

# Tools For Living Free

NUMBER 72 IN THIS ONGOING EDUCATIONAL SERIES

## FAMILY “PROBLEMS”: WHY, WHAT AND HOW

excerpts from the Satsang, “Family ‘Problems’: Why, What And How” (TAPE/CD A97)

“I want to talk about so-called family ‘problems.’ I say so-called because we call them ‘problems.’ And I’d like to think of them as opportunities or as solutions, all right? And the first thing we need to take a look at is: take a look at it from the perspective of Spirit, OK? And we know that we as human beings get into trouble when we identify ourSelves in time and space. In other words, if we think we’re this race, this sex, this person, this income, this ethnic group, this religion, etc., we run into trouble. We only have proper identification when we identify with Spirit, with knowing ourSelves as Spirit. Otherwise, we tend to identify with all the things that I mentioned, plus emotions and thoughts, and we think they’re real. If we know that we’re Spirit, we have a whole different perspective and we need to take a look at families and ‘family problems’ that everyone has and encounters from that perspective - that we *are* Spirit.

“And that means that we’re responsible, OK, because one of the Teachings is: we’re responsible for our creations and we have created the family that we are born into, OK? It doesn’t just happen because your biological mother and father got together one night and did a little hootchy-kootchy you know, and bingo! You’re born. And they’ve done all these things to you and then you spend thirty years in therapy talking about all the things that were ‘done to you;’ OK? So, you’re not a victim. This is key. You’re not a victim of the family. You’ve *chosen* to be born into that family; OK? Why? Once again we go into *proper identification*.

“Why have we chosen that family? For our upliftment and our growth; there’s something in it for us to be a part of that family. It’s very important, okay, and you may be sitting around wondering, ‘Well, how can this guy say that? My family was so dysfunctional.’... How could it be for my growth?” Well, easily; it’s all designed for that. ...”

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“...There’s some incredible karmic learning going on and it’s incredible only to the mind because the mind doesn’t want to believe that. But no matter how dysfunctional a family is, whether they plot against you, scheme against you, do all sorts of things, don’t recognize you, back-talk you, ‘cheat’ you out of your inheritance, ‘cheat’ you out of this, ‘cheat’ you out of that - whatever the scenario is there’s something in it. And you can bet that you’re not being cheated and that there’s a karmic lesson; OK? And, perhaps, in a rare opportunity you know - there’s all sorts of scenarios - *you* may be giving them the opportunity by their doing that to lift and grow and move through a lot of karma. They’re balancing this lifetime and you’ve allowed yourSelf to be used that way. And that’s a possibility too, OK? So, what I’m saying here folks is you can’t take anything personally and you can’t walk around this life blaming; OK?”

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“...There is something in it for us to have that family we have; OK? Sometimes it’s all about power and control; sometimes it’s all about learning to love yourSelf; sometimes it’s learning to assert yourSelf; sometimes it’s learning to be patient; sometimes it’s learning Self-respect; sometimes it’s learning to have courage, the courage to be different, you know?

“In many families there’s always the phenomenon of ‘crabs in a barrel’ — that as soon as you grow and have values other than that of the family’s values, or as you lift and get to surpass the family all the ‘crabs in that barrel’ — they try to pull you back down into the barrel; OK? So that’s the basis for a lot of family problems: so-called ‘tradition.’ Families really can’t stand much differentiation, you know; there’s a socialization process going on — you have to be just like them; OK? And when Jesus the Christ said, ‘Leave your families and follow me! come follow me! He wasn’t talking about what a lot of cults do these days, you know? They arbitrarily say you can’t have any contact with your family. He wasn’t talking about it from that perspective. What He was saying was that most families, like most Souls, are on a downward spiral; OK? ‘Follow Me!’ — you follow the Christed Consciousness. You’re on an upward spiral — going Home to God. And yeah, you have to leave them; OK?”

“And we spend so much time inside ourSelves and also externally, but primarily inside ourSelves demanding against family. And it has a lot to do with — ‘They should have treated me this way; they should have acted this way; they should have done this;’ OK? But family - just like other people - is not in this world to do what we want. They’re not in this world to live up to our expectations and we’re not in this world to live up to their expectations; OK? And I see so many people — and I’m talking about people in their 40’s, 50’s, 60’s, 70’s — who are still living out their parents’ expectation. ‘Oh! I never wanted to be a doctor. I didn’t want to be a lawyer. I didn’t want to do this. I never wanted to go to church all the time.’ Why the hell are you doing it? ‘Well, because I know that’s what I’m supposed to do.’ ‘Yeah, but you’re 65 years old; get a life of your own!’ You know it never dawns on them; they have no right. But we do have this right; OK? We have an incredible right called: *responsibility*; the right of responsibility to be That Which We Are; OK, which is to know ourSelves as Spirit and we need to follow the Christed Consciousness. And if it means leaving our family, we leave our family. And we need to know that the Spiritual Family is a lot closer and a lot dearer and our *true family* than the one of flesh and blood.”

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“And the other thing that I found helpful is: just to do an honest inventory of what do I want from them, OK? Because as long as I am in that place of wanting and

“... See, and so much of the hurt that we have comes from an expectation and ‘this was done to me’ and ‘this was done to me.’ But maybe you need to lay your whole foundation of being not on the family, but upon Spirit and upon God and if you truly make God the foundation - well then you’re free. ...”

