



Dreams can sometimes fore-tell the future.

The ECK-Vidya, the ancient science of prophecy, is for special occasions when at a certain important crossroads in life, you need extra help, love, or support. This is when your dreams may bring a message that gives you comfort, strength, insight, patience, compassion, or whatever you need.

Sri Harold Klemp, "The Awakened Heart," pg 70.



Harold Klemp
The Spiritual Leader of Eckankar

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Autumn 2009 Automne

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Words of Wisdom - Paroles de Sagesse

Sharing The HU

by R. Smith

The HU is such a wondrous word to use in so many ways. It is non denominational and is used by individuals worldwide for the inner peace and balance it brings. It is a love song to God. It is a sound that we can sing inwardly anywhere, anytime. It can be sung aloud at our convenience. It can be sung alone or in groups. It can be sung in times of trouble or joy. It can be part of our day as we go about our daily tasks. It assists us to better deal with what is happening in our lives.

Recently, I have had the opportunity to introduce the HU to a friend of mine going through a particularly difficult time in her life. The HU is always available to people. Individuals sometimes seem more open when their lives are full of turmoil and loss. No matter what loss comes **to one's life, loss through death of family or friend, financial crisis, divorce, illness, discontent, fear,** the HU is there to help bring balance and assist with the change.

My friend suffered a shock through a very abrupt separation and divorce and all the difficult emotions and changes this brings. While searching through her beliefs and practices, she asked me if I had any self help books that might assist her through this very difficult time. I told her that my self help books were based on the principles of Eckankar. I am more than willing to share these principles that are helpful in everyday life. One of the most immediate and useful is the use of

(Continued on page 6)

Partager Le HU

par R. Smith

Le HU est un mot tellement merveilleux qu'on peut employer dans bien des situations. Il est non confessionnel et est utilisé partout dans le monde entier par des gens qui recherchent la paix intérieure et l'équilibre qu'il apporte. C'est un chant d'amour à Dieu. C'est un son qu'on peut chanter n'importe où, à n'importe quel moment. Il peut être chanté à haute voix lorsque cela nous convient. On peut le chanter seul ou en groupe. On peut le chanter lors des temps difficiles ou des moments de joie. Il peut faire partie de notre journée lorsque nous complétons les tâches quotidiennes. Il nous aide à mieux vivre les expériences qui se présentent sur notre chemin.

Récemment, j'ai eu l'occasion d'introduire au HU, une amie qui vivait des moments particulièrement difficiles et éprouvants. Le HU est toujours disponible pour quiconque. **Il arrive parfois qu'une personne qui fait face à de gros défis ou qui vit une perte soit plus ouverte. Peu importe le genre de perte, qu'il s'agisse du deuil d'un membre de la famille ou d'un ami, d'une crise financière, d'un divorce, de la maladie, du mécontentement, de la peur,** le HU est là pour apporter réconfort et nous assister dans le changement.

L'amie à qui j'ai présenté le HU, vivait le choc émotif d'une séparation et d'un divorce, ainsi que toutes les émotions et les changements qu'une telle expérience entraîne. Lors de sa recherche au cœur de ses

(suite page 7)



Reminder!
Submission Deadlines for
the Spring 2010 issue
of the newsletter is
February 20, 2010.

"Words of Wisdom - Paroles de Sagesse" newsletter is published twice yearly by ECKANKAR Canada in Nova Scotia, an Affiliate of ECKANKAR.

Newsletter Editor: P. Smith
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Proofreader French: G. Desjardins
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Subscriptions are for one year, are free to nonmembers and are available to members for a suggested donation of \$10.00 per year. Please send subscriptions or address changes to above mentioned address. If paying by mail, please send by cheque or money order and please make payable to ECKANKAR Canada (NS).

We Welcome Your Submissions

Have a good ECK story, poem, illustration, or photo to share? Or news of local ECK activities? Your submissions are welcome! Though we cannot use every item we receive, the love and effort are always appreciated. We routinely edit to condense and correct errors of fact, punctuation, and spelling. Send your submissions (with a signed release form, available from our newsletter staff) to the address indicated above.

Visit ECKANKAR's Web site
at www.eckankar.org.

