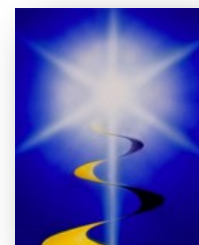


The Blue Star

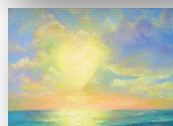
ECKANKAR

The Path of Spiritual Freedom



Fall/Winter | October 2020

Published Quarterly



HU A Love Song to God

Singing HU can:
Expand your awareness
Help you experience divine love
Heal a broken heart
Offer solace during times of grief
Bring peace and calm

With eyes open or closed, take a few deep breaths to relax. Then begin to sing HU (pronounced like the word *hue*) in a long, drawn-out sound: HU-U-U-U. Take another breath, and sing HU again. Continue for up to twenty minutes. Sing HU with a feeling of love, and it will gradually open your heart to God.

www.HearHU.org

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Letter from the RESAs (Regional ECK Spiritual Aides)

Spiritual Journey of Discovery

Albert Einstein defined mastership in this way: "Only one who devotes himself to a cause with his whole strength and soul can be a true master. For this reason, mastery demands all of the person."

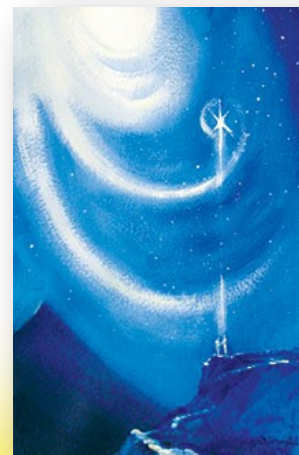
While he may have been talking about physics, his statement rings true in our quest for spiritual mastership. There are many lessons in the journey of spiritual mastery. One of the first steps is the moral compass that we develop as we journey through life. This moral compass is developed from family, school, and our religious and spiritual studies. However, each of us is on our own path that is right for us.

As we progress on the spiritual journey of discovery we learn to temper moral certainty with a universal love for all life. This love helps us soften our judgments. This love eventually provides the spiritual liberation for our personal journey back to God.

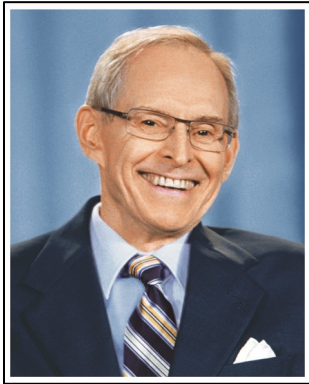
With love in ECK service,

Norm and Mikie Lee,
Co-RESAs

Norm's cell: 210-1214
Mikie's cell: 493-4473
Email: coresamt@gmail.com



HU – A sacred name for God, a love song to God that can open the heart to divine love.
ECK – The Life Force, the Holy Spirit, which sustains all life. It can be experienced as the Light and Sound of God.
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.
Divine Love – The merciful love with which the SUGMAD looks upon all creation. The Ocean of Love and Mercy.
SUGMAD – The supreme God. The formless, all-embracing, impersonal, infinite, the Ocean of Love and Mercy; from It flows all life, all truth, all reality, all wisdom, love, and power.
RESA, CoResa – 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 Regional ECK Spiritual Aide is appointed by the Master to serve as his key representative in a designated region.
Soul – The True Self. The inner, most sacred part of each person. It is eternal.
Soul Travel – The expansion of consciousness, an individual moving closer to the heart of God. Most people experience it as sort of a gradual shifting of awareness.
Chela – A student or follower of the Eckankar spiritual leader.



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

Sweet Dreams

Tonight, before you drift off...let the twilight kiss you so soft...
and your heart so gently open to the love you hold inside.

Sweetly, sweetly, listen for the music of the spheres,
as so lovingly its lullaby can wash away your fears.

One of the great loves stays beside you.

Through your dreams this one will guide you...
as the lessons come like lifetimes till the twilight comes again.

Ask and you'll be taken...through the heavens to awaken...
hidden heartsongs of your higher self...forgotten long ago.

Your maker loves you deeply, soundly and completely...
ever calling you and guiding you to find your one true home.

Sleep and dream now dear one.

Rest and know that this is all done...

with a love and mercy finer than most people will perceive.

A great full Soul you are...you see...as you believe.

Sweet Dreams!

—Steve Christiansen



If this life has you on a more conscious quest for spiritual freedom, you may have heard of the simple yet life-changing practice that inspired the poem above.



The “HU Song” is at once a love song to God and a spiritual exercise. To do it, get comfortable and take a few deep breaths. Gently place your attention on your inner visual screen, where daydreams and images come to you. With your eyes closed, sing “HU” (an ancient name for God, pronounced like hue) as a song of love. You may notice a feeling of peace, warmth and comfort. You may also recognize the presence of the Divine through greater insights into your daily life.

— S.C

To listen to thousands singing the HU song, click on this link: <https://youtu.be/qxJXBrdLbeg>





FREE HU SONG APP

On your smartphone, go to the App Store and search for “Eckankar” to download a free HU Song app.

