

Tools For Living Free

NUMBER 125 IN THIS EDUCATIONAL SERIES

Living In Loving Cooperation

Excerpts from the Satsang "What Is Love?" (CD/MP3 A80)

"... And we have this insistence upon our agenda. It's kind of like when I was on vacation I saw these two brothers. And one was about two and the other was about five or six. And the younger kid - he either wasn't old enough or bright enough to know that the bucket that he was pouring sand into was supposed to be used to just fill it up with sand and then spill the sand, and keep doing that, and keep doing that and keep doing that. He wasn't smart enough, bright enough, to know that.

"But he was smart enough - or bright enough - to know that the bucket sure weighs a lot more filled with sand than empty as he smashed it over his brother's head. And he would do this a couple of times. You could hear the thud. And it looked like his grandfather was watching him, you know? And his grandfather just stood there and never corrected the kid at all. And the older brother - he just wouldn't say anything because it was kind of like expected behavior. You could tell, you know? Like that's what a kid that age is supposed to do. You know, whatever he wants to do.

"So, you take the bucket full of sand, 'Hi, brother's head! Hi, brother's head! Hi, brother's head!' and you whack him. You whack him, you know? There was no correction; no guidance; nobody ever said anything. And that's a lot of what we do: We keep running from our impulse, from our immediate thought of what we have to do. And our agenda - we inflict it; inflict it; inflict it; inflict it. And the conscious part of ourSelves - just like the godfather or the grandfather there - doesn't say anything, you see?

"And he was a godfather in the sense that he was participating in this crime. There was no education going on. And so many of us do that. We don't educate the part of ourSelves that does that. OK. So, we allow our anger and our hostility and our hurt to build up and build up and build up. And then we approach the situation and we bash the situation with a bucket of sand, as it were - with our hurt; with our pain; with our past reference points.

"That's crazy. That's not love. But what Love is, is, 'I'm feeling that. I'm experiencing that. Alright. Let me take a moment! Let me go and either get rid of it - ask God to take it, whatever I have to do - or make a choice!' See, the key is making a choice. I'm going to come and I'm going to proceed neutrally. So that we have a method of operation that's cooperative; we have to cooperate, you know?

"And it's interesting. A couple of days later, these two girls came running by. One was about five

and the other was about eight. And she said to her friend, 'I'll tell you what: You push me into the ocean and I'll push you into the ocean.' And I thought, 'Wow! That's a pretty good deal! They're in a spirit of cooperation.' See? Maybe they were a little older than the two-year-old so they could cooperate. But that was a pretty neat thing: I'll have a deal - I do this for you; you do this for me - and we're cooperating.

"And somehow, in our inner environment, we need to come up with that. And part of Love is that Responsibility because it's important to honor what we call the lower self or the false self or the basic selves. OK. And how do you honor them? Usually, you'll find that they'll love to be out in nature taking walks; or they'll love to swim; or they'll love to read a dumb magazine; or they'll love to read a book, etc. But even with that, you have to modulate them because there's what? There're habitual responses. Ahhh. What're habitual responses? Well, they'll like to eat. OK. But they won't stop at just a steak. They'll have five steaks. They won't just play one or two games of soccer. They'll play for five days straight.

"And you've got to be the parent to that child inside of you. See, that's Loving. And we abdicate our Responsibility just like that grandfather did. He abdicated his Responsibility to educate that kid and say, 'Hey! no, you can't do that! You need to leave your brother's head alone! We know your brother has a hard head. We know that already. You don't have to prove it. Leave his head alone! Leave it alone!' But, many times, we are so into the pull of the emotions, and our thoughts and our feelings that what do we do but we decide to go with that and come from that?"

"But, when we unleash our emotions; and our thoughts; and our insistence upon what others should do; and try to control others - we've chosen into and unleashed karma. OK. And Love has to do with ... mediating and arbitrating and cooperating with the different parts of yourSelf, with the parts of you that are expressed in flesh and emotion and thought, etc., you know?

"Because everything - and this is key and this is What happens when you're in Love - everything is transmuted by Spirit. Spirit transmutes everything - every emotion, every thought - if you allow It; if you give up the insistence; if you give up your will or your volition and do that every time."

***"But, what
Love is is the
acceptance
of ourSelves
as Spirit, as
Soul. And
that 'child'
in us who is
calling out
for attention
is the Spirit
in us, is the
Soul. And
we're here
to nurture
It."***

--From the Satsang "What Is Love?" (CD/MP3 A80)

Dear Cosmos Tree

Q. When my basics [the part of me that brings forth my karmic patterns] let go of their drama, allow Light to flow, and with Grace I feel myself align, I ask, how can I keep this going through all the distractions of daily living? This is certainly a part of allowing mySelf to be in the Presence of God, and can I look forward to being able to remain aligned, at peace, and aware of the Holy Spirit throughout each day? L.G.

