

Tools For Living Free

NUMBER 110 IN THIS ONGOING EDUCATIONAL SERIES

HOW TO SERVE YOURSELF - AND OTHERS

Excerpts from the Satsang "How to Serve Humankind: A Service Manual" (Tape/CD A24)

"I want to speak a little bit tonight about Service and how we serve humanity and what it means. I, of course in my inevitable style, will tell you what It doesn't mean. It doesn't mean that we are identified with what we are doing, which means - and this has happened repeatedly when we do a Service Project after we do a Retreat - invariably somebody cleans a chair, they'll come running up and they'll say, 'Oh! Look what I've done, Dr. Lane!' Or somebody will rake a leaf and they'll say, 'Oh! Look what I did!' It doesn't mean that we're all identified with what we're doing as a point of pride. It also doesn't mean that we're trying to balance out karma. In other words, 'look I'm here in the body; I must have done something terrible. Let me atone; so isn't a nice way to atone by doing something good?' Well, you're not doing something good. Because what you're at is at an attachment to balancing karma.

"It's interesting because, I'm going to say Christianity, but really I'm talking about churchianity, and churchianity focuses on what? Good deeds, doing good deeds as a means of atonement or helping the 'poor unfortunate others.' ..."

"So if we want to, say, for example, find an orphanage we would not do it with an attitude of 'oh! these 'poor unfortunate orphans'; I'm going to do something for them. Let me go and do a good deed and let me help them out of their terrible predicament and try to win brownie points.' ..."

"So when you're doing Service you need to be neutral, totally neutral as to the result, as to how you're doing it. A lot of times people come up and ask me, 'Well, how can I help the Center?' I'll say, 'Well, here's a toothbrush! Go clean out the toilet!' 'Well, what do you mean?' I'll say, 'Here's a broom.' And the response is, 'You're going to give me a broom to clean?' What we need to learn is that everything is equal in this world. Brain surgery is no more important than doing your laundry. One doesn't have a greater value or a lesser value. So when we do Service we're nice and clear

and we're available to do anything. Because really if it's our ego doing it, yeah, we're going to judge and say, 'I'm not going to do that; I'm here to do bigger things.' That's funny; I thought you were here to do Service."

"So when we Serve what are we doing? We're saying 'I merit; I'm worthy of the Lord, God.' You're worthy, too. You're worthy, too.

"If you've been listening you'll see that there's no way you can Serve unless you're in the Loving Heart or in the Heart of God. And if you're not coming from your own integrity you're not serving. Let me give you a real simple example somebody shared with me last week, a process where they knew about the best thing to do would be to refer someone who was questioning to somebody else. They thought maybe this person would think that 'I'm not so nice so I'll stand here and let the other person just come at me.' It's real interesting because you see what happened. A couple of things happened: the person was not in his or her integrity and, as a result, that person was off-centered and so nothing that the other person came at this person with could be properly addressed or the person could not be made whole or centered because the person wasn't listening to herSelf in the first place. And then also the fear came upon that person, 'well, they won't think I'm nice' so then what happened? That person wound up not being nice to the other person. The nicest thing that person could have done would have been to be in the Integrity of what he or she was hearing inside and come from that 'spot.'

"So one of the things about Service is don't worry about the form of It. You don't have to worry about what It looks like. Using a broom to clean the Center is not a lesser Service or more Service than anything else: making Tapes; getting the phone connection - whatever It is - It's nothing like that. So you don't have to worry about the form - what does It look like? What does It look like? It looks like you're with God and enjoying yourSelf.

"That's another aspect of Service and that's playing. Praying and playing. You're praying with God inside yourSelf; you're having a ball; you're praying. It doesn't go, 'please, God, help me! Please! Please!' - that's not praying or

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playing; that's begging. God didn't put you on this earth to be a beggar; you're not a beggar. You're not a beggar.

"So we Serve best when we're Serving ourSelves in that we're with the Spirit that we *are* and we're giving from that 'place.' See - and that's the real neat thing about It - we can Serve,

have a good time, really be playful with the whole thing, enjoy It and we can *leave the results to God. Leave the results to God.*

"So you have your little manual and whenever you get hung up just refer to this manual of how to be of Service. And it really is that simple."

DEAR COSMOS TREE

Q. Tonight I spoke to a nurse who suggested I look into the Nurse Practitioner Program after I mentioned that seeing [my husband, who is a medical student] study so much made me wonder if that [being a doctor] is something I really want to do. It turns out that a Nurse Practitioner has training to work independently with patients (they can diagnose and even prescribe) or they can work closely with doctors (like opening a practice with a doctor). They even get to do research. I read about the program and it sounds really great. It is only two years (apparently they accept besides nurses people with a psychology major only ...). I would love to hear your [Our Teacher's] opinion about this career choice for me. Please share with me any Insights. – V.Z.

