

The Blue Star

ECKANKAR

The Path of Spiritual Freedom



Fall | October–December 2023

Published Quarterly



HU is the Sound of Soul

With eyes open or closed, take a few deep breaths to relax. Then begin to sing *HU* (pronounced like *hue*) in a long, drawn-out sound: HU-U-U. Take another breath, and sing *HU* again. Continue for ten to twenty minutes. Sing *HU* with a feeling of love. *HU* is a key to open your heart to God's loving presence.

As you sing *HU*, look for:

- Comfort, peace, and calm
- Inner light or sound
- Expanded awareness
- A release of fears
- Answers to your questions
- A subtle sense of divine love

For more information about *HU* visit
www.HearHU.org

Free HU Song App

On your smartphone, go to the App Store and search for "Eckankar" to download a free *HU* Song app. Listen to the *HU*, watch an uplifting video, or try a spiritual exercise!

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Public ECK Newsletter for Montana

Letter from the RESA (Regional ECK Spiritual Aide)

God's Boundless Love

In my early twenties, I spent three months backpacking through Europe with a girlfriend from high school and college. As a devout Christian, my friend also experienced God as an important part of her daily life, so having conversations about God were not uncommon between us. After previously being raised Catholic, I had been introduced to Eckankar by my mother at age twelve. But as a young adult, I was still trying to grasp what it meant to be an ECKist, or how to explain Eckankar to others wanting to know more, without alienating my peers.

On June 28, 1985, my friend and I were staying at a youth hostel in Inter-laken, Switzerland, which was nestled between two lakes amid the Swiss Alps, peaking at over 13,000 feet. We had just finished one of our "God talks" and I had been asking inwardly: *How do I love myself and does it even matter?*

I recall looking out at the rugged landscape of alpine forests, glaciers, and waterfalls when a powerful sensation came over me, as if a direct current of divine love had broken open the floodgates to my heart! Tears began pouring down my cheeks as I felt the power of God's love consume my being. Lest I forget, the beautiful surroundings intensified to help me take in this momentous spiritual experience.

Then, in the stillness, what came to me in response to my question was simply that *loving myself is a way to express appreciation for this precious gift of life. I exist because of God's love for me (and all Souls). By loving myself, I am returning God's love, which allows me to continue the circle of receiving God's love to give back to others.*

Continued on page 2

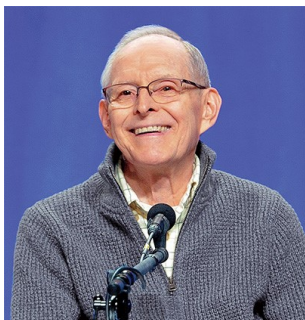
Soul – The True Self. The inner, most sacred part of each person. It is eternal.

ECK – Another word for the Life Force, which can be experienced as Light and Sound. It is also known as the Audible Life Stream. Soul can become one with this Life Current—with the Voice of God. *ECK* can also be used as a short form of *Eckankar*.

Eckankar – Coworker with God. It is the destiny of each Soul to become a conscious, living vehicle for God's love. Being a Coworker with God means continuing to develop—not just your creative powers, but your capacity to love.

HU – A sacred name for God; a love song to God that can open the heart to divine love.

Blue Light (or Blue Star) – How the **MAHANTA** often appears in the inner worlds.



The Spiritual Leader of Eckankar

**Harold Klemp,
the MAHANTA,
the Living ECK Master**

Author Harold Klemp is known as a pioneer of today's focus on "everyday spirituality." He was raised on a Wisconsin farm and attended divinity school. He also served in the US Air Force.

In 1981, after lifetimes of training, he became the spiritual leader of Eckankar, The Path of Spiritual Freedom. His full title is Sri Harold Klemp, the MAHANTA, the Living ECK Master. His mission is to help people find their way back to God in this life.

