

# Tools for Living Free

NUMBER 34 IN THIS ONGOING EDUCATIONAL SERIES

## Living The Truth

*From the TAPE, "Living The Truth" (TAPE No. V7)*

"And, you see, tradition is a very nice way of locking in the status quo without examining whether or not to keep those things around. Now, I'm not knocking tradition. I'm just suggesting that many a time you may want to move beyond that which you've traditionally thought and done and felt."

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"And what we need to do when we commit to what we've been entrusted with - which is the Spirit that we are - we need to live in truth. Now, I've mentioned many a time how living in our own truth and, let Me also say that when I say own truth, we all have our own truth in that we all have our individual path, in a sense, to walk and how to do that and how to get, in a sense, to the consciousness of At-one-ment. And we all have our way as to how to turn to that Place. And, yet, at the same time there is one objective Truth that we're all going to, which is a genetic blueprint that's in us. It's not a physical genetic blueprint, as it were, but it's a Spiritual genetic blueprint. And each Soul fulfills that because that's our Destiny. Okay? So everybody will do that. And we all have to live in the Truth of that sooner or later. So, there is this objective Truth that goes beyond culture, goes beyond gender, goes beyond race, goes beyond the times we live in. It's something that has been laid out - call It the Divine Plan, call It the Great Architect's Building, call It the Christed Consciousness, call It the Christ in You - the Christ meaning, not the religious Christ but the Spiritual Christos of the Mind, meaning the Consciousness of the Lord, God - when your Consciousness is at One with That or the Word made manifest in you - you must reach Its fulfillment. So, there's that objective layer as well.

Okay, but also with your own inner truth. Let Me give you an example of that. Let's just say that you come from a background and a family that wants you to become a doctor... And you decide because of your

own innate abilities and what you like that you're going to become a carpenter. You enjoy working with wood. You have talent. You can design beautiful, beautiful environments for people. And you realize that you're dealing with many things when you make that choice - perhaps, economic difference, status difference, etc., etc. You're bucking all that, you're bucking your family, you're bucking a whole bunch of pressures on you. But you need to live in that truth. And also, you may not get validation out there. In other words, your friends may say 'Hey, what are you doing? Why don't you become a doctor? You know? Your tuition will be paid for. You'll have it easy. You're family will do all this. What's wrong with you?' Or you'll read all the income surveys and you'll get the evidence to match your doubt, for example. Okay? So, if you're really doubtful - 'Oh, my God, should I do this? Should I become a carpenter because x, y and z - my parents, my culture, this or that. Everybody's pushing for me to do that. People at school think I'm great, that's what I should do. I've taken these vocational tests and that's what comes out. It comes out I should be a doctor.' And yet in your heart of hearts the truth is you enjoy so much working with wood. Well, you need to stay in that integrity.

And remember about living in truth? That truth has to do with security. And in our culture we've placed the security outside ourSelves; that we're secure if we have x amount of money, drive y car, have z as a spouse or lover, etc., etc., look a certain way, think a certain way - and the security is outside. And if it's outside then the power is outside - and it pushes against us and it moves us so that we feel moved by this pressure. However, if you live in your own integrity you don't have that pressure upon you or if you do have it you don't incorporate it - it's not taken inside and you live in that (truth) and you have to reinforce that, you constantly recommit to the truth. And

"Now, the last couple of times we've been talking about the importance of choice and just having that option, just knowing that we can choose what feeling we're going to stay with, what thought we're going to stay with opens up an enormous, an enormous arena of our own inner power and inner strength because we're not a victim, we're not locked into the thought or the feeling. We're in control. We can decide where we're going to focus. And that's key because then we become, in a sense, the creator of our own inner environment."

*From the TAPE  
"Living The Truth"  
(TAPE No. V7)*



in my own life I've had to commit to that which I was entrusted with, to the Spirit that I am. I had to live in My Truth regardless of what other people thought, my background, etc., etc. I had to honor the Truth that's in Me."

