The most important point of all is that you are Soul. Know that you are a spark of God and can exist fully only within the realization of that profound truth. As such, you are a light and inspiration to others.

—Sri Harold Klemp, The Loving Heart

ECKANKAR 🕉️ The Year of Giving

April 19–21, 2019 — Minneapolis, Minnesota
Soul is actually illuminated by the inner side of the Living ECK Master as he gives talks and performs other outer duties. This is why the spiritual leader of ECKANKAR is also known as the Light Giver or the Wayshower.

—Sri Harold Klemp, *Cloak of Consciousness*, Mahanta Transcripts, Book 5

~ Let your light shine brighter ~

The ECK Masters: Role Models for Every Hero’s Journey (workshop)
Saturday, 2:00–3:30 p.m.
Discover your godlike nature as Soul! Be inspired by the life stories of three ECK Masters as you chart your own course to the full enlightenment of God’s love.

The Path to Self-Realization: A Look into the Mirror (workshop)
Friday, 10:00 a.m.–noon
Get ready to become a greater flame of love! Try profound spiritual exercises to see the true reflection of your divine nature. Infuse more love and harmony into every moment of living.

Unplug and Tune In: A Deeper Dive into Contemplation (workshop)
Friday, 4:15–5:15 p.m.
Infinite opportunities for growth and wonder await you! Let the Light and Sound of God come into your heart and fill you with joy and love.
Chant the word Vi-Guru and, in your Spiritual Eye, see the Mahanta as the Light Giver. Feel your Spiritual Eye open as wide as possible to the shining countenance of the Sugmad.

* * *

When distracted by challenges in your day, say the word Vi-Guru, silently or aloud. You will feel the presence of the Light Giver beside you or in your heart.

—Sri Harold Klemp, *Spiritual Exercises for the Shariyat, Book One*, p. 73

### Seminar Heart Highlights

I became spiritually stronger and more balanced so that I can shine more and serve better with love.

—FZ, The Netherlands

This was my first time at an ECK Springtime Seminar. Seeing and listening to the Mahanta helped me become more aware of subtle blessings in everyday life.

—PK, United Kingdom

It was uplifting! I felt immense love at various times—at the Temple, at roundtable discussions, etc. The musical performances touched my heart too! Love flowed.

—TN, Australia

I gained a greater understanding and experience of HU, rising in consciousness, expanding into who I am as Soul. The greatest gift I could ever receive!

—EA, Massachusetts
Workshops for All Attendees

- Flight of Eagles—the Quest for Spiritual Freedom
- How to Create a Wonderful Life—Here and Now
- Unlocking the Spiritual Truth in Your Dreams

Family Workshops

- Shining Your Light as Family in The Year of Giving
- Your Family and the World of Dreams

Roundtables

- Being a Shining Light in Any Situation
- Gaining Spiritual Freedom from the Past
- Rekindling the Holy Fire in the Heart (for High Initiates)

Workshops and Events for ECK Members and Leaders

- New ECK Members: Explore the Secret Path to Heaven
- ECK Youth and Family Program Forum

For ECK Members ages 18–40

- Young-Adult Meet and Greet
- Your Role in the Destiny of ECKANKAR

For Second Initiates and Above

- The Arahata’s Treasure Chest: Good Questions
- Your Noble Purpose in ECK: Becoming a Co-worker with God

For Vahanas

- Dawn of a New Golden Age
- How to Tell Your ECK Stories to Inspire Others

For High Initiates

- Roundtable Facilitator Meeting and Roundtable (for ESAs, Thursday, 7:30 p.m.)
- All the Way Home to God (workshop)
- ECK Light and Sound Service Officiators Training

Special Events for Those New to ECKANKAR

Bringing an interested friend or family member? New to ECK yourself? These events are for you.

The Call of Soul
(workshop and discussion)
Saturday 2:00–3:30 p.m.
Have you heard the call of Soul? Come and discover the source of all truth, and learn how to reach spiritual freedom in this lifetime through dreams, Soul Travel, and developing a daily spiritual practice.

After the Saturday-evening program, for one hour:
Explore Your Next Spiritual Step (Guest Chat)
Ask questions. Explore answers. Discover steps you can take on your own spiritual journey.

Have you heard the call of Soul? Come and discover the source of all truth, and learn how to reach spiritual freedom in this lifetime through dreams, Soul Travel, and developing a daily spiritual practice.
Seminar events are at the Hilton Minneapolis. See printed program (available at seminar) for more details. There will be simultaneous translations into French, German, and Spanish. For the hard of hearing, there will be an assistive-listening system in the main hall.

