

Tools For Living Free

NUMBER 65 IN THIS ONGOING EDUCATIONAL SERIES

Exercise Your Right To Vote!

*excerpts from the Satsang, "The 'Democratization' Of Consciousness - Part II:
Are You Exercising Your Right To Vote?" (Tape/CD A83)*

"But let's take a look at what it means to vote, OK? When we vote, inherent in that is something that is crucial and powerful, and that is that we have choice. We have choice, OK? And I'm not talking about these banana republics or these, you know, dictatorships where you either vote for the president or you go to Siberia for the rest of your life or you go to the jungles or you get thrown in the Amazon River or so. I'm not talking about that, OK? But I'm talking about where there really is genuine choice, OK? And having choice is very powerful - just the sheer fact of having choice is powerful OK? Because that means that we are free and we can exercise our free will and we can choose into God or choose into the karma, see? We can choose to lift or choose into the karma, you know?"

"And we did a Retreat recently where most of you got to see what I call the 'flinch point,' you know - where you'll feel the Spirit come upon you or you'll be lifting and lifting and all of a sudden some part of you will flinch; you'll get scared. It will mean accepting God's Love or the Presence of Spirit; of your having to move beyond your regular ego boundaries of who you think you are; and being expanded into the Soul that you are. And the false self gets afraid. And some of you got to see your flinch points and what you do at that point - some of you will talk incessantly; some of you will question incessantly; some of you will do only what the mind can only do because it can't comprehend Spirit and, that is, it will enter into a lot of doubt; and it will even doubt the day, it will even doubt your name, anything, you know?"

"And that's the 'flinch point' of what I call the Consciousness, OK, where it kind of gets scared and it does something to slough off the growth of itSelf and the expansion of itSelf. And that's the point where you have a clear choice. You can choose into Spirit or you can go with the 'flinch point.' Go with the false self and you go into karma. And you just support some more energy into it and you solidify it and you solidify and you solidify, OK? See, we have this pseudo Civil War going on - it's Spirit versus matter or the

false self versus God, you know? And God, of course, is always the antagonist, the Spirit inside is the antagonist. He's coming against you, you see, because we live on this plane, on this karmic quagmire.

"In this mire we've identified with the false self and we've identified with our ego, see? And that's the Crucifixion - crucified in time and space. We've identified with the ego. And when we identify with that then whoa! Then it's me against God. It's me against Spirit. It's me against the expansion. It's me against Knowing That Which I Am, you see?"

"And all this is reinforced. And it's reinforced very nicely. There's a tremendous taboo in this culture about knowing that you're Spirit, that you're God. You're not supposed to know you're God. You're not supposed to know you're Divine, see? Because, see, if you know that then you're lost to the lower worlds forever, that Soul is lost, OK? And the whole point of the lower worlds or the negative polarity is to keep you coming, keep you reincarnating and reincarnating and reincarnating, OK? But they ain't bad. It ain't bad. That's its job because, eventually, guess what? You'll be strengthened and you'll be strong enough to, for the Soul to move into the Positive Polarity. Eventually, it's going to happen and this whole process insures that it does, OK? But how you vote is crucial to this. How you vote with your mind, with your emotions, where you direct your focus is crucial, OK?"

"And some of us try to be real slick, you know, and real smart. And we think we're not voting when we're not doing anything. 'Oh, I'll let this go on in me', you know? Or, 'I'll continue the negativity.' You know? 'What can I do? I'll just let it run. So, I'm not going to vote to actively lift into the Light and, in the process of lifting, move off the negativity. I'm not going to vote to do that.' OK? And we think, 'Okay, well, I'm not voting for the negative. I'm just not doing anything about it.' OK? Well, you've been had. Not voting is voting, OK? Not voting is voting."

"And, you know, just like in the outer

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world, you're voting for a party that you feel is going to do the most good for you, you know? Basic point of government is (to) build the roads, build the schools, make sure the power lines are constructed enough, etc., you know? Gives us the services, provides the services we need. On a local level it's garbage pickup, OK? But, similarly, when we vote inside ourSelves for the Spirit, then what happens is then we are enabling the Spirit to service us, and to provide us with what we need, see? And when I talk to a lot of you, I'm always struck by one thing – 'Gosh, you guys got your own agendas;' you've got your own agendas.

"And, then, I'll watch the progression of that agenda and the inevitable always happens with that agenda. And, that is, you get more and more and more and more miserable. And that's the good news. Because, eventually, you say, 'Hey! This is ridiculous. I'm going to drop my agenda. And I'm going to surrender it. And I'm going to vote towards God, towards the Spirit I am.' See? And some of you really don't have a sense of, yet, the power that you are and what powerful creators you are. And that it works both ways. And you need to have that sense.

