

# Tools For Living Free

NUMBER 120 IN THIS EDUCATIONAL SERIES

## The No-History Lesson: Be Born Anew

*Excerpts from the Talk "Spirituality: Discovering Your True Freedom"*

"... how many of you have had some fear, some pain, some doubt, some hurt? [audience laughter] Oh, surprise! O-o-o-kay. And how many of you find that you always are kind of returning to that place? You're always kind of running there. And what we can do is, we can commit to the fact that the Spirit *is* present. And That means that, if the Spirit is present, guess what? [Pause] Does anybody want to hazard a guess? We can be born anew. The situation can be born anew. We can have this whole history of fear, of pain, of doubt, of hurt; and with the Spirit, we turn to that realization that It's there, and it's born anew.

"So that the situation is not the same. And we can't *see* each other and ourSelves for that. We can't see each other because we are always in a reference point of the past. Let me give you an example. If I say: well, there's [names Student], I'll pick on [Student], okay? [Student] had the audacity to not pay attention to where he was walking, and he steps on my feet. And it's been three years since this has happened. And every time I see [Student}, I bring up the memory: 'Oh my God, there's [Student]; that son of a gun! He's the guy who hurt me when he stepped on my feet!' And this is kind of like what we all do. And because I always have that thought going in my Consciousness, there's always something between me and [Student]. There's always something I'm withholding from him. I can't really be present within mySelf when I'm with [Student]. So if I let go of the judgement on [Student], if I let go of the hurt, then I free *mySelf*; and I don't have to be attached to the situation, to the memory. And then when I see [Student], I see [Student] for what he is, without conditioning. I don't condition him: 'Oh, there's [Student]. He's the guy who stepped on my foot three years ago.' And then I'm not able to relate to [Student] fully. But worse yet, is, what I've done is, I have *enslaved* mySelf to that memory. See, when we are running anger, hurt, pain, and we keep re-

turning, we *enslave* ourSelves.

"And when we choose - and this is another aspect that I really want to bring forward tonight - we have to choose *moment-to-moment*. So, if I choose to move beyond that, I choose to see [Student] as [Student], unconditionally. And that opens up the possibility of his relating to me and my relating to him in an infinite number of ways. I haven't conditioned him and pegged him into this thing. But I also haven't chained *mySelf* to that painful moment when [Student] stepped on my foot, you see? So I have *freed* mySelf. And that's a choice. And that *every moment* that we live we're at choice. We can live in our history - and we all have history - or we can decide to let go and open up into the fullness of our Being. When we open up to that, what happens? We start to discover things. And what do we discover? Probably the most frightening thing there is to discover. And that is that we're *free*. We are *free*. And there is no need to blame.

"Okay now; I remember when I was finishing up undergraduate work, there was something going on that I didn't understand. The head of the creative writing department was born in the ghetto, and his brother was on death row. So, I didn't understand how two people could come from the same environment and wind up in such different places. And I always thought: well, it's either nature or it's nurture, or it's some kind of combination between the two. But, really, when this man started talking about his life, I got to see how he had made his life be different from his brother's. He had made choices along the way. He refused to participate in the seeming outer circumstances that he lived in, that he was raised in, and that affected his brother as it did. So he kept doing choice. And that's really the key. So when you're in any kind of a situation, all you need to do: literally give yourSelf permission to be in the situation, without a memory about anything leading to it, without the negativity, without the

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*--From the Talk  
"Spirituality: Discovering  
Your True Freedom"*

hurt, without the pain, etc.

“Now, if it sounds impossible, it’s because it only sounds that way. The more you choose, the more you reinforce. We’re kind of creatures of habit; we’re habitual. ... But if we start to educate ourSelves, we can actually *stop* ourSelves and lay down a new track. You know, it’s like you put in a new computer program. And we go: ‘Uh, huh, this is now available.’ And, see, part of us doesn’t Know that we have a choice, doesn’t know that there’s an option that’s available to us. And we feel like we’re victimized or don’t have control over the

situation. And just the opposite is true. We do have that control.”

