

Tools for Living Free

NUMBER 21 IN THIS ONGOING EDUCATIONAL SERIES

Awakening Consciousness

Excerpts and quotes from the Satsang, "Where Are You?" (TAPE No. A57)

".....And some of this TALK [will] describe the levels your Soul lives on; It may be asleep on those levels, but ... It lives in this world. Okay, and I'm going to give you the antidote to its sleep...."

"And where we are is in the Soul within us. It exists on many levels and on several It's seeing images in a mirror and It doesn't know it's a mirror - we think it's the real thing. And we've also forgotten who or what created those things we're seeing in the mirror in our own consciousness."

"And closest to the physical sits what's called the Astral. And in the Astral there's the imagination. And there's a part of the imagination that can be very nightmarish and that's called 'astral or nightmare alley'.... We imagine the worst. We imagine this accident happening. We imagine this. We imagine that. You know? And those are things of the imagination and they sit in the Astral.

"Then we move on up - and, by the way, things aren't linear. They kind of interpenetrate. But I'll give it to you linearly because that's kind of how the mind works.... So, we have the Causal. And in the Causal sits feelings. So, all the emotions we have, all that stuff is in the Causal. Okay, but what also sits in the Causal is the cause of why you are here. And why you're here is your karma. So we can go in the Causal and we can see the karmic records and they sit there. And that's the Causal. See? But in this realm - this tells you kind of the predicament of mankind, you see? - this is the emotional realm. This is where emotions sit. And it used to be, it used to be the motion, the energy motion, the E-motion of God, Himself. See, and we have clouded it over with our own emotions. Okay?

"Then we move on up, as it were, ... the next one is the Mental and that's where the product of the mind sits - our thoughts, etc.... And we also have inventions, all the stuff - you can travel down the Mental line and see everything

that's going to be invented. And there are kind of new combinations of things that exist there. And see, in these realms, when we have a thought, to be really honest, what we're doing in our consciousness is we're giving over our energy to that mental power and then we just ride that energy and we come up with a thought.... And it just doesn't matter which one you're choosing - they're all indications of where you are inside yourself. You see?...."

"....Now, if I feed the thoughts I'm creating the karma, if I'm creating stuff in my imagination that's what I'm doing - I'm making karmic creations. A feeling comes up - that's fine, but if I feed it - say, if I feel hurt for a second, that's fine. But if I choose to have it linger and stay I'm engaging in a karmic creation here. See? And these are all things that separate me from God or what I've done is I've created idols, something I've placed between me and God.... And how it works here is that, see? these are all creations and we forget and we think we're powerless, we think we're cut off from the Garden of Eden and all - we don't have any power. So we forget that we created this stuff and we created all of our ideas about God. And we think these things are objective reality."

"And there's something in the consciousness that has a mirror-effect. And this lies in what's called the etheric. It's the level above the Mental level and here sits all kind of, all the waste-products of mankind, in a sense, and all of our unconscious urgings...."

"So, where are we? Well, we're asleep. We're asleep on the lower levels - Astral, Causal, Mental, the Etheric. We're all asleep and there's no way through except through that Gift (of Initiation into the Sound Current).... What do people do on this earth? They chase the products of their own consciousness, as it were. And it's constant.... See? And the consciousness - the way it works is there's like a mirror in the Etheric Level and everything we produce

"And God
in His
Mercy
and in His
Kindness
- He
gives us
free will
and He
says
to us
'Hey, you
can
be as
asleep as
you want
to be
or you
can
be as
awake as
you want
to be.'"

is in that mirror. So, we look into that mirror and because of the fog of the consciousness we don't see the mirror. We just see the product itself and we think that's real."

"See, and the irony is *we think we're not powerful but we're so powerful that we're the reason we're here*. See, we're at the mercy of our karma.... But God in His Kindness and in His Mercy - He gives us an answer: He gives us Himself, the Soul - but It's asleep. We don't know. We've forgotten who we are.... And through the Gift of Initiation into the Sound Current, into the Holy Spirit or into the Word - ...And by focusing on the Lord, God and by loving God in a practice of devotion, really, the Soul starts waking up on all those levels and the karma gets cleared."

"And when we're asleep we don't know it. What we're doing is we're worshipping and hanging out with all our creations on the other levels - the Astral, the Causal, the Mental, the Etheric - and that's what we're doing and we don't know that.... And on those levels - and this is important - the Soul can only know God

by reflection, by reflection. Just like the moon doesn't have its own light, cannot give its own light, only reflects the light of the sun. The consciousness can only know by reflection. When a Soul knows God directly it's because of one thing. It's because of the Gift of Initiation into the Sound Current, into the Holy Spirit and *while It's in the body It comes to know God and It is with God. See? And that's our Divine Inheritance....*"

"So, when you ask yourself where are you? If you can honestly say, "hey, I'm with the Living God," well, you've won the day.... But if you haven't been able to say that, that's okay, too. But ... have the wherewithal and the intelligence to change that situation. So, where is God? He's in you. Where are you? In reality, you're with God and the question is, "Do you love yourself enough to give yourself that?" Because we all live in the Heart of God, that's the Truth. We're all in His Heart. And we run like hell. And my challenge to you but, also, my offer to you is for you to live in God's Heart...."

Case Study

I had a minor medical condition for the majority of about 2 years, up until recently. Nothing the doctors said or prescribed had any lasting effect. I read all sorts of books about this condition and nothing I tried really worked. And as I was listening to the "Where Are You?" TAPE I really began to see what I had been doing. I had been worrying about it, really feeling upset and sometimes almost hopeless. I had all sorts of thoughts about "well, maybe it's not really this, maybe it's this other thing." I also imaged a lot of things happening - more serious medical conditions, complications down the road.

But after listening to the "Where Are You?" TAPE and listening to Dr. Lane explain

how we create with our thoughts, feelings and imagination I realized that I didn't want to create all that stuff. It wasn't true. It wasn't objective. I was the one putting out all those creations. And then I realized that I would much rather create with God and just be present, love God and allow myself to receive the health, wholeness and Oneness that God has already created for me.

So, now, when any fear or worry surfaces about the medical condition or anything else, for that matter, I just direct myself to let it go and ask God to move me into being with Him. And you know what? That minor medical condition is gone!

Try This ...

"So, I'd like to give you a little homework assignment. Several times a day just ask yourself in all honesty and candor - and be honest with yourself, there's no censorship here - "Where am I coming from? Where am I?" And if your not saying, "Well, I'm with the living God" - if that's not the correct answer - pray. Say a little prayer. Ask God to move you there. Ask God to, if you haven't taken the Gift of Initiation, to move you to that. Because, yeah, you'll feel less stress, you'll feel great, you'll feel wonderful. Those are secondary benefits. But, my God, guess what you're doing? You're fulfilling the purpose of life which is to be with God. But it's *while you're in the body*."

Step-by-Step

Here's a quick reference list for daily practice. Please refer to the articles for complete information.

1. *Call in the Light of the Most High by saying, "Lord, God send me you Light."*

2. *Ask yourself "How am I creating?" - thoughts, feelings, imaginings or loving God?*

3. *Pray by saying "Lord, God move me to be with the Living God consciously."*

4. *Ask God by saying, "Lord, God move me into receiving the Gift of Initiation."*

5. *That's knowing and being in the Heart of God and fulfilling the purpose of life.*

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