Editors Note

The newspaper staff is looking for chelas who would like to work on the newsletter. The position of editor is available for anyone who is qualified to take over the newsletter project. You should be proficient in working with computer text programs such as Word Perfect or Microsoft Word and Microsoft Publisher or similar program that has pdf- portable document format capability.

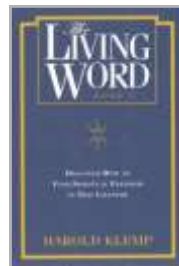
Anyone who is interested in taking over the job as editor, should contact the RESA, and advise him that they would be willing to continue producing the "Words of Wisdom - Paroles de Sagesse" Newsletter.

Anyone in the New Brunswick area that is able to take photographs at ECK events and activities for the newsletter is needed as soon as possible.

The editor would like to acknowledge and thank, the chelas who gave their time, assistance and commitment in making this newsletter possible, and to all chelas who have contributed stories and articles in the past and present.

I would like to thank all of you who supported me over the years as editor, but the time has come that I would like to step down from this position. I would like to say "thank you" to all who have contributed and subscribed to the "Words of Wisdom - Parole de Sagesse," newsletter.

P. Smith - editor



*The main difference between
ECKANKAR and all other religions
is that the Mahanta, The Living
ECK Master is the Word.
He is the ECK.*

*Sri Harold Klemp, "The Living
Word, Book 3," Pg. 17*

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

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Published twice yearly by ECKANKAR Canada in Nova Scotia, an Affiliate of ECKANKAR.

In My Dream, I'm the Mahanta

By V. Baker

In my dream I'm the Mahanta, Sri Harold Klemp, the Living ECK Master. I'm out on a date with a woman and we're standing face to face at the doorstep of my house. I look deeply into her Soul. At her very core there is intense evil, a blackness that pervades all of her being. Suddenly she is driving me in her car and I see that she's trying to manipulate me. She laughs menacingly and I'm aware that she's a Black Witch who controls me. There's a bag in the back seat behind her and she reaches into it every once in a while. It holds her power. Before she reaches into it again, I (as the Mahanta) take a tennis racket and move it over the bag a number of times while making a swishing sound with my mouth. This has

A feeling of intense relief comes over me as the truth finally sinks in - I am free!

somehow neutralized the bag so that she has no power over me anymore. But she is not aware of this. Suddenly I pull the steering wheel quickly to the right and we almost drive into a house. Now she is very angry. "You'll pay for this!" she says. "You'll never get away from me!" As she backs up I am feeling very confident that she no longer has any control over me because I am so powerful. A feeling of intense relief comes over me as the truth finally sinks in - I am free!

As I'm coming out of my contemplation the next day, I hear these words very clearly, "You've been cursed by a Black Witch. The Mahanta took it off for you!" I felt light-headed, giddy, and blessed. How fortunate I am to be a member of Eckankar and have the protection of the Mahanta, the Living Eck Master!



ECK Worship Service in Bedford, Nova Scotia - Sat. June 27, 2009



ECK Worship Service Bedford, Nova Scotia - Sat. April 25, 2009

 ECKANKAR Experience the Light and Sound of God	Mailing Address: ECKANKAR PO Box 2000 Chanhassen, MN, 55317-2000 USA	Telephone Numbers: ECK Spiritual Center Main Numbers Telephone: (932) 380-2200 Facsimile: (932) 380-2295 Membership Services: Telephone: (932) 380-2222
	Main official web site of ECKANKAR www.eckankar.org	For Information on ECKANKAR 1-800-LOVE GOD (1-800-568-3463)

Upcoming Worship Services in New Brunswick

EDMUNDSTON

ECK WORSHIP SERVICES

Sunday, September 20, 2009

"Understanding the Spiritual Laws of Life."

Sunday, October 18, 2009

"Divine Love, The Universal Language."

Sunday, November 15, 2009

Theme: to be announced

Sunday, December 20, 2009

Theme: to be announced

The ECK Worship Services take place at the
W.J. Conway Public Library,
33 Irene Street in Edmundston, N.B.,
from 11:00 a.m. to noon.

