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## Regional ECK Spiritual Aide

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Dear Soul

*How are we, as Soul, unique? How do I know what my personal, individual qualities are that make me different from other Souls? A fifteen-year-old youth from the UK asked Harold Klemp, the spiritual leader of Eckankar. He answered in the October 2018 Letter of Light, a publication for the ECK youth:*

“Every Soul, including you, is a one-of-a-kind creation in the sea of humanity, by divine intent.

This life is a precious one. So fill your cup to the brim, and drink freely from its opportunities. ...

Be a fountain of joy and inspiration to all.

And this is possible because you’ve given your love to the SUGMAD, the ECK, and the Mahanta, the Living ECK Master.”

In Eckankar we often use the name “Sugmad” for God. Sugmad is a charged word that can also be chanted or sung individually as a spiritual exercise to open our heart to love.

“ECK” is our term to refer to the Holy Spirit, the divine Light and Sound, the voice of God, encompassing the foundation of all spiritual teachings, religions, and philosophies – the eternal truth and eternal paradox within all, the unifying thread between all beings.

“Mahanta” is what we call the inner guide and protector, we all carry in our heart. As child, I called this divine presence my guardian angel. At age twenty, I learned of the Mahanta as my personal spiritual guide and the highest state of consciousness I can contact and tune in by practicing the Spiritual Exercises of ECK every day.

Thus, I became aware of spiritual teachers and guides, ECK Masters, in my inner as well as my outer experience, and that there is always a Living ECK Master in this world, who serves as the main channel for divine consciousness to be available to us all – no matter the circumstances, and to offer us the teachings of ECK in a form fitting our times, so we may become vehicles for the ECK in our own ways, co-workers with the Divine.

In Eckankar we have four basic precepts to carry in our heart and mind. Originally from the *Shariyat-Ki-Sugmad*, our sacred scriptures of ECK, they can be found in several places in the ECK writings, also on page 20 of the new book *ECK Essentials* by Harold Klemp, the spiritual leader of Eckankar, the Living ECK Master of our time:

- 1) There is but one God and Its reality is the Sugmad.
- 2) The Mahanta, the Living ECK Master is the messenger of the Sugmad in all worlds be they material, psychic, or spiritual.
- 3) The faithful, those who follow the works of ECK, shall have the blessings and riches of the heavenly kingdom given onto them.
- 4) The Shariyat-Ki-Sugmad is the holy book of those who follow Eckankar, and there shall be none above it.

Personally, I experience the Shariyat-Ki-Sugmad as much more than just a book, i.e. as golden wisdom that is kept and made available in temples of this and other worlds, and in the temple of my heart. Reaching into the higher planes beyond duality, it's no longer made of words or symbols, but turns into a stream of pure Light and Sound, the ECK, God's love. Thus, I can consciously experience the *living Shariyat*, the action of the ECK, the Holy Spirit teaching everyone about God's love for Soul – and Soul's love for God.

This lifetime is so precious. I became a new grandpa in mid-October and am still surprised that this made me feel so special, as if I were the only grandpa in the whole wide world. What a blessing of love!

A month before my granddaughter's birth, at our ECK regional seminar in Budapest, Hungary, I awoke one morning recalling an interesting dream image. There was a little girl, about the size of a two-year-old, playing music on something like an old phone keyboard. Contemplating on this dream, recalling more details, I realized this was indeed my new granddaughter welcoming me as her grandpa with a sweet melody played on this unlikely instrument. What a beautiful way to connect and get a glimpse of my granddaughter already weeks before her birth!

From my heart to yours, in the Light and Sound of ECK

Uli Sacchet, RESA



PS: The **ECK European Seminar** takes place every two years.

On **August 2-4, 2019** it will be at the **Congress Centre in Biel/Bienne, Switzerland**.

I extend a warm welcome to all of you to take part in this wonderful opportunity to meet and be with other awakened Souls and learn more about *What Does It Mean to Be Spiritual?* with guest speakers Jane and Stan Burgess from Minnesota, USA.

Details about this European seminar are and will be posted on [www.eckankar.ch](http://www.eckankar.ch)

For more information on Eckankar and local ECK activities you may visit the following sites: [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)