

The Golden Thread

May 2024–July 2024

Indiana Eckankar Newsletter

Just One Step Away

A woman worked in a medical office where the doctor was unkind to her. She was always being scolded for this or that. She finally couldn't stand it, so she quit; she felt that no matter how bad it was out there in the world, she'd be better off without a job than working for that doctor.

Right after she quit, the woman had an accident where she broke her jaw. She lay at home recuperating, wondering what she should do as the bills began piling up.

One morning she got a call from another doctor in the same medical building where she had worked before. He asked her if she would work on a temporary basis in his office while one of his regular employees was on maternity leave. She said yes and started work the next week.

The woman loved her new job. In comparison, this office was like heaven. One day she noticed that the voices on the other side of this wall of her new office sounded very much like the people who had worked in the unkind doctor's office. She realized the offices were back to back.

All this time she had been a few

footsteps away from heaven. But she had to go through a lot of trial and tribulation to land on the other side of the wall.

Sometimes it's like this in your spiritual life.

When things are hard for you, you wonder, What's happening? Have you forgotten me, God?

But sometimes you need the experience of leaving the old place first, of having the will to say, "This is not the way I want to live my life." There are a lot of little things that go along with a decision like this. When you go from one state of consciousness to another, there are always adjustments to be made.

Harold Klemp

Stories to Help You See God in Your Life
The Book of ECK Parables, Vol. 4, p.213-14

Count Your Blessings

Do you want to be more open to love and joy? There is a special technique that can help bring this about.

Unlike other spiritual exercises, it does not have a beginning, middle, and end. This technique involves attitude, and it is one that must be lived. In a word, it's called *gratitude*.

Throughout the day contemplate on all the

blessings in your life. Choose a time every day to write down or focus on at least three things in your life that you are sincerely grateful for.

You can practice gratitude for the gift of life itself and for your own body, mind, and emotions. For all the small things that help you exist in this world and help you unfold and gain experience.

Saying, "Thank you," aloud or

"ECK is the golden thread, so fine as to be invisible yet so strong as to be unbreakable, which binds together all beings in all planes, in all universes, throughout all time and beyond time into eternity."

The Shariyat-Ki Sugmad, Book One, p. 11

It's a Gratitude Attitude!

in your heart, is a way to feel God's love.

When you practice gratitude in this way, you may find that you take extra care with your food and physical well-being, or that you are kinder to yourself and others.

The power of gratitude opens the heart to allow love to enter. Once the love comes in, and we receive the gifts of Divine Spirit and of life, the way to keep the gifts flowing is to be grateful.

Harold Klemp

The Wonder Within You, pp. 13-14



You are living the spiritual life when you conduct yourself and your business in the name of Divine Spirit. You touch many Souls during the course of the business day. Although you may never say one word openly to your customers, Divine Spirit touches all whom you meet, in some manner or another.



Harold Klemp, *The Language of Soul*, p.49

A Spiritual Exercise to Try

Ups and Downs

“Life goes up and down. We have times when everything is going our way, but there are also times when we're at the bottom. If we keep ourselves open to Spirit, there will be an equal balance.

“When our fortunes hit bottom, we surrender to Spirit. Then we can go back up more naturally, and we'll maintain this rhythm of life. As life goes on around us, the detached state is that which runs right through the center; we are the balanced individual working in the Soul consciousness.

“Singing HU can help you align with this natural, holy rhythm of life.”

Harold Klemp, *The Sound of Soul*, p.32



Indiana Eckankar Public Events

ECK Light and Sound Service

Sundays – 11am - 12:15pm ET

The Benton House

312 S. Downey Ave. Indianapolis

• **June 9** - *Connecting with Your Inner Guidance***Experience HU, The Sound of Soul**

Tuesdays – 6:30 - 7:30pm ET

The Hermitage, 3650 E 46th St., Indianapolis

• **May 14** - *Fifteen Minutes to Change Your Life*• **June 11** - *How to Stay Balanced in a World That Appears Not to Be*• **July 9** - *Ignite Your Spiritual Growth***Experience HU, The Sound of Soul**

