

Tools For Living Free

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The Only Reality

Excerpts from the Satsang "The 'Democratization' Of Consciousness Part II: Are You Exercising Your Right To Vote?" (TAPE/CD #A83)

"... You're protected by God. You know God will guard your comings and goings. We're talking about the Soul's entering and leaving from the Upper Part Of The Third Eye, OK? That's the Doorpost. It's not about a *mezuzah*, folks. Of course, it got physicalized into some object. So, we're protected. We're protected, you know? And we're provided for. 'The Lord is my Shepherd. I shall not want.' That means we're provided for. We have no wants. We're not in wants. We're not in lack, OK?

"But many of us walk around voting for lack, for limitation, etc., etc., OK? And people being real ingenious, I've heard many people ask me, 'Well, does that mean that we can't want anything?' No, that's not what's being said. Sure, you can want things but be neutral about them, too. ... I'm okay with it and I'm okay without it, but I do have a preference, OK?

"But I have to exercise the vote. I have to make the choice that, 'Yeah, I'm okay.' And, you know, so many people in relationships (believe), 'Oh, God, I've got to have this one. I'm all dependent on this one. I've got [to] have this relationship. And I'm all dependent on this one for my survival.' And you're just voting, see? And, then, you also try to control that person. And you never deal with where you're caught inside, see? But I've never seen hurt and I've never seen pain where there is no attachment. So, wherever we have hurt and wherever we have pain - there's attachment; there's attachment.

"And, see, we can always vote to clear it, to have it cleared, you know? And if you're walking this Path, you have lots of Tools. You have choice. You can always say, 'Hey, Lord, God, free me from this hurt and pain!' And tell yourSelf to let go of it. And then be open, see? But a lot of us, also, we'll vote on how God should do this, OK? Or, 'I'm going to experience God. Oh, I didn't experience God in the way I thought I should experience Him. Oh, I didn't experience God.' Well, maybe you needed to experience just the fact that you had created that separation to get a sense of your own power. Maybe you needed to learn a little bit more responsibility. That's all a part of God, you know? And because God lives in us as us, guess what? There's no situation and there's no place where we can be that God isn't.

"And when we drop the body, well, you're going to be with God. When you're in the body you're with God, you know? You're going to be with God on the level that you're awakened to. But you're going to be with God on that level. So, there's always God and there's only God. That's the only real thing. And making the choice and exercising the vote means that you vote for the only reality there is, OK?

"And, hence, those of you who are brilliant, or else deeply attuned to my sense of humor, or else know the vastness of my empty mind, will now understand why I said, 'Oh, I may want to go home and watch a reality show.' OK. Because the

only reality is - see, I can tell by (Student's name) frown that she's not yet there but she's getting there, OK - that the only reality is God. That that's the reality show. And that's how we vote, OK? But God gave us free will. We have free will. We have free will. At *each and every moment*, we have free will, OK? And we live in the world of form.

"And there's a lot of stuff on this menu, you know. It's very confusing here, kind of. We can get very confused in this world. It's like going to a restaurant and there're 700 things to order and we don't know which one. And we can get all caught up in this world of form and in the form and what to decide, OK?

"But behind this world of form is only one thing and that's the Spirit, that's God that resides in you, see? And you need to live a life that just acknowledges, 'Hey, wait a second! I'm responsible. This is a democratic process. It's a very democratic process. My Progression is based on my focus, my attunement, my efforts, all concomitant with God's Grace. It's not based on anything that the world values. It's not going to be based on the house I live in or don't live in; how much money I have or don't have; the color of my skin; the color of somebody else's skin; what I do for a living; what I don't do for a living.' It's not going to be based on anything other than the simple evaluation of how much did that Soul Love the Lord, God? And how much did It grow in Love and Light? And did that Soul walk the Path as prescribed?

"And you don't even have to ask the last question because it's inherent in the other two. And we know that, Spiritually, if you do x, y and z then this result happens. This is the Science of this Path. No matter how many times you do it you get the same result, OK? Alright. And because we've been given free will we can choose. We can choose to have that result or we can choose into the opposition of it. Eventually, we're all going to finish. Eventually, we're all going Home. Eventually, we're all going to come to know ourSelves as Spirit, as God, and realize we are Spirit and that God lives in us as us. Why not do it now, you see?

