

Spiritual Rhythms



E C K A N K A R
RELIGION OF THE LIGHT AND SOUND OF GOD

News of public ECK events
in Ohio published by:
Ohio Satsang Society, Inc.
A Chartered Affiliate of
ECKANKAR.

JANUARY - FEBRUARY - MARCH 2010

New Year's Resolutions



January is a time for resolutions; for determining upon an action or actions that will, hopefully, improve our lives. Some of the most popular New Year's resolutions are losing weight/improving health, solving money problems, stopping bad habits, reducing stress, and volunteering to help others. Interestingly enough, spirituality does not rank anywhere in the top ten, and yet becoming more in touch with God can help us in all the areas previously mentioned.

In Eckankar, we believe in reincarnation – past lives, and karma – every action creates an equal and opposite reaction. Our problems today are the result of our previous actions. Harold Klemp, the spiritual leader of Eckankar tells us, "To master your life, you must apply self-discipline and have a true desire to experience God for yourself. Your experience with the spiritual Light and Sound of God will enrich your life and help you put daily problems into loving perspective," *ECKANKAR Ancient Wisdom for Today*, page 3.

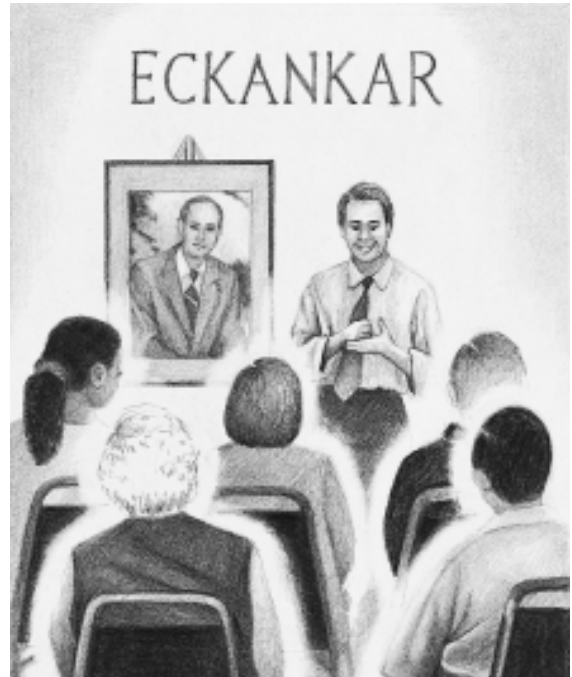
Over the next three months, there are several opportunities around the state where you may experience the Light and Sound of God. In January, join others in the Columbus area for an open spiritual discussion on health and healing. An open spiritual discussion is an opportunity to get together with other like-minded people interested in spiritual topics, to share and learn from one another in a relaxed, inviting, respectful and friendly atmosphere. Refreshments are served. For more information on this event, see page 3.

In March, Cincinnati will be hosting a free workshop entitled "Have You Had a Spiritual Experience?" Come early to browse through ECK books and literature, explore the Eckankar website, and take a look at a display highlighting information about Eckankar. In the workshop, you can learn techniques for going deeper into your spiritual experiences and the many ways that answers to your innermost questions can reveal themselves. For more information on this event, see page 3.

Each month the ECKANKAR Center in Columbus will be having an open house showing a video of a talk given by Harold Klemp. In January you can learn subtle secrets and the spiritual art of working with the tensions of life – sing HU, ask the Master for specific help, understand

the importance of surrender, and more in the talk "The Tensions of Living." In February, learn "The Little HU Song" and explore your relationship with change. Discover clues to changes in your own consciousness through inspiring, enlightening and often amusing stories in the talk "Change is Change." In March, listen to the talk "Lessons and Blessings" with an open heart and catch the Master's personal insights for you about the lessons and blessings in your own life today. For more information on this event, see page 3.

You are warmly invited to attend any of these events to help you discover the presence of God in your life. Happy New Year!



