

Tools for Living Free

NUMBER 48 IN THIS ONGOING EDUCATIONAL SERIES

Got Guilt? Now Live Guilt-free!

excerpts from the Satsang "What Have You Bought And Are You Still Paying For It?" (TAPE No. A75)

"And I want to talk a lot about shame and guilt. Now shame has a lot to do with not living up to an ideal. And many times - and people will articulate it - they'll say it, 'You know I don't think I'm good enough; I'm not worthy of God.' And in a lot of religions you can see that's a key focus - how unworthy they are. 'Oh God, I'm so unworthy of You' and the more unworthy you can be the more religious you're perceived to be.

And we're not measuring up to an ideal. And the interesting thing is, is that becomes a self-evident truth because guess what? The Soul's forgotten that It is Spirit, that It is, in fact, God. So if you forget it, then guess what? By definition you're not the ideal. Is it objectively true? No, but it feels like it. And Souls will take on body after body forgetting that they are Spirit, which is why they're taking on the body. And also from the point of view of 'Hey! I'm not good enough; I'm not worthy; I'm not living up to God so I have to earn it.'"

And the story of Adam and Eve - well, you know they covered up their nakedness. They're ashamed. They're ashamed of their nakedness. But it's not that they have no clothes on... But what's being said is that they don't have the clothes or the covered Spiritual Bodies of the different Realms. In other words, there's no covering, there's no 'protection' of (i.e., karma) the Soul from God and they are ashamed because they don't measure up and we think we've been kicked out of the Garden. We've been kicked out away from God. But we haven't been.

But we carry this sense of shame in us, tremendous sense of shame. We may not be conscious of it, we may not necessarily be aware of it but we carry it and it's hooked up with 'we're not good enough. We're not good enough... We're not worthy of God's Love.' Well, if you're not worthy of God's Love then how can you walk around thinking God's in the world? And how can you walk around thinking God lives inside of you? He's inside of you. Because if He's inside of you you're automatically worthy. If God's in the world, then guess what? Well, He came here. He must think mankind's a pretty good deal.

And we know we're created in His Image. ...And we're made out of that same 'material', as it were. And what is that? Well, it's real simple. It's the Sound Current or the Holy Spirit. That's how we were fashioned. We were fashioned from That. And so when the Christ, Jesus says, 'I'm the Word made manifest' He's saying, 'I'm the Sound Current made manifest. I'm in this world, God's in this world.' See!"

"Well, that kind of mutes the whole debate, doesn't it? Because with Grace, guess what? It doesn't matter if you're worthy or not worthy. You're going to get Grace anyway. And you don't have to earn it. And that tells us something, too. Put all this garbage aside: of shame, of not measuring up to the ideal. God has found you worthy and He gives you His Grace. ..."

"But it tells us that shame doesn't really exist. Shame is really another trick of the lower worlds to keep you separate. Because if you think you don't measure up to this ideal, well, then you're separate. And it reinforces that we forget that we are Spirit, we forget that we're God.

And shame is very hooked into guilt. Guilt really means that we've done something wrong. ...And, matter of fact, the Jewish people have these holidays coming up and the High Holiday involves the Day of Atonement. Well, they have to atone. They've done these wrong things. ..."

"But, in reality, it is just the opposite. This is the opportunity to come to know God. But Souls have bought into this; they've bought into that They're not good enough, and that They've done something wrong - that's why They're here and God's up there and it's never going to be made right. ..."

So, we've got these two things that operate: shame and guilt. And they come with us through our embodiments all the time and it has a lot to do with how we see life, how we see the world, and how we see ourselves. ..."

"And just because we don't know what we're creating and what we're buying into doesn't

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*From the Satsang
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mean we're not paying for it severely. ...But, if we buy into this stuff we are paying much more than that. We're paying with our lives every time. We're paying, as it were; we're dying each time, we just sort of put a nail in the coffin. OK, I'm not good enough, OK, I'm not worthy, OK, I've done something terrible, OK, etc., etc., etc. And we walk around ashamed and not good enough...