"And the vote hastens the process. The vote hastens the process because the more you vote into the Spirit and choose into the Spirit, OK, the quicker you evolve as a Soul. ..."

"The greatest good that you can do for others, OK - it's not good deeds - but it's to follow your Progression and to work on your Progression, OK, because what happens as Souls leave this karmic field? It builds up, as it were, Spiritual Energy Fields, Spiritual Force fields, OK? And it makes it easier for Souls to follow. Or, to put it another way, the less Souls choosing into the negativity, the karma, then the less resistance there is for Souls to overcome that. The less solid that is, OK? In other words, it's like building a wall, OK? I'm going to create separation. The wall goes higher, higher and higher. Well, it makes it more difficult for Souls to

"And with the Democratization of Consciousness It's [the Christed Consciousness] no longer centered in a particular Consciousness of one person, that one person has. Alright. But everyone has that Consciousness within it, OK. And It lays dormant and It needs to be awakened. But the good news is that everyone has It. And the key word in Part I is 'responsibility'. Everyone has the responsibility to activate that Christed Consciousness, that Oneness with God, and coming to the Knowing that you are Spirit, OK."

Excerpts from the Satsang "The Democratization of Consciousness - Part II: Are You Exercising Your Right To Vote" (TAPE/CD #A83)

go over the wall because the wall is getting higher and higher and higher, OK?

"But if you tear down the wall by choosing into Spirit, then guess what? It's a lot easier for the Souls to follow you. So, the best you can do for others is to do your Spiritual Progression; and to live as Lovers of God and choose into That, you know? And the other thing that strikes me when I

talk to people is so many tie walking this Path as a means to increasing your income; or getting married; or having this business thing happen; or that thing happen, OK? And you need to come into the realization that the vote is a vote to be a Lover of God - and that's what this is about and this is the choice - and a Lover of yourSelf and a Lover of the Spirit You Are."

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. Pick a relationship or a situation in your life where - up until now - you have had an attachment including judgement(s).
3. Say inside yourSelf, "Lord, God please take this attachment from me!"
4. Tell yourSelf, "(name), it's okay to let it go!"
5. Be in acceptance of yourSelf - without judgments - by telling yourSelf "We are okay now."
6. Practice Eternal Vigilance by continually working the processes above.
7. Acknowledge that you are the Lord, God by contacting any Regional Center and requesting Initiation into the Path of Soul Transcendence.

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Case Study

In sitting with the Talk, "The 'Democratization' of Consciousness - Part II: Are You Exercising Your Right To Vote?" what kept coming up was Choice - the Power of Choice and then the Tool, "Choosing Wisely Your [MY!] Creations." And that I'm responsible for what I create. As Dr. Lane states in the Talk, "... part of the responsibility of awaking and then nurturing the Christed Consciousness in you or, rather, allowing the Christed Consciousness in you to be awakened and nurturing It is also the responsibility to know that you're responsible for your creations." What's crucial, according to the Talk, is how I choose to vote - do I choose God or do I choose karma?

It's my choice now to write this Case Study versus complaining about how this Beautiful Service Project interferes with "my busy day." I also asked mySelf "Am I choosing my creations wisely?" The answer was a resounding "Yes!" I chose to Lift and to Grow - to come to Know MySelf, as Spirit, as Soul - which is my Purpose here.

At the same time, I chose to focus into Spirit and to keep returning and returning to the Godpoint or to the Upper Part Of The Third Eye (a technique taught at the Time of Initiation) even though I had, for days up until that time, chosen to allow my basic selves - the part of me that brings forward my karmic patterns - to "rule the roost." I chose to "believe" that there was an "outer situation" that was "difficult", if not "insurmountable." By choosing to stay present - to identify mySelf properly as Spirit - I immediately saw that I am Spirit. I wasn't this "outer situation"; moreover, The Teachings teach us that that there is nothing "out there" - EVERYTHING is inside. EVERYTHING. And all I need to do is co-create with the Light Of The Most High by asking the Lord, God for what I want and for Clarity and Guidance and then I tell mySelf, "It's okay to let it go!!" I then just do my part from a Loving Heart.

I chose in the same moment to tell my basic selves that "... God is my Source and all things are Supplied"; I told them "Spirit is the Source of our income, not our clients or our efforts." The first comes from the Tool, "Checklist For Daily Living"; the second from *Tools For Living Free* "How To Run A Business (Your Life) Spiritually," both of which I have been reading on a regular basis. I also told mySelf that "I'm fine if client x signs on and I'm fine if they don't." As soon as I did this, I knew that I was/am okay. Inherently Okay - no one or no-thing can take it away!!

