

# Tools For Living Free

NUMBER 111 IN THIS ONGOING EDUCATIONAL SERIES

## ATTUNING TO THE SPIRITUAL FORCES THAT YOU ARE

Excerpts from the Satsang "Are You Giving Yourself The Best?" (Tape/CD A14)

"The thing is that the Lord, God loves you so much that He wants you to have the best. Even as we insist on enslaving ourSelves He wants us to have the best. And the best is the Lord, God. It's our Inheritance.

"Are we giving ourSelves the best? Or, as my much better half says, 'Do you love yourSelf enough to give yourSelf God?' I remember when she first said it I thought, "wow! That's neat!" Then I thought about it even more and I realized I knew she was a smart lady but this is ridiculous because, yeah, you've got to love yourSelf to give yourSelf God because you have to know that you're good enough to receive Him and to receive Him inside yourSelf, the Divinity that you *are*, the Spirit. Also - this is crucial - to know that you have a choice. You have a choice; these emotions, these thoughts, these feelings, these fears, these negative creations - they don't have to run you. They don't have to drive you because when you're driven you're under karma and you have the compulsions and you go off and the noise inside and outside is all over the place.

"Loving yourSelf means that you know that you have that choice and you have the power of choice and that's giving yourSelf the best-exercising the power (of) do I go with the negativity or do I go with the Lord, God? And the choice is mine and I'm the creator of that. God, in His Wisdom has given me that power. And in His Wisdom and His Grace, He's placed me on this Path where I've learned about It and I can exercise it. Now, it's up to me because the Teacher can only teach you as far as you're willing to be taught. So I can sit here all day and tell you this stuff but it's not going to do any good other than, 'okay, now it's in your Consciousness and now you're responsible.' Now the second thing is you have to exercise your choice. You have to know that you have a choice and you have to exercise it. And will you give yourSelf the best?

"Sometimes giving yourSelf the best means keeping still, watching your creations, and choosing to focus into the Light of the Most High away from all the hubbub of your mind and your emotions. Sometimes giving yourSelf the best means watching those cre-

ations and saying, 'okay; I'm going to do some negative creativity here. Let me see what happens.' And you'll get shown that. You'll get to see what it means to create negatively and how you're responsible and how those creations exist in the Inner World.

"If you're working with the Light of the Most High, you're blessed to experience that karma immediately. You get instant feedback; it will rubber band back on you, and it will snap right in your face. And you get to see it, and you go, 'Oh! That's how it works.' Yeah, that's the Blessing. Otherwise, what happens (is) the 'space,' as it were - the time between cause and effect - is so spread out that it takes many embodiments and then you've lost the relationship (ed.'s note: Our Teacher is referring to creating the karma and of being at the effect of it.) So people come in here at the effect of their karma and they think they are a free agent. They are a free agent but they have bound themSelves, enslaved themSelves to the pharaoh in Egypt, which means they've enslaved themSelves to their own karma.

"God made us free and we *are* free; and exercising the choice and giving ourSelves the best is exercising the freedom that we *are*. That's crucial: we *are* free. The Soul is free. It is Resurrected in the Spiritual Body, not once a year on Easter or Passover or whatever holiday it is, every second, every split second. 'In the Beginning was the Word, (and) the Word was with God' - that's your Heritage and that's where you were and that's where you're going and that's where you can be at every moment. Do you love yourSelf enough to give yourSelf the best? Give yourSelf the best!"

"It's really funny, but I've noticed that when people come against me Spiritually, it's because of one simple thing - regardless of the form that it takes - and they couldn't stand that I wanted the best for them. So they'll make me the enemy; they'll make me wrong. Fine, but what I would like for you is to give yourSelf the best and know that you're worth it. You *are* worth the best. You *are* worth the Lord, God."

\*\*\*

"And we don't identify with the thoughts and the feelings we have because we're much more. We go into the Light of the Most High and

**"GOD  
MADE  
US  
FREE  
AND  
WE ARE  
FREE;  
AND  
EXERCIS-  
ING  
THE  
CHOICE  
AND  
GIVING  
OUR-  
SELVES  
THE BEST  
IS  
EXERCIS-  
ING  
THE  
FREEDOM  
THAT  
WE ARE."**

--From the Satsang "Are You Giving Yourself The Best?"(A14)

we actively, actively work with that Light to lift us, to take the negativity from us. We work with the lower part of our Consciousness that likes to hang on to that. And if you listened carefully, you would have heard that it all has to do with identifying ourSelves as the Spirit we are. Because we're not going to identify with the lower part of us that likes to hold on. And we're not going to identify with the higher part of us in a fight against the lower part. No. It's not the higher part vs. the lower part. And it's not the higher vs. the lower, really. It's simply the Spirit that we are and we reaffirm That *moment-to-moment*. And that's giving us the best.