Visit the ECKANKAR website for updates and
themes of the ECK Worship Services at:
www.eckankar-nb.ca

MONCTON

The ECK Worship Services take place at the
Colonial Inn, 42 Highfield Street in Moncton
from 10:30 to 11:30 a.m..

ECK WORSHIP SERVICES

Sunday, September 27, 2009

"Beyond the Ego, Learning to Love Souls."

Sunday, October 25, 2009

"Improving Our Life Through Creativity"

Sunday, November 29, 2009

"Rekindling our Love for God."

Sunday, December 20, 2009

"Having Faith in Life."

Visit the ECKANKAR website for
updates and themes of the
ECK Worship Services at
www.eckankar-nb.ca

"When you start to do the spiritual exercises of ECK, the Light and Sound of the Holy Spirit begin to enter you through an invisible communication line, and changes come about in your personality. You become a more independent, thoughtful, self-motivated individual because you are taking the first steps toward self-mastery. And self-mastery means you are in charge of yourself."

Sri Harold Klemp, "The Golden Heart," pg. 87



«Lorsque vous commencez à pratiquer les exercices spirituels ECK, la Lumière et le Son de l'Esprit saint pénètrent en vous par une ligne de communication invisible et modifient votre personnalité. Vous devenez une personne plus indépendante, plus réfléchie et plus motivée en elle-même. En effet, vous franchissez la première étape sur le chemin de la maîtrise de soi qui est synonyme d'autonomie.»

Sri Harold Klemp, "Le Cœur d'Or, Paroles du Mahanta," tome 4

Offices spirituels à venir au Nouveau-Brunswick

EDMUNDSTON

OFFICE SPIRITUELS ECK

Le dimanche 20 septembre 2009

"Comprendre les lois spirituelles de la vie."

Le dimanche 18 octobre 2009

"L'amour divin, le langage universel."

Le dimanche 15 novembre 2009

Thème - qui sera annoncée

Le dimanche 20 décembre 2009

Thème - qui sera annoncée

Les offices spirituels ECK se tiennent à la
bibliothèque publique W.J. Conway,
33, rue Irène à Edmundston de 11 h à 12 h.

Visitez le site web d'Eckankar pour les mises
à jour et les thèmes des Offices spirituels
ECK: www.eckankar-nb.ca

MONCTON

Les offices spirituels ECK se tiennent au
Colonial Inn, 42 rue Highfield à Moncton de
10 h 30 h à 11 h 30.

OFFICE SPIRITUELS ECK

Le dimanche 27 septembre 2009

"Au-delà de l'égo - apprendre à aimer l'âme"

Le dimanche 25 octobre 2009

"Améliorer sa vie par la créativité"

Le dimanche 29 novembre 2009

"Ranimer son amour envers Dieu"

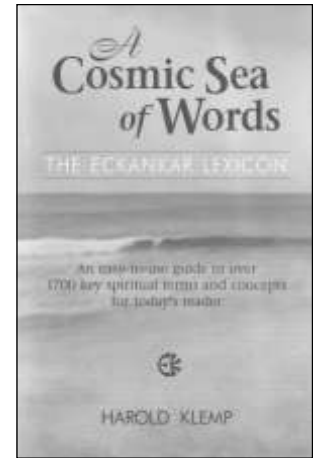
Le dimanche 20 décembre 2009

"Avoir confiance en la vie"

Visitez le site web d'ECKANKAR pour les
mises à jour et les thèmes des
Offices spirituels ECK:
www.eckankar-nb.ca

ECK Word Find from "A Cosmic Sea of Words - The ECKANKAR Lexicon" by Harold Klemp

