



Harold Klemp is the spiritual leader of Eckankar today. He was raised on a Wisconsin farm and attended divinity school. In the 1960s, he found the teachings of Eckankar. In 1981, after years of spiritual training, Harold Klemp became the Mahanta, the Living ECK Master.

The Mahanta is the inner, or spiritual, form of the Living ECK Master. The Mahanta gives inner guidance through dreams, Soul Travel, and the Spiritual Exercises of ECK.

Eckankar always has a living Master, who is given respect but not worship. Like a master craftsman, he helps spiritual apprentices gain experience in the Light and Sound. This leads to spiritual self-confidence and freedom.



**“If you want to lift yourself to a higher state of consciousness – so that the political issues, the family issues, the social issues of the day do not throw you out of balance, so that you can find a happier, more contented life while you’re living here – sing HU, the most beautiful prayer.”**

Harold Klemp, *HU, the Most Beautiful Prayer*



### How to find out more about ECKANKAR

We invite you to visit the main Eckankar website at [www.eckankar.org](http://www.eckankar.org), where you can learn more about this ancient spiritual teaching, order books, watch videos featuring Harold Klemp, the Spiritual Leader of Eckankar, or explore membership options for further spiritual study.

On our local website ([www.eckankar.ca/ottawa](http://www.eckankar.ca/ottawa)) you will find a schedule of upcoming local events. You can also follow us on Facebook: Ottawa Eckankar Centre, and on Twitter at: Eckankar\_Ottawa.

#### OTTAWA ECKANKAR CENTRE

2211 RIVERSIDE DRIVE (AT BANK), SUITE B5

OTTAWA, ONTARIO

TEL: 1-866-426-7685

#### Special Information

- The opinions expressed by speakers and facilitators are their own and not necessarily those of ECKANKAR or the Mahanta, the Living ECK Master, Sri Harold Klemp.
- Parents are solely responsible for the welfare, location, and behaviour of their minor children (under age 18) during the entire seminar.

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ECKANKAR Presents

An Afternoon Seminar for Spiritual Seekers

## KEYS TO LIVING THE SPIRITUAL LIFE



“The teachings of ECK are to give us a deep spiritual healing that touches all aspects of our lives.”

Harold Klemp, *‘The Spiritual Life’*

Saturday, October 3, 2015

From 1:00 to 5:30 p.m.

Venue: First Unitarian Congregation  
30 Cleary Avenue, Ottawa, ON



# KEYS TO LIVING THE SPIRITUAL LIFE

A warm welcome to an afternoon seminar sponsored by ECKANKAR Canada in Ontario



Eckankar is a path for individuals who want to take active steps to realize more of their spiritual mission in this lifetime. The teachings of ECK tell us that each person is Soul, a particle of God sent to live in a human body in order to gain spiritual experience. Reincarnation and karma are primary beliefs. Life is a spiritual adventure – that is, all events in life happen for the purpose of expanding our consciousness. Using contemplative style spiritual exercises, individuals seek to gain spiritual freedom in this lifetime.

*“Seize the moment, seize the day—and embrace life with joy and wonder. The ECK teachings offer you a simple way to enjoy life to the fullest measure: the Spiritual Exercises of ECK. Do them daily, do them well. For they bring love.”*

Harold Klemp, *The Living Word, Book 2*

## Program

Saturday, October 3, 2015

1:00 to 3:15 pm

- o Welcome & Introductory Remarks
- o HU Song
- o HU: Your Key to Spiritual Experiences (*Talk*)
- o Spiritual Surrender: Let Go and Let God (*Panel*)
- o Creative Arts
- o Keys to Mastering your Spiritual Destiny (*Talk*)
- o Miracles, Masters & More (*Workshop facilitated by Shelley Hyndman*)

3:15 to 3:40 pm — Break

3:40 to 5:30 pm — Program resumes...

- o Giving is a Key that Opens the Door to Love (*Panel*)
- o Inner Guidance — A Key to Wisdom Within (*Talk*)
- o Creative Arts
- o Stories from the Heart
- o Keys to Living the Spiritual Life (*Guest speaker, Shelley Hyndman, Regional ECK Spiritual Aide for Ontario*)
- o Closing Remarks



## Eckankar Events

You are cordially invited to join us for a

### COMMUNITY HU SONG

on the 1<sup>st</sup> Sunday of every month from 11:00 to 11:30 a.m. at the Ottawa ECKANKAR Centre, 2211 Riverside Drive (at Bank), Suite B5, in Ottawa

This is a special opportunity to sing this sacred sound for a longer period of time (about 20 minutes) in the presence of other lovers of God. Everyone is welcome!



You are also welcome to attend an

### ECK WORSHIP SERVICE

taking place the 2<sup>nd</sup> Sunday of every month from 11:00 a.m. to 12:00 p.m.

The ECK Worship Service for October will be held on Sunday, October 4, from 11:00 a.m. to 12:00 p.m. at the Ottawa ECKANKAR Centre. Theme: 'ANSWERING THE CALL OF SOUL', with guest speaker Shelley Hyndman

