

Tools For Living Free

NUMBER 116 IN THIS EDUCATIONAL SERIES

There's No Freedom Without God

Excerpts from the Satsang "Freedom is Just Another Word For God" (Tape/CD/mp3 A23)

"The interesting thing about the human race is it's free and it doesn't know it. So it's still looking for an Abraham Lincoln to free it. You know, 'I'm going to get free.' But the very things that we created - the fear, the pain, the doubt, the separation - all that stuff, those are illusions and they don't exist. It is very much like when the One who was the Christ, Jesus took the test to His Christhood. And the fifth one was to break the handcuffs. And those, of course, were the handcuffs of fear. So, He went to break them and lo and behold! Guess what? They weren't there; they never were there.

"Then He realized the handcuffs were His own creation. He had imprisoned Himself. Isn't that what we all do? We imprison oursSelves in our fear, in our doubt, in our pain. And of course we literally imprison ourSelves because these are creations and these become karma and then we get to reincarnate, re-embody in the prison of matter until we learn to say, 'Hey, wait a second! there's got to be a way out of this prison.'

"And there is a way out of the prison; the way out of the prison is to get the Keys to the prison. How do you get the Keys to the prison? Real simple, you simply ask. Those Keys are the ones that have been here all the time, the Keys of Initiation into the Sound Current - those are the Keys. And when you have Them, you get to discover what? This ain't no prison: 'this place called earth that I thought was a prison, only seemed like a prison because of my own creation, because of my fear, my doubt, my pain, my worry, because I've ignored, I've forgotten Who I am.'

"It's very interesting; I was reading an article on Tibetan medicine. There was only one of these old codgers left around here who practiced it. And the person went up to interview him; she was prepared, she brought her notebooks and she was really prepared for a whole systematic survey and understanding of this thing; the guy looked at the reporter and said, 'Eh, it's all based on ignorance.' She said, 'What do you mean, what do you mean?' He said, 'That's exactly what I mean.' What he was talking about was the ignorance of ignoring or not knowing Who you *are*. And so those worries and fears, etc. - they crystallize into diseases. When we know Who we *are* we get to be Free and we don't create that stuff, or we're not at the effects of creations from earlier times. We get to be Free.

"There's no Freedom without God, because in God is the Freedom. Because the way it's constructed is we live here in the physical world and it looks like you're over there, this person is over here, the other person is over there; it looks like you're this person, you have this name, this person has that name, she has that name and we're all different entities. But, in reality, we are truly One and we live in the Oneness.

And when we know that inside ourSelves - that's where the Freedom is.

"So if we come from the 'spot' of being One then guess what? How are you going to compete against anyone? How are you going to hurt anyone? How are you going to strive for something? You can't. In other words, the ego- drivenness that we are is our prison. That's our prison. Don't mishear this. I'm not saying we shouldn't have an ego because God in His Brilliance gave us an ego; so there's a purpose. I'm not speaking like a Buddhist and saying, 'Let's destroy those egos!' because that doesn't work. I'm saying put it in perspective: 'Okay, I have an ego. My ego knows that I'm here located in time and space and I'm doing this and I'm bringing forth The Teachings. And I'm bringing It in in such a way that people can relate to It and understand It. That's what I'm busy doing.' That's the purpose of this ego so I have nothing against it. But that same ego that can do that and make a decision to do it can also make the decision to get into hurt and pain and disappointment; and being miserable; and, anger, and hatred and scorn and contempt; all the goodies that we have, and vengeance and hurt. We're so very concerned about the environment and polluting the environment - well, you know, you can worry about it until your heart is content and you can do all sorts of things to help it along - but it is not going to be effective because it's only an outcropping of our inner environment."

"Somebody called me the other day and they were very disturbed about something, and they asked what they should do. I said, 'Well, I can't tell you what to do because that would violate your Consciousness.' But, I can give you a Tool and encourage you to use the Tool, Which is to go Inside and use your Inner Master and talk to the Inner Master and see and come to understand something and get some Clarity and Guidance.' And the person did That and was led. The Freedom for that person was in just making that choice to go with the Inner Master within, to just go with God within. Go to God within and that broke up everything. That person was at choice.