FIND YOUR SPIRITUAL ANSWERS TODAY ...



REQUEST FREE BOOK AND CD

<https://www.spiritualexperience.org/>

ECKANKAR is excited to share the Animals Are Soul blog as a spiritual resource for people of all faiths and backgrounds. It celebrates how animals open our hearts and broaden our spiritual viewpoints.

See a post about singing HU to a horse who trusted at <https://www.animalsaresoul.blog/2020/09/21/the-horse-who-trusted/>



An ECKANKAR Soul Adventure

The Power of Gratitude

A SECRET TO SPIRITUAL LIVING

“One who is thankful for every good thing will find the richness of heaven in the humblest detail of his spiritual life. The window of gratitude opens to us the heavens of God.”
—Sri Harold Klemp

—Sri Harold Klemp
The Mahanta, the Living ECK Master
Featured Speaker

2020 ECK Spiritual New Year Celebration
Available October 23–November 30, 2020

Embark upon a virtual spiritual adventure both personal and profound as you explore new opportunities to chart a course for your highest spiritual destiny. Draw inspiration from a constellation of specially recorded presentations, including:

- New audio talk by Sri Harold Klemp, the spiritual leader of Eckankar
- Dynamic, inspiring workshop, “Awaken to the Power of Gratitude”
- Heart-opening talks from speakers around the world
- Innovative spiritual activities for youth and families

New to ECKANKAR? Be our guest and enjoy complimentary registration.

An ECKANKAR Soul Adventure

The Power of Gratitude

A SECRET TO SPIRITUAL LIVING

“One who is thankful for every good thing will find the richness of heaven in the humblest detail of his spiritual life. The window of gratitude opens to us the heavens of God.”
—Sri Harold Klemp, the Mahanta, the Living ECK Master

CREATE YOUR ONLINE SEMINAR EXPERIENCE!
2020 ECK Spiritual New Year Celebration
October 23–November 30, 2020 ECKSoulAdventure.org

Whatever your faith or background, we invite you to discover more about your divine, eternal nature as Soul. Explore the transformative possibilities of the Power of Gratitude—a secret to spiritual living that can help you live a rich and fulfilling life.

Register now to receive your special password that will allow you continual access to this event from October 23, 2020 at 8:00 a.m. through November 30, 2020 at 11:30 p.m. (central time).

Download the Event Brochure or register for the seminar at <https://www.ecksouladventure.org/>

Chela-Only Event: Grateful to Give

THE YEAR OF THANKSGIVING CELEBRATION

No registration, password, or donation needed.

Where? Members Area of Eckankar.org
When? Available between Thursday, October 22, 2020, at 8:00 a.m., and November 30, 2020, at 11:30 p.m., central time.





ECK on TV

Sri Harold's talks are airing on Community 7 Television every Sunday at 3:00 p.m. You can view these on your computer or other device. <http://www.comm7tv.com/> In Helena, access Sri Harold's talks each Sunday at 4:00 p.m. on Channel 189 <https://www.helenacivictv.org/watch-live> In Missoula, tune in to MCAT Channel 189 Sundays at 5:00 p.m. [http://69.144.69.99/CablecastPublicSite/?](http://69.144.69.99/CablecastPublicSite/)



Look for **ECKANKAR** events at <https://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 e-books

You can find ECKANKAR e-books on Kindle and Nook, including the award-winning *Autobiography of a Modern Prophet*, by Harold Klemp.



Eckankar Events in Montana to be Held Online by Zoom

We will be holding Eckankar events in Montana online using the Zoom format until we can meet again in person.

The Zoom format allows both video and telephone users to attend the same meeting. Zoom is easily downloaded and accessed. The connection can be by telephone, computer, or smartphone. It does require an invitation which can be sent to you by email, mail, or phone. If you would like to attend an ECK book discussion class, an ECK Light and Sound Service, or you have questions, please contact Regional ECK Spiritual Aides (RESAs) Norman and Mikie Lee by phone or email (contact information below). In the Bozeman area, please contact Michele Soule or Tom Walker at 406-539-2891.

Please contact RESAs Norm or Mike Lee for more information.
 Phone: 406-375-9077 Email: coresamt@gmail.com



Current Montana Eckankar Events by Zoom

Events	Date	Time	Topic	Contact for Invitation
ECK Light and Sound Services by Zoom	Oct 18	10:00 am	How Patience and Love Bring Inner Peace	Norm and Mikie Lee 406-375-9077
	Nov 15	10:00 am	Spiritual Tools for Daily Living	Norm and Mikie Lee 406-375-9077
	Dec 20	10:00 am	Relationships and Spiritual Growth	Norm and Mikie Lee 406-375-9077
Chela Forum by Zoom (for members of Eckankar)	Oct 20, Nov 17, Dec 15	6:30 pm	N/A	Norm and Mikie Lee 406-375-9077

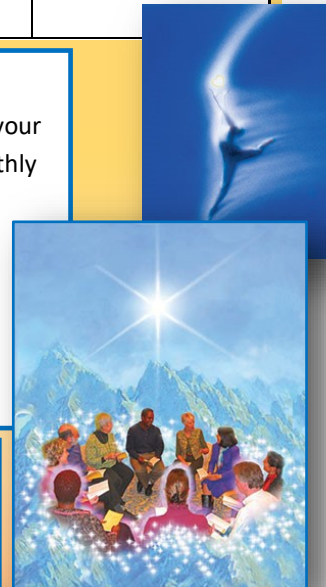
Easy Way Satsang Classes by Zoom

Are you a new member of Eckankar? If you're ready to start your study of the ECK discourses (lessons), you're invited to join a monthly Satsang class to study the first discourse series, *The Easy Way* by Zoom. If you're interested, please call Ryan Torkelson.

