What is the greatest blessing?
The gift of life itself. It’s living. It’s getting more experience in life, learning more about who and what you are.

—Sri Harold Klemp, *Truth Has No Secrets*, p. 58

ECKANKAR 🕉 A Year of Blessing
April 10–12, 2020 — Minneapolis, Minnesota
Whatever comes along in your life, it’s good to remember that it’s always a gift from the Holy Spirit, to strengthen you. . . .

Say thank you to the ECK for the blessing. You know that Spirit and the Mahanta, the Inner Master, are one. He will help you in whatever way possible, because he desires even more than you that you rise in consciousness. His help, in fact, is the foremost blessing of all.

So open your heart. The Sound and Light of God can freely flow into you and make all things new.

—Sri Harold Klemp, *Wisdom of the Heart*, Book 3
On this day, practice gratitude for the gift of life itself and for your own body, mind, and emotions. For all the small things that help you sustain your existence in this world and help you unfold with experience. You may find that you take extra care with your food, or are kind to yourself in your emotions. Saying, “Thank you,” aloud or in your heart, is a way to feel God’s love.

—Sri Harold Klemp, *Spiritual Exercises for the Shariyat, Book One*, p. 63

### Seminar Heart Highlights

I am so grateful to attend these seminars every year and volunteer. I have so many epiphanies and new realizations. Each one is special and can leave me in a state of bliss and joy for weeks.

—CA, Hawaii

I was touched by Sri Harold’s talk, and I could feel my connection with the Mahanta. The ECK Springtime Seminar is like a family get-together, and I love this.

—OA, Switzerland

Being at the seminar is like being at a spiritual feast. Each offering and workshop is a plate of spiritual food served with the utmost care and love.

—CB, British Columbia, Canada

I became aware of my responsibility and of my goal to reach God Consciousness.

—ME, Germany

I appreciate the buses to the Temple of ECK on Thursday. Starting the weekend at the Temple is a great way to begin my spiritual adventure!

—SE, Vermont

Share this seminar with others: #ECKSeminar #ECKANKAR
Workshops for All Attendees

- Fly Even Higher—Discover Your World of Endless Possibilities
- Living in the Presence of God: A Creative Exploration of Stranger by the River
- Soul Travel—Revelations for the Bold and Courageous

Family Workshops

- The Language of Love
- The Golden Act of Gratitude

Roundtables

Topics include

- Seeing Everything as a Blessing—Every-thing!
- The Role of Humor in Spirituality
- Love Is the Heartbeat of Creation (for High Initiates)

Workshops and Events for ECK Members and Leaders

- New ECK Members—Your Personal Road Map to God
- Dawn of a New Golden Age
- Embracing the Miracle of the Mahanta’s Presence
- ECK Artists Skillshop
- ECK Musicians Skillshop
- 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 ECK Parents

Special Forum for ECK Parents: Bringing the ECK Teachings to Life for Our Youth

Special Events for Those New to ECKANKAR

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

The Secret of True Freedom (workshop and discussion)
Saturday 2:00–3:30 p.m.
Have you heard the call of Soul? 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.

For Second Initiates and Above

- The Arahata’s Treasure Chest: Using Your Divine Creativity

For Vahanas

- How to Tell Your ECK Stories to Inspire Others
- Creating ECK Plays for Stage
- Creating Promo Videos for ECK Events
- Writing to Reach Seekers of the Heart

For High Initiates

- Roundtable Facilitator Meeting and Roundtable (for ESAs, Thursday, 7:30 p.m.)
- For Brothers of the Leaf—New Frontiers of Living, Loving, and Learning (workshop)
- Trainings for ECK Clerics and ECK Initiators
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 9**
- 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
- 7:00 p.m.: Young-Adult Meet and Greet (for ages 18–40)
- 7:30 p.m.: Roundtable Facilitator Meeting and Roundtable (for ESAs)

**Friday, April 10**
- 9:30 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 11**
- 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 12**
- 9:00–11:00 a.m.: HU Song; main program
- noon: Temple of ECK opens

**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 A Year of Blessing 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

**Art Gallery**
Enjoy paintings, photography, sculpture, and crafts created by ECKists on the theme Accepting the Blessings of Life. Members are invited to submit their art by February 14, 2020. Call ECKANKAR at (952) 380-2222 for an entry form.
Please preregister by April 3 (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 online preregistration: 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) 767-8201

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.

