



Uli Sacchet — resa@eckankar.ch / resa@eckankar.at  
ECKANKAR, PO Box 2260, 3001 Bern, Switzerland

## Regional ECK Spiritual Aide

March 2018

Dear Soul

How happy are you? I ask myself at times. It is easy to be happy, when I get good news, when life rolls on gloriously. Other times it can be harder to see life's gems of happiness. When I face hardships and challenges, then my happiness as Soul is put to the test. Where do I focus my attention? Human consciousness gravitates to the negative. Soul is happy no matter what, beyond negative and positive. As Soul, I can fully enjoy spiritual freedom.

To strengthen my happiness and remain anchored in the consciousness of Soul, I chant HU (pronounced like the word "hue") daily for up to half an hour as a love song to God. This helps me recognize divine guidance and love in daily life. This world of ours has plenty of dark places, but the love and happiness of Soul lifts up all who need a smile.

We all need a smile at times. As Soul we are always able to accept and to give a smile, no matter our human condition. Dwelling in the golden heart of love, smiles just beam out in all directions. An example of this is my uncle, who now turns 105. He is hardly functioning as human anymore. When someone visits him in his room at the old age home and greets him warmly eye to eye, his face lights up with sheer joy and happiness. During my last visit, he confirmed that he still recognizes me. He asked about my late dad by name. I told him that my father was waiting for him, which triggered another smiling sunrise of joy all over his face. As Soul we have no limits, only love. I like to sing HU with him. "Melody" he recently interjected, asking for variation in pitch and beamed his happy smile as I shifted into a more melodious HU. He lived his eventful life without much interest in spiritual things. But lately, the HU has become a solid inner and outer bridge between us, Soul to Soul, no matter what state our body or mind is in.

My uncle was born in 1913. Much has happened since then. And he took part in all that, as we take part in the now. He is still with us physically, but barely. Soon he will move on, but his beaming smile and the melodious HU will always remain present in my heart.

That's how Divine Spirit works with us. It is always with us, in our hearts and smiles.

All the best to you and yours! With a sunny smile in divine love

Uli Sacchet, RESA

A handwritten signature in blue ink that reads "Uli" followed by a simple smiley face drawing consisting of two dots for eyes and a curved line for a mouth.

## Some Regional and Worldwide ECK Events

- June 8–10 – **2018 Austrian ECK Regional Seminar** in Zeillern –  
with guest speaker Gabriela Hauswirth, Switzerland –  
*Der Weg zu spiritueller Freiheit*
- June 16–17 – **2018 Italian ECK Regional Seminar** in Manziana near Rome –  
*La strada verso la libertà spirituale*
- July 14–15 – **2018 Swiss-French ECK Regional Seminar** in Lausanne –  
with guest speaker Alain Le Guillou, New York –  
*Découvrir sa mission spirituelle*
- August 18–19 – **2018 Swiss-German ECK Regional Seminar** in Herzberg –  
with guest speaker Elisabeth Haiden, Austria –  
*Der Weg zu spiritueller Freiheit*
- Sept. 15–16 – **2018 ECK Regional Seminar** in Budapest, Hungary –  
with guest speaker Ed Parkinson, RESA of Ireland –  
*Getting Answers from God through Past Lives, Dreams, and Soul Travel*
- Oct. 26 –28 – **2018 ECK Worldwide Seminar** in Minneapolis –  
with Sri Harold Klemp, the Mahanta, the Living ECK Master –  
*Become the Loving Heart*
- Aug. 2–4, 2019 – **2019 ECK European Seminar** in Biel/Bienne, Switzerland –  
with guest speakers Jane and Stan Burgess, Minnesota –  
*What Does It Mean to Be Spiritual?*

## Note about Receiving Further RESA Letters

Eckankar is The Path of Spiritual Freedom. You have recently expressed an interest in this teaching in some way. This letter is for you. However, I will not continue sending you mail without having confirmation that you want it. Thank you for letting me know at one of the above e-mail or postal addresses, if you wish to continue receiving my quarterly letters.

## For more information on Eckankar and local ECK activities

[www.eckankar.org](http://www.eckankar.org) (main website in English) – [www.HUsong.org](http://www.HUsong.org) – [www.eckankarblog.org](http://www.eckankarblog.org) –  
[www.eckankar.at](http://www.eckankar.at) – [www.eckankar.ch](http://www.eckankar.ch) – [www.eckankar.cz](http://www.eckankar.cz) – [www.eckankar.hu](http://www.eckankar.hu) – [www.eckankar.pl](http://www.eckankar.pl)