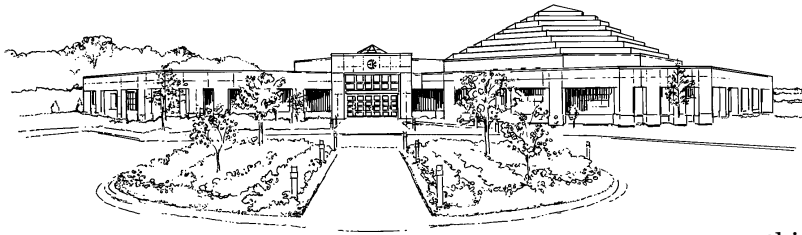
Join us for our many Eckankar events offered in Ohio. See details on page 3

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THE ECK WORSHIP SERVICE

You are warmly invited to attend the ECK Worship Services listed. Each service focuses on an aspect of Eckankar. The ECK Worship Service often features a reading from the ECK works; singing HU (an ancient name for God), talks, music, and a group discussion of spiritual principles at work in daily life. The service lasts about an hour. Join others seeking to bring more insight and divine love into their lives at this special celebration of the Light and Sound of God.



Area/Location	Date	Time	Topic
Akron-Canton Sippo Lake 5300 Tyner Avenue NW Clubhouse Canton, OH 44708	1-3-2010	11:00 a.m. - 12:00 p.m.	<i>Dancing to the Rhythm of Life</i>
	2-7-2010	11:00 a.m. - 12:00 p.m.	<i>How Love Teaches Us</i>
	3-7-2010	11:00 a.m. - 12:00 p.m.	<i>Is Life a Random Walk?</i>
	<i>Adult and youth services — Contact:</i> Ohio Eckankar information line (800) 762-7685		
Greater Cincinnati Anderson Center Station I-275 (exit 69), north 1.8 mi. on right 7832 Five Mile Road Cincinnati, OH 45230-2356	1-10-2010	11:00 a.m. - 12:00 p.m.	<i>Which Way Now? Making Decisions with God's Help</i>
	2-14-2010	11:00 a.m. - 12:00 p.m.	<i>Moving from Faith, Through Belief to Spiritual Experience</i>
	3-14-2010	11:00 a.m. - 12:00 p.m.	<i>Love – The Passkey to Heaven</i>
	<i>Adult and youth services — Contact:</i> information number (513) 674-7001		
Greater Cleveland Courtyard by Marriott 5051 West Creek Road Meeting Room A Independence, OH 44131 Nordson Depot 671 Franklin Avenue Amherst, OH 44001	1-3-2010	11:00 a.m. - 12:00 p.m.	<i>Creating Your Spiritual Life</i>
	2-7-2010	11:00 a.m. - 12:00 p.m.	<i>Living Life As a Spiritual Exercise</i>
	3-7-2010	11:00 a.m. - 12:00 p.m.	<i>Master Your Spiritual Destiny</i>
	1-24-2010	11:00 a.m. - 12:00 p.m.	<i>Living Life As a Spiritual Exercise</i>
	Contact: information number: (216) 371-8863		
Columbus ECKANKAR Center - Columbus 1395 East Dublin-Granville Road Suite 315 Columbus, OH 43229	1-3-2010	11:00 a.m. - 12:00 p.m.	<i>The Divine Knowledge, Journey of Soul</i>
	2-7-2010	11:00 a.m. - 12:00 p.m.	<i>New Age Challenges and Your Path to God</i>
	3-7-2010	11:00 a.m. - 12:00 p.m.	<i>Those Wonderful ECK Masters</i>
	Contact: Center phone line (614) 840-0640		
Dayton Country Inn & Suites 3661 Maxton Road Meeting Room Dayton, OH 45414	1-24-2010	11:00 a.m. - 12:00 p.m.	<i>Journey of Soul</i>
	2-28-2010	11:00 a.m. - 12:00 p.m.	<i>The True Surrender</i>
	3-28-2010	11:00 a.m. - 12:00 p.m.	<i>Making This Lifetime Count</i>
	Contact: Ohio Eckankar information line (800) 762-7685		
Toledo Holiday Inn Express 10621 Fremont Pike Library Room Perrysburg, OH 43551	1-3-2010	11:00 a.m. - 12:00 p.m.	<i>Spiritual Resolutions</i>
	Contact: Ohio Eckankar information line (800) 762-7685		

OPEN SPIRITUAL DISCUSSION

Spiritual Wisdom on Health and Healing

Explore your health from a spiritual vantage point. Spiritual exercises to help you see yourself and your state of health from a higher perspective than you've likely ever imagined. A complimentary copy of the booklet, *Spiritual Wisdom on Health and Healing*, by Harold Klemp, will be given to all first-time attendees.

Sunday, January 24, 2:00 p.m. — 3:00 p.m.