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“And just to once again pick on [Student]: I didn’t necessarily have control over his stepping on my foot. I really couldn’t do anything about it. But, what I do have control over is my *response* to [Student’s] stepping on my foot. And it is important to know that we have control; and that’s our power. And it’s really the power to choose, and to choose really positively, to keep ourSelves moving toward freedom.”

## Case Study

When I read the Talk “Spirituality: Discovering Your True Freedom” I was struck by the section about being born anew - the One that is now excerpted in this *Tools For Living Free* because I had just felt fear come up because I needed to contact someone who had, on an occasion similar to this one (I’m asking this person to resend an email), been furious at me.

And it wasn’t until I read the Talk that I realized that I was holding onto history. I was holding this Soul in place as if she hadn’t grown. So I asked the Lord, God to take the fear and I told mySelf “(my name) it’s okay to let it go!” I did the Two-Part Release Technique as often as I needed to.

Then I did Self-Talk. Self-Talk is how we educate our basic selves or the part of us that brings forward our karmic patterns so they cooperate with us as we go down a new track. Without Self-Talk I often feel that I have no control over my life. I feel like I’m a victim of someone yelling at me the way I was as a child growing up. I did Self-Talk like this: “Basics, come present! I need your cooperation and energy to be Neutral no matter what. Thank you for your great work being Neutral! “I also gave mySelf an update that we have choices and we’re choosing freedom! I am focusing on Neutrality and Self-Talk thanks to the Everyday Evolution II Class, Which I highly recommend.

I also asked the Lord, God to move me into Acceptance of the situation and of mySelf. Suddenly, I was able to laugh at mySelf! And I was able to see my parents, who had done the yelling, as neither “good” nor “bad” but Neutrally. And so what? It’s history anyway! Let it go! I also saw, after I had moved into Neutrality, that I could be better organized from now on regarding emails that are crucial for the work that I do; and I came up with a suggestion that I plan to pass on. I also saw that if need be I was able to apologize to the person I had contacted, which I was unable to do when I was stuck in negativity. Most importantly, I was in Love, which stands for Letting Go Of Volition Every Time. I was coming from Love - towards this Soul and towards All Souls and Situations. I was Born Anew. And it was all about Loving mySelf and Giving to mySelf. When I’m Present I’m with God and That is the ONLY REALity. And, as My Teacher has taught me, REAL stands for “Realizing Each Adventure To Lift”, Which I’ve done. And it’s staying Present and applying The Teachings Of The Path Of Soul Transcendence *moment-to-moment* that makes each situation including seemingly mundane ones like this an Adventure.

## Try This ...

“So when we live spiritually, we live really with a basic premise that: Spirit is all around. And we *are* that Spirit. And that at *each and every moment*, we choose: we choose that [the Spirit] for ourSelves. And we choose to love ourSelves. And we choose - and this is really the key - we choose to treat ourSelves and see ourSelves as the Lord, God does.

“And if I can give you homework ... - the homework is: Could you just spend one day seeing yourSelf as the Lord, God does?” --From the Talk “Spirituality: Discovering Your True Freedom”

## 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. Allow a situation to arise in which you are holding onto history.
3. Ask the Lord, God to take it like this: “Lord, God for the Highest Good, please take this history from me!”
4. Tell yourSelf “(your name) it’s okay to let it go!” Be sure to let it go!
5. Commit inside yourSelf to choose *moment-to-moment* into Spirit!
6. Reinforce the Commitment by choosing a Tool to use to help you be Present! If you need a suggestion, start with this One! Read it as often as you can - to live as the Freedom and the Love that you *are*!
7. Contact any Center and request the Precious Gift of Initiation into the Sound Current on the Path Of Soul Transcendence - and fulfill the Purpose of Human Life.

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