Dear V.Z.: 1. Call in the Light of the Most High inside yourSelf by saying, "Lord, God, Send me Your Light!"; 2. Co-create with the Lord, God by asking the Lord, God for what you want like this: "For the Highest Good, Lord, God, send me [fill in what you want; i.e., help/insight(s) regarding what to do in this situation]"; 3. Ask the Lord, God for Clarity and Guidance like this: "Lord, God, for the Highest Good, please send me Clarity and Guidance on [fill in – i.e., this situation, etc.];"; 4. Let it go by telling yourSelf: "(your name) It's okay to let it go!!" Do this as often as need be; if you are still "chewing" on something "outward" that is a sign that you need let it go some more; 5. Surrender judgments/worry/doubt you may have around this "outward" situation by saying: "Lord, God, for the Highest Good, please take any negativity/judgments from me!!" and tell yourSelf "(your name) It's okay to let it go!!" Do this as often as necessary; 6. Stay Present/Practice Giraffe Consciousness ["Keep your focus on the Lord as you go through your business in the world," as Our Teacher writes]; if you are an Initiate of the Sound Current on the Path of Soul Transcendence you can be with God *while still in the body*(!!!); if not, take Initiation into the Sound Current on the Path of Soul Transcendence Now. This is crucial – we're here to Love, God and be with Him; that's It; 7. Direct your basic selves into the action(s) you desire and give them updates by using Self-talk; keep yourSelf encouraged by telling yourSelf "we're fine and okay and safe now"; 8. A Key Teaching is Integrity; listen to yourSelf; 8. Know that your real job is Loving God. There is no other; all else will manifest from There.

To Reinforce Your Learning: 1. Beginner: read the *Tools For Living Free*, "How To Run Your Business/Your Life Spiritually"; "The Power of Positive Self-Talk"; "Using The Tool Of Choice"; watch the Video/DVD "Living The Truth"; 2. Intermediate: Meditation; Meditation for Health and Well-Being; The Money Workbook (now also available as an e-book on Amazon.com); Open Hour and/or private Session with The Teacher; 3. Advanced: 1, 2 and request Initiation into the Path of Soul Transcendence.

Dr. Lane adds: Answering your question:

Please know that your only "career" is to Walk the Path of Soul Transcendence EXACTLY as taught. The rest is your preference.

That said ask yourSelf the following questions:

- Are you excited by this?
- Does it give you the flexibility you wish career-wise?
- Does it give you the flexibility hours-wise and time-off-wise to raise a family?
- Will you feel like this is second-rate and that you should have been a doctor?
- Why do you REALLY want to do this?

When you have the answers I Lovingly Suggest, you co-create what you wish using them as guidelines. Be sure to place your creation(s) into the Light of the Most High for the Highest Good and to tell the Lord, God what you are moving on and to Bless it. Then do your part and let God do His, resting in the Knowing that the Lord, God hears and supplies.

Try This ...

"See, what I wanted to do in closing is give you a process. As a matter of fact, why don't we do a process right now? So just sort of sit quietly without crossing your arms or your legs and just say, 'Lord, God send me your Light!' And tell yourSelf it's okay to let go of whatever comes up. And just within yourSelf see two or three Service areas that you are involved with and ask the Light of the Most High to balance out those areas for you and to let go of whatever attachments you may have to result or to form or any-

thing else about it and tell yourSelf to let go of whatever comes. And when you've done that for a few areas in your life, ask God to tell you or show you in whatever way is for your Highest Good how you can be of more and greater Service.

"When you've concluded that you can just bring your Consciousness back here and just know that you truly merit being of Service."

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Step-by-Step

Here's a quick reference list for daily practice.

1. Call in the Light of the Most High by saying, "Lord, God send me your Light!"
2. Inside yourSelf, allow a situation to come up in which you have not allowed yourSelf to be of Service to yourSelf.
3. Say, "Lord, God please take anything that stands between me and Serving mySelf fully and completely by being with the Spirit I am!"
4. Then tell yourSelf, "(your name) it's okay to let it go and to be with God and En-joy (!) mySelf!"
5. Request information on, and attend, Meditations, Classes and Workshops, and Video Showings at the Cosmos Tree Home Center and/or Regional Centers!
6. To realize your Freedom, call any Regional Center and request the Priceless Gift of Initiation into the Sound Current on 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 10075
212-828-0464
email:spiritcentral@yahoo.com
website:www.cosmostree.org

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