"In other words, just as you focus and reinforce a thought or an emotion away from God, you've created that; and that goes with you and you're responsible for that. And that has to

be uncreated, OK? And that same power to create can work positively, too. And you can create the government you want, as it were, by the vote. And that government is really who's ruling you and what's ruling you. And is it going to be the emotions? Is it going to be the mind? Is it going to be the false self? Is it going to be your fear? See, I'm not saying we don't have them. We do. We're in the human form. Of course, we have them. You'd be, God, I think you'd all be crazy if you didn't have them. But it's allowing them the rulership, the sovereignty. Who's the sovereign of this country, you know? See, but we're sovereign in here. There's nothing that can violate us. There's nothing that happens without the sovereign's approval or okay, you know?"

"... So, the best you can do for others is to do your Spiritual Progression; and is to live as Lovers of God and choose into that, you know? And the other thing that strikes me when I talk to people is so many tie walking this Path as a means to increasing your income; or getting married; or having this business thing happen; or that thing happen, OK? And you need to come into the realization that the vote is a vote to be a Lover of God - and that's what this is about and this is the choice - and a Lover of yourSelf and a Lover of the Spirit You Are."

Case Study

As I listened to the Tape "The 'Democratization' of Consciousness Part II: Are You Exercising Your Right To Vote?" I remembered My Teacher talking about the "flinch point" - that point where fear of the Presence of Spirit comes up and where the karma we have seems very inviting.

In working on this Case Study, I had allowed myself to flinch quite a few times. One involved a request from My Teacher to do Service. Instead of lining up with it, I went with the negativity/flinch point.

I learned quite a few things by doing this Service Project: 1) Go with my Knowing. I had the Knowing that I wanted to do Loving Service yet I chose away; 2) Be vigilant about working with my basic selves; I needed to reassure them "we're fine and okay and safe now" and I needed to update them that "we love Service; we can handle this and I need your cooperation;" 3) Loving Service is "my baby" and that choosing away from the Gift was as wrenching as if my child were going off to college or I had hired a babysitter for the first time; 4) Release negativity as soon as possible by calling in the Light of the Most High like this, "Lord, God send me Your Light!" and then by asking the Lord, God to take any negativity like this, "Lord, God, for the Highest Good, please take any negativity from me" and then telling myself, "(my name) it's okay to let it go!!!" and to repeat *as often as necessary*.

5) Finally, and most importantly, I needed to practice Eternal Vigilance *moment-to-moment* and to recommit *moment-to-moment* to my Knowing of mySelf as Soul and to my Power as a Divine co-creator. I admit to being in process in knowing that God is on my side.

I also saw that Service is attunement, is at-onement and that when I'm not lined up with Service, I need to use the Tools to be Present with Spirit. I also saw that

I'm okay and I don't need to judge mySelf for flinching (that judging only crystallizes the negativity, as My Teacher often explains). All I need to do is remain neutral, take the situation as information and choose to use a Tool(s); for example, 1-5 above separately or together. There are others that have worked well for me recently, too. They are The Money Workbook, calling a Fellow Initiate and directly asking for support with a situation, reading the Newsletter, doing the Meditation for Health and Well-Being at home (via Tape/CD) even for a few minutes and stopping what I'm doing and Meditating, even if only for five minutes (I also saw that longer is more than fine; I can lift above the "flinch point".)

I know, too, that if I'm really into my stuff and I stop and go to the Center, I always line up. That being in the Presence of The Teacher is a Blessing beyond anything I know of. The same is true for Open Hour with My Teacher, attending Video Showings and Discussions, attending Satsangs/Open Talks here and at Regional Centers, listening to The Teacher and following His directions exactly, attending the Meditation for Health and Well-Being here and at Regional Center(s). It's really All Grace, All Love and the Knowing that everything - including The Teacher - is inside.

I learned that I need to love mySelf enough to use the Tools. I've learned that I need to use them more than I have up until now. It's a beautiful way to be of Service to mySelf and to others. Know that we all have flinch points - I am in process on accepting them - but I can always choose to live in Grace by using the many Tools available such as Tapes, CDs, *Tools for Living Free*, speaking to fellow Initiates, Open Hour and the practice of Meditation EXACTLY as taught by My Teacher. That's the best way I know of to exercise my right to vote for the Spirit I am.

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. Exercise your right to vote for the Spirit you are by saying inside yourSelf, "Lord, God, take any negativity or karma that I may be holding onto!"
3. Tell yourSelf "it's okay to let it go!"
4. Choose into God by living as a lover of the Lord, God and being a lover of yourSelf by contacting any Regional Center and requesting Initiation into the Path of Soul Transcendence

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
website:www.cosmostree.org

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