Special ECKANKAR Hotel Rates:

- Hilton Minneapolis (headquarters hotel)
- DoubleTree Suites by Hilton

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<thead>
<tr>
<th>Single/Double/Triple/Quad</th>
<th>+ taxes</th>
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Fill in this information completely (please print clearly):

Arrival date ___________________________ Departure date ___________________________

First choice of hotel (honored on a space-available basis) ____________________________________

Room requested: King ______ Double/Double ______ Number of guests in room ________

A guarantee is required before a reservation can be processed. Please identify your method of guarantee below. NOTE: Credit cards are not charged to hold a reservation. Your credit card will only be charged if your reservation is canceled within the penalty period. (See hotel cancellation policies at the bottom of this page.) If guaranteeing with a debit card, the hotel will hold an amount determined by your bank and the hotel; for questions contact the hotel directly.

Credit card # ___________________ 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 13, please contact the Minneapolis Housing Bureau by phone, fax, or mail.)

Name ___________________________________ first (given) __________________________ last (family) __________________________

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.)

Names of additional room occupants: __________________________________________

Grand Total $ ____________

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

Hotel Cutoff Date: **March 13**

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

**Why stay at a seminar hotel?** First, the special room rates and convenient location. Also, by staying at a seminar hotel you help us fulfill our hotel contracts. 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 13 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!

**Hotels**

1. **Hilton Minneapolis** (headquarters hotel)
   - Single/Double/Triple/Quad $113

2. **DoubleTree Suites by Hilton**
   - Single/Double/Triple/Quad $113

Rates do not include state and city room tax. Taxes are subject to change.

**Seminar Location**

The 2020 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 $46.00–$56.00 one way; Light Rail Transit one way to Nicollet Mall Station (see 1 on 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.

**Special Services**

**Wheelchair and Listening Device Rentals**

Your seminar registration badge, a form of identification (e.g., ID card or ECK ID number), and a rental fee (cash or check) are required to rent a listening device or a wheelchair at the seminar.

You are also welcome to contact APA Medical directly to rent the exact wheelchair or scooter that you need.

Phone: (612) 722-9000

Website: www.apamedical.com
Experience God’s Blessings at the Temple of ECK

Visitors share their Temple experiences

The sanctuary in the Temple is my favorite place on earth.
—MJ, Ohio

The Temple of ECK is wonderful and uplifting.
—AK, Nigeria

An abundance of love emanates from the Temple.
—KB, North Carolina

The Temple is a very special place...

There is a special feeling there that’s hard to describe, a feeling of peace and love.
—Sri Harold Klemp, How to Survive Spiritually in Our Times

Let your heart open to God’s love and blessings as you step onto the Temple grounds. Whether outdoors, at the chapel or along the contemplation trails, or inside the Temple itself, enjoy this sacred time to rededicate yourself to your highest spiritual goals. You can join HU Songs in the sanctuary or outdoor chapel, and the indoor chapel will be open for quiet contemplation each day. For casual sharing, visit the fellowship hall and enjoy conversation and tea with friends. Experience the blessings!

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

Temple of ECK Hours  April 5–14

Sunday (4/5)  9:00 a.m.–4:30 p.m.
Monday/Tuesday (4/6–4/7)  noon–9:00 p.m.
Wednesday (4/8)  noon–9:00 p.m.
Thursday (4/9)  10:00 a.m.–6:00 p.m.
Friday/Saturday (4/10–4/11)  noon–4:00 p.m.
Sunday (4/12)  noon–6:00 p.m.
Monday (4/13)  9:00 a.m.–9:00 p.m.
Tuesday (4/14)  noon–2:00 p.m.

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.