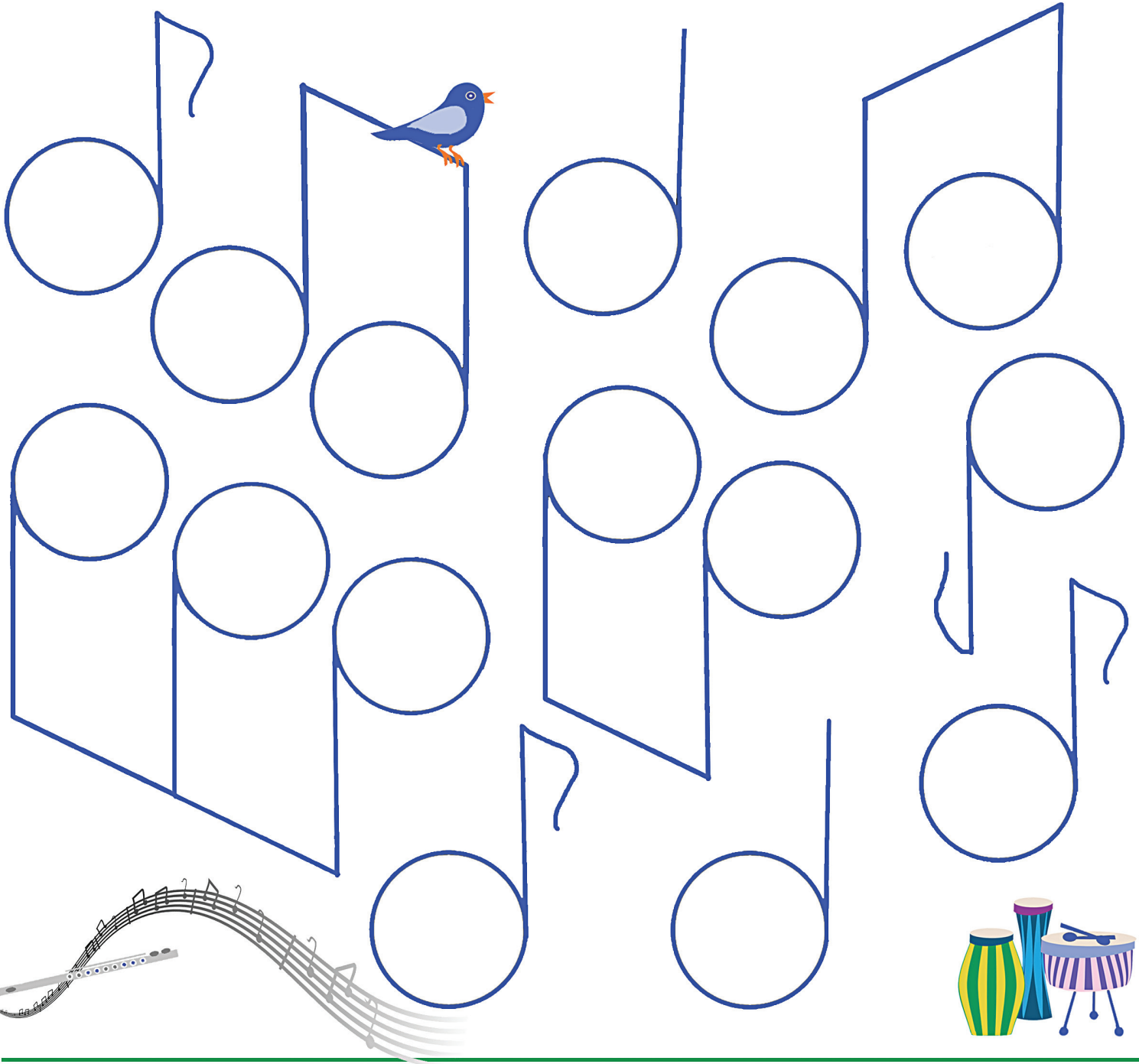




ECK *Sound* JOURNAL

Every day for the next two weeks, find a moment in your day to stop, sing *HU*, then sit quietly and listen for the Sound Current. Write or draw any sound you hear in the musical notes below.



A collection of large, empty musical notes on a staff, designed for journaling. A small blue bird is perched on one of the notes. At the bottom left, there is an illustration of a flute with musical notes flowing from it. At the bottom right, there is an illustration of three drums: a green and yellow striped bongo, a blue bongo, and a purple and white striped drum on a stand.

"In ECK we recognize that the Sound and Light, the two aspects of the Holy Spirit, are real; they are actual things. Those who have developed the inner hearing can hear this Sound of God in one or more of Its many forms. Sometimes It sounds just like a flute, an orchestra, or even a bird singing. Other times It is heard as a thunderstorm when there is no storm outside, or as a drumroll when there's no one around playing drums. These are some of the Sounds of God which uplift you spiritually."

—Sri Harold Klemp, *The Drumbeat of Time*, pp. 217-18