

GLOSSARY OF ECKANKAR TERMS

ECK –The Life Force, Holy Spirit, or God Current which sustains all life.

HU – An ancient, sacred name for God. It is a carrier of love between God and Soul and can be sung aloud or silently to oneself to align with the God Current. It is the Sound of Soul.

Living ECK Master – The spiritual leader of ECKANKAR. He leads Soul back to God. He teaches in the physical world as the Outer Master, in the dream state as the Dream Master, and in the spiritual worlds as the Inner Master. Sri Doug Kunin became the Mahanta, the Living ECK Master in 2025.



Sri Doug Kunin

MAHANTA – An expression of the Spirit of God that is always with you. Sometimes seen as a Blue Light or Blue Star or in the form of the Mahanta, the Living ECK Master. The highest state of consciousness on earth, only embodied in the Living ECK Master. He is the Living Word.

Soul – The True Self, an individual, eternal spark of God. The inner, most sacred part of each person. Soul can see, know, and perceive all things. It is the creative center of Its own world.

Spiritual Exercises of ECK – Daily practices for direct, personal experience with the God Current. Creative techniques using contemplation and the singing of sacred words to bring the highest awareness of Soul into daily life.

God Current – The ECK, the Life Force, The Sound and Light of God

Sound and Light of God – The Holy Spirit. The two aspects through which God’s love can be seen and heard and felt as Truth, Love, and Beauty. People can experience the Sound and Light by looking and listening within themselves and through Soul Travel.

SUGMAD – A sacred name for God. It is the source of all life, neither male nor female, the Ocean of Love and Mercy.

RAZASH – The spiritual name of Sri Doug Kunin. It is his name in the spiritual worlds. A short form of the name is Raza (rah-ZAH).

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ECKANKAR.org

ECK-Indiana.org

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

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ADDRESS CHANGE

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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 Doug Kunin.

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LOVE CASCADE

The ECK (Holy Spirit) showers love upon us continually in an unending stream, ever expanding Its reach into the heaviness of the material worlds. We alone can open or close this stream through our acceptance or rejection of It—intentionally or unintentionally. It therefore behooves us to practice awareness of how Spirit moves through our lives in small, everyday acts of love. Here is one example from my own experience.

I was on a grocery shopping trip at my local Aldi store. As I started down the first aisle, I noticed a man with a heavily loaded cart. He had about a dozen of each item he planned to buy piled high. My first thought was that he was probably shopping for a restaurant. My second thought: *Just watch—I’ll probably end up right behind this enormous cart at checkout.*

After filling my own cart, I approached the registers and sure enough, “restaurant man” was directly in front of me. As I began unloading my items onto the conveyor belt, I noticed the woman behind me—let’s call her Joy—holding a small glass bud vase containing a single red heart on a stick. It was a quiet symbol of what was about to unfold, though I didn’t recognize it at the time.

I invited her to go ahead of me since I had quite a few items to

unload.♥ She thanked me warmly and slipped past my cart.

While we waited for “restaurant man” to finish his lengthy checkout, several blueberries spilled from one of his many cartons onto the floor. They would soon be a sticky mess underfoot. Joy sprang into action. She asked the cashier if a broom was available. The cashier pointed to a wall about twenty feet away. Joy walked over, retrieved a broom and long-handled dustpan, swept up every blueberry,♥ and neatly returned the tools to their place before stepping back into line.

I leaned in and said, “That was very kind of you.” She smiled and replied, “That was kind of you to let me cut in front of you.”

“Oh, that was nothing,” I said.

“Restaurant man” finally finished and wheeled away. The cashier rang up Joy’s single item—the vase with the heart. Joy paid in cash and was tucking her change into her wallet when the cashier spotted a twenty-dollar bill lying on the conveyor belt.

“Whose is this?” the cashier asked. “It’s not mine,” I said.

Joy quietly told the cashier to apply it toward my groceries.♥

“Oh no, no, no!” I

protested.

“You let me go in front of you,” Joy replied.

“That’s not worth twenty dollars!” I exclaimed.

She looked at me sincerely and said it was worth it to her. She mentioned something about it being her son’s birthday.

Perhaps she was in a hurry; I’m not sure. I realized this gesture was important to her, so I accepted the gift with gratitude.

Joy said, “Have a blessed day,” and went on her way.

