



## WE ARE SOUL

### HU and the Mahanta's Love Help Heal Deep Wounds

As I often do, I declared myself a vehicle for the Mahanta<sup>1</sup> one day before arriving at the hospital where I work.

I would try my best to see with the Master's eyes, listen with the Master's ears, and feel with the Master's heart.

A little while after I started my shift, I noticed the light flashing above

a patient's door. It indicated that a patient in the room needed assistance.

I knocked on her door. "Please come in," said a voice inside the room. I entered and saw a woman lying in bed, bandaged and hooked up to IVs.

"What are you doing here?" she asked in an angry voice.

"Well, I saw your light flashing," I explained. "I was under the impression that you needed help."

"Yeah, but what are you doing here?"

"I work here. I'm a medical social worker, and I don't know what your need is."

"Don't you know I hate men?" she asked.

Just a few moments earlier I had declared myself a spiritual vehicle. Now

I found myself identified as a man, not as Soul—which I was, and which she also was.

Inwardly I asked the Mahanta, "What's going on here?"

He replied, "Identification is a universal trap of Soul."

"But why is this happening to me?"

"It's not happening to you," he replied. "It's happening *for* you, to remind you not to get caught up identifying yourself as only a male."

So with as much detachment as I could muster, I said to her, "Why do you hate men?"

Angrily, she told me she was repeatedly abused by men. Her bandages and IVs showed how badly she'd been hurt.

1. The Mahanta is the Spiritual Master in Eckankar.

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## ECK LIGHT AND SOUND SERVICES

People from all walks of life gather to celebrate a life lived in harmony with Divine Spirit. Each service focuses on a different aspect of Eckankar. All are welcome.

TORONTO ECKANKAR CENTRE  
19 Yorkville Avenue, Toronto  
416-926-8946

### Thriving Spiritually in Our World

Sunday, November 12  
10:30 am to 11:30 am

### Replacing Fear With Love

Sunday, November 19  
10:30 am to 11:30 am

### How Divine Spirit Works

Sunday, November 26  
10:30 am to 11:30 am

### Living the Five Virtues

Sunday, December 10  
10:30 am to 11:30 am

### Embracing the Gifts of Change

Sunday, December 17  
10:30 am to 11:30 am

[www.eckankar-on.ca/toronto](http://www.eckankar-on.ca/toronto)

## TORONTO

TORONTO ECKANKAR CENTRE  
19 YORKVILLE AVE., TORONTO  
INFO: 416-926-8946

### OPEN HOUSE

Tuesday & Friday, 6 pm to 8 pm  
Wed. & Thurs., 11:30 am to 2 pm  
Sunday, 10 am to 2 pm

Please feel free to drop in to ask any questions, or browse through the books available on display.

### COMMUNITY HU SONG

All are welcome to attend a Community HU Song, regardless of their faith or beliefs. This is a special opportunity to sing HU, a love song to God, for about 20 minutes in the company of others. Refreshments are served afterwards.

Every Friday 7 pm  
Every First Sunday 11 am

## Advanced Spiritual Study Program

Eckankar offers an advanced spiritual study program called *The Easy Way*. Classes are held at the Toronto Eckankar Centre. For more information call: 416-926-8946.

## Free Book Offer Spiritual Experiences Guidebook

This dynamic guidebook from Eckankar can help you validate and understand the purpose of your spiritual experiences.

- Remembering a past life
- Out-of-body experiences
- Knowing the truth instantly



For your free copy of this book visit:  
[www.spiritualexperience.org](http://www.spiritualexperience.org)

## BOOK DISCUSSIONS

An ECK book discussion is a fun way to share insights and experiences and learn more about Eckankar. You do not need a book to attend and are welcome to join as many or as few sessions as you wish.

*Youth Ask a Modern Prophet About Love, Life and God*

Sunday, November 5, 12:00 pm  
Sunday, December 3, 12:00 pm

*The Flute of God*

Friday, November 10, 7:45 pm  
Friday, December 8, 7:45 pm

*Ask the Master: Book 2*

Friday, November 17, 7:45 pm  
Friday, December 15, 7:45 pm

*Stranger by the River (Farsi)*

Friday, November 24, 7:45 pm  
Friday, December 22, 7:45 pm

## MISSISSAUGA

Mississauga Valley Community Center  
1275 Mississauga Valley Blvd. Room 2  
Info: 1-866(IAMSOUL)426-7685

### ECK WORSHIP SERVICES

*Reconciling Discipline with Freedom*

Sunday, November 19, 10:00 am

*Turning Points in your Spiritual Life*

Sunday, December 17, 10:00 am

### COMMUNITY HU SONG

Sunday, November 19, 11:30 am  
Sunday, December 17, 11:30 am

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At that moment I understood. I too would have hated men.

In my position I could not administer medication, but I could provide solace to someone in need. I said, "I'm sorry for your pain. May I offer you an exercise that can help relieve some of your pain?"

"Sure," she said.

So I told her about the HU. "It doesn't change your religion." I said, "It will only enhance it. If you don't subscribe to a religion, HU can give you a sense of peace. It has helped many people." She thanked me. Then I found a nurse to give her the pain medication she asked for.

Three months later I saw her again. When she saw me, she said. "You know what? I don't hate men anymore. I hate most men, but I don't hate all men."

And I said, "You know what? I thank you for reminding me of something important. You are Soul, and I am Soul. We are not, in our essence, male or female. So I thank you in return."

It was a challenging experience, but the inner guidance given me by the Mahanta made it an opportunity for both the patient and me to grow spiritually.

Jerry Rainer

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Illustration by Veronika Knittel-Riegger