

# Tools For Living Free

NUMBER 71 IN THIS ONGOING EDUCATIONAL SERIES

## WHAT DO I HAVE TO DO TO BE PERFECT?

excerpts from the Satsang "What Do I Have To Do To Be Perfect, Lord?" (TAPE A18)

"I want to talk a little bit about What Do I Have To Do To Be Perfect? And that's a real easy question for me because I know the answer. The answer is real easy, and it's one word: 'nothing.' You do nothing."

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"Let me give you a backdrop for why that is so. We have in our own Consciousness a war - there's a civil war going on. A lot of times, it's not too civil. A lot of times, we don't even know there's a war, we don't even know there's a battle going on. The battle is between the false self, or the lower self, and the Spirit that we are. We come in here as Souls and the karma is upon us, which is why we're here; we're here because of our karma. Now the Teachings on this Path that I bring forward - The Path Of Soul Transcendence - teach us that we're not to be concerned with karma because karma is an illusionary field. We're taught to focus into the Light of the Most High that we are and there's a way to do that in our everyday life, as an Initiatory Process. And the Soul awakens to the levels that It really exists on which is the Pure Spirit. But if you noticed the Soul lives on the lower levels, too; you're here; you're in the body; you're in the physical world and guess what? You'd be dead if the Soul weren't with you because that's What animates you. So the Soul is obviously here in the lower worlds. And here we go: that's the backdrop for the whole thing. The Soul comes to know Itself against a backdrop of falsehood, self-deceit and forgetfulness. That is because the Soul has forgotten Who and What It is. It's forgotten that It is the Spirit. It's forgotten that It is Divine..."

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"Now, how many of you have had anger? How many of you have had annoyance? Nothing wrong with that; it comes with the territory. But how many of you have chosen to keep that anger around and that annoyance around? Sometimes, I even revel in it; you know, I really really like it. Although the better part of my judgment goes, 'Wait a second! Come on now! You know the Teachings.' Nothing wrong with having that feeling. But how many of you have chosen to keep that anger around and that annoyance around? But you now know and are responsible to direct yourSelf away from that feeling. So, we make a choice. And we don't have to do anything about our being angry. We don't even have to repress it. So many people judge it like it's a bad feeling and I shouldn't have had it because I'm Spiritual. Well, you should have had it. You did have it. Don't 'should' on yourSelf.

"And the Soul progresses against this backdrop. It has to do nothing about the false self other than to choose to know Itself as the Spirit that It is. But what does It have to do to be perfect? Nothing. All It has to do is receive the Light of the Most High that It is. When you sit in what is known to the world as Meditation you withdraw your Currents. The Currents of the Soul are withdrawn from the world and they go 'on up', 'in and up.' And you get to rise above the false self and you get to know yourSelf and you get to awaken on all these levels. Because we're here because we've fallen asleep. This is a dream. This is a dream. And the purpose of the dream is to wake up. We don't really wake up just for ourSelves and our own Completion, but it's God fulfilling Himself through us.

"Now, I've told the story many times on mySelf. I've used a lot of things to try to make like I wasn't Spiritual and all the reasons why I couldn't have whatever Gifts I've been Blessed with. I've used legally blind. I've used my weight. I've used my driving above the posted speed at times. I've used eating too much, eating too fast, forgetting to eat, not putting the plates in the dishwasher for years at a time. Whatever it was, I'm not perfect on those levels. But they don't count because that's not where the Perfection is. We're not here - and this is crucial - we're not here to master the things of the lower world. We're not here to master physical powers. We're not here to master in the Inner Worlds below the Soul, the world of the imagination; we're not here to be masterful of the mind, but we are here to be Masters of the Spirit that we are, of the Soul. That's the Perfection. The Perfection consists of letting go of the false self by turning towards the Light within us, through Meditation, through exercising the power of your choice. Really through loving God. And we exercise that choice.

"That's the Perfection. The Perfection isn't 'Oh! My God! You were angry. Oh! My God! You were annoyed! You're not perfect.' That's not it. The Perfection consists of using those feelings to lift and grow from. That's the Perfection. That's the Perfection, to lift and grow from those feelings. So many of us think being perfect means we can't make a mistake. That's not perfection; that's neurotic. What you want to do is learn from the mistakes - that's the perfection, that's where the excellence is. And we don't have to do anything about the errors; we don't have to (do) anything about those negative feelings, those emotions or anything other than choose to lift beyond it and move beyond it and start to wake up to our True Nature."

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"...The Nature of the Soul is just that - It's Joy. And we don't have to do anything. It is inherently

"We have to allow Its (the Soul's) Perfection. 'Be Perfect as your Father in Heaven is' - that's what is meant; not 'don't make any mistakes! don't have any anger! don't have any emotions!' - that's not what was said or meant. But be Perfect: choosing to remember that you are the Spirit, that you are the Lord, God."