Tuesdays – 6:30 - 7:30pm ET

Sunspot Natural Market (upstairs)

3717 S. Reed Rd., Kokomo

• **May 7** - *Awaken to Higher Consciousness*• **June 4** - *Passkey to the Inner Worlds*• **July 2** - *Discover HU, a Natural Way to Connect with Spirit***ECK Soul Adventure**

Saturday – 1:00 - 2:00pm ET

Sunspot Natural Market (upstairs)

3717 S. Reed Rd., Kokomo

• **May 11** - *Explore the Reality of Spiritual Experiences***ECK Light and Sound Service**

Sunday – 11:00am - 12:15pm ET

Rodgers Pavilion in Highland Park

902 W. Deffenbaugh St., Kokomo

• **July 21** - *Approaching Life with Spiritual Perspective*

Experience the Miracle



Are you ready for the adventure of a lifetime? Become all that you truly are with the dynamic program for advanced spiritual living offered by Eckankar. Each monthly lesson includes a new spiritual exercise and creative workbook activities. Opportunities to come together each month to explore your experiences, ask questions and be part of a spiritual community are available. All this and more comes with your yearly enrollment as a student of ECK. Visit www.Eckankar.org

Are you curious to know what one of these monthly classes is like? You're welcome to visit this currently ongoing Eckankar class. Email Connect@ECK-Indiana.org, provide your preferred date (see schedule below) for your on-line visit plus your contact information. We will connect with you and provide the necessary access information.

May 9 - Lesson 10 *"Ask the Reason, Say BECAUSE"*

June 13 - Lesson 11 *"Mind Stuff and the Art of Listening"*

July 11 - Lesson 12 *"Putting It All Together"*

ECKANKAR Indiana Statewide Picnic

Sunday, July 21st, 10am–5pm ET

Rodgers Pavilion in Highland Park

902 W. Deffenbaugh St., Kokomo

Brighten your day
with joy and community!

Invite your
family and friends to
join you in a day of
community, connection, and
celebration of the Divine in
our lives!

Event Highlights:

- ECK Light and Sound Service 11am–12:15pm ET
"Approaching Life with Spiritual Perspective"
- Bring a dish and beverage to share. Bottled water and tableware will be provided.
- Air conditioned facility

To volunteer to help, email Connect@ECK-Indiana.org or call (855) 746-4488 and leave a message.



ECKANKAR ON CABLE TV

Watch and listen to recorded talks by Sri Harold Klemp, the spiritual leader of Eckankar, given at worldwide events. The miraculous, true-life stories he shares lift the veil between heaven and earth.

Michigan City - Channel 99

Mondays at 5:00 p.m. and 10:00 p.m.

Fort Wayne - Access 2 Channel

1st through 4th Sundays only, 11:00 a.m.

Channels 57 (Comcast) and 27 (Verizon)

Indiana Eckankar Local Contacts

Fort Wayne

Debbie Hickman 260-466-3823

Gary/Michigan City

Lauri Findling 219-462-8731

Indianapolis

Allen Jackson 317-541-1053

Kokomo

Dan Berger 765-864-9883

Southern Indiana

Jane Thomas 812-418-8392

East Central Indiana

Sherry Wolfe 510-600-9333

The Golden Thread

is published quarterly by
Indiana Satsang Society, Inc.
P.O. Box 40955

Indianapolis, Indiana 46240-0955
1-855-746-4488 ECK-Indiana.org

Newsletter Editor: Rick Welsh

Reviewing High Initiate: Sherry Wolfe

Copyright © 2024 ECKANKAR. All rights reserved.
The terms ECKANKAR, ECK, EK, MAHANTA, SOUL
TRAVEL, AND VAIRAGI, among others, are
trademarks of ECKANKAR P.O. Box 2000,
Chanhassen, MN 55317

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

Receiving The Golden Thread is free from
commitment or obligation to Eckankar, and you
may cancel at any time.

ADDRESS CHANGE

Email Connect@ECK-Indiana.org with Address
Change in the subject line, or send your change of
address to the above address, Attn: Address Change.

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

ECK-Indiana.org

For up-to-date information on Eckankar in Indiana

Visit Us

