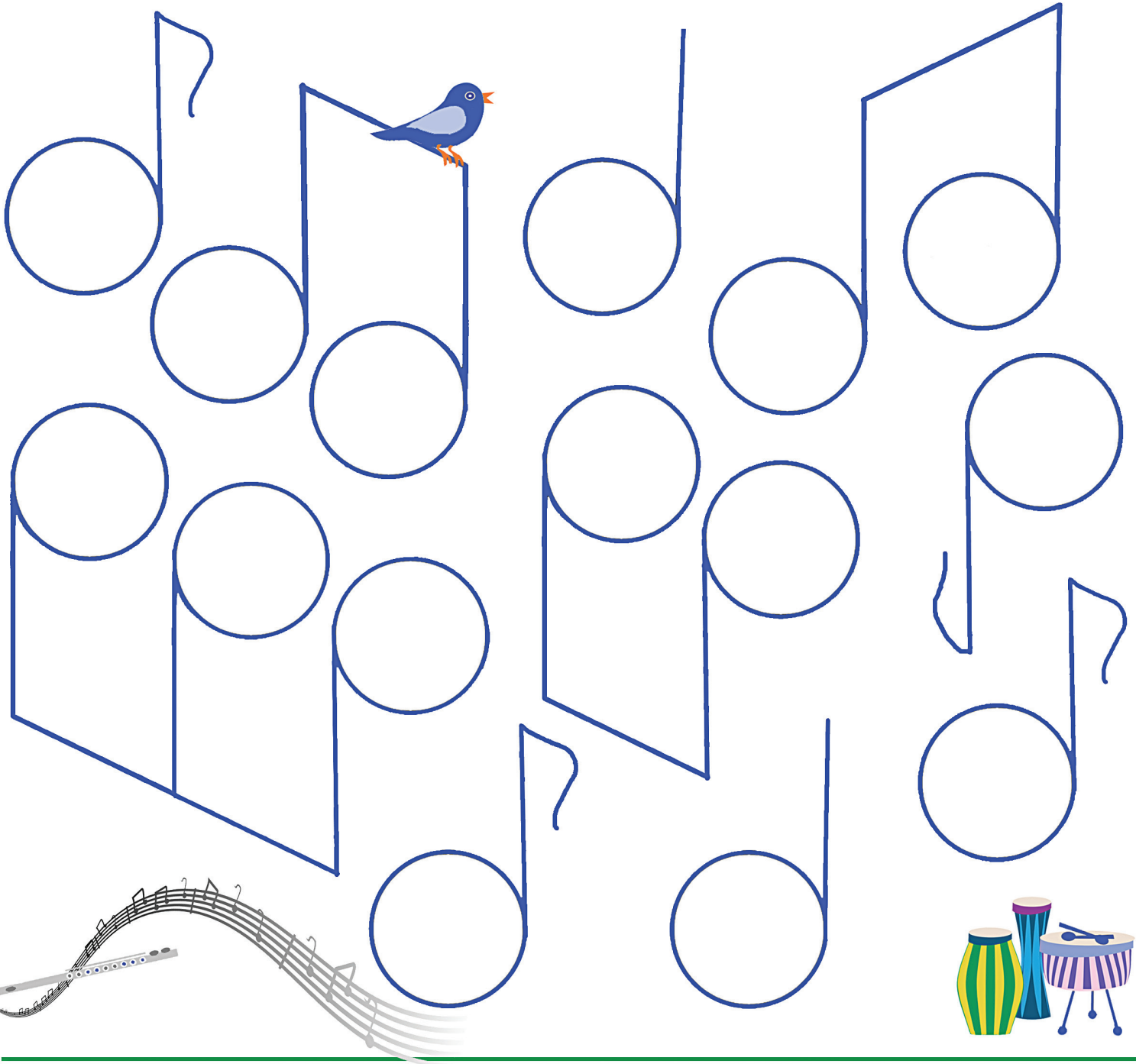




ECK *Sound* JOURNAL

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.



"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."

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