

Tools for Living Free

NO. 1 IN THIS ONGOING EDUCATIONAL SERIES

Using the Tool of Choice

*Excerpts from the Audio TAPE"
Choosing Your Creations Wisely"*

"And when we create, you see, and I'm not talking about an artistic creation or any of that, but I'm talking about thought, word, deed, feeling. I'm not just talking about something that quickly passes through. I'm talking about the exercise of our choice, and of our staying there. And persisting in it, and we begin to feed it.

Let me give you an example. About twenty minutes ago, I was sitting in Meditation, I happened to shift my body, and smacked right into this mic{rophone}. Now that hurt. And I think it's pretty funny, but it also hurt. And I had a choice; I had a choice to stay with being annoyed, being in the anger and wondering, 'how come I wasn't more aware of my surroundings?' Okay, this is a new setup but I should have been more aware of it; and to go on and on or I could have chosen to go back into Meditation. And that's what I chose. I chose to drop back into the Spirit that I am. That was a choice. Now notice some of the components here: there was something that happened, just an objective thing. There was choice involved; there was the opportunity to lift; it was an opportunity. So that's how it works: there was choice, there was an opportunity to lift, there was an opportunity to grow. And if I had persisted in the anger and the negativity, I would have removed myself from a field of action called God.

Let me extrapolate from this and tell you there is no extrapolation. This is not something once in time and space, but this goes on all the time. So, if we have an experience and we get angry, we have a choice."

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"I was working with someone the other day, this person was telling me about her experiences, etc. and some things didn't work out. Even though it was weeks and weeks ago the consciousness kept returning to what it had missed, what it had got deprived of, what it got cheated out of, how come it didn't take all these opportunities. There was anger, there was resentment, there was hurt. But who created this? It's where we allow the consciousness to go. We're kind of trained in this world that we have this thing called our thoughts and our feelings and they come upon us. And they are outside of us and we can't direct them. [A siren is heard outside.] But what we can do with that [siren] sound is we can decide how we are going to respond to it. We can decide are we going to allow that to drag us out of being present? Or are we going to move beyond it? It's our choice. It's our choice, you see? And that's kind of what happens when we decide to lift beyond it — you'll discover that the negativity really isn't there."

—continued—

"... part of creating wisely is accepting. Just accept, without judgement..Another thing about creating positively is you need to exercise eternal vigilance, you've got to be the policeman. You're the one who's going to direct your focus."

"And the gift of choosing your creations really wisely is you get to be with God, you get to be with yourself, you get to enjoy yourself, you get real inner peace. I can show you how to do this and I can talk about it but, once again, choice enters it and individual responsibility enters it, and you need to take the learning and give it to yourself and be wise enough to do that."

"And God in His kindness gave us free will. We have choice. We have choice."

All quotes in this edition are taken from the Audio TAPE "Choosing Your Creations Wisely."

"There was choice, there was an opportunity to lift, there was an opportunity to grow."

"We need to awaken those parts of ourselves that are Spirit. When we create positively, what we do is we enforce that. And creating positively means exercising your choice, your individual responsibility and choosing to drop the negativity. Choosing to be present with yourself. Because that's where God is, it's in here folks. Maybe that's the biggest joke of all. God's got a great sense of humor. It's in us, and that makes us the most powerful and incredible creatures and beings alive. Co-creators with The Lord, God. You see, God lives

inside of us and we don't need places of worship, we don't need clergy, we don't need anything. God gave us life, that's all we need. And we can use it to go inside."

"What you need to do is exercise your vigilance to focus away from that, to choose, to choose to drop the negative focus, and to lift and grow and move into The Light that you are.

And the third thing that's really important in creating positively is that's who and what you are, it's acknowledgment of that. And you are worthy of that creation, you're entirely worthy of that."

Try This

Using Your Power of Choice

If you are feeling anxiety or anger or confusion, stop. Take a moment. Call in the Light of the Most High by saying, "Lord, God send me Your Light." Ask the Lord, God to take whatever negative

feelings you may be having and tell yourself, "It's okay to let it go."— you have made a choice to stop the negativity. [Taken from "What is God's Will For You?" a Satsang by Dr. Roger Lane]

Case Study

"I asked God to help me."

During the Satsang "What is God's Will For You?" Dr. Lane asked, "what are we doing when we feel the best?" A student of the Path of Soul Transcendence answered this way:

"I feel best when I am being present. I feel best when I love myself enough to be entirely present in whatever I'm doing. In being present I am present with the Presence of God. Just being, without judgement, whether I am washing the

dishes or listening to a lecture I am entirely present and it's wonderful." She went on to say, "It's all about choice. I really wanted to be present so I asked God to help me to be present always. But then I really had to go ahead and choose to be present at each moment. If I feel myself tuning out I just bring myself back. It's really just a constant choice. And I get much more out of everything I'm doing."

Suggestions for further study

"Choosing Your Creations Wisely" -- Audio TAPE

"Living Naturally" -- Audio TAPE

TAPES and publications for further study are available from Cosmos Tree, Inc.

Step-by-Step

Using Your Power of Choice

1. Call in The Light: "Lord, God, send me Your Light."
2. Acknowledge you are Spirit and that you are worthy. Tell yourself, "I am worthy of God's Love; I am God's Love."
3. Be conscious of your focus.
4. Choose to drop the negative focus. Ask God to take it away. Tell yourself, "It's okay [your name] to let it go."
5. Accept responsibility of creating wisely and positively. Choose to create positively and return to the positive focus as necessary.
6. Allow the Grace of The Lord, God to be with you. Say to yourself, "Lord, God, lift from me all that prevents me from allowing Your Grace to be upon me" and tell yourself "[your name] it's okay to receive God's Grace."
7. You are using your power of choice by choosing positively. You are hanging out with God!

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