"I find it real interesting that we are Spiritually responsible for the education of the lower consciousness, of the basic selves. We are responsible for their education. Well, you can't educate them. You can't educate them other than by focusing into the Light of the Most High, other than giving them the best. You're going to lift them - that's part of your responsibility. So if you don't buy into that stuff and you are constantly affirming the best and the Light of the Most High, you're being Spiritually responsible to all the parts of your Consciousness, to yourSelf and to the basics. And you're doing what is needed as a conscious self, in terms of the basic selves: you're educating them.

## Case Study

I read the Talk "Are You Giving Yourself The Best?" and what came to me is that all I wanted to do was apply what I had learned from the Talk by simply writing right here:

Love God.

And I wanted to write it in Huge Letters that filled the page:

# Love God.

So I did.

And, yes, reading the Talk was a reminder to do That. That's what I love about the Talks given by Our Beloved Teacher. And how I did That was to re-center mySelf by being Present and by directing my basic selves into the action, which is to stay Present; to encourage them; and to appreciate them/mySelf for doing This. Working with all parts of my Consciousness is Loving MySelf enough to stay Present/clear which is Loving mySelf enough to Love Him.

I also let go of anything that stands between me and the Spirit I am by calling in the Light Of The Most High by saying "Lord, God send me Your Light!" and asking the Lord, God to take it and telling mySelf "it's okay to let it go!" And I use Tools like This One to stay Focused/Properly Identified as Spirit. And it's My Choice to co-Create with the Lord, God by working with the Light Of The Most High; by placing my Consciousness There/ at God; by gaining the cooperation of my basics. As Our Teacher says, The Power of Choice *is* The Power.

That's It in a nutshell, as Our Teacher says.

## Try This ..

"With your thoughts where are you placing your energies? Where are you placing your thoughts? What's the bottom line? If you kind of did an exercise and every two or three hours, write down the prevalent thoughts that you have had it may just boil down to two or three or four. After a couple of days, take a look at

"And so often that simply takes the form of direction, you direct them - 'hey! I need you to ... 'no, I don't want to sit down and Meditate.' 'I know you don't. I need you to cooperate because we're doing this.' 'Yeah, but ...' There're so many times I don't want to go into the office and do what I call grudge work. And, yeah, I wish I had someone to do it for me or, at least, with me. I have to educate my basics by saying, 'Now, we have to do this; it has to be taken care of. And we're here to do Service, and if that's the form It takes, then that's the form It takes. It is no better or worse than any other form.' So there is always direction: there is always focusing into the Light of Most High and that's what is so wonderful."

\*\*\*

"You know that old slogan, 'Be the best you can be: you're in the army'? Well, why not join the Forces of the Lord, God? Attune to the Spiritual Forces that you are; consciously direct them (ed. note: Dr. Lane is referring to the basic selves) to the Lord, God. That's being the best you can be.

"I want you to know from here, from the bottom of my heart, I truly wish you the best. ..."

## 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 given yourSelf the Best.
3. Say, "Lord, God please take anything that stands between me and giving mySelf the Best, Which is the Spirit I am!"
4. Then tell yourSelf, "(your name) it's okay to let it go!"
5. Ask the Lord, God to give you any Clarity and Guidance that you need in order to Love yourSelf enough to give yourSelf the Best, which is God!!
6. Request information on, and attend, Meditations, Classes, Workshops and Video Showings at the Cosmos Tree Home Center and/or Regional Centers!
7. 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

*Tools for Living Free* is published by Soundly, Inc. Any distribution or reproduction of this publication without written permission is prohibited. Copyright 2011, Soundly, Inc., New York, NY

those thoughts and you can probably bottom line one or two or three and you would be amazed at where the thoughts go."

--From the Satsang "Are You Giving Yourself The Best?" (Tape/CD A14)