

Tools for Living Free

NUMBER 51 IN THIS ONGOING EDUCATIONAL SERIES

Give Yourself A Happy New Year!

excerpts from the Satsang "How To Have A Happy New Year" (TAPE No. A55)

"I want to wish you all a Happy New Year – in the truest sense of the word. Okay, and you're probably sitting there wondering, 'Well, what does this guy mean? ...How can I have a New 'Ear'? Do I make it out of cartilage from a shark? Do I go to the plastic surgeon and say, 'hey, please give me a New Ear?' ...No. We already have this Ear. And, really, the Ear has to do with being present with Spirit and listening totally and completely and dropping your agenda or agendas."

"And the Soul has ears, as it were, I don't mean to anthropomorphize It – you know, make like human characteristics – but It hears the Music of God, the Sound Current, the Holy Spirit and It travels through the Inner Realms and It hears the Song of Itself to Itself. And as It's awakened on each of the levels It gets to recognize That; be able to hold that Frequency and gain in Spiritual Strength. And it's interesting because the Teacher goes ahead in the Inner Worlds... the Soul of the Student follows... the Spirit goes ahead of us and supplies us. And all we have to do is stay present and receive. And we waste so much time listening to that stuff of negativity and hurt. Just make a decision. Just go, 'okay, I know what those tapes are about - that's the old ear. Those tapes chewed my ear off. I'm really tired of that stuff. Let me have a New Ear. Let me listen to the Song of mySelf. Let me be present with Spirit. Let me hear.' And those of you who can really hear with Spirit's Ear you know you're taken care of. You know that the answers you're seeking you're supplied with all the time because Spirit supplies us.

And, you know, a lot of us walk with our ear turned toward the ground. And we just love to indulge ourselves with other people's negativity, gossip, all this kind of stuff... And we don't need to do that. The Divine Music that's in us can't enter our True Ear if we're clogging our True Ear with pollution of the lower ear." (Ed. note: Our Teacher has made it clear that the Divine Music is constantly playing in our True Ear but that we need to allow the lifting to that Frequency.)

"Now we live in this world, okay, and isn't it interesting that God in His Mercy and His Kindness and in His extreme smarts gave us the physical world from which to know that we're Spirit - that in this world of limit or in the world of form - this is the world of form

here - lies the Formless, lies the Unlimited? But not only does It lie there, okay, but it's our duty to discover That - the Formless One, the Unmanifested, the Spirit that's in us, the Unipolar existence, beyond duality. He uses the finite for us to know Him and to know ourSelves as Spirit. But what do we do? We take the finite and the limited and the world of forms as reality. And with that we choose our agendas, we choose our hurt, we choose our pain - that's where the suffering is.

But when you listen with the Ear of God or with the Spiritual Ear then you just ride that 'little' Sound in you – the Sound Current, the Holy Spirit – and you go to God. Or, at least, you go 'wait a second now! Let me lift! Let me allow mySelf to be lifted from the finite! And let me use this occasion to lift!' and 'I'm going to refrain from conditioning it.' And even that, while that's a negative approach I'll take it, at least, for openers. You know, because all you have to say is 'I'm just going to stay lifting. I'm going to lift. I don't know what's going to be. I'm just going to follow this.'"

"So what do you want to hear? Do you want to hear your tapes, the same old stuff, the tapes your mama said, the tapes your daddy said, grandpa said and all those people? Or do you want to hear the quiet, still voice in you?"

"And you have to choose inside yourSelf – what ear am I going to use? You ever hear yourSelf think, 'oh, my God I was with Sally or Suzie or Peter or Dave and they were so negative I couldn't stand listening to them.' Yeah, but you think they're negative? Listen to yourSelf sometime. But then make the same choice – get equally sick of it. And then choose into the Spirit... But we can only do this by being present. We can only do this by choosing to trust and allow. We can only do this by allowing the Spiritual Realities to come forward in us or, at least, as we understand them. And let yourSelf have those experiences and be strengthened accordingly. So, you have to take a risk. You've got to be willing to risk not knowing what's going to take the place of the same old stuff. You've got to be willing to be uncomfortable. Who said you have to be comfortable? Jesus the Christ came here and said, 'I didn't come to make you guys comfortable.' You know, comfortable; hey, eat popcorn, get a warm blanket, get a good movie. What's wrong with being uncomfortable?"

"...but there's something in our consciousness

"And those Souls wise enough to a) Receive the Gift of Initiation and b) Open It - open that Present - are able to access Spirit. They can rise above it (the lower worlds) or allow Grace really to take them above it. And then they start to see a little bit clearer and a little bit clearer and a little bit clearer. And all the Soul has to do is focus inwardly towards God. And It gets all the help It needs."