--From "What Do I Have To Do To Be Perfect, Lord?"

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"Let me end by suggesting that you do that in your own life. And you can start by a whole range of things. The next time you have a negative emotion - fine - but choose to focus away the next time

and not to keep the energy there. Find out about what this guy is talking about - the Path of Soul Transcendence and the Sound Current. What is That? Find out about your Liberation. Find out about being Free. I didn't say getting Free because that's probably what it looks like to you. It looks to you like you would be getting Free. I'm saying being Free and that's because you're already Free and you've forgotten. Walking this Path is remembering that you are Free and coming into your Freedom and all you have to do is allow and accept it and do nothing."

## CASESTUDY

In sitting with the Talk "What Do I Have To Do To Be Perfect, Lord," I saw that the answer is absolutely nothing. "No thing," as My Beloved Teacher says. I saw that the key to doing nothing is choice. I am at choice to work situations in my life in one of two ways: A) From the Inside out, which is the Perfection of my Spiritual Progression; all I do is drop back inside mySelf; choose to let go of my "stuff;" choose to turn everything over to God and allow mySelf to be led by Him; or B) From the outside (or false self) which is the choice to be driven and to keep my karmic patterns going.

As My Teacher says: "The Perfection consists of letting go of the false self by turning towards the Light within us ... through exercising the power of choice. Really through Loving God. And we exercise that choice."

Here's an example: I recently had a potential client ask me to do something the outside world considers "normal" but that I was uncomfortable doing. From point B) I felt desperate for money. From A) I stayed in my Integrity and I knew I was fine with them and without them; I knew Everything is God; I knew Everything is supplied; and I knew that if I needed support to call a fellow Initiate, which I did. I chose to stay in Integrity no matter what was happening in the outside world.

I also began by calling in the Light of the Most High like this: "Lord, God, send me your Light!"; I asked God for what I want: "Lord, God, for the Highest Good please send me the \$1500 I want in the form of a client or in any way You choose; and I told mySelf to let it go. The worry came back again; I let it go again by asking the Lord, God to take it and telling mySelf "(my name) it's okay to let it go." I told my basic selves (a part of the false self) that we have everything we need right here, right now.

## TRYTHIS...

"Let me end by suggesting that you do that in your own life. And you can start by a whole range of things. The next time you have a negative emotion - fine - but choose to focus away the next time and not to keep the energy there.

Find out about what this guy is talking about - the Path of Soul Transcendence and the

I see now that I could have done a better job of releasing negativity and staying Present by practicing Giraffe Consciousness by focusing on the Godpoint within; of directing my basic selves to stay Present. I need to do a better job of directing my basics into the action by telling them that I need their cooperation to stay focused on what I want to do now (which is simply moving forward rather than sitting in worry); and of reassuring them that "we're fine and safe and okay now;" of updating mySelf that we have a consulting business, we have new clients coming in and I really appreciate everything they've been doing.

As I write this, I'm farther along in the process and better able to let mySelf be led; for instance, I'm not "pursuing" (i.e., driving mySelf outwardly) to sign new clients. Rather, I'm allowing, which means that, as My Teacher says, "I'm still doing things outwardly but not driven, thus, manipulating." I no longer exert enormous amounts of energy attending trade shows and making calls and jumping ahead of mySelf and turning it into a "big hairy deal," as one fellow Initiate likes to say. I'm led to one step and then God sends me my next step.

Key in this growth is working with My Teacher through private sessions and Open Hour; attending Meditations and practicing Meditation on the Path of Soul Transcendence at home; attending regular Meditations for Health and Well-Being; the Sunday Program and the Three To Be Free Classes: Communication; Relationships; Fear, Hurt, Pain And Other Attachments.

And most of all, I exercise that choice to turn towards the Light, to allow God's Grace and to Receive. As Dr. Lane said in the Talk, "...be Perfect: choosing to remember that you are Spirit, that you are the Lord, God." The result (and leave it to God!) is one easy time of it.

Sound Current. What is That? Find out about your Liberation. Find out about being Free."

To find out about being Free, please call or visit your nearest Center; request a free copy of "The Blue Book" by calling or writing your nearest Center (please see our Newsletter, SpiritCentral on page 2 at upper left); and request Initiation into the Sound Current (see #4 at right).

## 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. Say inside yourSelf, "Lord, God for the Highest Good take any anger, fear, hurt, pain, negativity that I may have!"

3. Tell yourSelf, "(your name) it's okay to let it go!"

4. To focus into your Perfection as the Spirit you are call any Regional Center and request the priceless Gift of 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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