Each year, Harold Klemp speaks to thousands of seekers at Eckankar seminars. Author of more than one hundred books, he continues to write, including many articles and spiritual-study discourses. His inspiring and practical approach to spirituality helps many thousands of people worldwide find greater freedom, wisdom, and love in their lives.

—Harold Klemp,
ECK Essentials, p. 77



God's Boundless Love *continued from page 1*

Up until this point in my life, it was difficult for me to allow love into my heart. After this life-altering experience, I realized I had been limiting the inflow and outflow of love in my life. Now, I longed to share this love with other Souls.

And why do you love? ...Because it's the nature of an open consciousness. To simply love and give God's love to other people. But even more important is to receive it. To receive the blessings that are all around us.

—Harold Klemp, *The Secret of Love*, p. 168

I shared my realization with my friend, and it started to become clearer to me: Eckankar is the path of divine love in motion—receiving and returning love to all life. To me, this is a major part of what it means to me to be an ECKist—our divine purpose. I was able to start talking about Eckankar with my friend with more ease. I came to realize that each of our spiritual paths expanded our understanding of God's divine love, according to our individual states of consciousness, based on how much of God's love we could accept.

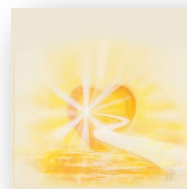
God's love flows equally to all people. But all people do not recognize God's love equally, because everyone's state of consciousness is different.

—Harold Klemp, *Our Spiritual Wake-Up Calls*, p. 153

Accepting more of God's love into my life has shown me how to work *with* Divine Spirit, instead of against it. When I'm able to trust in God's will to know what is for my highest good, life's challenges seem more manageable. With this expanded awareness, I can experience more love and less fear, more gratitude and less suffering.

With love and gratitude in ECK,

Deb Eckheart
RESA - Montana
(406) 360-6796
resa@eckankarinmontana.org



This is the first article of a three-part series about three pivotal experiences, which significantly influenced the direction of my spiritual path, and brought me to where I am today in my spiritual journey.

Part 2: How the link up with the MAHANTA changed the course of my life.

The MAHANTA, The Living ECK Master – The spiritual leader of Eckankar. His duty is to lead Soul back to God. The Living ECK Master can assist spiritual students physically as the Outer Master, in the dream state as the Dream Master, and in the spiritual worlds as the Inner Master.

RESA – Regional ECK Spiritual Aide. An ECK Spiritual Aide is a member of the ECK clergy appointed by the Living ECK Master to meet with individuals who wish personal spiritual assistance. A RESA is appointed by the Master to serve as his key representative in a designated region.

ECK on TV

Sri Harold's talks are broadcast on community TV! You can view these on your TV, computer, or other device.

In **Billings**, talks are aired on Community 7 Television every Sunday at 3:00 p.m. on www.comm7tv.com/

In **Helena**, access Sri Harold's talks each Sunday at 4:00 pm on Channel 189. www.helenacivictv.org/watch-live

In **Missoula**, tune in to MCAT Channel 189 Sundays at 5:00 p.m. www.mcat.org. Select Watch, then Channel 189.



Look for **Eckankar** events at www.meetup.com

Local Groups in your area

- * Bitterroot Valley Spiritual Seekers
- * Bozeman Eckankar Spiritual Discovery Group
- * Western Montana Eckankar Spiritual Discovery Group
- * Kalispell Eckankar the Path of Spiritual Freedom Meetup