*From the Satsang
"How To Have A Happy
New Year"
(TAPE No. A55)*

that immediately grabs out for comfort – comfort, comfort, comfort. And we just drop out. And we lose the momentum we’ve built and we lose the Spiritual Strength we’re working on. See, but it all has to do with our interpretation of uncomfortable. ‘Uncomfortable equals that’s bad’ so we do everything to get away from it. But if you can have a different equation, ‘uncomfortable equals okay’ or ‘I’m learning’ or ‘I’m growing’ or ‘my resistance is indicating to me that I’m going toward my next step’ instead of ‘oh, my God! My resistance is based on something real’ - no, it’s not. It’s based on the false self and the false premise that you are your thoughts and your feelings and your emotions and that you’re your body... they (uncomfortable thoughts and feelings) couldn’t be very real.”

“So make a choice. Do you want to give yourself a Happy New Ear? And let me even change the word ‘happy’ to joyous because happy is kind of only known in terms of its opposite, which is sad. Well, why not give yourself a joyous New Ear and just live in the Joy of Spirit? Even if you don’t know what that means. Even if it just means to you the

absence of the negativity or the absence of a little bit of hurt, the absence of a little bit of pain. Start with that and build on that, build on that. But you’ve got to make the determination and you have to empower yourself to do that. You do that – I’ll work with you all the way.”

“Give yourself the Ear! See, and listen. Listen to that which is present all the time. And through the Gift of Initiation the Spiritual Ear gets opened up, as it were. The Soul can start to experience the Spiritual Melodies, the Melodies that exist on the Spiritual Planes. But when the Soul’s able to do that then the Soul is able to hear with the New Ear, too. And it’s your choice. And it’s really your sacred responsibility to *moment-to-moment* choose that inside yourself. Let go of the old tapes. Put on God’s Song inside yourself because that’s what’s going on anyway.”

“But, really, the Inner Mind, which has the Inner Ear of the Mind of God, has the Ear of God. And It just listens to the Song of Itself. And by walking the Path of Soul Transcendence we get strengthened both inwardly and outwardly to be able to do that. And that’s my wish for you.”

Case Study

For the past three months I’ve been putting myself through agony. I’ve been thinking and figuring, concocting and struggling with what is true. I’ve been trying to listen to everyone else - “the world,” really - and incorporate their way of doing things. Its way, which is fear, lack, doubt and worry based entirely upon the belief that the only way to get things done is to do it oneself - as though everyone is alone in the world.

The other day I was watching the video “The Final Surrender And The Path Of Soul Transcendence”, in which Dr. Lane spoke about giving up the identification with the illusion of this world, with the illusion of separation from God. The questions were posed: “What would you do differently if you knew that you were Eternal?” “How would you live your life differently?” This struck me in such a way as to knock me right out of whatever negativity in which I was participating and “knock” me right into the Peace of Spirit - staying still with That, resting in That, trusting and allowing the Flow of Spirit. I could see that I had been so focused in limitation, in my mind and in separation that I had been missing the simple truth; that truth being that I *am* Spirit. From this place, when I have an area of worry or concern,

I call in the Light of the Most High by saying “Lord, God send me Your Light!” I then direct my focus into God by saying inside myself, “For the Highest Good, take any upset or concern that I may be experiencing!” I then tell myself “it’s okay to let it go!” I also ask God to bring forward all that I need and want by saying, “Lord, God, for the Highest Good, Bless me and this situation! Please bring forward _____ for my Highest Good! Give me any guidance and clarity that I may need!” If, at any time, I engage in the worry pattern I simply tell myself, “This is handled. It’s okay to let this go!” I tell myself this as many times as I need to. Most importantly, I choose to stay centered in the Heart of God. I do this by chanting my Initiatory Tones and allowing the Love to flow inside of me.

What I realized in all this is that God *is* Real. God, or Spirit, or the Shwartz as Our Teacher lovingly refers to God, or whatever you want to call It, really, *truly* works. For me this has been experiential every step of the way. Through my choosing to go to God and surrender negativity, I have allowed the greatest Joy and Peace and Abundance into my life. I commit to staying and growing in this place *always*.

Try This ...

“The homework is: for one day - every 20 minutes or so - write down what you’ve really been thinking; what you’ve been telling yourself; what you’ve been hearing; what you’ve had to

listen to... You’ll be amazed... Then choose to drop all that stuff and recommit to the Spirit you are.”

- From the TAPÉ “How To Have A Happy New Ear” (A55)

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. Choose to listen with your New ‘Ear’ by saying inside yourself, “Lord, God, for the Highest Good, take my old tapes and any negativity that I may be holding onto.”
3. Tell yourself “(your name), it’s okay to let it go.”
4. Reinforce this choice by constantly focusing into the positive reality of the situation by telling yourself “I am okay. Let’s focus on what is positive and Joyous in my life!”
5. Give yourself the New Year’s Gift of hearing the Music of the Soul - of the Lord, God - 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:

Cosmos Tree, Inc.
a nonprofit, educational
foundation
1461A First Ave. - # 182
New York, NY 10021
212-828-0464
email:spiritoentral@yahoo.com
website:www.cosmostree.org

Tools for Living Free is published by Soundly, Inc. Any distribution or reproduction of this publication without written permission is prohibited. Copyright 2005, Soundly, Inc., New York, NY