

New Oregon ECKANKAR Community HU Songs: A Loving, Spiritual Meditation.

Learn how to sing HU, a Love Song to God: a Free, Loving, Non-Denominational, Spiritually Uplifting, Meditation / Spiritual Exercise. Experience a new ECKANKAR Community HU in Portland, Salem, Eugene, Coos Bay, and/or Grants Pass, Oregon.

April 14, 2010 (FPRC) -- Oregon – Now available to guests throughout Oregon, is the opportunity to experience an ECKANKAR Community HU, a Love Song to God, and a period of sacred contemplation. Regardless of your beliefs or religion, singing HU (pronounced like the word hue) can bring you greater happiness, love, and understanding.

Singing HU draws us closer in our state of consciousness to the Divine Being. It has helped people of many different faiths open their hearts more fully to the uplifting presence and security of God's love.

Singing HU can help you experience:

- Comfort, peace, calm
- Expanded awareness
- Inner light or sound
- A subtle sense of Divine Love
- The healing of a broken heart
- Solace during times of grief
- A release of fears
- Answers to your questions

"HU is woven into the language of life. It is the Sound of all sounds. It is the wind in the leaves, falling rain, thunder of jets, singing of birds, the awful rumble of a tornado. Its sound is heard in laughter, weeping, the din of city traffic, ocean waves, and the quiet rippling of a mountain stream. And yet, the word HU is not God. It is a word people anywhere can use to address the Originator of Life." - Sri Harold Klemp, Spiritual Leader of ECKANKAR, Religion of the Light and Sound of God

New Oregon ECKANKAR Community HU Songs (followed by light refreshments):

-Sunday, April 25, 2010 at 10:00 – 10:30 am

Portland ECKANKAR Center: 7904 SE Milwaukie Avenue, Portland, OR
(503) 233-1595

-Sunday, April 25, 2010 at 10:00 – 10:30 am

Eugene ECKANKAR Center: 2833C Willamette Street, Eugene, OR
(541) 343-2657

-Wednesday, April 28, 2010 at 2:00 – 2:30 pm

Coos Bay Public Library (Cedar Room): 525 Anderson St., Coos Bay, OR
(541) 756-2266

-Wednesday, April 28, 2010 at 7:00 – 8:00 pm

Grants Pass ECKANKAR Center: 980 SW 6th St., Suite 22 (upstairs in Riverside Plaza), Grants Pass, OR (541) 474-9739

·Tuesday, May 4, 2010 at 7:00 – 8:00 pm
Salem Public Library (Boardroom): 585 Liberty St SE, Salem, OR
(503) 588-6071

“As you chant the name of God, with love, for twenty minutes a day, the bindings and bands that constrain Soul will begin to unwind. Not all at once, but very slowly, at a rate you can understand and accept. As these bindings are released, Soul rises in spiritual freedom.” - Sri Harold Klemp, Spiritual Leader of ECKANKAR, Religion of the Light and Sound of God

For more information about the HU please visit <http://www.eckankar.org/hu.html> or Oregon ECKANKAR Events visit <http://www.eckankar-oregon.org>

Contact Information

For more information contact Angelica Williams of ECKANKAR - Oregon
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Keywords

[meditation](#)

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