

Tools for Living Free

NUMBER 45 IN THIS ONGOING EDUCATIONAL SERIES

Using The Tool Of Loving

excerpts from the Satsang "Have You Given Yourself The Time Of Day?" (TAPE No. A32)

"...I always love when people are given the suggestion, 'hey, why don't you come and join us for Meditation?'...And the person will invariably respond, 'No, I'm too busy.' So that's one end of the stream of the river. The other end is when we have these little things that bother us, are we taking enough time to love ourSelves? It's all the same thing. It's a process of loving ourSelf and giving ourSelves the time of day. And we treat ourSelves shabbily; we treat ourSelves terribly. We allow all that upset, all that turmoil, all that mental agitation, all that emotional upset to gather storm and to seem real. We really believe it.

Let me give you another example in my own life. Sometimes I may find myself really tired or exhausted after a long day and it's late at night and I just want to either read something or watch something or hear something. I really want to focus on it. And I have a choice. I could let my tiredness just kind of overwhelm me and not be present or I can just take a moment to just re-align mySelf with the Spirit I am. And I do that by just saying, 'Okay, God, send me the energy I need to be focused here!' And I tell mySelf also, 'It's okay to let go of the tiredness.'

And that does something really neat. It reaffirms that I'm not a victim in my own environment, in my own neighborhood. I'm not a victim. I'm not a victim of my emotions. I'm not a victim of my thoughts. But I have sovereignty over them, meaning I can control where I place my focus. I'm not saying I can control my thoughts or my feelings; they're going to come up. But what I do is by lovingly giving mySelf the time of day I can decide who has sovereignty."

"And when you allow those emotions, when you allow your thoughts, when you allow your feelings to get the best of you - those are creations that stand in the way of your loving Him (God). And they stand in the way of loving yourSelf. But you know this is key: you can't love God unless you love yourSelf. And you can't love yourSelf unless you love God because they're the same. See, because we're set up that any part in our own consciousness that we don't like, that we have a judgment on, it gets projected onto an

object, and it gets projected onto God. So if we don't like a part of ourSelves, it's going to be God. If we don't like the part in us that couldn't care less about taking care of ourSelves then we're going to think God doesn't care whether or not we take care of ourSelves. But that's not true.

See - and by the way, if you really listened to what I just said - you learned something really interesting. You learned why we think God is up in the sky. He's up in the sky because we projected Him up there, because we can't accept that He's in us. That Guy's in us. But we don't have the time or the patience or the energy to be bothered with that. So guess what we do? We create all the time we need. We create what's called reincarnation. We keep coming and taking on a body and a body and a body. Until, eventually, being in the world becomes our own crucifixion, as it were. The memory of who we are is always there on some level and all we want to do is merge back with God, go to the source, go Home. I don't mean giving up on the world and being depressed and you just want to pack it in. I'm not talking about that stuff. I'm talking about living in Joy, living in Peace *each and every moment* and living in the Oneness of who you are. How do you do that? Real simply, you do it *moment-to-moment*. You do it by giving yourSelf a second, another second, another second, another second."

"And this is something really important because we tend to think if we're giving ourSelves the time of day we're being selfish, we're being egotistical, and it's just the opposite. We're being loving and we're being caring and the best thing we can do for people is take care of our own upset, our own hurt, our own pain... If you're studying at the Cosmos Tree, there are Tools - you know how to move beyond it. And the thing that all those Tools have in common is a basic premise and that is that you're responsible for where you place your consciousness.... But what is also premised on that part of the learning is learning to love yourSelf and care for yourSelf and learning that you're more than the mind and the emotions and your imagination and your unconscious-that's crucial."