Dear L.G.: 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., to be in Alignment with the Spirit I *am!*]; 3. Ask the Lord, God to take anything [i.e., fear/judgments, etc. – your question about “being able to remain aligned” may couch judgment and/or worry/doubt “about the future”] 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 – i.e., being in Alignment or Allowing me to be in Alignment, etc.!]”; 6. You have the Power (not your basics!) You choose to let go! You choose to stay Present! The Power is the Power of Choice!; 7. Stay at God! Practice Eternal Vigilance. The Gift of Grace is that you don’t “have to keep this going” (it sounds like pressure on yourSelf!); rather, your job is to be Present; 8. Work with your basic selves! A good start is to say “I need your cooperation to stay Present. Thank you and keep doing the good work you’re doing!” Give yourSelf direction/encouragement by using the Four Rules of Self-Talk! - the last part of the above example is the encouragement! Give it to yourSelf!; 9. You Allow (not your basics!) Again, as The Teachings teach us, focus into Spirit and everything is handled. Grace is always Here. Just Choose to be Present/Receive. If you’re Present there is really is no “looking forward”; daily living doesn’t so much have “distractions” as it does Opportunities to Lift and to Grow and to strengthen that Spiritual Muscle. Again, You’ve Got The Power! (Please read the *Tools For Living Free* listed below!)

To Reinforce Your Learning: 1. Beginner: read the *Tools For Living Free*, “How To Run a Business (Your Life) Spiritually”; “The Power Of Choice”; “Being Present”; “You’ve Got The Power!”; “The Power of Positive Self-Talk”; 2. Intermediate: Everyday Evolution I and II Class; Meditation; Open Hour; All Classes; 3. Advanced: 1, 2 - and for those who are not Initiates - request Initiation into The Sound Current on The Path Of Soul Transcendence.

Dr. Lane adds: Dear L.G. – Let me begin by saying how impressed I am by your intelligence in being able to ask two questions in a column that the editor has designated for people to write in and ask a question; it is not often that anything gets past our devoted and eagle-eyed editor.

Let me answer the first question by noting that the beginning of your question contains an error: “When my basics ... let go of their drama ...” Basics, as you correctly note, are the part of your Consciousness that brings forth your karmic patterns; therefore, they do not let go of their drama. To do so would be to stop being basics.

You have omitted the initiator of this action of your basics’ dropping their drama: you (conscious self.) You are the one that is choosing to direct your basics into this Alignment with the Spirit you *are*; basics do not make this choice. To do so would be against Spiritual Law as their function is to bring forth your karmic patterns *and* to act as a strengthener. Not providing you with the Opportunity to choose violates the free will that the Lord, God has given you.

So this provides the answer to how you can keep the Alignment going throughout the day despite constant distractions: you choose *each and every moment to do so*.

The answer to the question of whether you can look forward to being able to remain Aligned, at Peace, and aware of the Holy Spirit – the Sound Current – is a resounding “yes!” Please know that if you could remain Aligned all the time the Soul present with you would not need to put on a body and take Initiation into the Sound Current so please be kind and gentle to yourSelf!

At the same time, why “look forward” to this when you can en-Joy being with God through the exercising of your free will right now? What is important, L.G., is the returning to the Focus; not dropping from It is of no importance. Just keeping returning to God within!

If you are an Initiate of the Sound Current on the Path Of Soul Transcendence simply follow the Master’s Instructions *exactly* as They are as They are the proven Way to fulfill your Spiritual Destiny on this planet. If you are not I doubt you could even ask this question, other than as a reflection of mental states.

As the editor suggested, inherent in both your questions seems to be a fear that you may fail at This. This is an error in Consciousness because of the belief that you are doing this. The ego lives in duality and is governed by fear. But please know that you do not accomplish or “achieve” This; nor is It a goal for It is within.

You simply Allow and co-operate by choosing into the Spiritual Action of Grace. Self-Talk is a wonderful Tool as are attendance at Satsang and Classes and RETREAT; the following *exactly* of the Master’s Instruction regarding your Meditation Practice is key as doing so guarantees success.

I also Lovingly Suggest you listen to “What Do I Do If It Happens Again?” (A164) and “Applied Geography” (#A191).

Dearest L.G., trust in yourSelf and in the Path and in Your Teacher! You will come to know yourSelf as Soul, as Spirit, and Know your Oneness with the Lord, God. You come from God and are going back Home – consciously and volitionally.

I hold you in My Heart, L.G.

Try This ...

“... But what Love is is ‘I’m feeling that. I’m experiencing that. Alright. Let me take a moment! Let me go and either get rid of it – ask God to take it, whatever I have to do – or make a choice!’ See, the key is making a choice. I’m going to come and I’m going to proceed neutrally. So that we have a method of operation that’s cooperative; we have to cooperative, you know?” --From the Satsang “What Is Love?” (CD/MP3 A80)

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, allow a situation to arise that, up until now, you have allowed anger and/or hostility and/or hurt to build up.
3. Now, inside yourSelf, say “Lord, God, for the Highest Good, please take this negativity from me! Please take this insistence from me!”
4. Then tell yourSelf, “(your name) It’s okay to let it go!”
5. Lovingly repeat the Process above as often as you need to.
6. Attend Meditations, Classes, Workshops, Retreats, Video Showings; and use the many Tools available on the cosmos-tree.org web site.
7. Call any Regional Center and request the Gift of Initiation into the Sound Current on the Path Of Soul Transcendence.

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