

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.

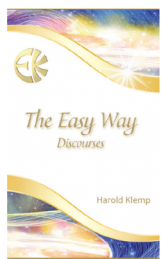


“Living is giving, giving is love, and loving as God loves, as the Creator loves, that’s everything.”

Sri Doug Kunin, from an interview with “A Lotus in the Mud”

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 or find out more here:
<https://www.eckankar.org/engage/advanced-spiritual-living/>

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



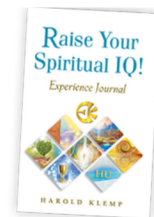
RAISE YOUR SPIRITUAL IQ

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.



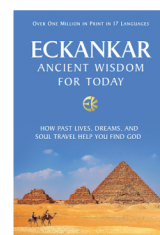
“As Soul, you have the God-knowledge within you”.

- Harold Klemp

Are you ready to ignite your spiritual growth?



Download
Free
Books



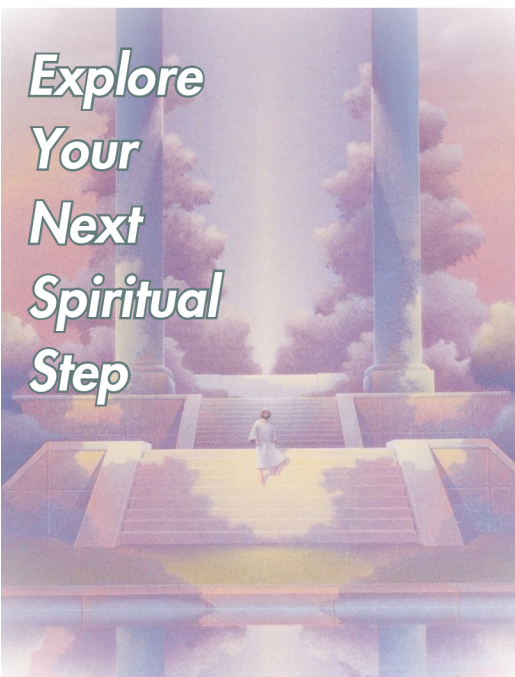
check out events inside this newsletter

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ECKANKAR

The Path of Spiritual Freedom



Events Newsletter

Victoria, South Australia & Tasmania
October-November-December 2026

**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.**

Join us on Social Media:

Facebook.com/ArtofSpiritualLiving

Instagram.com/eckankar.essa/

All ZOOM EVENTS are on Fridays: Victoria and Tasmania 8:00pm – 9:00pm* – South Australia 7:30pm – 8:30pm

Meeting ID: 865 2831 1485 – Meeting password: 123554 (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.

9 OCT	Finding Your Life's Purpose <i>What's your special reason for coming into this lifetime?</i>
30 OCT	When Plans Fall Apart: What's Next? <i>Discover spiritual tools to navigate uncertainty with calm and clarity. (Focus on 18-40 y.o.)</i>
13 NOV	Touching the Face of God <i>How to contact the Divine Spirit.</i>
11 DEC	Change Your Life with Divine Imagination <i>Magnify the creative spark within you.</i>

IN PERSON

SOUTH AUSTRALIA:

Mount Barker Community Centre
3 Dumas Street, Mt. Barker, S.A.

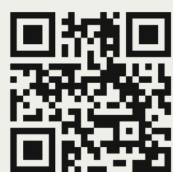
Sundays 11:00am - 12:30pm



18 OCT	How Can I Trust My Inner Guidance? <i>Get in touch with your Inner Self</i>
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You can download Free study materials and get a head-start on your spiritual adventure.

eckankar-essa.org.au/spiritual-iq

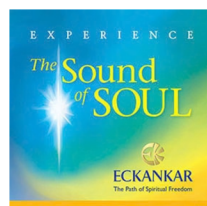


WWW.ECKANKAR-ESSA.ORG.AU

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.

2 OCT	Discover the Secret to Life <i>Master the divine principle of living.</i>
16 OCT	Your Lifeline to Inner Guidance <i>HU, sacred mantra connects you with Divine Spirit.</i>
6 NOV	Be a Conduit of Love <i>Attune yourself to a higher vibration with HU – a sacred mantra.</i>
20 NOV	How to Live a Spiritual Life <i>Learn to chant HU, a simple, sacred mantra.</i>
4 DEC	Keys to Problem Solving <i>Receive inner guidance by chanting HU, a sacred mantra.</i>
18 DEC	Pathways to Open Your Heart <i>Awaken to the transformative power of love – chant HU.</i>



IN PERSON

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

11 OCT	Where does Healing come from? <i>Love and Gratitude are keys to good health.</i>
8 NOV	Is life a random walk? <i>What do you think?</i>
13 DEC	What's the Secret of Graceful Living? <i>It lies within our dreams.</i>

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:

Venue October:

Box Hill Community Arts Centre,
Cnr. Station & Combarton Sts. Box Hill.

Venue November & December

Pink Heath Hall, Eley Park Community Centre
87 Eley Road, Blackburn South.

Sundays 11:00am - 12:30pm

4 OCT	Finding Joy and Humour in the Lessons of Life <i>Soul is a happy entity.</i>
1 NOV	Learning to Forgive to Move on Spiritually <i>It's like the old saying; "Do unto others as you would have them do unto you."</i>
6 DEC	How to Master Change in Your Life <i>Discover the spiritual skills to make change a pain-free, joyous learning experience.</i>

SOUTH AUSTRALIA:

IN PERSON

Mount Barker Community Centre
3 Dumas Street, Mt. Barker, S.A.

Sunday 11:00am - 12:30pm



22 NOV	Mastering Change in Today's World
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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.

23 OCT 27 NOV	Experience the HU Mantra (30 min*)
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