

Tools For Living Free

NUMBER 83 IN THIS ONGOING EDUCATIONAL SERIES

“Where Are You Going, My Little One, Little One ...?”

excerpts from Satsang “Where Are You Running? Why Are You Running? What Happens If You Trip And Fall?” (TAPE/CD #A79)

“I thought I’d do something unusual for me. I thought I would answer the questions with a one- or two-word answer. OK? And I will take them as they come. And that is ‘Where are you running?’ And the answer is ‘no place’ or ‘in place,’ whatever you prefer. OK? Not running anywhere. OK? ‘Why are you running?’ ‘Fear.’ It’s all fear-based. ‘What happens if you trip and fall?’ ‘Nothing.’ You reincarnate. So? And let me just put it into a perspective that there’s something in the human Consciousness, there’s something in us, that loves to protect itself from what it knows to be true.”

“And we run because we’re afraid. And the Journey of the Soul - and this is important - is from fear to Loving God. And if you take a look at your life, it’s basically fear-based - up until now. You know, ‘Oh my gosh! I’m afraid I’m not going to have enough money. I’m not going to get the girl. I’m not going to get the job, I’m not going to get dot, dot, dot, dot, dot, dot.’ OK? And there are all kinds of downsteppings or markings that the Consciousness has of translating something that is essential for It. And that false consciousness has this guiding light, as it were, of ‘God’s not going to give me anything. I’m not going to get anything; I’m not supplied; I’m not worthy.’ See? That’s the big ally of the false self: ‘I’m not worthy.’ See? And with every emotion we have a thought. It couples up that way. So, if you have the emotion of ‘I’m not worthy’ you have to have the thought and what you will have is doubt, see? So you doubt that God loves you and cares because hey! how can you allow yourself to know that God loves you and that you’re cared about when you don’t feel worthy? There’s a big disconnect, see?”

“So, to keep up with the logic - however crazy that logic is - of ‘I’m not good enough,’ you have the thought ‘Well, God doesn’t care.’ See? So, I couldn’t be worthy, see? That just proves it, you know? And why are we doing this? Because we’re afraid of the opposite. We’re afraid of the Truth that God *does* Love us and does care. And the Journey of the Soul has to do with going from fear of God into the Joy of knowing yourself as Spirit, knowing God. And knowing God *directly*. ...”

“And everybody is so afraid of letting go and letting the Spirit overcome you. And I don’t mean

you’ve got to go dancing around and, you know, doing all these leaping things or go put poisonous snakes around you and show how, you know, ‘spiritual’ you all are. No, that’s stupid, you know? But being Spiritual does mean what? Allowing. See, this is crucial. Allowing God’s Grace to operate. Allowing yourself to receive the Spirit that You Are. Allowing yourself to put away the negativity for only a moment. Be present and see what happens in that moment, see?”

“But you have to allow It, you see? And the Path that I teach, The Path of Soul Transcendence - It’s really a Surrender Path. And what are we surrendering but our agenda, our egos, etc.? And we allow the Spirit. We allow God’s Grace to operate. And through the Grace, through the Initiatory process, what happens is all those creations - they’re handled and they get to be undone. And the separation you’ve created between yourself and the Spirit You Are is taken from you, OK? But the resolve always has to be on what? Uniting with the Spirit You Are. Coming to know yourself as Spirit, see?”

“But the main Teachings that I bring forward really have to do with that we *are* Self-contained. In other words, the Self, the Spirit, the Soul, is *within* us. And that we are responsible to come to know that. You’re responsible and, no matter where you run to, you’re not going to get away from that; for the simple Truth is that God lives in You as You or as the Spirit in You and can’t be fooled, won’t be mocked. It just won’t be mocked.

