

Soul Traveling Home to God

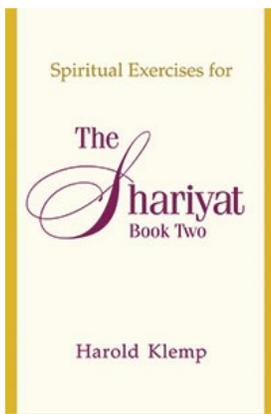
By Russell Stern (Bio [here.](#))

Guest Speaker, 2019 Michigan Eckankar Regional Seminar

I am excited to be the guest speaker at this year's Michigan Regional Seminar, Past Lives, Dreams and Soul Travel: Keys to Spiritual Truth. I have found seminars to be a wonderful opportunity to take my next step spiritually home to God and help others do the same. It is a Soul Travel experience. There is a wave of love that I can ride, that raises my consciousness, and this wave of love flows back out to all life.



We don't have to wait for seminars for this opportunity. It is always available and doing my daily spiritual exercise with love opens me to this potential.



Recently I had the wonderful blessing to compose a new piece called "Shab, the Lover of Life," and perform it with the ECK Orchestra at the 2018 Worldwide Seminar. This piece was inspired by the spiritual exercise "Spiritual Flexibility" from *Spiritual Exercises for the Shariyat, Book Two*, by Sri Harold Klemp, p 171.

The exercise begins with inspiration from the *Shariyat-Ki-Sugmad*: "The initiate has learned that by self-surrender he does not resist life, but goes along with it in an active manner. He is like the willow bough which is weighed down by the winter snow and does not resist but bends spontaneously under the weight so the snow falls off. In his relationship with the Mahanta, the Living ECK Master he accepts all the burdens of life because they will be destroyed by their own weight." The image of the willow helped me to let go of any discouragement that I was feeling. Letting go was very freeing.

Sri Harold explains the exercise: "Shut your eyes and chant the word *Shab* for several minutes. It means the lover of life. Open your Spiritual Eye, and see how this love current brings a supple flexibility to your inner bodies. Experiment with this inwardly. Maybe you become an acrobat, bounce on a trampoline, or dance with joy for life. Give it your all."

How much fun it was to replace heaviness with joy and freedom! This shift of consciousness was a joyful Soul Travel experience.

Sri Harold then suggests homework: "Whenever possible, practice surrender to the Mahanta. It brings the freedom to express your true self in new ways."

This exercise led me to open up and find more about who I truly am as Soul by living life with greater creativity and flexibility. The love and playfulness that came through manifested into my new song. I'll share that song with you in May, along with more insights into Past Lives, Dreams and Soul Travel. I look forward to sharing this journey of love with you!

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Seminar info [here.](#)