

Tools For Living Free

NUMBER 60 IN THIS ONGOING EDUCATIONAL SERIES

OUR RESPONSIBILITY TO KNOW OURSELVES AS SPIRIT

excerpts from the Satsang "Where Are You Running? Why Are You Running? What Happens If You Trip and Fall?"
(TAPE/CD No.A79)

"...A lot of you in your lives, you've chunked away organized religion, etc., etc., because somewhere in the din of your own Consciousness was the knowledge that, 'Hey, wait a second! It's not about God in an institution, or beliefs, or dogma. It's not about middlemen, the clergy, or anything else like that. It's about that God is in us. And, I don't know, somehow, maybe, perhaps, you know, it's going to happen. I don't know how, but I know it ain't out there. Somehow, it's in me.' You see? 'And I need to minister to the Spirit that I am.'

"But how can I minister to the Spirit I am if I don't think I'm worthy of Spirit, you know? And how can there be Spirit in me, you know? It's like, we're so materialistic in this, particularly in the western world, that we think this is it. OK? In other words, I'm the only thing that can occupy this body. Only my physical body can occupy the body - you know, the organs, the ligaments, all this stuff. Only me can occupy this chair. One thing in one place. But that's crazy. All of Spirit occupies this place, just like all of Spirit is in you. And God is so big and, yet, He's so small that He can fit in each of your cells, you know?..."

"And the truth is that God is within us and it's our responsibility to come to know ourSelves as Spirit, as Soul. There is a way Home. There is a way to come to know yourSelf as That. And it is through Initiation into the Sound Current, into the Holy Spirit, into what Jesus the Christ called The Word, OK? And That's been here forever. And that's how the Soul walks the Path in the Inner Worlds, comes to know ItSelf as Soul, and completes Its karmic journeys here. So, there is a Way.

"But what do we do? We go running, running, running, running. And we think we're

going to get out of the system. You can't get out of the system, folks. Nothing you do will get you out of the system except the prescribed Way: 'Wide is the Way but narrow is the Gate that leads unto Eternal Life.' And 'No one comes to the The Father except through Me' (referring to the Christed Consciousness). OK?"

"And what's been promised to each Soul is Eternal Life or the Heavens. And we know where the Heavens are: the Spiritual Heavens are inside of us. And they're located, as it were, in the Inner Worlds of Spirit inside ourSelves at a certain vibratory frequency, at a certain level that the Soul can progress through (to). And, eventually, it will progress through (to) in some embodiment.

"But the main Teachings that I bring forward really have to do with that we are Self-contained. In other words, the Self, the Spirit, the Soul, is within us. And that we are responsible to come to know that. You're responsible and, no matter where you run to, you're not going to get away from that; for the simple Truth is that God lives in You as You or as the Spirit in You and can't be fooled, won't be mocked. It just won't be mocked.

"And, eventually, it's going to fulfill ItSelf. And why do we keep running? Because we're so afraid. The ego, the false self, is so afraid that somehow we're going to give up something. Well, you are going to give up something. You're going to give up your negativity, your hurt, your pain, your separation, even death itself goes. That gets to be the grand illusion. ..."

"...And as long as you keep looking up, guess what? You're playing the game. You're running away from the Truth of what you know - that God is inside of You and lives in You as You. And that we're responsible.

"So, there ain't nowhere to run. If you're running, tell yourSelf to stop, be present even for a moment! See what happens. Hang

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cause He
knows where
He lives and
that's in
You."*

From the Satsang.
"Where Are You Running?
Why Are You Running? What
Happens If You Trip and
Fall?"
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out inside yourSelf with the Spirit You Are! And if you fall and trip, well, guess what? God will send His Angels to nourish you and make that okay."

"So do that homework [see Try This below]. There's nowhere to run. There's nowhere to hide. OK? Sounds like a Martha and the Vandellas song, huh? And, you know, the Spirit in You won't be mocked. God sees You. He knows who You Are. He knows where You Are because He knows where He lives and that's in You. So, the answer is loving surrender to the inevitable. And just the love of God because that's where the Joy is. The Joy is inside, in the Soul that You Are, in the Spirit that You Are."

Case Study

In reading the Talk, "Where Are You Running? Why Are You Running? What Happens If You Trip and Fall?" I was struck by the fact that I run out of fear—fear of being Free.

And I realized—through work with My Teacher—that I was procrastinating on three important projects, running a lot of drama because I was afraid to be Free.

And I was running it because it was familiar; in a sense, I loved my hurt and pain. Moreover, I got to see, with the help and Grace and deep Love of the Teacher—that this hurt and pain recreated scenarios from my childhood that not only keep me "down on the farm," so to speak, but supplied a lifelong comfort. Think curling up with a favorite teddy bear well into my fifties.

I also saw that this drama separated me from the Spirit I am—I was "outside" mySelf. I am Free to let go of the patterns and am responsible for doing this. So, I called in the Light of the Most High by saying, "Lord, God send me Your Light!" and I asked God to take the pattern of laziness and I told mySelf, "It's okay to let it go!"

I was Free to surpass my parents/my conditioning—what My Teacher often talks about as "Tradition." I was Free to benefit from "homework" from My Teacher to complete the projects by Saturday, two days hence. Projects that I "thought" would take 3 months. And that I had put off.

Try This ...

"So I want to give you a little bit of homework. I want you just for the next month, once a lay, just ask if the predominant thoughts and feelings you're having are real. Are they really real or did I create them? Not 'I,' 'me,' but you yourSelf. Did I create them?"

"And we can remember that we are Spirit. And come to know ourSelves as Spirit. And live beyond the veil, behind the veil, behind the mirror, behind the maya of these environs *while we're in the body*. That's crucial. This happens *while we're in the body* because of our responsibility. Not one Soul is exempt from this responsibility. Or saying it positively, we all have to fulfill this responsibility. If you haven't started, start now! If you have started, do it with love! Do it with caring! And do it with Joy! And we'll stop with that."

In assigning the homework, My Teacher "saw" that the projects required three hours. I was able to go inside and see that this was indeed my Truth. And I did it. The projects, that is. Completed in two days what the "outside world" might have taken twenty times longer to do. But I was so busy being excited about what I had done, I didn't quite see how "tricky" this process can be! I did, in a sense, trip and fall.

I had gone with my agenda of meeting the deadline in two days - two full days - instead of being responsible to the Spirit I am and going with my Knowing that the projects would take three hours.

By running, I had not trusted the Spirit I am - e.g., been responsible. And I was so afraid I would trip and fall - e.g., not make that three hour deadline - that I had allowed my fear to block the flow of Spirit.

I also saw that before I begin each project, I need to ask God to take the fear and to tell mySelf to let it go. And to be responsible to the Spirit I am. And to receive the Grace and deep Love that is there from My Teacher. And when I trip and fall? God's Grace, in the form of The Teacher, is here to pick me up and nourish me.

"If you're running, tell yourSelf to stop, be present even for a moment! See what happens. And hang out inside yourSelf with the Spirit You Are! And if you fall and trip, well, guess what? God will send His Angels to nourish you and make that okay."

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 a negative thought or feeling to come up for you that seems to dominate your life.
3. Say, "Lord, God please take this pattern from me!"
4. Then tell yourSelf, "(your name) it's okay to let it go!"
5. If the negativity returns, take a moment to lovingly repeat the process and allow it to move off of you.
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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