“And, eventually, It’s going to fulfill Itself. And why do we keep running? Because we’re so afraid. The ego, the false self, is so afraid that somehow we’re going to give up something. Well, you are going to give up something. You’re going to give up your negativity, your hurt, your pain, your separation; even death itself goes. That gets to be the grand illusion. That’s one of the ego’s great creations: death. OK? And we keep running and running and running out of this fear. We’re not going to get away. Eventually, since all Souls go Home to God, you’re going to have to do It! ‘What happens if I don’t do It and I keep going, going, going, going and falling?’ ‘So? Nothing happens. You just reincarnate. You reincarnate.’ God’s patient. He Loves us, He cares about His children. He wants us Home with Him. He’s patient. He’s very patient, you see?”

“...what I have seen is the Love that is here for us and the Love that we *are*. And we’re not these isolated units living in this world divorced from anything. We’re not cut off from the Kingdom. We’re not disconnected from God, you see? And that’s why we almost invariably say (Dr. Lane looks up) like ‘He’s up there.’ Oh, yeah? No, well, He’s down here in you... And as long as you keep looking up, guess what? You’re playing the game. You’re running away from the the Truth of what you know - that God is *inside* of You and lives in You as You. And that we’re responsible.”

From the Satsang “Where Are You Running? Why Are You Running? What Happens If You Trip And Fall?” (TAPE/CD #A79)

“See, we have it backwards - that God’s not here for us. But, in truth, we’re not there for God. And all we have to do is open our Consciousness to that and start the Journey. Start It and keep progressing, keep progressing, keep allowing, even if you don’t know what’s going to happen, even if you don’t have any idea. ...”

“And I’ll just simply end by saying God created us Free. And we’re afraid of that simple fact. And so we’ve enslaved ourSelves. And I’m here to tell you that there’s a Way to allow yourSelf to remember that you *are* Free and to live accordingly. And God’s Mercy makes that known to us - that He’s given us a Way to be Free and to start to remember that we are Spirit. And, in His Mercy and Kindness, He has let us know that there is a way to remember that we are Free and that we can remember That.”

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. Surrender any fear that you may have by saying inside yourSelf, “Lord, God, for the Highest Good, take any fear that I may have and anything that I am allowing to stand between us!”
3. Tell yourSelf, “it’s okay to let it go!”
4. Know that you are worthy and that you are loved by calling in the Light of the Most High (as in step #1); attending Meditation of the Light of the Most High; and by taking Classes through the Seminary Division of CRASS.
5. Contact any Regional Center and request Initiation into the Path of Soul Transcendence.

“Dear Cosmos Tree”

Q. The question “What is your plan?” came up in a recent conversation with my parents. I realized that I don’t really have one. I have a rough idea of the career I’d like to have and the type of income that I’d like to receive, but it is all a few years into the future. In the meantime, it feels as if I am stuck doing work I don’t enjoy in order to pay the bills. How can I allow prosperity, and work I enjoy, now? - A.I.

Dear A.I.: 1. Begin by calling in the Light of the Most High like this: “Lord, God send me Your Light and send This Light to My Teacher!”; 2. Ask God for what you want like this: “Lord, God, for the Highest Good, please [fill in; for instance “send me work I enjoy that pays the bills now”] and tell yourSelf “It’s okay to let it go!”; you can also ask God for clarity and guidance and/or to take anything that stands between you and the Spirit you *are*; 3. Be conscious of how you set things up inside yourSelf; for instance, “It is all a few years into the future” or “in the meantime...” or that work you enjoy can’t possibly mean paying the bills (or what about paying more than “the bills”?); instead, ask God to take these habitual patterns and tell yourSelf that it’s okay to let them go (the power is in surrender!); instead, line up with what you want (see 1 above); Trust and Allow His Love and His Grace to lead you/move you; do this and *moment-to-moment* you will automatically receive your next step(s); know, too, that you may very well be out of your “comfort zone” and be living with what feels like “uncertainty” (it’s just a feeling!); 4. If you’re trying to please your parents (you seem to be “buying” into their insistence that you have “a plan”) and are in any way holding yourSelf back so you can “hang out with them,” ask God to take the pattern from you; know that the only relationship you have is yourSelf/the Spirit you *are*; 5. As for “feeling stuck,” first, make it okay to have the feelings you do have (if you have a judgment/pressure on yourSelf about this or not having “a plan,” etc., ask God to take them per 1 above); if you need to practice acceptance, do that, too, by asking God to take anything that stands between you and accepting your situation (it just is; there is no “charge” on it). Now the good news - there is no “stuck” in Spirit (!) so all you need to do is stay present (see above) and know that you’re fine and okay now; 6. The Wealth is inside and prosperity flows from the Abundance of aligning your Consciousness with God’s; live in Abundance by living at One with Him and experience what Flows from “There”; 7. Finally, if you are an Initiate of the Light of the Most High, be sure to do your Spiritual Practices *exactly* as taught.