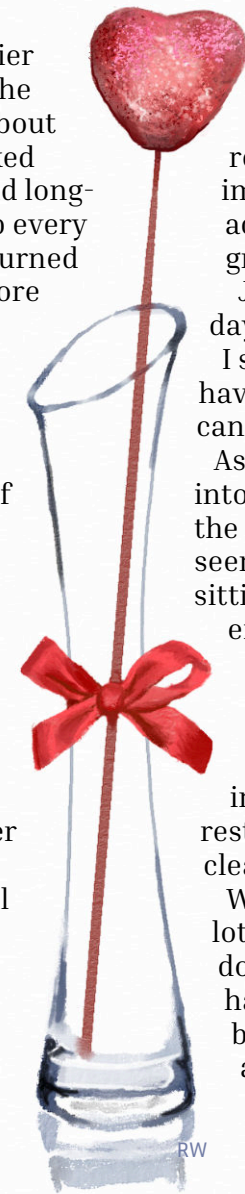
I stood there thinking: I have to pass this gift on. It can’t stop with me.

As I loaded my groceries into the trunk, I remembered the homeless woman I’d seen when I arrived. She was sitting at the parking lot

entrance with her shopping cart full of belongings. I decided to keep half of Joy’s gift out of respect for her intention and pass the rest along to someone who clearly needed it.

When I drove out of the lot, I pulled over, rolled down my window, and handed her a ten-dollar bill.♥ She thanked me and ended with, “Have a blessed day.”

I already had. Looking back, the



heart in the vase was a quiet symbol of what I now think of as the “cascade of love”: small acts of kindness whose impact far exceeds our understanding and can ripple outward through the lives of many we never meet. This story captures only the part of the wave I was aware of. Where did it go from there?

Rick Welsh



The Golden Cup

Every evening at bedtime, visualize a golden cup to be filled with your

dream experiences. The cup sits by your bed. When you awake in the morning, in contemplation or in your imagination, drink from the cup.

You are drinking in the experiences, a conscious way of saying, I want to remember what I’m doing on the inner planes while my body is asleep.

The golden cup is Soul; it is you. As you put more attention on drinking from the cup, it takes on a life of its own. The more the ECK, the God Current, flows in and out of the cup, the more Soul shines of Its own golden light. You, as Soul, become an ever brighter vehicle for the Divine Spirit.

The experiences you have will lead to greater awareness of your life and its divine meaning.

Harold Klemp

Raise Your Spiritual IQ!, Experience Journal, p. 10



Adventures in ECK Parenting

https://www.adventuresineckparenting.org



Find the blue star of the Mahanta.

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Episode 12
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Indiana's ECKANKAR Statewide Picnic

Sunday, August 2, 2026
10am-4pm

Rodgers Pavilion, Highland Park
902 W. Deffenbaugh St, Kokomo, IN

You are invited to attend this annual ECKANKAR in Indiana event! Share time with others who, like you, have a love for the divine in their lives and choose to become more aware of It everyday!

Invite your friends and family to be part of this day of community, connection, and celebration!

Day's Highlights:

- ECK Light and Sound Service - 11:00 am-12:15pm
- "Tune Into the Truth Already in Your Heart"

An ECK Light and Sound Service is a celebration of God's love for Soul. You can expect, in some way, to have a new experience of God's love!

You are welcome to participate or simply come and listen—whatever you are comfortable with.

ECKANKAR welcomes people of all faiths and backgrounds.

- Potluck Luncheon/Picnic Bring a dish to share. Bottled water and tableware will be provided.
- Eckankar Books & Art - available for purchase.

Many hands make for light work. Would you like to volunteer to help? Email Connect@ECK-Indiana.org or contact Mary Jane (513) 295-5336. Thank you!

HU The Sound of Soul Sacred Sound, Ancient Mantra

You are invited to experience the transforming power of HU.

HU is a sacred mantra—the Sound behind all sounds. An ancient name for God, HU is a carrier of love between God and Soul.

Singing HU can bring healing for body, mind, and spirit, and align Soul with higher states of love, wisdom, and awareness.

At a Sound of Soul event, you can join others in chanting this ancient mantra for ten to twenty minutes, followed by a short time for contemplation. Afterwards, enjoy spiritual conversation with others of like heart.

