

# Tools For Living Free

NUMBER 121 IN THIS EDUCATIONAL SERIES

## Thinking Outside The Box

Excerpts from the Satsang "Thinking Outside The Box" (TAPE/CD/MP3 #A168)

"So, let's take a look at what it means to 'think outside the box'. Now, remember we had talked about the mind being in control and being in charge and that is what the mind wants to do because if it can keep you coming and going, and in reincarnation, it has done its job. But inside of us sits the Soul, sits the Spirit that we *are*. 'Thinking outside the box' means thinking outside of the electro-magnetic pull of the mind and where the mind isn't in control. 'Thinking outside the box' is really what the Unknown Poet says about what genius is; that 'Genius is the absence of thinking in the Presence of Thought'. And Thought is with a capital 'T'. 'Thought' means the Mind of God or God Consciousness. 'Thinking outside the box' is letting go and allowing God to run the show and being receptive to what's placed there.

"I remember recently I was asked to give a small talk at a wedding. People came up to me after the wedding and asked me, 'Did you plan out what you were going to say, did you have it all down?' And I said, 'No, I didn't have anything down, and what I had was maybe a ballpark, if that.' They said, 'Oh, OK.' And they would walk away scratching their heads. ... What they were saying was, 'Gosh, "I thought that was how you thought and I thought the mind runs the show, and here you are telling me the mind doesn't run the show. And then you're telling me something else. What are you telling me? You're telling me to trust. That I have to trust the Spirit. That the Spirit knows.

"Well, yes. The Spirit *does* know. The Soul *does* know. And you also need to trust that the Spirit in you knows exactly what is appropriate. So that you bypass habitual responses of the mind. Because with habitual responses many times, if not all the time, they are not appropriate to the situation going on."

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"So, when you think 'outside the box' a) is the mind is not in charge - the Spirit is in charge; b) is you enter into trust; into the knowingness of the Spirit; and into the appropriateness of that, of every action. If we're truly present inside ourSelves with Spirit each moment is new."

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"Thinking outside the box' means being Present with Spirit, Present with God. Allowing that to direct you and move you and to activate the mind. Because the mind in and of itself can't activate itself, as it were. It can just keep spinning in the same old way. It is very important to let go of any frames of reference, any lack, any limitation, any of what you think it should be.

"For example, I don't have fifty cents in my pocket; I don't have even two nickels to rub together.

Yet, I'm focused on creating a business, let's just say or a Retreat Center, or a home, or having a vacation home and I Co-create it with God. Even as I'm saying this I can feel some fear from around here. So we're working with limits; well, you're not supposed to have that, you're supposed to get that straight. And you know it takes x amount of time - the conventional wisdom is, let's just say, it takes three years - to build this business. Or I've tried this before and it didn't work. So we have past reference points.

"I get a real kick out of people tell me there is this real fabulous restaurant in Las Vegas. And what is so fabulous about it is that it breaks all the rules of a successful restaurant. In that it is all about 'location, location, location' and that, basically, restaurants make some attempt to look decent and presentable. Well, this is some dump that is very difficult to reach; I don't believe it can be reached even by public transportation. You have to hire a car or take a taxi to get out there; it is a good twenty-five minute ride outside the city. It is a dump and try getting a table even at five o'clock!

"So how come these people didn't say, 'Well, you know what? We're going to have to be dead center in town to be successful.' Or, if they were out there, how come they didn't say, 'Well, you know what? We'll never make it.' They didn't do that; they didn't buy into stuff. They didn't buy into conventional wisdom. They didn't buy into fear. They didn't buy into anything. But they focused on being successful."

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"So, the final thing with 'thinking outside the box' is it is very, very freeing because we give up our concern about results. We don't have that attachment. We know that if we are not attached to results we get to operate much freer. So, for example if you are an artist, and you wonder who is going to buy your painting, that is going to stop or greatly limit your creative process. But if you leave the results to God, to Spirit and you are just present, then you just enjoy the whole creative process - its own rhythms, its own timings, its own combinations and permutations of things, and its own sensuous aspect; the way the canvas feels, the paints, the smells and all that kind of stuff. If you are writing in a creative process you allow that whole process to happen. But once you worry about how many people are going to read this - you're in trouble. So attachment to the result goes as well. And attachment to what other people think goes; you know, the common norm - however you want to call it-that goes too. So that is freeing. Once again we're faced with a choice: we can choose into slavery, into bondage - thinking inside the box - or we can 'think outside the box'."

***“Thinking outside the box’ is really what the Unknown Poet says about what genius is; that ‘Genius is the absence of thinking in the Presence of Thought’. And Thought is with a capital ‘T’. ‘Thought’ means the Mind of God or God Consciousness. ‘Thinking outside the box’ is letting go and allowing God to run the show and being receptive to what’s placed there.”***

--From the Satsang "Thinking Outside The Box" (TAPE/CD/MP3 #A168)

