225



Dec 6 The Shariyat Technique

“Did you know? *The Shariyat-Ki-Sugmad* means Way of the Eternal. It is the holy book of Eckankar.

“This spiritual exercise can help you understand the spiritual reasons behind a problem in your life. The exercise works like this:

- Form a question about whatever is bothering you. It could be about any kind of problem.
- Open *The Shariyat-Ki-Sugmad*, Book One or Book Two, at random, and read one paragraph.
- Close your eyes, and chant *HU* as you contemplate on what you just read. It will give you one key to what you need to know about whatever is bothering you. Don’t think about your problem. Just open your heart to the Light and Sound of God.
- Stay in contemplation for about five to ten minutes or so.
- Now open the *Shariyat* again at random, and read another paragraph. This paragraph will give you the second key to help resolve your problem.

“This technique can be used as often as you like for more insights.”

—Sri Harold Klemp, *The Wonder Within You*, pp. 137–138

These classes stay open. Attend one, any or all!

Zoom Chela Book Discussions

NEW! *Our Spiritual Wake Up Calls*, meets 2nd Thursdays at 10:30 am. **Starts in November.**

ECK Arahata: Janet Erio, jerio.tuple@gmail.com Call/text 815-274-9028

NEW! *The Tiger's Fang* meets 2nd Mondays at 7:00 pm. **Starts in October.**

ECK Arahata: Mark Lawson, marklawson9@comcast.net 815-543-6842

NEW! *ECK Arahata Book* meets 2nd Saturdays at 9:00 am. **Starts in January 2025.**

Class will meet for six months. **Order your book early** at eckbooks.org or call 952-380-2200.

ECK Arahata: Janet Erio, jerio.tuple@gmail.com Call/text 815-274-9028

Autobiography of a Modern Prophet meets 2nd Sundays at 1:00 pm.

ECK Arahata: Bill Hughes, grcues@hotmail.com 217-737-2426

Spiritual Exercises for The Shariyat, Book One meets 3rd Sundays at 7:00 pm.

ECK Arahata: Rusti Stern, rstern555@aol.com Call/text 201-602-6630

Wisdom of the Heart, Book 4 meets 2nd Thursdays at 10:30 am. **Last Class Oct 10.**

ECK Arahata: Janet Erio, jerio.tuple@gmail.com Call/text 815-274-9028

The Flute of God meets 2nd Mondays at 7 pm. **Last Class Sept 9.**

ECK Arahata: Mark Lawson, marklawson9@comcast.net 815-543-6842

In-person Chela Book Discussions

Champaign, IL

The Shariyat-Ki-Sugmad, Book 1 meets 2nd Thursdays at 4:00 pm.

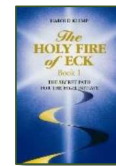
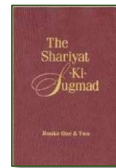
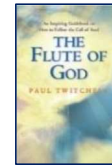
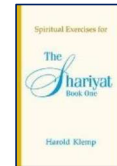
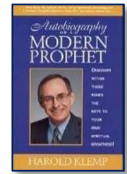
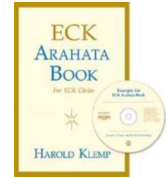
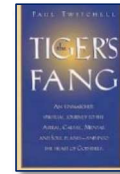
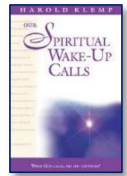
ECK Arahata: Dennis Roberts, droberts507@yahoo.com Call/text 217-721-3860

Class meets at the Champaign Public Library.

Zoom HI Book Discussions

Holy Fire of ECK, Book 1 meets 4th Sundays at 2:00 pm.

ECK Arahata: Susie Stern, SusieHUs@aol.com Call/text 201-602-5737



For All Current Satsang Classes: Please check www.eck-illinois.org/members

Satsang Classes are generally closed to new students after the third meeting.

OPEN SATSANG CLASSES

NEW IN SEPTEMBER

The Easy Way Discourses

Sept/2024 – Aug/2025, 2nd Monday at 6:00 pm. First Class Monday September 9.

