

## Suspension of Group ECK Events

(March 16, 2020)



Dear ECK Chelas,

By now, the news of the worldwide COVID-19 outbreak has reached you. Our hearts and thoughts are with everyone impacted by this virus.

To help limit the spread of COVID-19, world health officials have called on individuals, communities, and organizations to do their part. Much advice has been given to faith organizations to prevent wider transmission, including strong preventive steps at in-person gatherings.

In particular, the World Health Organization (WHO) and the United States' Centers for Disease Control (CDC) have recommended that people 60 years or older avoid group gatherings. In some locations, the government has suspended large gatherings altogether.

At the individual level, we encourage you to follow the health practices recommended by your local, regional, and national health authorities. You can also visit the websites of [WHO](#) or the [CDC](#) for additional resources.

Eckankar is also paying close attention to the daily COVID-19 updates. It's especially important that we offer the best service to you, our members, as well as to spiritual seekers and the wider communities in which we live.

While we would prefer to see in-person events take place, the recommended steps to prevent COVID-19 transmission would strain the volunteer resources that form the heart of the ECK organization in the field. It would also shift the focus of our events away from the spiritual teachings.

For these reasons, the Regional ECK Spiritual Aides (RESAs) have been notified that **all group ECK events and activities are suspended worldwide through May 31, 2020**. During this time, we will continue to evaluate the next best steps for ECK activities and events.

This suspension includes:

- Satsang Classes
- HU Chants
- Book Discussions
- ECK Light and Sound Services

- Sound of Soul Events
- Meetups
- Spiritual Discussions
- All other ECK gatherings
- Note: ESA sessions and ECK initiations are not group events and may be conducted.

**In lieu of outer gatherings**, we are considering easy ways to hold some ECK activities via phone, online, Skype, and Zoom. Your RESA and regional ECK society will have more information for you soon.

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In times like these, ECKists have much to share with families, friends, co-workers, and the world. Each of you is a potential light in the world and we thank you for your love and understanding.

Here is a profound contemplation seed from the Master:

*A quickening of the spiritual currents is in the works. The purification of Souls will speed up. The tables of politics, economics, and order in society are due to turn upside down. There will be unrest of the deepest kind.*

*But you will feel at peace.*

*Something will always be boiling over in human affairs. Yet sanctuary, peace, and contentment are in ready supply in the higher states of consciousness. The Spiritual Exercises of ECK are your means to enter them. They will be your solace. They are the springboard to love divine, to a love that excels all other things.*

*Take heart, for the sun shines on all who love God, the ECK, and the Mahanta.*

—Sri Harold Klemp, June 2005 *Mystic World*, “Ask the Master”

With love in ECK,

The ECKANKAR Spiritual Center  
Chanhassen, Minnesota