### Thursday, April 18
- 10:00 a.m. Temple of ECK opens
- 2:00–6:00 p.m. Registration/Membership open
- 6:30 p.m. HU Song and Volunteer Sign-Up
- 7:30 p.m. Roundtable Facilitator Meeting and Roundtable (for ESAs)
- 8:00 p.m. Young-Adult Meet and Greet (for ECK members ages 18–40)

### Friday, April 19
- 9:00 a.m.–5:15 p.m. Workshops and events
- 7:00–9:00 p.m. HU Song; main program
- 9:30 p.m. ECK Dance

### Saturday, April 20
- 8:30 a.m.–5:15 p.m. Workshops and events
- 7:00 p.m. Main program begins; talk by Sri Harold Klemp
- 9:30 p.m. Dessert Social

### Sunday, April 21
- 9:00–11:00 a.m. HU Song; main program
- noon Temple of ECK opens

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**Youth and Family Program**

Families, enjoy your spiritual journey in ECK together!

- Lively workshops for the entire family Friday and Saturday
- Fun and engaging programs for children and teens
- The ECK Family: Our Hearthstone in The Year of Giving
  Enjoy Sri Harold’s talk (via live video) with your family.

- **Parent Room**
  Warm and friendly environment with roundtables and spiritual discussions for parents with their children under five

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**Art Gallery**

Enjoy paintings, photography, sculpture, and crafts created by ECKists on the theme **Shining Your Light as Soul**. Members are invited to submit their art by March 6, 2019. Call ECKANKAR at (952) 380-2222 for an entry form.
Please preregister by April 12 (form must be received by this date). Call (952) 380-2222, and use your Visa, MasterCard, Discover, or American Express, weekdays, 8:00 a.m.–5:00 p.m., central time. Or fax this form to (952) 380-2196, twenty-four hours a day, or mail it with your seminar donation to ECKANKAR, Att: ESS Registration, PO Box 2000, Chanhassen, MN 55317-2000 USA.

Easy preregistration on the internet!
www.ECKseminars.org

Mail or fax this portion to
Minneapolis Housing Bureau
c/o Meet Minneapolis, 801 Marquette Ave S., Suite 100
Minneapolis, MN 55402 USA
Fax (612) 767-8200

Special ECKANKAR Hotel Rate: Hilton Minneapolis (headquarters hotel)
Single/Double/Triple/Quad
$112 + taxes

Please preregister by April 12 (form must be received by this date). Call (952) 380-2222.

Make your housing reservations online at
www.ECKseminars.org

ECKANKAR Guests: New to ECKANKAR?
You are warmly invited to attend seminar events Fri., Sat., and Sun. Be our guest on Saturday with no donation requested. To register, mail or fax this form, or call (952) 380-2222, visit www.ECKseminars.org, or stop by Seminar Registration (Foyer, Third Floor, Hilton Minneapolis) for on-site registration.

Requested Seminar Donation
For all sessions
Pre-registration At the door
Guest (adult nonmember) Saturday complimentary
All other sessions $20 $30
Individual member $185 $200
Each additional adult in family $90 $110
College student (18–22 years) $40 $50
Youth (13–17 years) $35 $45
Youth (6–12 years) $25 $30
Seminar registration donation enclosed $ _______
Temple busing donation ($5–10 per adult suggested) $ _______
Grand Total $ _______

All amounts must be in US funds, and all checks payable to ECKANKAR through a US bank. Seminar donations are not returnable.

Housing Form
Due March 22

Mail or fax this portion to
Minneapolis Housing Bureau
c/o Meet Minneapolis, 801 Marquette Ave S., Suite 100
Minneapolis, MN 55402 USA
Fax (612) 767-8200

Or call (888) 947-2233 (toll-free in USA and Canada)
(612) 767-8200 (international callers)
Call Monday–Friday, 9:00 a.m.–3:00 p.m., central time.
Please have credit card and arrival and departure dates ready.

Arrival date _______________ Departure date _______________
Room requested: King _______ Double/Double _______ Number of guests in room _______
Check if new address.

We accept Visa, MasterCard, Discover, and American Express.

Card # __________________________ Exp. date __________________________
Expiration date ____________________ Signature of cardholder ____________________

Or check or money order enclosed $ _______

Please fill in below: (If you do not receive your confirmation by March 22, please contact the Minneapolis Housing Bureau by phone, fax, or mail.)

Name ___________________________________________ ID # _________________ Age _______
Name ___________________________________________ ID # _________________ Age _______
Name ___________________________________________ ID # _________________ Age _______

Address __________________________________________________________ Apt # _______________
City _______________________________________ State/Province _______________________
Zip/Postal Code _______________________ Country _______________________________________
Phone # (Day) __________________________ Fax # __________________________
Email __________________________________________________________

Names of additional room occupants: (Send only one form for all those sharing a room. If you are requesting more than one room, send a separate form for each room.)

Hotel cancellation policies: 1. If you cancel your reservation after March 22 or fail to show up after making a reservation (“no-show”), you will be charged first night’s room and tax. 2. Early departures are subject to hotel penalty fees.
Minneapolis Housing and Travel Information

Hotel Cutoff Date: March 22

Reserve your room by this date to receive special ECKANKAR room rates on a space-available basis.

