

Tools for Living Free

NUMBER 50 IN THIS ONGOING EDUCATIONAL SERIES

Every Season Is The Season To Be Jolly

excerpts from the Satsang "Applying The Message Of The Season" (TAPE No. A42)

"I want to give just a little Spiritual Instruction using the holiday as backdrop. And holiday has to do with just what the word says: it has to do with 'Holy Day.' And it's a day of wholeness, it's a day of being at-one-ment. But it has nothing to do with a person, a religious symbol or any of that... But it's an outer representation of what we need to do inwardly. In the Western culture - it's a Judeo-Christian culture - the Message is basically the same for the two kinds of holidays.

In Christianity, you have this person who became Christed, which means the attunement was to the Lord, God and (He) achieved That. Then He gave a demonstration of how to be a Christ. And that demonstration has to do with rising above the ego boundaries of time and space, which you're crucified upon - and you rise up in the Soul Body. And people, being what they are, they physicalized it and said, 'that means when you die.' Well, no that means *when you're in the body* you're able to transcend those earthly limitations by a Spiritual Process, by the Process, the True Process that the Christ, Jesus taught."

"And now the Spiritual Time has come around for us to pick It up, as it were, and have the Teachings manifest. But whether in Christianity - in a liturgical calendar, it's interesting there's Christmas but that's not the feature of Christianity - the highlight of the liturgical year, the religious calendar is Easter. And that's really important because what's said is 'yeah, there was the Birth, but it has to do with - the focus is on - the Resurrection.' If you're a student of the Path of Soul Transcendence, you come to recognize *the Resurrection as being able to go into this Soul Body and Know God directly, be with God directly while you're still in the body, while you're still physically alive: that Gift of Grace.*"

"And yet people, they focus on... 'kneel

to the Cross and the suffering and the pain and the sorrow.' ...But what we need to do is let go of that focus upon the physicality, upon the suffering and the pain and the hurt, which we do by our hurt, our separation, our fear, our doubt and practice being the Risen One inside ourSelves, in the Soul Body with Spirit... putting It into practice; that's what is important. And that's also the meaning of the Jewish version. Judah Macabee comes and he cleans out the temple and they find enough oil that they are going to burn for one day and it burns for eight days. The numerology of that time - that has to do with the One, the uroboric, the unconscious process; it's not unconscious but it has to be unfolded through time - and it's a Divine Process."

"A lot of you are going to go be visiting or be with family or etc., and give gifts, and your concern is 'well, are they going to like this gift? Let's give this person a good gift.' And I'm wondering are you going to take that same time and attention with yourSelf? And are you going to give yourSelf the Inner Gift, the Gift of choosing to be with God?"

"This is a reminder, this is a nice time to remember what we're doing here. And certainly participating in the outward stuff is fun and it's nice and etc., and it's being with family and old friends and that's nice. But the real truth is the Inner Meaning and that opportunity to Bless ourSelves and be Blessed with the Light of the Most High and to choose That and to give That to ourSelves and to give ourSelves that Present and that Blessing constantly, constantly. God gives us the opportunity to know Him directly. Wow! Wow! And are we giving it to us? And are you loving yourSelf enough?"

"So take a moment and ask yourSelf, 'are you giving yourSelf the same nice presents that you're giving outwardly to other people? And are you doing this on a regular basis mo-

"And you can feast on It (Eternal Life) by giving yourSelf the Presence of God. And the nice thing is you don't have to struggle so much with the gift-wrapping, with opening the box or anything. It's open; it's right there for you. All you have to do is choose It. And that's my suggestion for the season: Choose God! Say thank you for the Gifts. And then choose God again!"

From the Satsang
"Applying The Message Of
The Season"
(TAPE No. A42)

ment-by-moment? What kind of environment are you creating?"

"But if you ask yourSelf - and take a moment right now and actually do that - ask yourSelf when are you the most Joyous? And I venture to say it won't be when you're involved with the things of the world, material stuff, when you're involved with thoughts and feelings or your aspirations or anything.

I always get a kick out of people; they have a new boyfriend or they have a new girlfriend or they have fifty cents more in their wallet than before and they think everything is rosy. Like somehow they're absolved of the Spiritual Responsibility. Oh, everything is okay. And they're happy. They don't get sad. If they're happy, they don't get sad. Well, why ride a roller coaster? You don't have to ride a roller coaster. You can just stay in the Center of it all, centered in the Spiritual Heart."

Case Study

The other day I was reading the Tools for Living Free entitled "Living By Giving." I was struck by the sentence that said "Whether I give of my emotions, whether I give of my love, whether I give money doesn't matter - it's all God." I read this sentence over and over again. First struck by "it's all God" - basically, to me this means everything is God - everything I do, have, am - is God. Then on a deeper level I experienced how much I had been holding back from giving to mySelf - in all ways. I kind of had a justification going "Well, I'll hold back with this and be more generous with something else" - only that something else never came. Instead what existed for me were more and more areas in which I was holding back from giving to mySelf. I realized that the main thing, numero uno, that I wasn't giving to mySelf was God, the Spirit I am. With this realization I asked God to release what I had been holding back from mySelf and to help me to give to mySelf and receive. I saw that really what I had been holding back from mySelf was God's Love. I then directed mySelf into cooperating

by using Self-Talk. I told mySelf "I need your cooperation in being generous with mySelf and with receiving God's Love."

What I see as my next step is being Eternally Vigilant. I have to be really active in placing my focus in God. I do this by reading a Tools for Living Free; by listening to a Teachings TAPE; by calling in the Light of the Most High; by choosing to surrender a worry or a doubt pattern and stay present with the positive reality of the situation, which is that God is the situation. These are Tools that I have to help me to remember that I am Spirit; this means that I am more than my thoughts, feelings or the situation in which I find mySelf. I know from my experience working the Teachings of the Light of the Most High that the Teachings work the more I work the Teachings and that my life is Joyous the more I give mySelf God by using the Teachings and directing my Consciousness into the Positive Polarity. This is my holiday gift to mySelf - God. From God everything Flows.

"Just as Santa Claus comes down the chimney and gives little gifts, God gives us all these Gifts constantly, all the time, if we're focused there. All we have to do is focus into the Spirit and we get these Gifts; sometimes they're in the form of learning a second, sometimes they're in the form of just growing in Love. Sometimes they're 'just' in the experience of sitting in Grace, sitting in God's Heart and being moved along. And sometimes they're 'just' the conscious awareness of being with God. But it all boils down to you and the choice and the exercising of that."

"So, I hope you give yourSelf inwardly the Love and the Gifts and the caring and the acceptance and the good will that you give other people during the season. I hope you give it to yourSelf all the time."

Try This ...

"But if you ask yourSelf - and take a moment right now and actually do that - ask yourSelf when are you the most Joyous? And I venture to say it won't be when you're involved with the things of the world, material stuff, when

you're involved with thoughts and feelings or your aspirations or anything.

- From the TAPE "Applying The Message Of The Season" (A42)

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. Ask yourSelf-and let the answer come spontaneously from within, not as a mental process, but let it come from within-"What Gift do I really want to give mySelf?"
3. And when you have that ask yourSelf, "Do I love mySelf enough to allow it?"
4. And if the answer is "no" take an additional moment and say, "Lord, God take away anything that stands between me and that Gift!" and tell yourSelf "it's okay, (your name), to let it go."
5. Say inside yourSelf, "Lord, God please bring forward all I need to practice the Presence of God."
6. Contact any Center and request the Gift of Initiation into the Path of Soul Transcendence - the ultimate Gift to yourSelf.

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

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