

# Tools for Living Free

NUMBER 37 IN THIS ONGOING EDUCATIONAL SERIES

## Direct Knowing Through Tisra Til

*From the Satsang, "What Is Tisra Til?" (TAPE No. A40)*

"Tisra Til is the door we go through, as it were- the Soul goes through to know God... But the real meaning is that when the Soul comes to know Itself as God, as Spirit, It can go before God. It worships God directly. And it's real simple: that's the original condition of mankind."

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"But, when you take a look at Tisra Til, it tells you, 'as in the Beginning, so it will be in the End.' It tells us that we're responsible for this. We're totally responsible and to be responsible means that we respond to the Spirit in us. But throughout all our incarnations we've forgotten we are Spirit. We've forgotten we are Soul. And we've come to identify with the things of the lower worlds. That's called karma. We sit in our karmic fields and we pretend it's real. But God in His Mercy, guess what He's done? He has made sure that there's a way to return Home to Him and go on Home to God. So that there is a Way out and the Way out is the Way in and the Way in is Tisra Til.

In other words, no Soul leaves Its incarnational pattern until It is able to go before the Father and the only way It can do that is through a Spiritual Journey: Initiation involving the Sound Current or the Holy Spirit, or That Which It is.

And It learns there to gather Its strength to know Itself as Spirit, as Soul and to love God and to go Home. And, the interesting thing is It is innate in you. It tells us we need to go in the Spiritual Body to the place behind the... Upper Part of the Third Eye... Each Soul is charged with the responsibility of going to the Headquarters of where the Soul is within us, to the Tenth Door (behind the Upper Part of the Third Eye). And the Spiritual Action is such that the Door is open for every Soul. And it's our responsibility to just walk through it. We use our mind because we're charged with that responsibility to direct our focus to that. On a real, everyday level that means if you have a lot

of negativity or fear or doubt or pain or separation, or whatever it is, you direct your mind to just drop it. But- and this is key- you can't use your mind to direct your mind. You have to get, as it were, above it. Well, what's above it? And I'm not talking about it's better than; I'm just simply talking about the vibratory frequency. What vibrates at a higher frequency than the mind?

See, the mind is filled now with matter and Spirit, but, the Spiritual Reality vibrates at a higher frequency so you go into the Spirit or you access Spirit or ask Spirit or you ask God for help or to lift it - the bad feeling, the negativity, the hurt, the pain, etc., the karmic patterns. See- and just, in general, where mankind is at now - we're kind of between the mental and the emotional consciousness. Because we can't direct the mind with the mind but we can use the mind to allow the action of Spirit into our consciousness. And it's within us."

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"And the definition of Tisra Til tells us how to do it and that it's our responsibility and where to go. Where do you go to find God? Easy. The Tenth Door: Tisra Til. ...You're more than your fears. You're more than your emotions. You're more than your negativity. And the fact you're hearing that: you're responsible... Well, that tells you that feelings are not real. They come and go. Thoughts come and go. There's no reality to it other than what we decide to declare as reality. But the Spirit in us doesn't come and doesn't go in that way. But It does come and It does go in embodiments but also- for those who've gained and consolidated their Spiritual Power- It does go, as it were, to God. It does leave the body and go with God *even while you're in the body*... And that's our responsibility. Our responsibility is to place our consciousness there, where that happens. Our responsibility is to let ourSelves be overshadowed by the Spirit we are and to know ourSelves as Spirit. And when you know yourSelf as Spirit you love the Spirit, you love

"Acknowledge yourSelf as the Spirit, be at that knowledge and there's the strength. The strength of yourSelf as Spirit. See, and that's the key to trusting yourSelf because as you attune to the Spirit you are and acknowledge It, you strengthen that part and as you strengthen that part you attune to It even more and that's crucial."

*From the Satsang,  
"Trusting YourSelf: A How-  
To Manual"  
(TAPE No. A33)*



God because that's who you are. We're talking about knowing yourSelf and being in love, as it were, or in God. And when you're in that place, then you love others because they're the Spirit, too. We are one. And we're one with God, we're one and the same."

