

Tools for Living Free

AN ONGOING EDUCATIONAL SERIES

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Using the Tool of *Lila*

Excerpts, quote and "Try This..." from the Satsang, "Why Is God Hidden" (TAPE A48)

"And the hidden God is the game of what's called *lila*: God playing with Himself and that's what this [life] is all about."

"God is hidden for a really simple reason: so that you could come to know Him. And God is hidden because of a need on your part to do it as a volitional process; in other words, of your own free will. You have to come to know God yourself. So, as it were, God hides Himself so that you can go find Him. But where does God hide Himself? ... God has hidden Himself in us. But if you take a look at this, that's the good news because if God's hidden Himself, then guess what? Every thought we have, every feeling we have, every situation that we're in - there's God. The bad news is that every situation we're in, every feeling we have - there's God. So in each situation we get the opportunity to exercise our free will, to decide what are we going to go with? Are we going to go with hurt? Are we going to go with pain? Are we going to go with fear? Are we going to go with separation or are we going to let all that go and be present with God?"

"We kind of have a civil war going. The civil war is the pull of things in the world and to God.... In our own consciousness, how do we work things?.... And we have the struggle of holding onto our emotions, holding onto our thoughts, holding onto our feelings, holding onto our beliefs. Or we have just the opposite of pooh-poohing everything. But part of the reason why God is hidden....you can use those things. In other words, they're opportunities to lift and to grow. So we don't have to put down the things of the world and we don't have to pretend they don't exist. But the way to work it is to take each of those things that we're dealing with-a thought, a feeling, a situation-and decide: what's the learning? what am I going to persist in? where's my consciousness going to go?"

"And it becomes a self-revelatory event, knowing yourself is self-revelatory as you wake up. And we can wake up through the process of Initiation [into the Sound Current] or the process of the Soul's being awakened and then coming to remember Itself as Spirit, as God And part of why God is hidden has to do with helping us see our responsibility to be in alignment with the Spirit that we are ... a lot of times we have to back into it, or we have to activate it ourselves. And we activate this knowing because somewhere in the depth of our own beingness we have dim little reminders or hints of who we are and where we've come from. We've come from God, 'In the Beginning was the Word...' - the Word is the Sound Current or the Holy Spirit - 'and the Word was with

God' so in the Beginning we are the Sound Current and we are Spirit and we're with God and we're created in His Image. Which means that the Soul and God are One and the same."

"If you take a look at your life, you find that a lot of times you've lived your life by going outside, ... trying to accomplish, ... to achieve, etc. And there was something inside of you calling you within.... And maybe you've had feelings of being uncomfortable, ... of not quite belonging on this planet, not being able to quite figure out why you feel like a stranger here. And we are strangers here because this isn't our home. Our Home is with God, in God. And each moment we can be with God but it's a choice ... all we have to do is consciously decide to focus on the Spirit we are and then ... Grace comes in many times, God's Grace."

"But the real Truth is, it's not 'either/or,' 'it's both/and.' In other words, it's your individual effort. And notice the words come up again and again: effort, free will, choice; free will, effort and choice; constantly focusing, focusing, focusing on God, to God, to the Spirit that you are. Or, at least, choosing away from the negativity.... But the truth is we are at cause. We're always at choice. And God hides Himself so that we can come to know that: that we're at choice and we're at cause. We are responsible.... So if that means that we're not a victim of blind circumstance then we have power. We're very powerful beings. And if we're very powerful beings then that means that we can have that power activated and be activated. And we can discover the Spirit in us or that God lives in us as us."

"So that God's being hidden has to do with motivation. It gives us motivation. It gives us motivation. And motivation: it gives us motor. It's the real motor. A real motor."

"And it's in this milieu that we make the choices to keep hitting upon ourselves as Spirit, as God. But it's not a god of the textbook, it's not a god of religions, it's a God that we come to know directly. We come to know God directly."

"And so we have this thing called God; we can't see It with our eyes, we can't feel It, we can't hear It because He's hidden and yet, when we go into the Soul Body and through the process of Initiation [into the Sound Current], we do hear God, we hear the Sound Current. We hear the Audible Life Stream."

"But we also have through God's Grace -the ability to know God directly and be with Him while we're in the body. That's the gift. That's the fantastic offer. And there sits God in us saying, 'find me!'....there's a part

"God
is
hidden
for
a
really
simple
reason:
so
that
you
could
come
to
know
Him."

in us that always knows and we're here to find God and to discover ourselves and to know ourselves as Spirit, as God."

"And there's so much fear around this thing called God And that journey is the journey of a Soul. A Soul goes from fear to love: Fear of God to Loving God. And that loving God is loving yourself. And as a wise lady I know says, 'do you love yourself enough to give yourself God?'"