E	R	I	F	Y	L	O	H	Z	J	O	T	N	I	R	A	N	J	A	N
C	E	N	Z	H	A	W	A	S	T	R	A	L	B	O	D	Y	Y	C	Y
K	I	I	Z	K	I	W	T	I	R	A	M	I	N	U	R	I	V	R	B
A	N	T	X	U	T	W	I	S	D	O	M	S	V	E	D	A	S	E	I
N	C	I	T	N	S	P	R	O	P	H	E	C	Y	V	V	B	X	A	L
K	A	A	I	D	I	X	S	P	Y	Z	B	H	U	C	D	O	B	T	O
A	R	T	R	A	W	X	U	E	V	A	N	A	M	I	E	F	L	I	C
R	N	E	I	L	V	M	G	L	U	W	R	R	I	M	G	I	I	V	A
X	A	X	P	I	U	O	M	K	O	A	X	J	J	A	H	G	G	E	T
K	T	M	S	N	Y	K	A	S	H	T	D	I	K	G	P	A	H	F	I
A	I	A	Y	I	R	S	D	A	T	U	U	G	L	I	A	N	T	O	O
T	O	H	P	Q	R	H	T	R	S	Z	G	S	M	N	U	A	A	R	N
A	N	A	H	S	R	A	D	Q	P	A	O	N	K	A	L	M	N	C	J
D	O	N	O	M	N	I	S	C	I	E	N	C	E	T	J	T	D	E	X
A	M	T	N	M	E	C	I	O	V	R	E	N	N	I	I	R	S	X	T
K	V	A	H	A	N	A	L	K	J	I	A	H	G	O	F	A	O	Z	R
I	Z	Z	Y	G	Z	A	D	O	K	D	X	C	R	N	S	W	U	T	U
X	O	G	R	A	N	D	P	A	R	A	D	O	X	E	D	O	N	A	T
Y	A	L	E	M	U	R	I	A	D	D	M	A	G	I	C	T	D	X	H
Z	S	X	P	M	E	L	K	D	L	O	R	A	H	I	R	S	B	Y	X



Word Find: Find words from the ECK Book, "A Cosmic Sea of Words: The ECKANKAR Lexicon" by Harold Klemp. Words are in straight lines, but may be horizontal, vertical, diagonal and some are spelled in reverse. See if you can find all 44 words! Words below that have spaces are spelled as one singular word in the Word Find puzzle above. Enjoy! See Sample Word - **Zoas** (Answers on next page)

- | | | | |
|----------------|-----------------|---------------|------------------|
| Anami | Imagination | Love | Sri |
| Asklepos | Initiate | Magi | Sri Harold Klemp |
| Astral Body | Inner Voice | Mahanta | Sugmad |
| Bilocation | Jot Nirangan | Maya | Towart Managi |
| Creative Force | Kal | Moksha | Truth |
| Darshan | Kata Daki | Omniscience | Tuza |
| Eckankar | Kundalini | Paulji | Vahana |
| Grand Paradox | Lai Tsi | Prophecy | Vedas |
| Holy Fire | Lemuria | Rami Nuri | Wah Z |
| Harji | Light and Sound | Reincarnation | Wisdom |
| Hu | Lotus | Spirit | Zadok |

Sharing The HU (continued)

by R. Smith

(Continued from page 1)

the HU. This sound is so helpful in bringing peace and strength to everyday life.

Upon receiving the books, she tried the HU. A CD of the HU was in one of the books. She used this CD immediately and then began to sing the HU every night before sleep. Initially the sound was helpful by bringing a sense of peace to her as she went to sleep each night. She found more strength to face the difficult days of tears and fears. Her days slowly began to change and there was more room for the new understandings she had of life.

Then her dreams began to change. As she asked God to assist her, she had dreams that provided insight into her new life and parts of her life before the separation. She began to search for the meaning of her dream symbols to her that helped her to decipher her dreams. She was rather amazed at **this process and the inner changes that she felt... all a gift of Spirit opened through the HU and her desire to change.**

Along with these inner and outer changes that came rapidly was another dream that touched her **deeply. In that dream she saw a relative, I'll call Francis, looking very ill and seemingly asking for help. This very puzzling dream stayed with her for days. Then the news came to her that Francis was in hospital with a heart attack that required life support. Francis was very close to death. The life support given, allowed the family to cope better with the shock that death was imminent.**

My friend continued to sing the HU and ask God to do what was right for Francis. Then the word came that Francis was to be removed from life support. My friend had just enough time to rush to the **hospital and be there as Francis's life support machines were turned off. The relatives filled the room. There were sounds of sobs and feelings of sadness and incomprehension all around. All gathered at the foot of the bed as they watched Fran-**

cis's soul getting ready to leave the body. My friend moved to Francis's side and put her hand over Francis's heart. With eyes closed, lovingly, she sang HU that brought peace to her and to Francis. My friend told the relatives in the room that Francis was aware of their words and intention and to be there for Francis. Then Francis's soul left the body with my friend's hand on his heart and the sound of HU around him.

