

Tools for Living Free

AN ONGOING EDUCATIONAL SERIES

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Using Your Reactions To Lift

Excerpts, quote and "Try This..." from the Satsang "What Are You Reacting To Today?" TAPE # A45

"One of the things ... that The Center for Religion and Advanced Spiritual Studies is for are those people interested in a Spiritual Progression, in a Spiritual Trip, but what is that 'trip'?"

"That 'trip' is basically the Soul going to Its Completion here; coming to know Itself as Spirit, as God, and finishing up Its karmic journeys."

"But when we are in reactive mode, what we're doing is, we're allowing our creations to govern us. In other words, we're allowing our karma to have control, to have victory over us and to rule us. And we're choosing to be enslaved...."

"Okay, now the reactive mode is hooked up.... Spiritual Anatomy: it's hooked up with what's called basic selves, or part of our consciousness which is here (Dr. Lane points to the mid-section of the body) and knows our karma and just repeats the karma. That part of our consciousness is hooked up to the reticular formation in the brain. So that we can always activate [it] if we want, but we have choice. And what's important for us to know is that we're more than our thoughts, more than our feelings. See, this is crucial: because we are Spirit, and if you know that you are Spirit ... that gives you a lot of room. If you feel you're just your thoughts that are coming through or your emotions then you're like all claustrophobic and closed into them, and you get into reactive mode. You feel like you have no choice and you feel like you're powerless. But we have great power, we have the power to choose. See, this is important. Because if we can choose to be more than our emotions and more than our thoughts, then guess what? We can choose to be free. And if we can choose to be free, then guess what? We're not participating in our karma, and if we're not participating in our karma, then guess what? We're living freer, and freer, and freer and freer. And we're not dependent upon anyone.

"... and when we're in a reactive mode, guess what we do? We're giving over our power, our energy over to these thoughts and these feelings.... So I have a choice, I could react out of anger, out of hurt, I could also choose to go into a memory pattern, ... feel like a victim, ... and get into that sort of mopey, sad feeling. Or I could

just deal with it objectively Any residual feelings I had inside myself I would take care of. I take care of it by guess what? By choosing to focus away; in other words, I don't feed it....

"See, and that's what happens when we enter into reaction: we're not present. We're in [the] past, we're in memory, we're in hurt, we're, really, in karma so you can't be present. And if you're not present then guess what? You can't receive because you're not there to get it, as it were; you've abdicated that spot. And if you're not present you're not with God inside of you, you're not with the Spirit you are because that's where It is. You've left, you know.

"And that's what we do when we enter patterns, and we enter history, when we enter all those reference points, when we enter memory. Every time we do that we feed that, we feed that, we feed that so that these thoughts and these feelings start to have a lot of power and they start to have a lot of energy behind it. If you're sane, there's always a hook up between thoughts and feelings."

"See, God doesn't just give us this stuff this lifetime just to burden us, but it's a launching pad. *This is really crucial: it's a launching pad because against those thoughts and those feelings we can make a choice.* We can make a choice away from that stuff.... But, real simply, I just choose not to participate and not to react to my anger, to my hurt, 'once again I'm cheated, once again I didn't get what I wanted,' ... plays right into 'my God! once again I can't have what I want' so I could enter into that, right? So whatever it is I could have a ball, I could find so many ways to be angry, to be annoyed, but guess what? Then I'm all enslaved...."

"See, if I choose to keep entering, and entering and entering it then I'm giving this karmic pattern life.... And we're caught and we're enslaved.... The interesting thing is the way this world is set up is [that] the focus and the emphasis is on just the opposite. It's on running all the negative patterns we can, it's the belief that we're not responsible, that somehow we're going to get away with it. It's also the part in our consciousness - the lower part, the false self, whatever you

"'Forgive and forget' is very crucial and it has to do with giving up reactive patterns and giving up creating karma, making karmic creations. Forgive so that you're not involved in the anger pattern and then forgetting that that was even there."

want to call it - it loves that stuff and it loves to be engaged and it thinks it's really, really, really having a blast if it's hanging out with its thoughts and its feelings and feeding it and feeding it. Or, if you're in your relationship and you keep coming at each other that way, and you think, 'boy! you really care about each other and you really love each other,' and all you're really doing is acting like crabs in a barrel, making sure that the other person can't lift, [you] can't be free."

