

# Tools for Living Free

NUMBER 39 IN THIS ONGOING EDUCATIONAL SERIES

## Spiritual Economics

Excerpts from *The Money Workbook* - permission lovingly granted by the author - and from the Satsang "Give - Then Give Some More" (TAPE # A53)

"Let us take a moment to answer the question of how a person's environs are created. The answer is simple. Each person's thoughts are projected into the world and the world then materializes according to that person's thoughts. As a person persists in these thoughts, he becomes a reflection of them, while reflecting them, until he manifests as these thoughts. This is the meaning of the Biblical saying that 'as a man thinketh in his heart, he becometh.'

We create the world according to what we focus upon; where we place our 'attention' determines our direction.

If we have failure or illness or poverty in our lives, we may want to step back a moment and realize that the government did not make us poor or ill, society did not, even though it is an easy target for blame, nor did anybody. This means no one is to 'blame.' But who is responsible? Each and every one is for our lives. Do you mean I am responsible for my illness? For my failures? For my dire financial straits? For my anxieties about the future? With this knowledge comes the solution.

**If we can create illness we can create health. If we can create poverty we can create wealth. If we can create failure we can create success."**

"We make our world from our thoughts and we know *we are responsible for our creations*. This means quite simply that we are responsible for where we choose to place our attention. We are able to control where we place our attention."

"Gratitude is the key to having and enjoying abundance on all levels; before it, the door to even greater abundance opens... Gratitude enables one to be open to the universe, to its constant supply, resting in the knowledge that, despite appearances, it is a kind and magnificent world... Being in gratitude means one is deeply appreciative of what one already has. When you walk around with this attitude you are not lacking anything but are living in the knowledge that all your needs are being taken care of. If such is,

indeed, the case, you know that when you need something in the future, it is there. If you are walking around with a reference point inside yourSelf of having your needs met, then you project that thought and, as the powerful creator you really are, you create your environment to match this thought..."

"When you live in gratitude you are coming from a place of completeness... To live in gratitude is to live in true abundance consciousness.... The importance of acceptance cannot be stressed enough. It does not mean we have to love it or even like something. It merely means to accept it from a neutral space without judgment. To be in gratitude brings about acceptance of what we do not like. If I am grateful to be alive, I accept the parts of myself that I do not like. Paradoxically, as I accept those parts of myself that I do not like and they become okay to have, it makes it easier for me to change and become what I had always wanted. Acceptance of all parts of your life, together with the knowledge that you are a powerful creator, attracts a magnificent and wonderful 'future' that was busy waiting for you to discover it."

- From *The Money Workbook* by Dr. Roger B. Lane

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"And the giving has to do with deciding to let go of identifying with the fear, with the pain, with the hurt, and giving to the Spirit that you are. And what are you giving? But you're giving the Spirit that you are because to God goes God because all things are God."

"So the giving here is a lot of inner giving. It's a lot of inner giving. And I also noticed that when people give into the world, they give from a place either of doing good works, 'You know, I'll do good works and it will be noted, God will note it and guess what? I'll get 50,000 bonus points. And whoopsie, I'll springboard into Heaven.' It doesn't work that way... How it works is that we are Spirit and we're filled with the Spirit. And we give of our overflow. But we can't give of our overflow if we're living in negativity, fear and pain."

"And I love Spiritual mathematics and I love Spiritual economics because they're based on something real simple. They're based on the Truth and the Truth of Spirit and that is that, if I give you something... Spirit comes and fills and more than fills that place that was occupied by what I've given you. I can't lose. Or it's kind of like if you give love, guess what?... You have more to give because it's been replaced by more than you've given."

From the Satsang,  
"Give - Then Give Some  
More"  
(TAPE No. A53)

"And I watch so many people do their funny little stuff with money. 'There's not enough; let me hold on. Let me see if I have enough for lunch. If I have enough for dinner.' Oh, and they're holding on and they're tight and they're tight and they're tight. And they're contracted. And at the same time they expect God to help them out. But if they're contracted how can He? You haven't made yourSelf big enough for the Spirit you are... So giving has a lot to do with being big enough to allow the Spirit inside of you to be because that's pretty big... But we can do that all the time and when an individual...says 'okay, I don't know what it's going to be like for me to let go of this fear or, at least, I can have this fear but I'm going to choose not to be governed by it. I'm going to choose into the Spirit I am and I'm going to disidentify with it,' even though you don't know what's going to take its place, and guess what? You've struck a real positive blow for yourSelf. And guess what? You've given to the world."