"And that's our responsibility. And God's being hidden helps us be responsible. Helps us to exercise our choice, be responsible for the exercising of our free will and come to know Him as living in ourselves as us. It's living in ourselves as us. It's real simple. You can't go Home to God unless you've come to know yourself. You can't know yourself unless you come to know God ... our consciousness is at One with God. That's called the Christed Consciousness It just simply has to do with a consciousness that is Christed, or which has been here forever and that consciousness is the alignment of God's Will with your will. How does that happen? Because that alignment has always been but it happens with the Surrender process. So we surrender our will and line up our will with God's Will and then you're home free and it becomes one and the same."

"So that tells us something about thoughts and feelings ... they're based on the senses, as it were... Your experiences demonstrate the illusion of that.... Well,

it's illusionary-not that it doesn't exist-but the values that underlie it are illusionary ... but it also tells us what's real a permanent part in us, which is the Spirit, which is God. And that's the hidden part. And that is the Everlasting God, the Spirit that we are.... And hidden through the illusion and hidden by the illusion is God, is you.... It's a gift and the reality is that each and everything can be used to springboard into the Spirit that we are, That Which Is Eternal.... And that's why we're here; we're not going to take anything with us. What goes before us is the Spirit we are. And what keeps coming is the Spirit we are until we have lined up and come to know completely that we are Spirit, we are God. And the hidden God is the game of what's called *lila*, God playing with Himself. And that's what all this is about.

"In consciousness we're always playing, both halves are kind of playing. But that's where you come in because you're the one to decide where your focus is, where your choice is, and what you're going to respond to. And I'm just here to suggest that you respond to the clarion call of the Spirit inside, That Which You Are But also while you're here in this body we get to have more Joy and more Peace That's how it is when we get to be more expansive: we get to be expanded, we get to live in the Spirit and we get to be much bigger, as it were, than we think we are because we're much grander than we [think we] are because we're Spirit and God just waits in us to be discovered."

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. Ask God, "Lord, God bring forward any thought or feeling I keep having, going back and forth with it!"
3. Now ask God to take it by saying, "Lord, God take any thought or feeling I keep going back and forth with!" Then say, "(your name), it's okay to let it go."
4. That's participating in God's game of *lila* and making the choice to surrender to the Spirit you are and coming to know how powerful you are as Spirit. Continue to cooperate and be present with the game of *lila* throughout each and every day.
5. Be present with and strengthen the Spirit you are by asking for Initiation into the Path of Soul Transcendence.
6. Continue to be present with and strengthen the Spirit you are by always opening this Priceless Gift.

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Case Study

A couple of weeks ago, just before the holidays, things looked like they were going to be a little tight financially for me and my husband. In particular, I didn't know how we were going to pay this one very large bill. About two weeks before the bill was due I was on alert. I asked God for the Highest Good to send me the money to pay all my bills in full and on time. As an Initiate of the Light of the Most High I know that this is all I need to do: I ask God, go ahead and do my work in the world and leave the results to God.

Then I decided to be "responsible." I decided, actually, to ignore the fact that I had asked God. I chose to forget to trust God and I decided to work it myself - by worrying about it, by constantly focusing on it, by telling my husband not to buy any Christmas gifts until this bill was paid. Well, needless to say, I was stressed out and miserable. And sure enough we did not have the money to pay the bill when it came time to put it in the mail. I realized that I was the one who had kept the money from being there - by all my worry, fear and focusing I had gotten in the way of God working the situation.

I then decided to work it positively. I called in the Light of the Most High and I asked God to raise me to the level of Spirit to have the understanding and to send me a solution. I also decided to be generous to myself by being present with Spirit - and here I knew I was supplied. My husband and I went ahead and did go Christmas shopping. A couple days later, while sitting in Meditation, I saw very clearly that the bill was paid in full and that there was an alternate way of making the payment that would still get it there on time. I checked into this method and it was, in fact, legitimate. I waited patiently inside of myself for three more days while doing what I had to do out in the world. And the money was there, all of the money to pay the bill in full and on time.

I learned such valuable lessons from this experience. I learned to: 1. Let go of my agenda. 2. Be present. 3. Be lovingly generous inside myself by staying with my inner knowing that I am supplied. I realized that the most responsible thing I can do for myself, my financial situation and the world is give over my worry and my agenda to God and let God handle it all. We are all one and as I get free inside myself this helps everyone to get free. I also realized that God is on my side because, even though I chose not to trust and allow God the first time, He had been here the whole time just loving me. Wow!

Try This ...

"So get nice and quiet. And we ask the Light of the Most High to be present for the Highest Good. And just take a thought that you find yourself always having. You know you find yourself perseverating about it, it goes back and forth or you return to it. And for just one moment, tell yourself to let it go. And just let God take it. Even if you don't know what's going to take the place of that thought. Can you do that? Do it for a moment. See what happens."