

Tools for Living Free

NUMBER 38 IN THIS ONGOING EDUCATIONAL SERIES

Introjection: Claiming Our Power

Excerpt from the Series, "The Inner Master"

"We, who live in the physical world, define thing in terms of opposites. We know cold in contrast to hot, white in contrast to black. We live in a world of opposites, in a world of duality... We, who live in the physical world, are also bound by space. All of the above are examples of how we perceive our world. This structure of our perception is simply a statement of how we have set up our Consciousness. We have falsely structured it to live according to duality and forced it to live in dichotomy. A clear example of this pseudo-structuring can be seen in how Consciousness works 'the question' of the Divine. Mankind has always searched for God. Either God is far away, unreachable, patriarchal or God will tell you what to eat for breakfast. A belief in God is taken to mean that it is concerned with the afterlife, with heaven; and, as a result, is a fairy tale viewed as a pabulum, even as an opiate; and so it must be overthrown by reason... To get anything done you have to do it yourself and to ask the Divine to be in on this action is irresponsible... what we have done—up until now—to a greater or lesser degree is enslave ourselves in seeming fate.

Many of us live as if thoughts and feelings are outside ourSelves; as if events conspire to 'just happen' to us; as if we are at the mercy of outside forces and blind fate. Let me suggest that (when) we live a situation and our lives from inside out rather than from outside in; we are in mastery and not enslavement and we live free and clear.

Now take a moment to think of a time when you acted from 'outer authority' rather than from an inner one. For example, recently at the supermarket, I was given five dollars more in change than was due me. Part of me wanted to take this excess amount but was afraid that, as I walked out of the store, the manager would yell, 'stop thief!' and I would be arrested and humiliated. I also was afraid of creating karma. I was afraid of the punishment of the 'outer authority' (the manager who would have me arrested); and I was afraid of the 'higher authority' (God, belief system) in not wanting to create karma: and I was afraid of the resulting feeling

of humiliation either or both would create. So, out of these fears, I gave back the five dollars.

Many of us have been in situations where we have followed blindly outer authority. In school, we 'had to' show up on time and do tasks delegated to us; in our personal lives, we 'had to' do certain things or follow certain courses of action because doing it was considered the proper thing to do. If we are honest with ourSelves we will see that every time we had followed an 'outer' course of action, we felt resentment toward the task and/or 'the authority', however amorphous it may have been, that 'directed' us to do it.

We may feel that it was society's dictates and, out of resentment, proceed to act out against it; or we may hold judgments against it which serves to separate ourselves from it and from ourselves as we give our energy over - and our power over - to it. We may feel it was the principal's dictates or another person's but, in each case, it is something or someone 'other' than ourSelves.

We have now set up a vicious cycle: the more it seems 'outside' of us, the more resentment we have; the more resentment we have, the more we are giving our power over; and the more 'outside' it seems, the more resentment we have. On and on!

How do we get off this merry-go-round? The answer is simple: choose to do so. Once you have made the choice to place the 'authority' within you, you keep choosing it and choosing it, which reinforces it and makes it easier to choose; you have taken a merry-go-round and used it to have a fun and successful ride: as you choose to make the 'authority' within, the 'authority' within gains more, and as the 'authority' within gains more authority, it becomes easier to choose.

We make this choice by placing a value from ourSelves onto this outer 'authority;' for example...my value of paying my rent and food bills takes precedence over the boss's decision that I have to come to work on time and do tasks I may not always enjoy. In this case, I have taken their rules. incorporated them into my life. and

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used them to fulfill my value of paying my rent and food bill. I have made what had seemed 'outer authority' serve me and fulfilled mySelf by making what had seemed 'outer' subservient to my needs and goals. This is a powerful choice we can make.

In each example...we have taken back our power by not focusing on the 'outer.' We simply assert our value and, in the process, the outer authority becomes a servant to us and no longer 'outer.'

It is important to take note that the journey from 'outer authority' to an inner one is just that: a journey, a process, and that it may take time, patience and practice to shift our orientation. It is also important to note that this shift may not always be smooth or linear in both time and fulfillment. What's important is that we make the choice of individual responsibility. In the process, anger and resentment lift and we are freer.

