

A LIVING SPIRITUAL MASTER

Doug Kunin is the spiritual leader of Eckankar. His title is the Mahanta, the Living ECK Master.

ECK is another word for the inner life-force, and Mahanta is a high state of consciousness that enables the outer teacher to work with students in the dream state and in everyday life via inner communication. His job is to help you find your own path via personal spiritual experience back to the divine source.

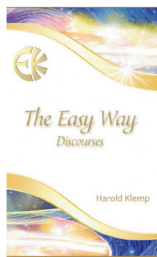


"Eckankar is more than a belief system – it's an experience delivery system. And as you have experiences, that's how you form your beliefs. And you don't have to accept all the tenets, principles, and beliefs of Eckankar. Someone can just benefit from some of them backed up by personal experience."

- Doug Kunin, A Lotus in the Mud interview

STUDY IN A CLASS OR BY YOURSELF

Want to be in the driver's seat of your own spiritual journey? Begin the adventure of a lifetime with...



12 monthly studies in one "Easy Way" course with in-depth topics, such as:

- In Soul you are free
- Dream on, sweet dreamer
- Karma - it all comes back in the end
- Reincarnation - why you came back to earth again.
- The Master principle
-and many more.

Ask us about enrolling today!

CONTACT US:

You are welcome to give us a call in:

- Victoria on: 0402 299 523
- South Australia on: 0422 483 768
- Tasmania on: 0428 383 773.

Email: info@eckankar-essa.org.au or go to our website for info and a contact form: www.eckankar-essa.org.au

For contacts in other states - eckankar.org.au

We are committed to child & youth safety

FREE RESOURCES FOR YOU!

HU is a mantra, and an ancient name for God or divine source.

The HU has been used for thousands of years as a sacred chant to attune oneself to the presence of God, and anyone can use this simple technique regardless of age or religion.

HU can be chanted or sung either out loud or silently to yourself for peace, upliftment, divine love and spiritual insight into life. You can download the free HU app. and make the HU a part of your daily spiritual practice.

hearhu.org



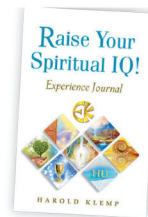
RAISE YOUR SPIRITUAL IQ

eckankar-essa.org.au/spiritual-iq

Awaken to Your Full Spiritual Potential

Free book and Experience Journal

Download free books on Past Lives, Dreams and Soul Travel and explore practical spirituality in "Eckankar, Ancient Wisdom for Today". Filled with insights, real-life stories and spiritual techniques to help you open your heart and expand in awareness.



"As Soul, you have the God-knowledge within you".

- Harold Klemp

Are you ready to ignite your spiritual growth?



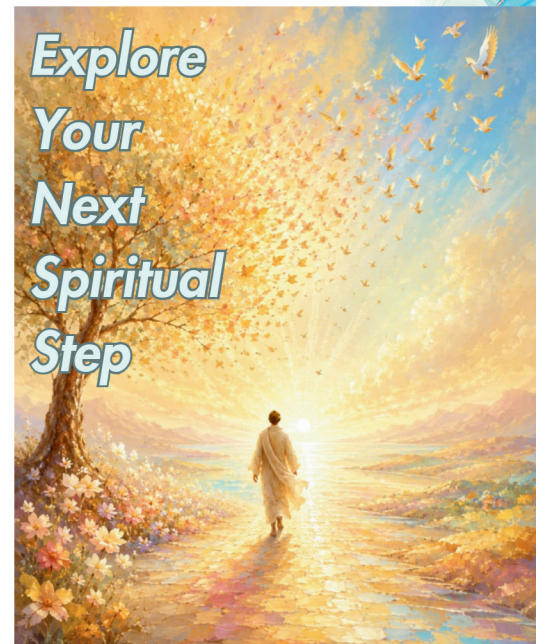
check out events inside this newsletter

Disclaimer - The opinions expressed in these pages are those of the writers and not necessarily those of ECKANKAR or the Mahanta, the living ECK Master Sri Doug Kunin. Published by ECKANKAR Society of Southern Australia, A.B.N. 82 058 053 697. P.O. Box 2078 Moorabbin VIC 3189, a chartered affiliate of ECKANKAR, © Copyright 2026. All rights reserved. The terms ECKANKAR, ECK, EK, MAHANTA, SOUL TRAVEL, and VAIRAGI, among others, are trademarks of ECKANKAR, PO Box 2000 Chanhassen NM55317-2000



ECKANKAR

The Path of Spiritual Freedom



What if spirituality isn't about belief—but experience?

Eckankar invites you to explore your own connection with Divine Love through Light and Sound.

Wherever you are on your journey... you are welcome here.