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"So that when we live in our own inner

truth, a couple of nice things happen, we're lined up with ourSelves, we are free from outer frames of references, we are free from circumstances, we are free of having to blame and we walk free. And what we need to do is validate ourSelves and really praise ourSelves for living in our truth."

## Case Study

During the course of my life I have either thought about dieting or have been on a diet. I have never been comfortable with how I looked and I judged myself for both. I have been fat, thin and in between. I have over-eaten and under-eaten. I have goofed up, given up and been fed up. In short, I was exhausted. My failures and struggles had a major affect on how I perceived myself and how I saw myself in the world. I never really saw myself as successful because I could never reach the goal I wanted. I was never the right size or shape. I was never perfect enough.

I was guided by certain beliefs that I had learned from my family, friends and the culture in which I had grown up. I thought it was a fact that losing weight was hard. This idea is so prevalent that most people do take it as an objective fact. I know I did until I discovered that the opposite was true. Until I became a student on the Path of Soul Transcendence and took the EE 1 class - which is also available through Cosmos Tree - I didn't know that I could choose the thoughts and beliefs that worked for me.

During this 10-week class I discovered that my inner responses and inner dialogue were the determining factors that change everything. By using the Tools and experiences that I had learned from the EE 1 class, I discovered I was at choice. By changing my inner focus and practicing techniques, such as Self-Talk and giving over to the Light of the Most High, I learned about being neutral and objective. I was able to change my automatic responses. Not

only did I change my thoughts and feelings about dieting but I also discovered that I was able to do it about anything and everything.

The idea of creating the life I wanted always sounded great to me. This is really the way to do it. Until I became a student on the Path of Soul Transcendence and took the EE class I didn't have the Tools to make changes that were long-lasting.

The Video entitled "Living Your Truth" helped me to understand even more the importance of being aware of the thoughts and beliefs that I had, up until then, allowed to govern me. Replacing thoughts and feelings that didn't work with ones that support what I want is the key to making changes that work and are long-lasting. For example, I had always thought that I had to deprive myself of food to lose weight and the opposite was true. The more I deprived myself the more deprived I felt. In fact, I discovered I needed to eat more food and more often during the day. I was able to enjoy food and not be controlled by it. I took my power back by knowing that I was at choice and by exercising this power through the use of such Tools as TAPES, Classes, Self-Talk and releasing.

Both the EE class and listening to the TAPE enabled me to see that I didn't need to give my power to anything (food) or anyone. I learned that power is inside and not outside. I learned how to apply this knowledge and how to live from and in this knowledge; in other words, from the integrity of being a powerful co-creator with God.

## Try This ...

"And what I'd like you to do is make a decision in your life that's very different from the way you've been operating until that decision and then just watch as a scientist would the result of that inner decision. And let me also suggest that you see the inner decision that you've reached based on your truth as something that you've been entrusted with and something you need to honor and recommit to. So, for example, if you're going 'Well, I made an inner decision to

lose weight and I didn't because, hey, everybody knows about the kind of metabolism I have so it doesn't really matter what I eat' and, as a result of that, it doesn't really matter because you put anything in your mouth - you're not honoring and recommitting to that decision. So, it's an inner decision that you recommit to. And when you live in your truth you're lined up with an inner integrity."

- From the Video TAPE "Living The Truth" (TAPE V7)

## 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, for the Highest Good, send me Your Light!"
2. Pick a situation in your life. Honor your truth in the situation by saying inside yourSelf "Lord, God, for the Highest Good, help me stay centered in my truth and give me guidance and clarity regarding all I need to do to honor my truth."
3. Acknowledge and encourage yourSelf by telling yourSelf "\_\_\_\_\_ is our truth and I need your complete cooperation. We're doing a great job!" Do this repeatedly.
5. Request the Gift of Initiation into the Path of Soul Transcendence by contacting any Regional Center. This is how to live in the One Truth and in the Oneness of our Being and fulfill our Spiritual genetic blueprint.

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

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