It is a psychological reality that we need to 'integrate' all parts of ourSelves into our

conscious self and whatever parts we don't are experienced as alien, strange, foreign, or as being outside of ourSelves. The hallmark of psychological health is a 'well-integrated' conscious person.

When we work our world from the inside out, this becomes especially true and important. We need to integrate all parts of ourSelves into our conscious self so that we can incorporate what we want from the 'outer' world into the 'inner' one and proceed in an inner-directed manner...It also enables us to...know that we are much more than our patterns and habits and that we have choices. By exercising our choice we reinforce the power to make this choice and, by having more power to make this choice, it makes it easier to do so.

All of this points to the simple truth that we are in control of our choices and that, in the end, each of us has full authority. Each of us is, in reality, responsible for the Knowledge."

Case Study

I recently returned from taking the Money Workshop® in Chicago. The Money Workshop® is a weekend training given by Dr. Roger B. Lane to assist individuals in empowering themSelves and living the life they truly want. I came to the Workshop very excited to get any and all insights that I needed in my life in order to make the changes that I want in my life - changes such as moving into the career I want and having a baby. What I got out of the Workshop took me by surprise. Dr. Lane asked me over the course of the weekend what would it take for me to give these things to mySelf? I was stunned for a moment, and thoughts of having more money, whether or not my husband would agree and having x, y and z other things floated through my head. But, then it struck me - "I can just give it to mySelf now!" This was an amazing realization for me, in that, up until that point, I had always looked to something outside mySelf to make it okay to have - and be what I wanted in my life.

I also realized how I had been using people close to me to reinforce my fears and feelings of "I can't have what I want." I began to see triggers or identifiers that clued me in to what I want doing.

Try This ...

"Get nice and quiet and call in the Light of The Most High by saying, 'Lord, God, send me Your Light!' Take a moment now and let a vast confusion (disarray, uncertainty) come up in the real negative sense. Okay, now ask the Light of the Most High to bring forward fusion (being at One with the Lord, God) in the best sense that God is in that, too, or Spirit is in that, too. Now, ask the Lord, God to bring forward

When I said "I can't do that because my husband will get mad" or "I don't have enough money to do that" I saw that what I was really saying was "I am afraid to do that" - and I was projecting my fear onto something outside mySelf so that I didn't have to take responsibility for what I wanted. Instead of taking responsibility I chose to sit in the fear and upset of not having what I want which, in turn, perpetuated my feeling worse about mySelf.

I also saw the remedy - introjecting those creations I was projecting onto others. I do this by being present with the Spirit I am; asking God to send me what I want in my life for the Highest Good; and when I become aware of projecting my fears outside mySelf, asking God to recall that projection and raise me to the level of Spirit to have the understanding. Then, I take responsibility by doing SELF-TALK. I tell mySelf, "it's okay to have what I want in my life. I am in charge." And I say "yes." This learning is wonderful for me, in that I have been Blessed with the opportunity to not only see what it is I truly want, but to see that I am the only one responsible for giving it - or not giving it - to mySelf. I choose to give it to mySelf.

the solution. Keep clear of mental tripping and trying to get it with your mind. Just allow it to be brought forward. Now do this as often as you can whenever you get into a confused state in the negative sense of the word."

-From the Satsang "Confusion: How, Why And The Solution" (TAPE A73)

Step-by-Step

Here's a quick reference list for daily practice. Please refer to the articles for complete information.

1. Call in the Light of the Most High by saying, "Lord, God, send me Your Light!"
2. Ask God to send you what you want in your life by saying "Lord, God, for the Highest Good send me _____."
3. If you become aware of feeling resentment, anger, and/or negativity associated with 'outer authority,' ask God to recall your projection by saying "Lord, God, for the Highest Good, recall my projection and raise me to the level of Spirit to have the understanding."
4. Practice SELF-TALK by telling yourSelf, "I am okay. It's okay to keep my power. I can have what I want in my life."
5. Call any Regional Center and ask for the Gift of Initiation into the Path of Soul Transcendence. This is the ultimate way of keeping and sustaining your true power - knowing yourSelf as Spirit.

For further information or to request other titles in this series contact:

Cosmos Tree, Inc.
a nonprofit, educational
foundation.
1461A First Ave.- # 182
New York, NY 10021
212-828-0464
email: spiritcentral@yahoo.com
websites: www.cosmostree.org
www.spiritcentral.org

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