## Case Study

I laughed to myself when I was asked to write this case study on Spiritual Economics. The reason I had this reaction is because I graduated from college with a business degree and I am realizing that the economics classes I attended had absolutely nothing to do with reality. In most cases, these classroom teachings couldn't be further from the truth. These classes all spoke of duality- "take and you have more;" "give/ spend and you have less". When I allow myself to be in true reality (by dropping my agenda and pre-conceived notions) where I am directly experiencing Spirit I know I am supplied. In reality, I am being given to constantly on all levels.

How do I know this? I just took a breath and wow! the air was there (I didn't have to earn it), my heart is beating and I'm not doing it manually by a foot pump or anything. As a Student of the Path of Soul Transcendence, I know there is Grace in every situation. When I give from this place of Spirit I have more. Does this mean If I go out and spend \$10,000 it will be replaced (using money as an example even though Spiritual economics encompasses everything and, by no means, is limited to money)? Not necessarily. It means that if I know that it is truth that I

"But when you give - regardless of if it's money, if it's love, if it's your attention, give simply neutrally. Give for the Joy of it... And I love Spiritual mathematics and I love Spiritual economics because they're based on something real simple. They're based on the Truth and the Truth of Spirit and that is that, if I give you something, guess what? Spirit comes and fills and more than fills that place that was occupied by what I've given you. I can't lose. Or it's kind of like if you give love, guess what?... You have more to give because it's been replaced by more than you've given. Okay, but it's not giving to get or anything. It's giving from the acknowledgment of yourSelf as the Spirit that you are. See, so giving is an affirmation of yourSelf. It's an acknowledgment of, 'hey, yeah, I'm more than this physical form and I'm more than the limitation and the lack with it. Whether I give of my emotions, whether I give of my love, whether I give money - doesn't matter; it's all God.'" - From the Satsang "Give - Then Give Some More"

need to give to mySelf in this form for my Spiritual upliftment then, yes, I am supplied. At the same time, it may be, in truth, to save the money.

Spiritual Economics has to do with my inner environment. I know this from Living the Teachings of the Path of Soul Transcendence and playing scientist (asking mySelf - when I incorporate these Teachings in my everyday life- "am I with God?") When a Soul is on The Path Home to God the outside world is our classroom for upliftment and, by applying the Teachings, I get the learning. Up until my learning, it was easy to "play the victim" and trick myself into thinking that a situation was caused by the happenings of the outside world. I am having my learning on Spiritual Economics and, by Grace, I am still learning and will always continue to do so. I know that my "outer" environment directly corresponds to my "inner" environment and I am responsible. I have the ability to respond to all situations and, again by Grace- and by having taken Initiation into the Path of Soul Transcendence- all situations are within the Spiritual Forcefield (the Frequency of God, given as a Gift by God, for our protection and upliftment as Soul.)

## 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, "For the Highest Good, Lord, God send me Your Light!"
2. Say inside yourSelf, "Lord, God move me into Self-Love and Self-Acceptance now!"
3. Practice acceptance and gratitude by focusing on the positive reality of the situation and by being thankful for all that you do have now.
4. Give to yourSelf by giving yourSelf the time of day - attend a Meditation of the Light of the Most High, read Tools For Living Free, choose to drop negativity, fear and/or upset and focus on the positive by asking God to take it and telling yourSelf "it's okay to let it go".
5. From this place of Joy and Abundance live and give to yourSelf and others.
6. Call any Regional Center and request the Gift of Initiation into the Sound Current. This is truly giving to yourSelf.

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## Try This ...

"Think of a thing or situation that you have been creating negatively in your life. Now snap your fingers or clap your hands, and think, see, feel and hear this same situation in your mind, creat-

ing positively. Do this exercise as many times as it takes until you become proficient at changing a negative focus into a positive one."

- From *The Money Workbook* by Dr. Roger B. Lane