ECK Arahata John De Capp 309-373-5093 or johndecapp@mchsi.com

Letters of Light and Sound 1

Sept/2024 – August/2025, 2nd Sunday @ 1:00 pm

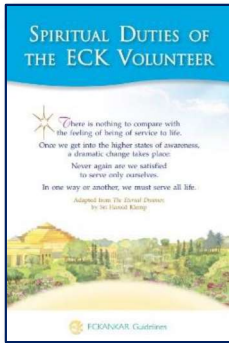
ECK Arahata Ami Bourne-Nisson 952-215-6032 or amiabn@yahoo.com

Soul Travel 1—The Illuminated Way

Sept/2024 – Aug/2025, 3rd Sunday at 10:00 am

ECK Arahata: Flow Van Koten, call or text 760-989-6661 or floravk@yahoo.com

Spiritual Duties of the ECK Volunteer Training on Zoom



Saturday, September 28, from 10:00–11:30 am
This training is open to all current students of ECK.

Join us for your first training or a renewal training.
Ask the Master what gift of love awaits you.

Please prepare for the training by contemplating on
Spiritual Duties of the ECK Volunteer.

SDEV (2022) Guidelines are available for
Download/Print at Eckankar.org/ Initiate Pages under ECK Leadership & Guidelines
Or **order online** at eckbooks.org (sign-in as Student)
Or **call Student Services** at 952-380-2222

ECK Arahata:
Flow Van Koten,
Call or Text
760-989-6661
floravk@yahoo.com

CLICK LINK To Join Meeting Directly

<https://us02web.zoom.us/j/85136024148?pwd=8y2wPa5k4fl9sribwCWcmYspC20BK9.1>

Zoom App Meeting ID: 851 3602 4148 Passcode: 224709

Dial in: +1 312 626 6799 US (Chicago) Meeting ID: 851 3602 4148 Passcode: 224709

BEAUTIFY DAY is a time to DEDICATE AND REVITALIZE during SEPTEMBER

“You can also use this ECK occasion to give love and care to your contemplation areas at home. Wherever you do your spiritual exercises, read your discourses, or write in your journal, give special attention to renewal and cleanliness.



“Do this with all your love and attention. Tip: Practice the Master’s presence.”

—**Beautiful Day Announcement**

Beautiful Day Announcement is available for download at Eckankar.org; Initiates Pages; under Chela News.

Founder’s Day

“Founder's Day, an ECK tradition, honors Paul Twitchell establishing the modern-day teachings of ECKANKAR. Celebrated on **September 17**, it is a time of gratitude and thanksgiving for the ongoing renewal of the ECK teachings.

“As you go through your day, consciously look for at least three things you have never expressed gratitude for. Pause and give whatever it is, or whoever it is, your full attention and appreciation.



“In so doing, you are accepting more of God’s love.”

—*The Mystic World*, September 2021, p. 2

Seminar Discussion and Follow-up on Zoom

Wednesday, November 20, 7:00-8:30pm

You are invited to join us for a seminar discussion and follow-up on Sri Harold's talk presented at the 2024 ECK Worldwide Soul Adventure Seminar.

All chelas are welcome!



Click Link to Join Meeting Directly

<https://us02web.zoom.us/j/87148023390?pwd=Dy2QxjNnSedkLoTJKTj5aeACqFAVOo.1>

Zoom App Meeting ID: 871 4802 3390 **Passcode:** 069285

Dial in: +1 312 626 6799 US (Chicago) **Meeting ID:** 871 4802 3390 **Passcode:** 069285



“God is love, and you exist because God loves you. The whole purpose of life is to learn to give and receive divine love—to become a Coworker with God.”



—Sri Harold Klemp, *2024 ECK Worldwide Soul Adventure Seminar Brochure Cover*



Save the Date!

Illinois Iowa Chela Day

Saturday, December 7, 2024

A Year of Consecration

“A time to dedicate oneself anew to *being* a Co-worker with God.”

—Sri Harold Klemp, *ECK Essentials*, p. 47

More details coming soon!

HU Song, RESA Updates, Spiritual Exercises,

Heart Opening Group Sharing, Creative Arts, Roundtables