I also saw (a bit later really) that I wasn't alone, which I had thought re: this particular "outer situation"; I had allowed my thinking that I was all alone to "feed" it. I knew that we are One. Spirit is always with me.

I saw, too, that I don't have to worry, which, up until now, I had "thought" was necessary in order for me to "solve" these "difficult" dilemmas. So I chose to let the worry go like this "For the Highest Good, Lord, God send me Your Light! Lord, God please take this worry from me!" and then I told mySelf "It's okay to let it go!" I do the inner work moment-to-moment no matter what (versus allowing the "worry" when I decide something "deserves" it.)

As I did the process above and I reread the Talk, I felt Peace. I'm in Peace as I write this and It's "The Peace that Passeth all Understanding," as the Christ, Jesus said referring to the choice to focus into the Christed Consciousness/Spirit. Peace comes from my choice to "Vote to be a Lover of God," as Dr. Lane states in the Talk versus to be a lover of money or of my obsessions with money; and of my habitual patterns; and of bargaining with God.

I choose to do whatever it takes to handle the "difficult" situation/to "solve" it although I have a much deeper Knowing now that there is nothing to "solve"; rather the mind loves to be busy and create "problems" that I then chose to "solve." The Teachings that Our Teacher brings forward teach us that we pay no attention to the mind - as was underscored at the Sunday Program I hosted this week.

And I chose to handle this "situation," including taking whatever next steps I chose to take, neutrally. I chose to do Self-Talk by directly my basic selves into the action - be it to write this Case Study; or to follow up with people and projects as needed; to do things that I hadn't "thought" would come up but did, period. No drama. No baby stuff. I give my basics encouragement; I keep it positive and present in addition to the directive.

I also chose to focus fully and completely in the positive, a reminder of which I received through feedback from someone in my life who told me that she had noticed that when I spoke about a particular situation that my focus had been on "what I was losing instead of what I was gaining! You're gaining a lot!!!" she said. I chose to take the feedback.

And, as if my magic, I was also moved into a deeper experience of Gratitude, of being satisfied NOW, of knowing I have everything I need right here, right now. Of being grateful for the Love, Light, Blessings and Grace of the God, Most High, as My Teacher states in the "Checklist for Daily Living." And for being alive. For the \$3 I have in my pocket now!! WOW!!! versus the whateveritis that I don't. I find this experience amazing and I can hear My Teacher ask me "So what's amazing?" in order to help me focus this. To me, it's that there's this Doorway and all I have to do is choose to go through It and voila! I'm at Peace. I AM PEACE. And living in Gratitude is living in Abundance Consciousness, as Dr. Lane states in The Money Workbook. And, yes, money is coming in as I write this but that's not the point. The point is the Godpoint. And I'm sure it's no accident that I'm Lifting and Growing beautifully as I write this because, in part, I chose to start working The Money Workbook a few days ago.

By Case Study's end, the so-called "difficult situation" has eased considerably because I no longer consider it "difficult" - I'm just doing what I need to do, neutrally, thanks to my decision to make God my Priority, the Only Priority; to reinforce my Identity; and the constant choice to do that. And to my Knowing that God is the Only Reality. And to my Knowing that I'm Worthy and that I'm Loved and that I'm Free. And that I'm a Powerful Co-creator with God and that if I can create a "difficult" situation I can create an "easy" one, too. And that I'm responsible for my creations and I choose as I write this to choose wisely my creations from now on, and to ask mySelf if I am if I need to do that?

I also see now that a big inner help with all of this Growth was the choice to move into Acceptance of where I'm at now - which hasn't been easy at all - but I'm doing it. As Dr. Lane brilliantly writes in The Money Workbook, Self-acceptance is necessary in order for us to be fully present. And I see now that that includes Acceptance of the Spirit we are; of How Much We're Loved; of Our Beloved Teacher; of the fact that we can't do it alone. And to acknowledging that all "it" has been for me, up until now, is fear (of being Free and Loved and of life's being easy!!) and I can choose quite simply to release it and to tell mySelf to let it go!! As often as need be.

But really, all there is is "Vote to be a Lover Of God!!" "That's the ultimate bumper sticker!"