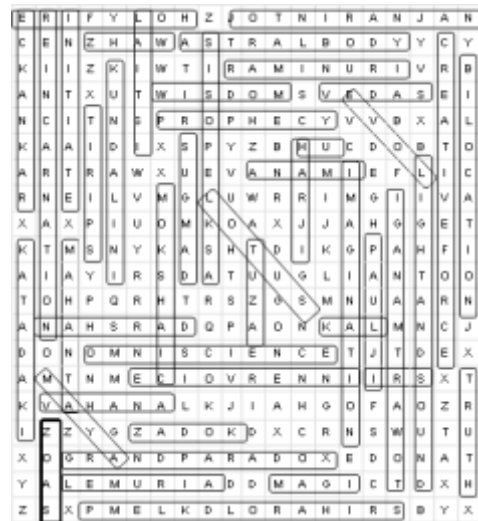
This was the help my friend could give to Francis. This was the help that was requested in the dream days before Francis went to the hospital.

I am so grateful for having been able to share the HU with my friend that has become such a valuable tool for her in her life and that of her family.

My friend continued to sing the HU and ask God to do what was right for Francis.

R. Smith is from Dartmouth, Nova Scotia; is a member of the ECK Clergy and is also the Nova Scotia ECK Spiritual Services Coordinator.

Answers to ECK Word Find
"A Cosmic Sea of Words - The ECKANKAR
Lexicon," from page 5



Partager Le HU (suite)

par R. Smith

(suite de la page 1)

croyances et de ses pratiques, elle m'a demandé si j'avais des livres de croissance personnelle. Je lui ai dit que mes livres de ce genre étaient basés sur les principes d'Eckankar et que je lui partagerais volontiers ces principes qui sont très utiles dans la vie de tous les jours. Un des outils le plus accessible et le plus utile est le son du HU. Ce son peut aider à apporter la paix et la force dans la vie de tous les jours. Un des livres que je lui ai prêté contenait un CD avec le chant du HU. Elle a utilisé ce CD immédiatement, puis a commencé à chanter le HU tous les soirs avant de s'endormir. Initialement le son lui était utile, car il lui procurait un sentiment de paix avant le sommeil. Petit à petit, elle a trouvé plus de force pour faire face aux jours difficiles remplis de larmes et de peurs. Ses journées se sont transformées et ont fait place à une nouvelle compréhension de la vie.

Puis ses rêves se sont mis à changer. Lorsqu'elle demandait à Dieu de l'assister, elle avait des rêves qui lui fournissaient une nouvelle vision et une meilleure compréhension de sa nouvelle vie et de certains épisodes de sa vie avant la séparation. Elle a commencé à chercher le sens des symboles qui apparaissaient dans ses rêves afin de les déchiffrer. Elle était plutôt impressionnée du processus et des changements intérieurs qu'elle vivait... un cadeau de l'Esprit qui se manifestait grâce au HU et à son désir de changement.

En plus de ces changements intérieurs et extérieurs qui se produisaient rapidement, mon amie a aussi eu aussi un rêve qui l'a touchée profondément. Dans ce rêve elle a vu un membre de sa famille que j'appellerai Francis. Il avait l'air très malade et lui demandait de l'aide. Cela l'a perturbé pendant plusieurs jours. Puis elle a eu la nouvelle que Francis était à l'hôpital à la suite d'une crise cardiaque et qu'on l'avait branché à un respirateur artificiel. Francis était au seuil de la mort, mais grâce au respirateur artificiel, la famille a pu avoir le temps de faire face au choc de sa mort imminente.

Mon amie a continué de chanter le HU et de demander à Dieu de faire ce qui était bien pour Francis.