## Dear Cosmos Tree

**Q.** How do I stay focused and provide emotionally and physically to my family and still take care of myself? - C.H.

**Dear C.H.:** 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 by saying: "For the Highest Good, Lord, God, send me [fill in what you want - i.e., exactly what you put out in your question, etc.!]; 2. Tell yourSelf "(your name) it's okay to let it go!"; 3. Ask the Lord, God to take anything [the negativity - i.e., worry, etc.] that separates you from the Spirit you *are!*; 4. Tell yourSelf "(name) it's okay to let it go!"; do as often as necessary; 5. 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] and tell yourSelf: "(your name) It's okay to let it go!"; 6. Stay Present! The Teachings teach us to keep our Focus at God (there's only One Focus) and everything else is handled - take care of yourSelf by doing That; and that the Only Relationship is with yourSelf/Spirit; 7. Work with your basic selves (the part of you that brings forth your karmic patterns); right now, you're allowing your basics to "rule the roost" by going with the negativity/karma; instead, take charge! A good start is to say "I need your cooperation to stay Present. Thank you and keep doing the good work you're doing"; you can also tell them that Spirit is the source of your supply; 8. Ask God to balance "your life" - really God's Life! - it's all God anyway. None of us can "balance" anything so why attempt this?; 9. You have the Power of Choice! Choose to give yourSelf whatever you need to take care of yourSelf; Love yourSelf enough to do that; 10. If you are not already an Initiate take Initiation into the Sound Current on the Path Of Soul Transcendence! We're here to come to know ourSelves as Spirit; this Joyous Adventure is the Only Way to live in True Peace and in True Joy - Love yourSelf enough to give It to yourSelf! And What a great Gift and Support and Example for your family who are, ultimately, here to help you Lift and Grow into What you Know!

**To Reinforce Your Learning:** 1. Beginner: read the *Tools For Living Free*, "How To Run a Business (Your Life) Spiritually"; "Family 'Problems': What, Why and How"; "Being Present"; "The Divine Plan"; 2. Intermediate: Everyday Evolution I Class; Meditation; *The Money Workbook*; Open Hour and/or private Session with The Teacher; All Classes in addition to EEI, beginning with Relationships; 3. Advanced: 1, 2 and request Initiation into the Path Of Soul Transcendence if you are not already an Initiate.

**Dr. Lane adds:** Dear C.H. - If you take a look at your question you are looking at your answer. You have it mocked up that providing emotionally and physically for your family is separate from you and that you need to "recover."

While I am not suggesting that taking care of your family - whether infants are involved or not - can not be tiring and exhausting, I am suggesting that you have mocked it up as your family is antagonistic to your wants and needs, etc. You may need to assist them more but it is, primarily, that there is "you and then there is family."

As a parent - even if you have married into a "ready-made" family - the agreement and your responsibility is to nurture its members! If you see yourSelf as separate from the family you may also be treating this as a "pizza pie" situation; that is, if a family member receives nurturing - a "slice" - then there is less for you. Instead of this focus on lack and limitation - the hallmarks of the ego - you may wish to approach this Spiritually by keeping your focus in God. When you do this the Spiritual Currents keep you fresh and alive and nurturing as it is the nature of Spirit to give. While you may need to rest from time to time to recharge the physical body and also have some "alone time" to be inside yourSelf without *simultaneously* an outer focus, this Spiritual focus also means that you are giving from the Spirit you *are* rather than from your ego-identity in the world.

An ego-identity results in a "me vs. them" attitude while practicing Proper Identification, as the Teachings of the Path Of Soul Transcendence teach us, is to Know that you *are* Soul, *are* Spirit and that your Purpose on this planet *is* to come into this Knowing. It is important that you practice this not only for yourSelf but for all members of your family.

To help you live in your True Identity I Lovingly Suggest you read the *Tools For Living Free* "Spiritual Economics."

To also help you understand the role of the family in your Growth and Upliftment and the true dynamics at work - other than psychological ones, which are based upon the ego - please listen to the Podcast about families entitled "Family 'Problems': What, Why And How".

As it is true that how we have been treated is how we treat others and, with the understanding of the above and why you had chosen to be born into the family you were and why you are married into the one you are you will see it all as the Blessing and the Opportunity it is.

I Lovingly Suggest, C.H., that you En-Joy your family; practice Proper Identification; and grow in Love everyday that the Lord, God gives you to do so.

Remember, dear C.H., that the Teachings of the Path Of Soul Transcendence teach us that Love is Letting Go Of Volition *Every* time and allowing God's Will to be in the situation and to know that God's Will *is* the situation.

God's Will for us is very simple: that we come to Know and Love Him as a result of Knowing ourSelves as Soul, as Spirit; and Love all of His Children and His Creation for we are all One.

Practice and live this, C.H.! I know you can or you would not have written in for Spiritual Direction. Please let me know how you are progressing in this.

## Try This ...

"Just in conclusion, what I would like to do is do a short Process with you. And I'm going to call in the Light [Of The Most High] again 'Lord, God send us Your Light, and we put this time together into Your Light for the Highest Good!' 'Now inside yourSelf take a problem you've been chewing on and just think it as you have been. Think it from "inside the box!" And now allow it to be "thought outside the box".' Okay, take your pick but I lovingly suggest you live thinking outside the box. ..." - from the Satsang "Thinking Outside The Box"

## 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. Inside yourSelf, ask the Lord, God to take "any frames of reference, any lack, any limitation, any of what you think it should be." - from the Satsang "Thinking Outside The Box"

3. Inside yourSelf, tell yourSelf, "(your name) it's okay to let it go!"; do this Releasing Technique as often as necessary!

4. Throughout the day, inside yourSelf, tell yourSelf to "stay Present!" Do this as often as you need to!

5. Attend Meditations; Classes; and Workshops at your nearest Center and/or by teleconference.

6. Call any Center and request Initiation into the Sound Current on the Path Of Soul Transcendence - Live in the Truth of Who you really *are*.

For further information or to request other titles in this series contact:

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