Panera Bread (Clintonville)
4519 North High Street
Community Room
Columbus, OH 43214
Contact: (614) 840-0640

Columbus

Open House & Video Presentations on talks given by Harold Klemp, spiritual leader of ECKANKAR, at ECK Seminars in Minneapolis, Minnesota.

ECKANKAR Center - Columbus
1395 East Dublin-Granville Road
Suite 315
Columbus, OH 43229

Sundays at 12:00 p.m. — 2:00 p.m.

1-31-2010
"The Tensions of Living,"
2008 ECK Springtime Seminar
2-28-2010
"Change Is Change,"
2007 ECK Worldwide Seminar
3-28-2010
"Lessons and Blessings,"
2006 ECK Worldwide Seminar



Harold Klemp
The Spiritual Leader
of Eckankar

INTRODUCTORY ECKANKAR EVENTS

Greater Cincinnati

Video Presentations

Eckankar videos featuring Harold Klemp, the spiritual leader of Eckankar, are shown weekly on Cincinnati's Time Warner Cable channels 24 and 8.

Channel 8 (local religious channel)

Hamilton County except Forest Park and Mt. Healthy.
Sundays 10:00 a.m. & Wednesdays 8:30 p.m.

Channel 24

Hamilton County, includes Mt. Healthy. Fridays 1:00 p.m.



Free ECKANKAR Workshop

Have You Had a Spiritual Experience?

Saturday, March 6, 2010 from 1:00 p.m. — 3:00 p.m.

Anderson Center (in Anderson Township)
7850 Five Mile Road
Rooms A & B
Cincinnati, OH 45230
Contact: (513) 674-7001



ECK Study Classes Forming

The Easy Way Discourses

Contact: (513) 674-7001

ECKANKAR RESOURCES IN OHIO

You are cordially invited to visit Ohio's Eckankar center in Columbus. A selection of books and tapes is available for browsing or purchase. Eckankar center volunteer hosts are on hand to assist you during the hours listed. For a recorded message on Eckankar, or to request a free introductory packet, call our toll-free number: 1-800-762-7685.

ECKANKAR Center-Columbus

1395 East Dublin-Granville Road
Suite 315
Columbus, OH 43229
(614) 840-0640

Open Hours: 12:00 p.m. - 2:00 p.m.
January 24, February 28, March 28

Greater Cincinnati

Information Number: (513) 674-7001

Greater Cleveland

Information Number: (216) 371-8863

ECKANKAR Toll Free Number:
1-800-LOVE GOD

ECKANKAR Online

Main ECKANKAR Web Site: www.eckankar.org

ECKANKAR in Ohio: www.eck-ohio.org

Free Subscription A free year's subscription to *Spiritual Rhythms* is available to non-members of Eckankar. To subscribe you may do ONE of the following:

- 1 Complete the form and mail it to the address below.
- 2 Subscribe on-line at www.eck-ohio.org.
- 3 Call toll-free 1-800-762-7685, Option "3". When calling, please ask to receive your complimentary subscription to the newsletter, spelling your name and address clearly.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____ E-mail: _____

Ohio Satsang Society, Inc.
Attn: ML
P. O. Box 09502
Columbus, OH 43209-0502

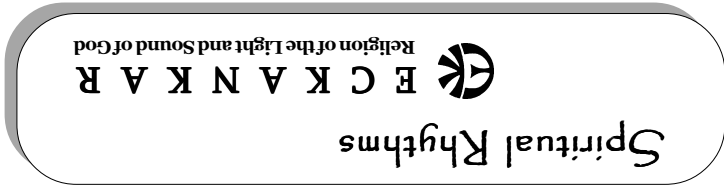
Member Subscription — Are you a current member of Eckankar? To receive the member edition of Ohio's Eckankar newsletter, as well as other membership mailings for Ohio, send a photocopy of your current Eckankar membership card to the Satsang Society address above. To help cover newsletter costs, we request a \$20.00 annual donation made payable to "Ohio Satsang Society, Inc." According to federal guidelines, the full value of your contribution is tax-deductible.

New Option — You can now access Ohio's Eckankar newsletter at www.eck-ohio.org. If you would like to receive e-mail notification of the newsletter placement on-line, e-mail your request to info@eck-ohio.org.

Moving or Wish to Discontinue Mailings? — To update your name, address and other contact information or to discontinue receiving Ohio's Eckankar mailings, you may call 1-800-762-7685 or e-mail your request to info@eck-ohio.org. The United States Postal Service does not forward bulk mail.

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January - February - March 2010



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