--From the Satsang, “Family ‘Problems’: Why, What And How” (TAPE/CD A97)

demanding against them I'm involved with them and I'm still harboring them inside of me; OK? But if I can give up any and all expectations – hey! and they are just as they are. And if, somehow, you can find a way inside yourSelf to make family — and I don't mean this negatively — not as important to you. In other words, everything they say isn't going to be the be-all and the end-all, you know? Everything they say isn't the Gospel Truth – the God's honest truth, you know?..."

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"What we need to do is: that which we're demanding from our family we have to learn to give it to ourSelves. And we need to get free that way because that's our nature and that's who we are. And God

## CASE STUDY

As I sat with the Talk "Family 'Problems': Why, What And How," I was starring in a family "drama" of my own creation. This allowed me to be involved with my family and not move on with my life.

What I learned from this important Talk is that I am free and that all I need to do is acknowledge this and use releasing techniques that I've been given by My Teacher to reinforce my freedom. Chief among these Tools is calling in the Light of the Most High by saying "Lord, God, send me Your Light!"; placing the situation in the Light for the Highest Good; and then, telling mySelf it's okay to let it go! Whenever fear/anger/hurt related to this "drama" comes up, I also call in the Light of the Most High; ask God for the Highest Good to take any negativity; and then I tell mySelf it's okay to let it go!

Another important and beautiful releasing Tool is the Meditation for Health and Well-Being CD/Tape. In just 20 minutes a day I was able to see how powerful I am - not a victim of this so-called "drama" or some "dis-ease." Based on what I had learned on the CD, I exercised my power to co-create Health as I went through the day by continuing to release anything I'm holding against family (really, mySelf!) I did this by following My Teacher's instructions on the CD: Calling in the Light of the most High like this: "Lord, God send me Your Light!"; and then asking God for the Highest Good to turn on the Faucet of the Light of the Most High and to fill my body, especially those spaces where my thoughts and feelings were; then I asked the Lord, God to take anything that is not of Health and I tell mySelf it's okay to let it go.

The Forgiveness Video Tape from Series I of "Understanding The Spirit You Are" is another pow-

## TRY THIS...

"So, in conclusion, what I'd like to do is: Call in the Light and I'd like you to think of either a family member or family or however many that have ever hurt you or harmed you or anything like that; I'd like you to just think of them – and I'll call in the Light and do the process accordingly. So, 'Lord, God send us Your Light! We put this timetogether into Your Light for the Highest Good.' Now inside yourSelf just say the name or names of family members who've 'hurt' you. And 'Lord, God, move me into forgiveness! take anything and all that I hold against these people from me!' TellyourSelf it's OK to let it go and forgive yourSelf

provided the family to help you do that, you know? You know a lot of times I hear 'Oh! this family looks so great!'. And, yeah, it might be a loving and a stable and a wonderful family, but wait until some member of that family tries to move on in his or her life, tries to differentiate from it. Watch out!

"So you don't want to get caught anywhere and being free *is* being free. And it has to do with knowing you're Spirit; giving up your expectations; knowing that everything here is for our Spiritual growth and our learning and moving on and practicing forgiveness if you have to. That may very well be the key for a lot of you: practice forgiveness. And we know from the Teachings that forgiveness is for giving — for giving to ourSelves – Spirit. And once we move into forgiveness then we are well on our way."

erful releasing Tool that helped me see that there's nothing outside; that no one is "doing anything to me"; and that freedom is about freeing mySelf from the bondage I've created (up until now) inside mySelf. In this case, I practiced this "for-giving" by calling in the Light of the Most High and forgiving mySelf for judging mySelf and/or family members and then telling mySelf to let it go. This freedom opened the door to choice - my choice to continue these relationship(s), change them or choose to drop them and the choice to move on with my life.

Another important releaser was and is talking to my basic selves, the part of me that keeps my habitual patterns going (family is a beautiful opportunity to "get free inside mySelf") - especially giving them updates that we're no longer living at home and that we're free; and also giving them the direction they need to keep moving forward vs. getting "stuck" obsessing about this "drama."

By following the instruction laid out in the Talk (and it really is Spiritual Instruction), I was able to be objective in what otherwise seemed like an impossible situation in which to do so; and I saw that practicing this neutrality means choosing to drop back inside mySelf and keep my focus at God; and that all I have to do is allow and God sends me my next step(s).

And, finally, I saw, too, the most important Tool of all: I need to constantly practice Eternal Vigilance *moment- to-moment* in order to stay Present - by focusing on the Godpoint within. From here, I come from a Loving Heart, which is the only "soludio."

I also want to thank My Beloved Teacher for His Love. If you do have a "situation" going, please do give yourSelf the Gift of a Tool. You may also wish to give yourSelf the extra Gift of an Open Hour and/or a private session with Dr. Lane.

for having judged yourSelf for your judgments against these people or because of anything they may have done. OK? And Thank you Lord, God!

Some of you may want to do this process once a day or twice a day or as often as you feel you need it. Because, you see, so long as we hold anything against anybody we're in bondage. Isn't it funny that someone (who's done you wrong) - what you think is wrong - you're going to be in bondage to them? So families are an opportunity and they're a gift. Take the gift to be free. Use them to help you be free. God gave you them for a purpose; use them to be free!"

## 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 bring forward any expectations or judgments you may have against your family.

3. Say inside yourSelf, "Lord, God, for the Highest Good take any hurt, pain, resentment that I may have in relation to my family!"

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

5. To know yourSelf as the Spirit you *are* and as a member of your *True Family* - 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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