Mon amie a continué de chanter le HU et de demander à Dieu de faire ce qui était bien pour Francis. Lorsqu'ils ont eu la nouvelle qu'il faudrait débrancher Francis, mon amie a juste eu le temps de se rendre à l'hôpital pour être là au moment où on retirait les appareils qui le maintenaient en vie. La famille était réunie dans la chambre, au pied du lit de Francis pendant que son âme s'appropriait à quitter son corps. Il y avait des pleurs et des sentiments de tristesse et d'incompréhension. Mon amie s'est déplacée à côté du mourant et lui a mis sa main sur le cœur. Puis les yeux fermés, avec amour, elle a chanté le HU pour apporter la paix à elle et à Francis. Elle a dit à la parenté rassemblée dans la chambre que Francis était conscient de leurs paroles et de leur intention d'être là pour lui. Puis Francis a quitté son corps avec la main de mon amie sur son cœur et le son du HU autour de lui. C'était l'aide que mon amie pouvait donner à Francis. C'était l'aide qui lui avait été demandée dans les rêves des jours qui avaient précédé l'admission de Francis à l'hôpital.

Je suis tellement reconnaissante d'avoir pu partager le HU avec mon amie. C'est devenu un outil précieux pour elle dans sa vie personnelle et dans la vie de sa famille.



Le Voyage de l'Âme et les exercices spirituels d'ECKANKAR

En débutant la pratique des exercices spirituels ECK... vous devenez une personne plus indépendante, plus réfléchie et plus motivée en elle-même. En effet, vous franchissez la première étape sur le chemin de la maîtrise de soi qui est synonyme d'autonomie.

--Harold Klemp, Le coeur d'or

Upcoming Worship Services

HALIFAX REGION

ECK Worship Services

Saturday, October 31, 2009 *
10:15 to 11:15 am

Theme: *Knowing the Spiritual Laws of Life*

**New Schedule - Day and Time*

* Sunday, December 6, 2009
2:30 to 3:30 pm
Theme to be announced

Saturday, January 30, 2010
10:15 to 11:15 am
Theme to be announced

Bedford Public Library
15 Dartmouth Road, Wardour Centre
Bedford, Nova Scotia

** Dates & Time are subject to change.*

Visit the ECKANKAR website for updates and themes of the ECK Worship Services at:
www.eckankar-ns.ca

Thank you for respecting our "no scents and perfumes" policy at all ECKANKAR Canada in Nova Scotia activities.



ECK Book Discussion Class

HALIFAX REGION

"HU THE MOST BEAUTIFUL PRAYER"

Begins November 15, 2009
2:30 pm
Bedford Public Library



ECK Vahana Activity

HALIFAX

2009 Wellness Expo
Saturday, October 17, 2009
Sunday, October 18, 2009
10:00 am to 5:00 pm

Halifax Forum - Multipurpose Centre
2109 Windsor Street,
Halifax, Nova Scotia

The Nova Scotia ECK Community will be hosting a booth at the 2009 Wellness Expo, where ECK Books, HU CD's and information on ECKANKAR will be available to the public.

ECK Worldwide Seminar Activity

DARTMOUTH

HU SING
Thursday, October 22, 2009
7:00 - 7:30 pm

Woodlawn Public Library
114 Woodlawn Road, Staples Plaza
Dartmouth, Nova Scotia



HU, the Most Beautiful Prayer

Discover how and why singing HU can help you face a challenging situation or open your heart to a more loving attitude. The twelve concise chapters of inspired stories, insights, and spiritual exercises in this book reveal the power of HU, the ancient name for God, and its place in the life of a God seeker. Includes a CD with the sound of thousands of people singing this love song to God.

Refer to ISBN 978-1-57043-283-5 when requesting from online or local bookstores.



ECK Book Discussion Class

A four-part ECK Book Discussion Class on, *"HU, the Most Beautiful Prayer"* by Sri Harold Klemp will commence on November 15, 2009. It is held on the 3rd Sunday of each month at the Bedford Public Library from 2:30 to 3:30 pm. The ECK Book Discussion class will conclude with its final class on Sunday, February 21, 2010.

<p>Sunday</p>	<p>Nov. 15, 2009 Dec. 20, 2009 Jan. 17, 2010 Feb. 21, 2010</p>	<p>2:30 - 3:30 pm</p>	<p>"HU, the Most Beautiful Prayer" Bedford Public Library 15 Dartmouth Road Bedford, Nova Scotia For more information, call: 464-1348 or 1-866-LOVS GOD (1-866-568-7463) www.eckankar-ns.ca</p>
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