Eckankar on YouTube



Eckankar Channel

www.youtube.com/c/eckankar



Sri Harold Klemp Channel

www.youtube.com/c/SriHaroldKlempOfficialChannel

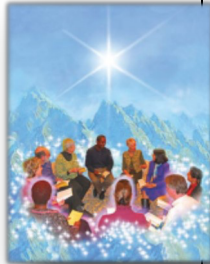
Eckankar on Facebook



See Eckankar on Facebook

www.facebook.com/Eckankar

Current Montana Public Eckankar Events by Zoom

Event	Date	Time	Topic	Contact for Zoom Invitation
Experience the God Sound— Sound of Soul Events (First Thursday, every other month)	October 5	7:00 pm	How to Enliven Every Aspect of Your Life	Jeanne Neff 406-540-3554 or bluestar56789@gmail.com
	December 7	7:00 pm	Develop a Powerful Spiritual Practice	
ECK Light and Sound Services (Third Sunday, every other month)	October 15	10:00 am	The Healing Power of Patience and Love	
	December 17	10:00 am	Soul Travel for Divine Love, Wisdom, and Freedom	
ECK Soul Adventure eBooklet Discussion (First Thursday, every other month)	November 2	7:00 pm	Divine Guidance—Gifts of Intuition, Dreams, Nudges, and Signs	
ECK Soul Adventure Spiritual Discussion (Third Sunday, every other month)	November 19	10:00 am	Open the Doorway to Your Dreams	

Montana Eckankar Events

If you'd like to attend Montana ECK events by Zoom, contact Jeanne at **406-540-3554**, or bluestar56789@gmail.com. For the most current event information, including plans to reopen in-person events, please visit the Montana ECK website Soul Adventure Events page at EckankarInMontana.org

Advanced Spiritual Living Courses

These monthly self-discovery courses have advanced spiritual techniques for private study and give the opportunity to explore the courses in small-group discussion classes. For information about these courses and enrollment in Eckankar, visit Eckankar.org/engage/advanced-spiritual-living/ or call Deb at **406-360-6796**.

For students of Eckankar, **Soul Travel 1—The Illuminated Way**, will begin in-person in Hamilton in October. Contact John at **406-360-0100** or howmy68@gmail.com.

The ECK Dream 1 Discourses will start online by Zoom in October. Contact Tom at **406-539-2891** or tom2891@gmail.com.

Letters of Light and Sound 1 starts online by Zoom in November. Contact Erin at **406-422-4747** or erinwoodrow@charter.net

The ECK Satsang Discourses, First Series will begin in January 2024, online by Zoom. Contact Jeanne at **406-540-3554** or bluestar56789@gmail.com.

The Blue Star is available in both email and USPS versions

If you'd like to receive the paper copy USPS version, please email bluestar56789@gmail.com, or call/text Jeanne at **406-540-3554**. Please include your contact information.

Seekers may request a complimentary 6-month subscription. For students of Eckankar, a suggested donation of \$12.00 per year for the paper version can be mailed to:

Kathy Birdsall, Montana Satsang Society Treasurer
PO Box 984; Bonner, MT 59823

Thanks for reading *The Blue Star*. We look forward to bringing you local Eckankar news!

Love is the most important element behind any gift to ECK. — Harold Klemp

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Subscriptions are free to seekers, and are available to
Eckankar students at a suggested donation of \$12 per year,
which can be sent to

Kathy Birdsall, Treasurer
PO Box 984
Bonner, MT 59823

Please send subscription requests and changes of address to

PO Box 2184
Hamilton, MT 59840

or email bluestar56789@gmail.com

According to federal guidelines, the material value of this
publication is insubstantial and therefore the full value of
your contribution is tax deductible.

For more information about Eckankar

*Please call these phone numbers for more information about Eckankar
and for ECK events in each area, or visit the websites listed below.*

Billings, MT.....	406-245-4771
Bozeman, MT.....	406-539-2891
Hamilton, MT.....	406-210-1214
Helena, MT.....	707-892-1785
Great Falls	406-217-7208
Kalispell, MT.....	406-253-1954
Missoula, MT.....	406-244-0008
Statewide in MT.....	406-360-6796

www.Eckankar.org
www.EckankarInMontana.org



"HU is an old name for God, and if you sing it, it's a love song to God. It's a very simple song,
but if you're in trouble, in pain, in need of comfort, or in need of love, sing *HU* quietly to yourself.
If you know how to sing *HU*, you can open yourself to the Holy Spirit. You can open yourself to
the help that It's offering you to help you take the next step."

—Harold Klemp, *The Sound of Soul*, p. 42