"When we're choosing away from our reactions guess what? We don't have to battle them at all because we're still involved with them. We don't have to battle with 'I'm not going to be angry' or 'I'm not going to remember this' or the anger comes up and 'oh! I'm not supposed to feel that way' and we push it down and repress it and all that stuff; well, I'm still involved with that. I think I'm conquering it but I'm not, I'm not doing anything but staying in the same place - other side of the same coin. So I'm going to choose away. Many times that's the easiest way and the

most effective way; if we can choose away, we don't have to do battle. The thoughts and the feelings that we have - we don't have to do battle with them. They are there for a reason: they're there for us to lift from and to grow from. We can just choose to feed something else, we don't have to feed our habitual responses, our habitual thoughts, our habitual feelings; we can choose away from it and that's our power.

"And, in reality, we're co-creators with God, so it's our responsibility-and I'll be the first one to say I wish I didn't have to do that, I wish I could get in there with my habits and my reactions and stay there and hang out with them no matter how horrible they feel but I can't because I know it's my responsibility - to choose away. And to choose away and that's how I stay free. That is actually our responsibility as co-creators with God. So now you have a few tools to work that and you got sort of a panoramic view of why it's important to stay clear, as it were.... You can just refocus and choose away. And so choose away."

Case Study

It's interesting to me how Spirit works immediately. My wife asked me to write this month's case study on the Satsang "What Are You Reacting to Today?" My answer was "I don't really want to, but I'll do it for you." Inside myself I laughed and said "well, if this isn't a point of surrender, what is?" (As a student of the Path of Soul Transcendence a Surrender point is the inner knowing that at that moment there is a choice between God and the ego, and the choice is here to choose into God). Talk about being outside myself- first, I deny myself the opportunity to be with God & further I blamed my wife for having the audacity to give me this blessed opportunity.

I accepted that I was reacting from a place of ego (acceptance is the first step in letting go). Even though we are always with Spirit I did this next step to remind myself of that. I called upon the Light by saying "Lord God send me Your Light! Please help me to know that I am Spirit and to know that I come from this place of Spirit." I also send the Light to my basics (the part of us that wants to keep habitual/karmic patterns going) and I tell my basics that we are fine now & to let go of anything that is separate from Spirit.

In the Satsang "What are You Reacting to Today?" Dr. Lane says we have a choice - to act from a place of Spirit or to react from our ego or lower self (the part of us that does not know it is Spirit; however, this same part allows us to exercise moving into Spirit when we consciously choose to do it). My choice was to be with Spirit; I decided to drop my "stuff," and be with God. Interestingly enough, my choice to surrender increased my energy and allowed a flow; the only "suffering" I experienced was in the moment I had denied myself God. I felt like I had been all over the place and completely un-centered. I now have a greatly increased understanding of the Teachings of The Path Of Soul Transcendence on "ego" and the reasons for it. The "ego" has no ability to understand Spirit; therefore, when Spirit brought forward this learning the ego thought "my wife is against me; she wants me to make a sacrifice." I also observed that a quality of the ego is duality, and because of this it strikes back against Spirit to preserve the illusion of being in control and our illusion that we are our ego.

Using the Teachings I was able to lift beyond this by seeing my reactions as information and taking advantage of the learning that was here for me. Because I am Spirit, I can go beyond these falsities and lift into an understanding of Spirit, and that is how I used what I am Reacting to Today to lift and grow Spiritually.

Try This ...

"So what I'd like you to do is, I'd like you to get nice and quiet. And we'll start by calling in the Light; so, 'Lord, God send us Your Light!' And what I'd like you to do now is let some of that hurt or let some of that anger, or let a thought or a feeling that's very common to you come.... if you have a thought or a feeling that you're habitually drawn to, even if you can't identify it, if you can't put a word on it. Now ... ask the Light of the Most High to take that feeling and tell yourself, however you call yourself, it's okay to let that go. Or just ask the Light of the Most High to come into that area and just (allow the Light of the Most High) to dissolve that. And just let it go. ... let it go, make a decision to let it go.... [And] just make a conscious choice to refocus. Now ... because that's a habit, a lifelong habit, it's got force behind it; let some more go! Okay, I'd like for you to make a decision to focus elsewhere."

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 Your Light!"
2. Now let any thought, feeling, hurt common to you - a very old, familiar pattern - come to you.
3. Ask God to take the attachment by saying, "Lord God, come into this area I am attached to and dissolve any attachment I might have!" and allow the Light of the Most High to dissolve it.
4. Tell yourself to let it go by saying, "Lord, God, I choose to let this go."
5. Make the decision inwardly, a conscious choice to refocus elsewhere.
6. That's being a conscious co-creator with God.
7. Make the choice to grow in your Spiritual Progression and receive Initiation into the Path of Soul Transcendence!

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