"At each moment we're at choice. It's fascinating to me to see how mechanistic we see ourSelves and see the world. With computers - they have their place - but with computers everything has become mechanistic and materialistic so that all the answers to who we are as a person have been reduced to what is in the DNA. It doesn't work like that. What that is, though, is an outpicturing of how we tend to see ourSelves. We tend to see ourSelves as 'there are all these big thoughts that we have and all these processes that go on and we're at the mercy of them' but that's not true. We have the Power and we have

"And there is a way out of the prison; the way out of the prison is to get the Keys to the prison. How do you get the Keys to the prison? Real simple, you simply ask. Those Keys are the ones that have been here all the time, the Keys of Initiation into the Sound Current - those are the Keys."

--From the Satsang
"Freedom Is Just Another Word For God" (Tape/CD/mp3 A23)

the Freedom to stop them any time we choose to stop it. It starts with you and the Individual Responsibility is yours.

"I can sit here and tell you 'there ain't no such thing as a prison'. And if it looks like a prison and smells like a prison and you're in your cell, the cell is of your own making. And I can tell you that you don't have to sit there and that there are keys, whether in a larger way of walking the Path Of Soul Transcendence - which is what I Teach - which is the true Teachings of the Christ or on a minute scale of choosing each moment to give up fear and pain and separation and that stuff. I can sit here and point the way to that but I can't take that step for you; that's your responsibility. So along with this Freedom is the Responsibility to exercise it and to be Free. Because the Spiritual Truth happens to be real simple; we have the demonstration of what it is to be Free, what it is to enter into Eternal Life, not as a nice metaphor or church talk or some great mystical process or any of that stuff, but the reality of That; there is a Way of doing That. And that means simply being Free from these karmic fields and there was a demonstration and now it's the time of 'tag you're it'."

"The real question you may want to ask yourSelf is 'what do I want to create? Do I want to create an imprisonment, a tomb? or do I want to just dance and flow and be in the Resurrection at all times?' Because when you choose to just say, 'wait a second! I'm not going to participate in this negative thought or in this negative feeling; I'm not going to stay there' it's okay if you have that anger flash through you and the hurt and the this and that but if you choose to stay there, then that's something else. Then you become karmically responsible for that. For example, if you step on my toe, I'm going to get angry because it's going to hurt. But that's it; it is a flash and it's gone. But if I choose to stay angry at you for more than for a split of a second then I'm the one creating the karma and I'm the one feeding it. So if I can just redirect mySelf into the Resurrection of being Free inside mySelf, if I'm doing it, I say, 'OK, God, take it away! OK, Roger, let it go! We don't need to be angry; that was just whatever it was. It doesn't matter' then I get Free and I get Clear and it is for me I'm doing it, not for anybody else. And I reunite to the Spirit inside."

Step-by-Step

Here's A Quick Reference List To Use For Daily Practice:

1. Call in the Light Of The Most High by saying, "Lord, God, send me Your Light!"

2. Choose to be Free by letting go of negativity - the "handcuffs" - by saying, "Lord, God, for the Highest Good, please take this negativity from me!"

3. Then tell yourSelf, "(your name) it's okay to let it go!"

4. Commit inside yourSelf to be Free by exercising your choice *each and every moment* to surrender those "handcuffs" by doing 2-3 above and/or just let the negativity float by.

5. Remember *each and every moment* that we're All One. From 'There' "how are you going to compete against anyone? How are you going to hurt anyone? How are you going to strive for something?" - *from the Satsang "Freedom Is Just Another Word For God"*

6. Exercise your Freedom and Power by asking for "the Keys to your Freedom" by contacting any Regional Center and requesting Initiation into the Sound Current on the Path Of Soul Transcendence. The Time is Now!!

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 2012, Soundly, Inc.,
New York, NY

Case Study

A friend of mine saw me the other day and she said "Oh my gosh! Your whole life is coming together!" She said it just looking at me.

At first I actually acknowledged that "Yes! My whole life is coming together!" until My Teacher pointed out that for an Initiate of the Light of the Most High, Which I am, my friend's statement was nonsensical. It's God's Life and everything is Perfect in Spirit, which is Who and What I am. There is nothing "to come together"; there is only the Oneness. As The Teachings of the Path Of Soul Transcendence teach us, "Where you are at" is Spiritually correct or you wouldn't be there. But I'm guessing what my friend meant - that I look to her like I'm Free. Dr. Lane instructs us in the Talk "Freedom Is Just Another Word for God", Freedom from "the handcuffs"/negativity is all about focusing into Spirit and turning everything over to God. The Power is in Surrender. I'm in Process for sure but this Talk has a lot of Invaluable Tools/Instruction in It that I followed and that worked beautifully regarding what's needed to "have one's whole life come together" - really, to live Free, Which is What we *are*. It's a Prescription for it.

