

EVENT GUIDE

The Sound *of* SOUL

YOUR GUIDE TO OFFERING
SOUND OF SOUL EVENTS
IN YOUR COMMUNITY

Welcome to the worlds of HU, an ancient, universal name for God. This sacred word can spiritually uplift people of any religion, culture, or walk of life. It is freely given—a gift beyond measure. . . .

. . . Love is love.

And you are that. HU is the Sound of Soul.

—Sri Harold Klemp, *The Sound of Soul*



As an atom in the body of ECK, there is a sound that comes from you. That sound is HU. This sound not only comes from you, but it is you. . . .

. . . If there is nothing else than love in life, there is more than enough for all. So take this love that I have for you and give it to others. Give it to the world.

—Sri Harold Klemp, *Be the HU*, pp. 298–99

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The Sound of Soul Event Guide is for ECK chelas and is the primary guide for sponsoring or leading Sound of Soul events. Permission is granted to RESAs and their designees to duplicate this document for distribution as needed.

What Is a Sound of Soul Event?

This new way of sharing the HU is a gift of the heart to the world—from your heart to the people in your life and community.

In these special ECK events, guests are welcomed as friends, settle in with a beautiful contemplation seed from the Master, and experience a 15 to 20 minute HU Chant followed by relaxed, authentic spiritual conversation.

Refreshments, a potluck meal, and music can help create heart-to-heart connections.

A chance to just be in the ECK and chat!



The Mission

To let seekers experience the wonders of HU in a warm and friendly setting, offering spiritual connection and community. Chelas too!



Who Plans the Events?

A RESA, ECK leader, Vahana team, Satsang class, or you! Like all local ECK events, Sound of Soul events are held within the RESA structure, so be sure to work with the ECK leadership in your area.

Who Can Lead Sound of Soul Events?

An event may be led by any Second Initiate or higher who is approved by the RESA or RESA's designee and has completed

- training for *Spiritual Duties of the ECK Volunteer* or *Spiritual Duties of the ECK High Initiate* and
- Arahata training.

Reach out to your RESA or Satsang Society for these trainings if you haven't yet received them.

As a Satsang Class Project

Are you in a Satsang class? Perfect!

Satsang classes are the lifeblood of the spiritual community in ECK and a natural sponsor for Sound of Soul events. These events provide the balance of outflow to the community for the upliftment of all.

Arahatas are encouraged to ask their class if they'd like to host a Sound of Soul event as a Satsang project.

Events can be held as a one-time event, monthly, or on whatever schedule works for the class.

Invite friends and family of class members, or people you've met who have an interest in spirituality.



The Sound of Soul Event Format

Every song of HU is a sacred occasion. Prepare yourself to serve as the Mahanta's instrument with joy and gratitude.

This ECK event begins the moment a guest arrives. Have friendly hosts welcome each attendee with warmth and respect.



Welcome

(5–7 minutes)

Open your heart, and greet your guests. Let people know this is sponsored by ECKANKAR as a community service.

Introduce yourself. Share what you love about the HU and how it has helped you. You may include a short story about how you've benefited from the HU.

When holding a Sound of Soul event as a Satsang class project, you may want to share a little about how

you know each other, what Satsang means to you, and why you are holding this event.

Give an overview of the event:

- reading a contemplation seed
- chanting *HU*
- quiet contemplation
- open spiritual discussion
- any optional features (discussed below) you may be including

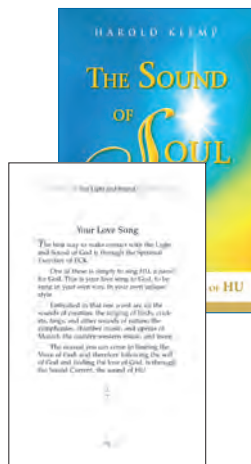
Most important is the gracious, welcoming spirit you and other chelas show to all guests.

Quote or reading

(1–2 minutes)

Choose a passage from *The Sound of Soul*, by Sri Harold, or from another current ECK book. Share it from your heart. Take your time.

Be aware you are presenting the Living Word and that your voice carries the Sound Current.



HU Chant

(15–20 minutes)

Now you're ready to sing *HU* with all your love. (For a small group, you may play a recorded *HU* chant from ECKANKAR as an accompaniment if needed.)

Contemplation

(2–5 minutes)

If the HU does not end naturally on its own, gently let people know it is now time for quiet contemplation.

At the end of the contemplation say, “May the blessings be.” Give a moment for people to open their eyes and gather their thoughts.

Spiritual Conversation

(10–30 minutes or more)

Invite conversation in a relaxed and open way.

Allow the conversation to unfold naturally, like you would talk with friends at a café or around a kitchen table.

To get things started, you can ask:

- Would anyone like to share or ask anything?
- Does anyone have a spiritual experience they’d like to share or ask about?
- Was there something in the quote (or reading) that you’d like to discuss?

Arahata training has prepared you to listen for the guidance from the Master as you facilitate discussion. Mostly listen!

Celebrate what people share by acknowledging their experience and thanking them for sharing. Encourage, validate, respect—and your love will show!

Closing

Invite people to the next Sound of Soul event or to another ECK event.

Offer free ECK materials such as the *HU: A Love Song to God* CD, *The Sound of Soul*, *The Call of Soul*, *ECKANKAR—Ancient Wisdom for Today*, or any book in the ECK Wisdom series.

Optional Features

Here are additional features you can include—any or all—as you like:

- light refreshments: tea, cold drinks, fruit, etc.
- a potluck meal
- live or recorded ECK music (soft and instrumental)



Where Can an Event Be Held?

Sound of Soul events can be held in an ECK Center, a public venue, or a chela's home, as approved by the Satsang Society.

Some qualities to look for:

- a quiet, clean, comfortable venue
- easy to find and access

If you have an interest in offering these events in your home or region, please call your RESA or regional Vahana team leader.

Inviting Family and Friends

Most people come to ECK through someone they know or have met. Personally reaching out to friends and family is a great way to invite people.

The key is connecting one-to-one and from the heart. You can text or email, send a private message on social media, make a phone call, or even send a handwritten note.



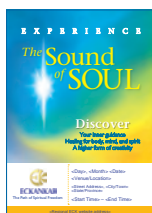
Share what you love about HU and how it has helped in your life.

Reaching the Public

Use Meetup, regional ECK websites, social media, or posters/postcards. Ask your RESA or local ECK leaders about using these resources.

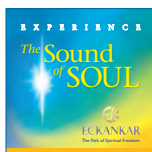
Invitation Tools

Poster or Promo Card



Use the editable section on the front of the card to include event details: date, time, venue, address, and contact info.

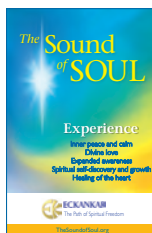
Image for Social Media and Texting



Use this image on social-media posts, Meetup, and to text an invitation to a friend.

To download these resources, visit www.Eckankar.org/SoundofSoulKit

Invite-a-Friend Card



Use the blank space on the back of this card to write a personal invitation note from your heart to a friend or family member.

The Sound of Soul Invite-a-Friend Card
(4-by-6-inch card, one-sided, 25/pack)

#510069 (2) \$3.00*

In time, people everywhere will have the chance to sing this age-old, universal name for God. This is a new cycle in the spiritual history of the human community.

It will all be due to HU.

—Sri Harold Klemp, *The Living Word*, Book 2, p. 6

Thank You for Your Gift of Love!



ECKANKAR

The Path of Spiritual Freedom

