



Discover Your Life as a

Spiritual Adventure

2020 ECK Australian Seminar
10 - 12 January

Mantra Bell City - 215 Bell Street, Preston, Victoria 3072

Seminar Bulletin - December Edition 2019

*The most useful, but unrecognised, gift to mankind is the Spiritual Exercises of ECK.
They are the highest form of exploration there is.*

Harold Klemp, *The Living Word, Book 4, p. 15*

Story by Steve Mallett Guest Speaker RESA for the UK

In my mid-twenties, my idea of adventure, in every sense, was world travel. Yet, experiencing the revelations of the Spiritual Exercises of ECK while in Asia was a turning point. I was now just as excited about the spiritual adventure of life back in the UK as a new member of ECKANKAR. Another exciting prospect for me was that through ECKANKAR I would meet others who had made the same discovery! This was the seed from which my love of ECK seminars would grow.



Today, that love is shared with my wife, Liz, and two children. ECK seminars have led to so many wonderful experiences, for each and all of us, that I see them as a natural extension of the Spiritual Exercises. Yet I haven't always seen them that way.

ECK Seminars as a Family

Several years ago, Liz and I started to question why we were still going to the major ECK seminars in the US. As avid attendees we found it hard to admit that we could come back from such an uplifting event exhausted, wondering if it was worth the expense.

We still looked forward to seeing and hearing Sri Harold's talks, but most of the seminar would be quite stressful: juggling our seminar (adult program and service opportunities) with looking after the children.

The flights and accommodation stretched our budget and had an impact on other aspects of our energy and balance. Still, the ECK somehow inspired us to make plans to do it all again the next year.

Perhaps deep down we knew that the next year's Worldwide trip would be different? After leaving home a little later than planned to catch our flight to Minneapolis, the early morning traffic went from heavy to gridlock as we got near the airport. An hour later we were hardly any closer. Our hearts sank as we realized our chances of catching the flight were disappearing. Trapped in three lanes of stop-start traffic I felt powerless.

Both children were crying at the prospect of missing the flight, so we reminded each other that we didn't need to go anywhere to be with the Mahanta. We sang HU and did a spiritual exercise to open our hearts to his inner presence. That simple shift of consciousness was profound: we were already with the Master at the seminar inwardly so our mission was to do everything within our creative power to manifest that reality. Thanks to the difficult journey, our desire to be there was strong, and we were totally focused. We all agreed to leave all but our carry-on luggage at the airport if necessary.

The rest of the journey was far from smooth but everything brought us closer inwardly. At one point I looked at my daughter sitting next to me on the bus between the car park and the airport. She beamed a smile of pure love for the ECK. And it touched my heart to see my son quietly focused.

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We arrived at the airport, humble and open hearted, just half an hour before take-off. Miraculously, the man coordinating check-in with baggage handlers and the crew at the departure gate didn't turn us away. He crouched down to the kids' level and said: "You will have to run as fast as you can." And we did!

Making that flight was a rich family experience. The whole trip was a spiritual breakthrough. The gratitude we felt for just being there kept our hearts open, which made everything new and exciting. The refreshing love of the Mahanta was everywhere. It was like being at an ECK Seminar for the first time.

I remember sitting in one of the upper foyer areas near the youth rooms. There was no official program for the children at the time so we were just hanging out with other families. Our kids played happily together while we parents chatted. There was nowhere else I wanted to be. In that moment, we were in a Temple of Golden Wisdom. Since then, I have found that just being an ECK Family at a seminar can be a wonderful way to serve and support the Mahanta's mission.

A Year of Blessing

Putting attention on this Year of Blessing, I was reminded of Sri Harold's talk from 1st Jan 1995, entitled **Recognizing God's Help In Your Life** transcribed in chapter 4 of his book, *The Secret of Love*. In it he tells a story to illustrate how life's blessings come to us gift-wrapped. We'd like to know what's inside, yet when we ask the Inner Master he says "Can't tell you. It's a present." So we have to tear into it ourselves to find out.

Does this apply to the treasured gifts I've written about above? The Spiritual Exercises? For me it does. And it's certainly the way I felt about marriage and parenthood!

Finally, what can the Mahanta reveal about the blessings of the Australian Seminar in Melbourne in January? "Can't tell you. It's a present."

Looking forward to unwrapping it with you in January!

With love in ECK,
Steve Mallett

Eckankar is more than an organization, it's more than a bunch of little classes stretched around the world—here, there, and everywhere. It's a place where people who are looking and have found truth can be together. It's just that simple. This is the reason for ECK seminars, so that people of like spiritual mind and heart can be together. To be with someone else who understands the ways of Divine Spirit.

Harold Klemp, *Our Spiritual Wake-Up Calls*, Mahanta Transcripts, Book 15, pp. 105-6

2020 ECK FAMILY CAMPOUT

What to bring:

- Personal belongings (clothes, toiletries etc)
 - Towel
 - Sleeping bag or sheets and blankets
 - Pillow and pillow case
 - Insect repellent
 - Torch
 - Good walking shoes or joggers
 - A set of warm clothes
 - Hat & Sunscreen
 - Board Games, Outdoor Games, ECK Books
 - Musical Instruments
 - Swimwear
- Optional /Snacks e.g. chips, chocolate, lollies.

REGISTER FOR EARLY BIRD RATES AVAILABLE UNTIL 31 DECEMBER 2019

Seminar donations received after
31 December 2019
are requested at the full rate.

Online Registration Now Open
eckankar.org.au/registrations

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