

Tools For Living Free

NUMBER 59 IN THIS ONGOING EDUCATIONAL SERIES

THE RECIPE FOR SUCCESS

excerpts from the Satsang "Success: What It Is, How to Measure It, How To Live It" (TAPE/CD No. A50)

"I want to talk about success. And it struck me that with the word - not that I think about what I'm going to talk about but in sort of lining up with it - it struck me that success is in the word. That it was right there. That success comes about when you follow (pause) and when you follow God's Will.

"When we find it in - like the Presidential Succession Act you succeed to, you follow someone, you follow someone to the throne - 'succeed,' 'success,' they are the same thing. So I decided to look up in my etymology book about word origins - where words come from - and lo and behold that is exactly what it had to do with. It had to do with follow. And I thought this was an excellent book because it proved I was right. (laughter)

"But separate and apart from that I thought this is really neat because what have we been told about success? We've been given the formula and it's 'seek ye first the Kingdom of Heaven and all things will be added unto you.' So there we have the recipe. But what happens is that the human consciousness does what we all do when we've forgotten who we are - we think we're 'just' humans. And so what we do is - we go for power; we go for the things of the world and we identify with it, and go for status."

"And when we're always, always questing after status, power, success, fame - if we achieve it - we always have to maintain it. So there goes all our consciousness - it's aimed at that. Or if you don't have it we're always doing the same thing - we're always still striving. So either seeking to maintain it or we're seeking to obtain it. And that's what happens - that's the nature of the beast. But the interesting thing is - is that - that quest is central in our (lower) consciousness. But we're told that we need to know ourSelves as Spirit, as God, as the Light of the Most High that we are. And from that 'Place', if we consolidate that and have that,

and our focus is on God and who we are, then all that stuff is added to us."

"And the consciousness does something very interesting. That which is the least important is made the most important. And that which is most important, we make the least important."

"And there's something really interesting - that if you let go of your attachment you can have more things. So the more you strive for power or fame, wealth and the things of the world - guess what happens? The more you are running after a runaway horse and it just keeps running further away. Or you're always trying to harness a wild horse. You're always trying to maintain that. So you never have any security, you never have any success. But if you let go of that then you can have it, you see?

"It's not a question of being rich, famous, powerful or not and if you're Spiritual you can't have any of that stuff. That's not it at all because that's just another attachment - 'Oh, that's not Spiritual!' Well, that's an attachment. It may be in reverse but it's an attachment.

"But it has to do with where our focus is, where our consciousness is. Are we holding to the Light of the Most High - the Truth as we know it? And, also, I've never ever seen anyone's wishes for themSelves - no matter how much they want for themSelves, no matter how much success in worldly terms they want to have for themSelves - I've never seen it match up with God's wishes for us.

"So God wants us to have those things but be Centered and be cleared and live in Him and those things are added to us. In other words, it has to do with - what are we identifying with? Are we identifying with the things of the world? Are we identifying with the Spirit we are?

"And I always like to work smart and to work easy. That serves us in whatever we want in this world because the more we're Centered in

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*From the Satsang.
"Success: What It Is. How To
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God the more we're Centered in Spirit, the more we're following the Light that we are and, really, the more we're using life for its purpose - which is to know God through the Initiatory Process into the Sound Current - the more we do that."

"So I'm going to pass along a recipe before we do a process. I'm going to pass along this recipe for success, it's real simple.

Step One: Love God.

Step Two: Ask God for what you want for the Highest Good.

Case Study

Over the summer, a lot of things that I thought would happen in my life didn't and, as the weeks wore on, I began to think that my life wasn't working out the way it should according to my agenda. One day, my Teacher asked me what hadn't worked out and I heard myself answer with the "bright lights": fame, status, money, the perfect job, the perfect relationship. NOW!

As I sat with the Talk "Success: What It Is, How To Measure It, How To Live It," I got to see that I was demanding against God; I had made my wants, my agenda, my creations god. I had created a separation between myself and my True Self. I could feel the pull of the striving and the driven-ness as if they were weights on my chest.

During a private session, my Teacher reminded me that everything happens for my Highest Good. If the perfect summer place hadn't materialized, it was a blessing. I also saw inwardly that everything is here for my learning. Maybe I needed to be responsible and make sure I have the money I need for a summer place.

From these initial realizations, I worked it from the inside out using the many Tools available. First was the choice to focus into the Spirit I am. This is the choice to be successful. As Dr. Lane quotes in the Talk, "Seek ye first the Kingdom of Heaven and all things will be added unto you." I also asked God for what I want by placing my intention into the Light of the Most High by saying, "Lord, God, send me Your Light! For the Highest Good Lord, God, send me a lot of money." Then, I told myself, "It's okay to let it go!" I asked God

Step Three: Tell God what your interest is, what you're moving upon and ask God to Bless It.

"That's it and then move on. That's the recipe. Okay. And, yeah, you have to tell God and you have to ask God because we're simply not in the place where we've united our consciousness with God's and we're putting ourSelves on notice to and we're lining up to our intention. And we're following that. Remember success has a lot to do with the following, succeeding and following success and we're following our Knowing, our Spiritual Knowing."

to bless my intention. As I did this, a part of me was holding onto the things of this world and I decided to continue to let go. I'm still doing it as I write this. I saw that it is really receiving God's Love (not really the things of this world; they are a byproduct) that I am afraid of. My fear of success - which Our Teacher defines as being with God and the alignment of our will and God's Will - is fear of God.

I also talked to my basic selves and I reassured them that "we're fine and okay and safe now." I directed them into the Spiritual focus by saying, "I need your cooperation to drop back inside and focus into the Spirit we are." I also asked God to take the pattern of striving and driven-ness and I told myself, "It's okay to let it go." Finally, I practiced Meditation on the Path of Soul Transcendence, which allowed me to get the "height," as my Teacher often says, above my thoughts and feelings and to live in the Mind or the Spirit of God. As Our Teacher says, "Genius is the absence of thinking in the presence of Thought."

From this place, I experience a complete transformation. I drop down inside myself and experience a place clear and quiet and still. It doesn't matter what is happening outside. I know directly there is nothing outside (including my wants). This is an illusion. The only recipe for success is loving God and aligning my will with His Will. And, as the Teacher says, "it *really* is that simple."

know how to get there.

"Just allow yourself to be moved into the Spirit you are, focused there. And when you have that, stay in that spot! - not that it's a physical location - but stay in that spot and from that place you'll be able to work the world very successfully."

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. Inside yourself, allow your "earthly concerns" or "worldly concerns" - e.g., money, status, etc. - to come up.
3. Say, "Lord, God please take these concerns from me!"
4. Then tell yourself, "(your name) it's okay to let it go!"
5. If your "concerns" return, take a moment to lovingly repeat the process and allow the negativity to go.
6. Request information on and attend Meditations, Classes, Workshops, Retreats and Video Showings.
7. Call any Regional Center and request the Gift of Initiation into the Path of Soul Transcendence.

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

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Try This ...

"And what I'd like you to do is, without doing anything - kind of a paradox - is just allow yourself to be moved from all the worldly, earthly concerns, and all the seeking and all the striving and just allow yourself to be moved.

"You don't have to do anything even if you don't know how to get there; you don't have to