"God gave us choice. We could create along the negative polarity with fear and pain and etc. and etc. or we could create positively. And the nice thing

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From the Satsang
"Have You Given Yourself
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about the places inside of us where there's hurt is those are all indications that we have an attachment going, that we're caught. Some place in our Consciousness is caught and we're not free. We're enslaved to that creation. And the Truth of our consciousness is that we're Free. We were created Free and that's our True Nature. When we give ourselves the time of day, guess what we're doing? We're saying to ourselves, 'hey! yeah, I'm Free and I'm going to exercise that freedom.' The freedom to be aligned with the Spirit that I am and in this Kingdom inside of me that I rule - my Consciousness - I have choice over what I allow to dwell there. So let me suggest in closing that you give yourself the time of day and decide to populate your inner environment with things like Joy and Peace and Caring and the Will of God. Because guess what? They

are there, anyway, waiting to be discovered."

"So let me suggest just one thing, ask yourself a simple question, 'what am I doing here on this planet?' and 'what am I doing with my time?' and 'where am I placing my consciousness?' Ask yourself, 'how would I like to use, in a much more productive and a better way, the time on this planet that God's given me?'"

And remember time is made of seconds and minutes and all it takes is for you to spend a second here, a minute there with yourself. All it takes is for you to re-enforce that choice, re-enforce that choice, and re-enforce that choice. And it's really important to do that... Because underneath it all, when you give yourself the time of day, you're trusting yourself and who and what you are."

Case Study

The other day I was with my family playing with my two-year-old nephew. My nephew ran outside and, as I opened the door to go after him, I bumped him in the mouth, not realizing he was right behind it. He started to cry. My initial reaction was to feel very bad that I did that to him. I felt my stomach just knot up inside. Then I had a knowing inside myself that he was okay. Yes, he was still crying but I realized that I had a choice - I could either go with feeling upset which would make my nephew even more upset or I could let go of my upset and reassure him that he was okay. I chose to do the latter with lots of hugs and kisses. A few moments later he was fine and running around with nothing to show for it. It hit me that I handled this situation in a very loving way.

From reading the TALK "Have You Given Yourself The Time Of Day?" I learned that being loving is taking a moment and dropping any upset, hurt, pain, etc. that I may be feeling; letting myself know that I am okay; and being entirely present. I am entirely present with the Spirit I am by calling in the Light of the Most High, chanting My Initiatory Tones and allowing myself to

Receive the Spiritual Energy Flow.

This situation helped me to see what amazingly loving choices are in *each and every moment*. Choices such as: choosing to drop my agenda, my having to be right and focus into what is needed; choosing to meet all people and situations with openness and Love as my focus - free from past reference points, judgements, etc.; and choosing to take the time I need to reassure myself; have the quiet time I need and be there for myself as opposed to giving over my energy and allowing myself to get rundown.

From the experiences I have as a Student of the Path of Soul Transcendence I am learning that loving is the only way to go. Being in Love at *each and every moment* is the only way to be free and clear and allow my life to be new at each moment. This choice also frees up others. Just as I didn't shroud my nephew in my feelings of guilt, being there neutrally and lovingly allowed him to have his process and move through the situation more rapidly. Exercising my Loving Choice is one of the most powerful things I have learned to do with myself and others.

Try This ...

"What I'd like to do is to start by having you remain nice and quiet and just inside yourself. I'd like you to just allow something that really bothers you to come up - a concern, a worry, anger, fear, whatever it is. Boy! some of you have got some good stuff; I can feel that energy. And now what I want you to do is take a moment and reassure yourself that you're okay. Do nothing more than that. Okay? And when you can you can get present.

When you're getting present would you

just take an inventory inside yourself of your Inner Environment? If you're feeling better after having just reassured yourself that you're okay, is the energy different inside of you? What's the difference? And what you've done is - if you've done the process as I've asked you to - is you've given yourself the time of day. In other words, you've taken a moment to love yourself."

- From the TAPE "Have You Given Yourself The Time Of Day?" (A32)

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. Love yourself by forgiving yourself and others. Let go of judgements and negativity that you may be carrying by saying "Lord, God, for the Highest Good please take anything that I may be allowing to separate me from You!"
3. Choose to stop what you're doing and give yourself the time of day by saying inside yourself "(your name), I'm okay and everything is fine now."
4. Love yourself ultimately - come to know God in you as you - by contacting any Center and requesting Initiation into the Path of Soul Transcendence.

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

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