To Reinforce Your Learning: 1. Beginner: Read the *Tool For Living Free*, “Creating the Life You Truly Want”; listen to the TAPE “Letting Go, Letting God - Part 2” and TAPE/CD “Relatives & Relationships: Relative To What?: A Participatory Satsang” and TAPE/CD “Family Problems’: Why, What And How”; watch the Video Tape from Series I of “Understanding The Spirit You Are” titled “Abundance Consciousness2. Intermediate: Do The Money Workbook; take “The Money Workbook Class” and the AMO Training “Accepting And Moving On”; call in for Open Hour with Dr. Lane; 3. Advanced: Take Initiation into the Path of Soul Transcendence - the ultimate way to know yourSelf - if you haven’t yet received this Precious Gift.

Dr. Lane adds: Dear A.I. - You have several areas of “concern” about which you’re asking; they all, however, are opportunities to practice being present with the Lord, God Which lives inside of you as you.

The first area seems to be the fact that you DO have a plan but the financial benefits are not immediate and so you dismiss it. You need to give value to it even if there is no monetary flow attached to it now even though society and your family may not value it unless money is associated with it. This is an opportunity to break a planetary predisposition. You may also wish to value the time you had to explore your different interests and to be in gratitude that God provided you with the time and the means to do so.

Your second area of “concern” is that you feel “stuck.” This is just an indication that you are outside of yourSelf and, therefore, trapped in the lower worlds in your Consciousness. The task - it may seem paradoxical to the mind, particularly a western one - is to be present inside yourSelf with Spirit while your body does whatever it does. If you wish to do some other work more in line with your interests, please do so but the real solution is where you place your Consciousness.

This leads to the third area; namely, prosperity. You ask for it now but it doesn’t exist in any other time frame as it is not, what most people believe, only associated with money. According to the Teachings of the Path of Soul Transcendence, prosperity follows naturally from Abundance. Abundance, according to the Teachings, is placing your Consciousness with God and being *entirely* present with This inside of yourSelf.

Use these three areas of “concern,” A.I., to lift into the Spirit you *are* and these “concerns” are dissolved as there are none in Spirit, simply opportunities to grow and lift into Loving God.

Try This

“See, we have it backwards - that God’s not here for us. But, in truth, we’re not there for God. ... OK? So, I want to give you a little bit of homework. I want you just for the next month - once a day - just ask if the predominate thoughts and feelings you’re having are real? Are they really real or did I create them? Not ‘I,’ ‘me,’ but you yourSelf. Did you create them? And it’s not that thoughts and feelings are wrong because they’re not. But they’re creations, though, that separate us from the Spirit We Are.” -- *from the Satsang “Where Are You Running? Why Are You Running? What Happens If You If You Trip And Fall?”*

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 10075

212-828-0464

email:spiritcentral@yahoo.com

website:www.cosmostree.org

Tools for Living Free is published by Soundly, Inc. Any distribution or reproduction of this publication without written permission is prohibited. Copyright 2007, Soundly, Inc., New York, NY