One of my "things" is that I often - up until now - feel "overwhelmed" and when I do, I blame others. Last week I was working on Service Projects - and I also had a lot of client work to do. Instead of my routine of getting upset and assuming I couldn't possibly "get it all done," I did the Service Project as promised. I know that my Purpose here is to come to know mySelf as Spirit and that the Growth and Upliftment I get by doing this Project on time - meaning within the ForceField set up by My Teacher - is what this life is about. I also know that if I keep my focus on Spirit, everything else is handled and Loving Service *is* keeping my focus There. So that's the Priority. I also put the entire situation into the Light Of The Most Highest for the Highest Good.

The next day, one of the busiest of the year for client work, I happened to call someone responsible for the key deadline I needed to meet and he said "Oh! You can have until Friday" [four more days]. The Lord, God simply balanced it for me. And I stayed calm all the while.

The same "thing" is coming up as I write this. The Talk includes the simple Instruction that if one has a 'dilemma' going on to simply ask "Lord, God, I've got this 'dilemma' going on. You resolve it for me! You [fill in]. I'll do my part but you handle it for me." And so I did with getting everything done I needed to get done. And what happened is that everything I needed started to fall into my hands - literally. I needed three Tapes I "thought" involved hours of searching and the first three Tapes to touch my hand when I reached in the box were the Ones I needed. Ditto for everything else I needed - "Morease" as My Teacher said.

The Talk also instructs us to ask the Lord, God for Clarity and Guidance (instead of going "outside" and creating "drama"). So I'm working on a Project due tomorrow; I start to feel "worry" about all the time it's going to take (the handcuffs). I ask the Lord, God by saying "Lord, God send me Your Light! Lord, God for the Highest Good, please take this worry from me!" And I tell mySelf "(my name) it's okay to let it go!" When I started to blame someone (after all, isn't someone who didn't do his/her part of a Project responsible for my "time-crunch?"), I do the exact same Process.

I ask the Lord, God to send me Clarity and Guidance on the Project Itself; what's the best thing(s) to do? I got three answers - really, my next steps, which I'm about to do. All of the above are in the Talk. What a Wow! Tool this Talk is! I see that I need to move into a deeper state of Surrender, and to Trust.

And here's one more Talk Tool I also did re: "overwhelmed"/getting everything done/handcuffs; "Lord, God, I'd love to have a full-time assistant with a lot of skills so he/she can do a lot of the things I need done and the money I need to pay this assistant. If I can fine; if I can't that's cool. I'm going to be neutral about it, but you handle it for me." Another beautiful way to learn to be inner-directed, to know how much I'm Loved. But I have to do It to Receive It. It's also key re: the Talk for me to know that I am *already* Successful because I've chosen to take Initiation into the Sound Current on the Path Of Soul Transcendence, Which is the most important thing I can do this lifetime: to come to know mySelf as Spirit, as Soul (my/our Purpose here) and go Home to Him. Also, as Dr. Lane often says, "God put you here and that's more than enough!" We're Perfect in Spirit. There is nowhere to go; nothing to earn.

Yes, God's Life is Perfect (and it may look to some like "my whole life is coming together"). But only because I see more and more clearly thanks to My Beloved Teacher and my choice to use Tools - the Center, all of Its Programs; the Classes; the Workshops; Retreat; the Newsletter - that it's God's Life and all I need to do is get out of the way and Allow the Love of the Lord, God/The Teacher.

And just keep at it.

Try This ...

"So, you would just ask God, 'Hey, God! I've got this 'dilemma' going on. You resolve it for me. You [fill in - i.e., find me the job even though I may not have the experience]. I'll do whatever I can. ... I'll do my share but you do it.' And that's being Responsible. But, also, what that is is being Free. You're free from what? From this crazy 'dilemma' that you have created. ..."

"Just think of the freedom that you have to be free from being crazy; free from being distracted; from living in this 'dilemma,' from living in fear. You can break that up and be free."