Easy Way Satsang classes starting soon
Contact Ryan Torkelson 406-360-2034
for more information or an invitation to the class

Please contact Tom Walker for classes and events in the Bozeman area. 406-539-2891

For information about events in the Billings area, please contact Shayla Walker at 406-245-4771.



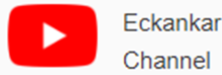
Find online resources at https://eckankarblog.org/share/?utm_source=seeker



Other Websites to Share

- o TheSoundofSoul.org—Experience HU and listen to the sound of Soul.
- o AnimalsAreSoul.blog—Share spiritually uplifting, real-life stories about animals.
- o Eckankarblog.org—Stories and articles to inspire and answer every seeker's heartfelt spiritual questions.
- o SpiritualWisdomJournal.org—The *Spiritual Wisdom Journal* is a free, quarterly, online newsletter for people who want more spiritual perspective and encouragement, especially in uncertain times.
- o InnerGuidance.org—This site is a great one to share with people who are interested in learning more about inner guidance and how it can help solve problems in our daily lives.

Eckankar on YouTube



https://www.youtube.com/c/eckankar



https://www.youtube.com/c/SriHaroldKlempOfficialChannel

ECKANKAR See us on Facebook https://www.facebook.com/Eckankar

You're warmly invited...

...to share your stories, poems, and photos with the Montana ECK Newsletter in The Year of Thanksgiving, the spiritual new year that begins October 22, 2020.

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The opinions expressed in this publication are those of the writers and not necessarily those of ECKANKAR or the Mahanta, the Living ECK Master, Sri Harold Klemp.

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Montana ECK Choir

If you love to sing and express your love for God musically, you are warmly invited to join the Montana ECK Choir. Since we can't meet in person at this time, we have been meeting and practicing by Zoom.

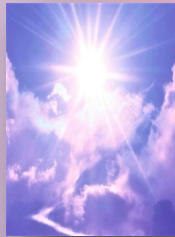
Please contact Michele Soule if you'd like more information or an invitation to join us by Zoom.

Michele Soule 406-404-5807

September ECK Light and Sound Service and Founder's Day Celebration

On September 20, the first ECK Light and Sound Service by Zoom was conducted by ECK cleric, Mikie Lee. Following the service, a short Founder's Day presentation was given by Jeanne Neff, and concluded with a rousing bluegrass song entitled, "Peddar Zasq" by the Hindu Kush Mountain Boys Plus One. Founder's Day celebrates the anniversary of the translation (passing) of the modern-day founder of Eckankar, Paul Twitchell (spiritual name Peddar Zasq). Afterwards, attendees stayed on the Zoom call for discussion and fellowship. The next ECK Light and Sound Service will be held by Zoom at 10:00 a.m. on October 18. The topic will be "How Patience and Love Bring Inner Peace." If you'd like to attend, please contact Norm or Mikie Lee for an invitation. 406-375-9077

What is an ECK Light and Sound Service?



An ECK Light and Sound Service is a celebration of God's love for Soul. This service offers you the chance to explore your own direct connection with the Divine.

You'll get to share your insights in a group discussion on a spiritual topic. Eckankar welcomes people of all faiths and backgrounds.

All ECK activities are held by Zoom at this time. Please call Norm or Mikie Lee for an invitation. 406-375-9077



ECKANKAR Contacts in Montana

RESAs Norman and Mike Lee .406-375-9077 Spiritual Services (including clergy services) Deb Eckheart 406-360-6796

The Blue Star is available in both email and USPS versions

For the paper copy USPS version, please fill out the form below and mail with a suggested donation of \$12.00 per year to the address below. Non-members may request a complimentary 6-month subscription.

For the email version, please email the Newsletter Specialist, Mikie Lee at coresamt@gmail.com

Thanks for reading The Blue Star. We look forward to bringing you local ECKANKAR news.

✂----- Name _____ Address _____ City, State & Zip _____ Email Address _____

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



ECKANKAR

The Path of Spiritual Freedom

The Blue Star

Montana Satsang Society
970 South Shoshone Loop
Hamilton, MT 59840

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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.....	406-404-5807
Hamilton, MT.....	406-360-6796
Helena, MT.....	406-227-3534
Kalispell, MT.....	406-253-1954
Missoula, MT.....	406-244-0008
Statewide in MT.....	406-375-9077

www.eckankar.org

www.eckankarinmontana.org