Events Newsletter

Victoria, South Australia & Tasmania
July - August - September 2026

Join us on Social Media:

[Facebook.com/ArtofSpiritualLiving](https://www.facebook.com/ArtofSpiritualLiving)
[Instagram.com/eckankar.essa/](https://www.instagram.com/eckankar.essa/)

eckankar-essa.org.au

All ZOOM EVENTS are on Fridays: Victoria and Tasmania 8:00 – 9:00pm* – South Australia 7:30 – 8:30pm
 Meeting ID: 8213 603 1595 – Meeting password: 069841 (connect by phone – 03 7018 2005)

RAISE YOUR SPIRITUAL IQ ZOOM

Explore spiritual tools to awaken the God-knowledge within. Find out how Dreams, Past Lives and Soul Travel can help you make sense of everyday life and give insights into the deeper questions of life. You can download Free study materials and get a head-start on your spiritual adventure. eckankar-essa.org.au/spiritual-iq

10 JULY	Spiritual Experiences - Seen the Inner Light? Heard the Inner Sound? <i>How the inner life force can uplift you.</i>
31 JULY	Waking dreams (Focus on 18-40 y.o.) <i>How to read the spiritual signs in everyday life.</i>
14 AUGUST	Inner Guidance Connections <i>Ways to get spiritual help in your daily life.</i>
11 SEPTEMBER	Past Life Recall for a Better Today <i>Learn from the past to improve your now.</i>

IN PERSON SOUTH AUSTRALIA:

Mount Barker Community Centre
 3 Dumas Street, Mt. Barker
Sundays 11:00am - 12:30pm



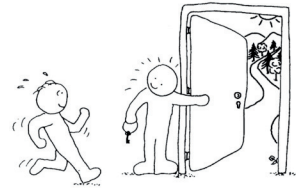
19 JULY	How to Interpret Waking Dreams? <i>What is life trying to tell me?</i>
27 SEPTEMBER	Finding Your Life's Purpose <i>What's your special reason for coming into this life?</i>

ZOOM HU HU is an ancient name for God that anyone can sing. It has been used for thousands of years as a prayer and sacred chant to attune oneself to the Divine presence. It can uplift you spiritually for inner peace, healing, and insight.

24 JULY 28 AUGUST 25 SEPTEMBER	Experience the HU Mantra (30 min*)
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SOUND OF SOUL ZOOM

Experience the sacred sound of HU, which can open your heart to divine love, healing, and inner guidance.



The HU chant will be followed by relaxed, spiritual sharing of real-life stories of spiritual upliftment, healing and insight. You are welcome to share or just listen in.

3 JULY	Turn Problems into Opportunities for Spiritual Growth <i>Discover new ways of viewing life's experiences..</i>
17 JULY	Spiritual Help is at Hand <i>Experience how singing the HU mantra can help.</i>
7 AUGUST	Live Joyfully <i>Practice spiritual qualities already within you.</i>
21 AUGUST	Open to the Wisdom of Your Dreams <i>Sing HU and discover your own inner guidance.</i>
4 SEPTEMBER	Ways to Renew Yourself <i>Spiritual Exercises of ECK - easy and transformative</i>
18 SEPTEMBER	Finding Ways to Graceful Living <i>Awaken your highest qualities as Soul - a happy being.</i>



12 JULY	How Can I Restructure and Heal my Life? <i>By singing HU, the greatest creative force you can use.</i>
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ECK LIGHT & SOUND SERVICE IN PERSON

Explore your higher self as Soul, an eternal, creative, spiritual being. Experience the HU mantra in the company of others and join in an engaging blend of insightful stories, uplifting creative arts and contemplative exercises to have your own spiritual experience.



VICTORIA:

Box Hill Community Arts Centre
 Cnr. Station & Combarton Sts.
 Box Hill
Sundays 11:00am - 12:30pm

5 JULY	What are the Signs of a Spiritual Awakening? <i>How the inner life force can uplift you.</i>
2 AUGUST	What's Perfect About This Problem? <i>Explore spiritual ways to meet everyday life.</i>
6 SEPTEMBER	You are Soul, a Divine Spark... Now What? <i>Ways to get spiritual help in your daily life.</i>

SOUTH AUSTRALIA:

Mount Barker Community Centre
 3 Dumas Street, Mt. Barker
Sunday 11:00am - 12:30pm



IN PERSON

30 AUGUST	Life Before, During, and After Death <i>Making the Most Out of Life, as Soul.</i>
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IN PERSON

GEELONG

Rosewall Community Centre
 36 Sharland Rd, Corio, Geelong
Sundays 11:00am - 12:30pm

IN PERSON

Federation University - Berwick Campus
 100 Clyde Rd. Berwick
 Building 902, Classroom 167
Tuesday 11:15am - 12:30pm & 1:30 - 2:45pm

18 AUGUST	Reset Your Spiritual GPS - WORKSHOP <i>A spiritual approach to stress-relief, confidence and goal-setting.</i> <ul style="list-style-type: none"> Video presentation - 12:40 - 1:25pm featuring Sri Doug Kunin.
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