

Tools For Living Free

NUMBER 100 IN THIS ONGOING EDUCATIONAL SERIES

Questions, Questions. Looking For Answers?

Excerpts from the Satsang "Where Do You Go To Find The Answers To All Your Questions" (TAPE/CD #A19)

"I want to talk a little bit about Where Do You Go To Find The Answers To All Your Questions?..."

"So this is really key: if you're walking around with a lot of questions, good for you and bravo! That means you're smart and you're active. But you ain't going to find the answers out there. You're going to find them inside yourSelf.

"...We go out there and we attempt to know and by the very nature or the reality out there we, at best, by the Heisenburg Principle in physics, we know that you can only approximate what you're seeing and that the very thing that you're trying to see-the fact that you are observing it - alters that thing. So you can't see it clearly. Now that's just a scientific way of saying a Spiritual Truth. The Spiritual Truth is that when you come from the world of the senses, the lower worlds, you perceive things through the senses. Because this is an illusionary field or a karmic field you're in illusion: you won't see clearly, you won't know accurately and clearly. The only way to know is as the True Teachings teach us, which is to go 'up' into the Spirit, into the Soul Body and know *directly* and let the Soul see, as it were, and know *directly*. That's how we come into the Knowing."

"... The Teachings teach us how to create positively in the Spirit. We go on 'up and in' and we create Adoration and Love and Peace inside. And we create and know the Oneness of Being at the point of our Beginning with the Lord, God. That's the Christed Consciousness."

"... You are the Light of the Most High: identify with That, know That! Live in the Loving Heart!" Those Initiates of the Sound Current know what it means to live in the Loving Heart; it's not a figure of speech, it's not just nice words; it's not poetry; it's not something I'm saying, but it's a reality. We live in that 'Place', and from that 'Place' we go on out into the world.

"... We're in this world, we're not of it.

If you have questions, honest questions, don't go out into a book, into somebody's words or anything else to get the answer-unless it's just information-but turn to the Lord, God. Say 'Lord, God, help me understand this! Help me know what it means!'

"Even in the Satsang tonight, if you don't know what I'm talking about, have the wit to say, 'Lord, God, I heard my Teacher say that we live in Your Heart, what does that mean? Give me that experience!' Pray for the understanding - that's how you come to know what is real and what's so and you have a *Direct Knowing*. It's a *Direct Experience*. We come to the Lord, God and to know ourSelves, not as doctrine, not as text, not because I'm sitting here saying it, but because we have the experiences of the Lord, God revealing Himself to us. So we know directly, it's a Direct Experience.

"We go to church and we pray. The church is the Soul. We pray, we do the Meditation practice that's given to us at the time of Initiation and we enter into the Kingdom and we know that if we walk the Path of Soul Transcendence, the Promise that was given to us is fulfilled and that is the Promise of Eternal Life. Eternal Life means that we've given up our bondage here. We have chosen to surrender and be at One with the Lord, God and give up all our karmic patterns and have all our karma taken from us. We going Home to God as a byproduct of our loving Him. Because that's where we were in the Beginning before there was a Beginning and that's where we're 'winding up.'

"There's something you need to know about the mind: it loves to keep busy and it loves to make us think that it's in control and (that) it's got sovereignty over us. One of the ways it has of doing that is to create doubt, to have us ask a lot of questions over and over and over again because the questioning prohibits the moving on the question. See, as long as we're circling around the question we haven't cleared the space in us to allow the answer to be known. Notice, I said to allow the answer to be known: I didn't say to allow the answer to be brought to us because

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*Excerpts from the Satsang
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Your Questions"
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it's always there. We just need the attunement within."

"It's real interesting if you go out into the world and you have your Identity out there—it's set up that if you are successful at it, you're going to be miserable because eventually you reach the point where it's not it and then you don't know what to do and where to go. If it's not established you keep going out there and out there and out there to establish it and you're miserable in that process.

"Somewhere inside of us we have the remembrance, however dim, of what we truly are, our Being as a Soul with the Lord, God. We have that remembrance. Part of us always goes and tries to connect to that which it thinks will make it happen. So people will use power; they'll use prestige; they will use sex; they will use drugs; they will use alcohol to have that 'connection' that thrill; whatever it is. All the time they're missing it, the 'connection' is within. In reality, there's only one answer, and that's the Lord, God. There's only one question, 'How much do I love the Lord, God?'

Two things fulfill the Law: to love God with all your heart, all your Soul, and all your might and to love your neighbor as yourSelf. Now, if you love God with all your heart and all your Soul and all your might, you live in Inner Space. You live in that space with the Lord, God. If you know yourSelf as that, then you'll see everything from that place. So everybody else and everything else is of the Lord, God and is the Spirit and you won't hurt a fly. And you won't move against anybody and you can't move against anybody or anything if you're just moving *with* the Lord, God.

"...Peace has to do with loving the Lord, God and knowing yourSelf as the Spirit. Then you have True Peace within yourSelf and from that place you live and that's really the Peace that passeth all understanding. That's what is given to us and that's where we need to move to and live from.

"So, if you have a lot of questions, I think that's great. Now use those questions to lift and grow into the answer, which is the Lord, God. It's really as simple as 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, "For the Highest Good, Lord, God send me Your Light!"
2. If you find yourSelf with a lot of questions, pray for the "answer(s)" by saying, "For the Highest Good, Lord, God, please send me clarity and guidance on [fill in your question(s)]." Then be sure to let it go!!! And to let the response come in perfect timing.
3. Tell yourSelf, "It's okay to let it go!"
4. Ask God for the answers that you seek by saying, "For the Highest Good, Lord, God raise me to the Truth of Spirit to have the understanding and give me guidance and clarity regarding _____!"
5. Find the answers that you are *truly* seeking 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:

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The Joy Of Being Of Service

We had a fantastic turn out for the Meditation For Health And Well-Being (at the Santa Monica Senior Center.) The first day of our weekly program had a room bustling with eleven joyful participants from the Senior Center. I was deeply pleased to be the host for this Meditation and had a wave of gratitude that I was privileged to be of Service in this way. As I introduced myself to each of the participants my appreciation grew and I had a direct experience of knowing that we are all One. I felt genuine, almost overwhelming, Love for each of these people. And we had just met! Amazingly, the feeling seemed to be mutual and the room was filled with the Spirit, which is Love, before we even started the Meditation.

We proceeded with the Meditation For Health And Well-Being and our group was calm and peaceful. I had a phenomenal experience during the Meditation where I could sense that the participants really 'got it' and went deep inside themSelves. It transformed the whole space and was palpable in the air! At the close of the Meditation and, as we came back into the room, there were warm, bright faces and Light-filled smiles all around. We talked about our experiences and the participants shared their appreciation of the process. It was gratifying for me to hear how much they had allowed the Meditation to permeate them and surrender to the Spirit. I was so pleased that I felt like I was floating in Love!

As we closed the afternoon Meditation, I was blessed to give and receive many heart-felt hugs with my new friends. They were excited that I am returning each week on Thursdays for this Meditation and promised to come back. I noticed that every *Tool For Living Free* that I put on the table was gone - not one remained. Also, the flyers about our other Los Angeles events were picked up by the participants and taken home. This was another beautiful affirmation of how receptive and thirsty they were for the Meditation and how blessed I am to bring this to them.

-Rebecca Underwood, L.A. Area Representative