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"So, I'm going to give you a new definition of Tisra Til. That definition is real simple and you already know it because you know your name. It has your name on it because it's you. It's in you. And it's your responsibility and within you sits all of the Lord, God, all of the Soul. In the Spiritual Dispensation that's available now, the Soul can go through all the levels here, through all the lower

## Case Study

About two years ago, I made some rather drastic changes in my life. After practicing my profession for some 30 years, I finally was able to allow mySelf the pursuit of something which I had longed to do as far back as I could remember: I left my career and went to live in a foreign country. I learned the language and immersed myself totally in the new culture. Needless to say, I made many new friends; came to know people I would never have met otherwise; acquired new skills; and enjoyed the experience immensely. Not to mention the stress which I left behind in my previous work.

Notwithstanding all of these positive factors, I frequently find mySelf questioning what I did, how I did it, and imagining some horrendous future consequence as a result of it. My mind seems to delight in imagining how much better things would be if I had remained stuck in the familiar. It focuses on minor details of the transition which, even if they had been done differently, would have had an insignificant effect and my mind persists in contemplating and addressing every potential future unpleasant

## Try This ...

"Take a moment and call in the Light. 'Lord, God send us Your Light!' And just inside yourSelf, pick a situation or pick a relationship with a person that, up until now, hasn't been really satisfying, hasn't felt very wonderful or very good! Okay, and what I want you to do is allow the Knowing inside yourSelf, the Truth of the situation or the relationship just to come forward. It may look very different from the usual field around this. And if fear comes up - that's fine. If a whole bunch of arguments against it comes up - that's okay, too. Just let them go. And take a moment and just allow either the relationship or

levels, all the karmic levels, into the Soul Level where It reaches what is called Eternal Life. And that simply means that It's no longer subject to reincarnation. This is done simply by knowing yourSelf as Spirit, as Soul, using the Tenth Door (Tisra Til) and following the Spiritual Directions. It's real simple... you can go all the way to God *while you're in the body*... But we couldn't do that unless that was our Nature, unless that was who we are. And that's who we are and Tisra Til tells us we are that; where to go; how to do it; and guess what, folks? You're not going to evade the responsibility because all of mankind, all of its reincarnation's purpose is to come and know Itself as Spirit, to know God directly.

event as if it would be a direct consequence of the fact that I made this change.

Fortunately, as a student on the Path of Soul Transcendence, I have recognized this action of the mind for what it is: a way for the lower self to keep me mired in negativity and focused away from the Truth of the situation. This Truth becomes evident in my daily meditative practice which includes placing one's focus on the Tenth Door (Tisra Til). In being present with the Lord, God and in my knowing that I am one with Him, all of these doubts, worries and anxieties disappear. When I am focused on the Spirit that I am, the message I receive very clearly is that everything about my situation is perfect. There is nothing that I had to do - or must do now - except be present. I experience total peace and well-being which assure me that all of those negative thoughts and feelings are not the reality. The truth is that my situation is perfect right now and whatever may be appropriate for me to do in the future will manifest in perfect timing.

the situation to just play out according to the Truth of what you know about it! Now, can you live with that? Can you live with trusting yourSelf? And take a moment before you open your eyes and ask what exactly did you do and what do you need to do to trust yourSelf in that situation or relationship or in life in general. And you got your own little how-to manual. And I hope you'll be smart enough and wise enough and a good student enough to refer to your own manual that you've written constantly."

- From the Satsang

"Trusting YourSelf: A How-To Manual" (TAPE A33)

## 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. If you are studying formally chant your Initiatory Tones. If not chant "HU" (pronounced "you") and breath it out through the Upper Part of your Third Eye.
3. Now, get into some really bad emotion or negative feeling or thought.
4. Now, just choose to drop it and just go to God by either chanting your Tone through the Upper Part of the Third Eye or chanting "HU" through that Upper Part of the Third Eye.
5. Call any Regional Center and ask for the Gift of Initiation into the Path of Soul Transcendence - this is knowing God directly *while you're in the body*.

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

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