Why stay at the seminar hotel? First, the special room rates and convenient location. Also, by staying at the seminar hotel you help us fulfill our hotel contract. If ECKANKAR does not fill enough hotel rooms, we incur costly hotel penalties. We appreciate your support!

Contact the Minneapolis Housing Bureau to reserve your room. If you contact the hotel directly, you may be told they are sold out, since rooms are already blocked for the ECK Springtime Seminar.

Reminder: If you cancel your reservation after March 22 or fail to show up (no-show) you will lose your entire first night’s room fee plus tax.

Use Housing Form on page 6 (or reserve online) for special hotel rates!

Hilton Minneapolis (headquarters hotel)
Single/Double/Triple/Quad $112
Rates do not include state and city room tax. Taxes are subject to change.

Seminar Location

The 2019 ECK Springtime Seminar takes place at the Hilton Minneapolis, 1001 Marquette Avenue South, Minneapolis, MN 55403.

Official Travel Agency for Lowest Fares

Travel One offers convenient, affordable travel!
Travel One searches all airline and internet sites for the lowest airfare—and can arrange car rentals too—all for $15 per reservation.

Contact Travel One for more information
Phone: (800) 836-5296 (toll-free) or (952) 814-7201 (7:30 a.m.–6:00 p.m., central time)
Email: Eckankar@traveloneinc.com (Provide your name, phone number, and email address.)

Transportation

Airport to downtown: Taxis, approximately $42.00–$52.00 one way; SuperShuttle, $16.00 one way; Light Rail Transit one way to Nicollet Mall Station (see map), $2.00 non-rush hour, $2.50 rush hour. For schedules and rates, call (612) 373-3333 or visit www.metrotransit.org.

Additional information is available at the airport’s Traveler Assistance booths and ECKANKAR Hospitality at the seminar.

Enhance Your Seminar by Volunteering!

This seminar is possible because hundreds of ECKists volunteer on-site at the seminar. Look for the Volunteers sign (Foyer, Third Floor), and stop by to offer your help in Meeting Support or explore other fun, rewarding service opportunities.
Experience the Light of Soul at the Temple of ECK

The Temple of ECK will become the chief destination of many spiritual pilgrims. Mainly, it is the starting place for Soul’s dream of reaching God.

—Sri Harold Klemp, The Temple of ECK

Visitors share their Temple experiences

The Temple of ECK is like going to heaven!

—PJ, United Kingdom

I feel I am in my true home, the heart of love, the heart of God.

—AM, Ontario, Canada

I like to visit to feel the love.

—AK, India

Shine your light brightly as you visit your spiritual home at the Temple of ECK! Contemplate the blessings of this life as you take a walk around the sacred grounds or sing HU in the sanctuary or chapel.

Amid the beautiful artwork and music, you can relax and enjoy a cup of tea in the fellowship hall. Chapel visits and Temple tours will be available every day.

Temple Schedule

For your convenience, busing from the Hilton Minneapolis is provided for all seminar registrants, Thursday–Sunday.

Thursday Special Events: Come before the seminar and experience the gifts of divine love at the Temple, 10:00 a.m.–6:00 p.m. The chapel is open all day. In the sanctuary, enjoy videos of three recent talks by Sri Harold Klemp, followed by a HU Song—at 11:45 a.m., 1:45 p.m., and 3:45 p.m.

Friday and Saturday: Enjoy the Temple and trails from noon to 4:00 p.m.

Sunday: After the seminar, celebrate the blessings of Spirit at the Temple of ECK, noon–6:00 p.m. ECKANKAR buses to the airport ($15) will leave from the Temple every hour from 1:00–5:00 p.m.

For more information at the seminar, stop by Temple of ECK Information, Main Lobby, First Floor, near Hotel Guest Registration.

Temple of ECK Hours

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Sunday (4/14)</td>
<td>noon–4:30 p.m.</td>
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<tr>
<td>Monday/Tuesday</td>
<td>noon–9:00 p.m.</td>
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<tr>
<td>Wednesday (4/15–4/17)</td>
<td>10:00 a.m.–6:00 p.m.</td>
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<tr>
<td>Thursday (4/18)</td>
<td>noon–4:00 p.m.</td>
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<tr>
<td>Friday/Saturday (4/19–4/20)</td>
<td>noon–6:00 p.m.</td>
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<tr>
<td>Sunday (4/21)</td>
<td>9:00 a.m.–9:00 p.m.</td>
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<tr>
<td>Monday (4/22)</td>
<td>noon–2:00 p.m.</td>
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<td>Tuesday (4/23)</td>
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Art by Claude Graffy (pages 1, 2); Basel Haghigbi (page 2); Melony Mont-Eton (page 2); Photos by Abbie Burgess (pages 3, 4, 5, 7); Jane Burgess (page 5); Art Galbraith (page 1); Doug Kunin (page 3); Bree Renz (pages 2, 3, 4, 5, 8); Steve Runfeldt (page 3); Kristy Walker (page 3); Sharmaine Wittsack (page 8).

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