

# EXPERIENCE

## The Light and Sound of God

*An ECKANKAR Skillset Session*

**Every Friday 6:30 to 7:15 pm**  
**Crazy Wisdom Bookstore & Tea Room**  
**114 S. Main, Ann Arbor**  
– Free and Open to People of All Faiths –

“Sound—music, vibration, frequency—is the way that our souls transcend in these levels. It’s one of the reasons why sounds, hymns and chants have been used for thousands of years to help engender deep transcendental states.”

Eben Alexander III, talking about his book, *Proof of Heaven*



“When you sing the name of God with love, 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.”

Harold Klemp,  
*HU, the Most Beautiful Prayer*

**Learn about HU:** the Universal Name of God, sung to spiritualize your state of consciousness and get the understanding, wisdom, and strength to meet the waves and problems of life.

**Contemplation:** a conversation with the most secret, genuine, and mysterious part of yourself.

### **What is ECKANKAR?**

Eckankar redefines the experience of religion. It offers an individual the spiritual tools needed to walk one’s own journey home to God. It gives practical ways for people to have real spiritual experiences—even the ultimate experience of God—in this very lifetime.

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