And we use that as an excuse and we separate ourSelves from Spirit. Separated, separated, separated, separated and we wind up in trouble and we wind up in despair and we wind up hurt and we wind up agitated and we don't even know what's really going on. But, there's shame and there's guilt and we're afraid of standing naked before God, standing Soul-to-Soul. ..."

Case Study

I was sitting in a café eating lunch on a warm afternoon, focusing on how much work I had to do and whether or not I "should" be sitting there. As I ate, I saw that "so much to do" was my creation and, in reality, I had nothing to do. I could just sit there and enjoy mySelf and take the day off if I chose to. After all, I live in Abundance (in the Oneness or At-One with God) and all I need to "do" is stay Present with Him. I can't earn God's Love by being "busy"; I am inherently worthy of His Grace. But in that single moment, I felt guilty. I allowed habitual thoughts and feelings from my upbringing-e.g., if I'm too happy or have too much fun something terrible will happen-to become my "god" when, in reality, my background is God.

Listening to the TAPE "What Have You Bought and Are You Still Paying For It?", I became more aware that guilt and shame are judgements I place on mySelf and how important it is to let them go right away before they are allowed to crystallize and gain power. I prayed, "Lord, God, for the Highest Good, send me Your Light! For the Highest Good, please take these judgements!"; then I told mySelf, "it's okay to let them go." I also introjected my projections-e.g., on the waitress towards whom I felt anger because she was grumpy -by asking God to recall my projections and to raise me to the level of Spirit to have the understanding. Moreover, I saw that guilt and shame are my lower self's way of kicking up a fuss in order to keep me from lifting

"OK and the simple truth is that God loves us so much that He is willing to live in us as us. Well, think about how much love He must have if He's willing to do that. So, God's inside of us as Spirit, and we *are* Spirit. We're more than our thoughts, we're more than our feelings, and we're more than our emotions. But watch your thoughts and feelings and emotions that they don't parallel guilt and shame. Because the Truth is you *are* worthy. ...

And it's our responsibility to come into - what ever you want to call it - the Christed Consciousness, the Consciousness that knows It's One and the same with God and to remember That. And that it's a God of Mercy and Kindness and Joy and that His Grace is forever and *is* always present. Well, we'll stop with that."

and growing into the Spirit I am and into alignment with God's Will and into Loving mySelf. I reassured them by telling them, "everything's fine and safe and OK now"; I gave them encouragement; and I made it okay to pay attention to them (witness the café lunch); I also realized how important it is to update them by telling them what I am doing now.

Most of all, through the Tool of Service—writing this Case Study and working with the Teacher as my editor/advisor—I "got" an inner learning about guilt and shame, which I am still in the process of receiving. I am able to see more clearly that guilt and shame are my creations and that I'm responsible for them even if they do go back many embodiments. I also realized that, beneath it all, was what I had bought into—that "God isn't there for me", which manifests as "no one is there for me"; "life is hard"; "not enough time". And, by allowing these creations, I separated mySelf from God when I know that, in reality, I live in Abundance and from this place I know that God is "there" for me.

But I also saw as I continued to use this Tool that I need to be HERE (not "there") for God, too, by practicing Eternal Vigilance and staying Present with the Spirit I am by loving mySelf enough to give mySelf the Best (God) and surrendering what I've bought and, up until now, have been paying for lifetime after lifetime by identifying with hurt and pain.

this stuff will come up in you; you'll be amazed. And yet the simple truth is: you are."

- From the TAPE "What Have You Bought And Are You Still Paying For It?" (TAPE No. A75)

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. Allow a situation to come up for you in which you are sitting in judgement against yourSelf.
3. Once a day just ask God to take the guilt and the shame you have and just tell yourSelf, "it's okay (your name), to let it go."
4. Contact any Center and request the Gift of Initiation into the Path of Soul Transcendence - the ultimate way to live as all you *truly* are.

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

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Try This ...

"So, I'm going to give you some homework. And the homework is real simple. That is, if you wear contacts or glasses, take them off and go before the mirror and make direct contact with yourSelf in the mirror and just tell yourSelf, 'I am worthy of God's Love.' See what happens. All