

Tools For Living Free

NUMBER 69 IN THIS ONGOING EDUCATIONAL SERIES

TRUSTING GOD IS TRUSTING YOURSELF

excerpts from the Satsang "Trusting God Is Trusting Yourself" (TAPE A21)

"I want to talk a little bit tonight about the Oneness of trusting God and trusting yourself. I know it is going to be a stretch for some because we're really trained in this world to think we don't have any power and (that) all the authority is outside of us. We're trained not to listen to ourselves. We're trained to listen to others, you know the experts - whether they're medical experts, whether they are legal experts, whether they're professional experts of all kinds. We're trained that way and it's really a symptom of our basic feeling that seems to come with this territory and these karmic fields on this planet of being powerless. That there is nothing inside of us, so why listen; there is nothing there.

"Also in my working with people I've discovered that there are many people who are walking around literally outside of themselves; they're outside of themselves. The common denominator of that is that they are so busy manipulating people to get a result. Let me give you an instance. If you're afraid this relationship isn't going to last and you think you won't be able to survive without the other person you're going to do things to get that other person to stay. So immediately you're outside yourself. And how that works spiritually is that you have a line of energy from around your midsection, around your navel that pulls you out. There is a line of energy that goes out to that other person and you're always being pulled out and you keep doing this, and doing this, and doing this, and you wind up shut out of yourself, literally exterior to yourself. That is why so many of us think our own thoughts, our own feelings are foreign, you know, it comes upon us..."

"Also, how we see ourselves, just in brief, in this world, at least in the Western world is 'we're one being isolated against the environment and so we're alone.' Nothing can be farther from the Truth.

"I've told the story of (there is) an old spiritual joke of when God created the Soul how it was decided where It was going to be put. At first it was thought the best place to put It would be at the bottom of the deepest ocean. It was finally realized by the Sages that It would be found. Then they decided to put It at the top of the highest mountain. Once again it was realized It would be found. So after a period of four hundred thousand years of deep meditation, a Sage came up with the bright idea of 'I got it! We'll

put It inside of them - they'll never think to look there.' There's a lot of truth to that; we don't think that It's inside of us. It is all inside of us. All that we need is to be present inside of us.

"We think we have no access to whatever you want to call It, the Lord God, the Spirit, whatever, and that we're here adrift and alone. So what is there Inside?"

"The Holy Communion is the Communion inside of us with the Spirit that we are and the bread and the wine are the Bread of Life, the Staff of Life - the Holy Spirit or the Sound Current. It doesn't matter what you call It. It doesn't matter the approach. It doesn't matter if you're a Sikh or a Buddhist or a Jew or whatever, the Sound Current is the Sound Current.

"And the Soul in Its embodiments goes through all these religions because there is a training in each of them until It is at a point where It can go beyond all ideation, all concepts and we can know God directly because that's our right. So many of us, we let go and we let God but what we do is we let go and we let God and we keep our own agenda - 'oh! it will be in my time and my way.' Then we get all annoyed when it doesn't happen and God is 'not with us' or 'He is against us;' and we're not trusting God and we distort things and we think that God's time means an eternity and it is not going to happen.

"See, but that denies an essential Truth and that Truth is that everything throughout all of the Spiritual Worlds is entirely Present, right here, right now and that we have access to It. Yes, the Gift of Initiation gives us that access and everyone sooner or later will take Initiation in some embodiment because that's the Plan. Is It my Plan? I'm not that smart. It is God's Plan. There is a way that He set It up to go Home. Now, if that is true, how are you going to get Home if It is not inside of you? What are you going to do, just manage to knock on the right door out there or go to the right church or you'll have the right priest or the right sheik or right rabbi or you'll have the right philosophical belief and that will do it? It doesn't work like that. You trust God because He is inside of you.

"And because the karma is upon us we think, 'yeah, we think it is outside, etc., etc.' but even if we do nothing else than be an active co-creator with God, we're taking a big step. We're taking a really big step..."

"And, I say all this as a kind of backdrop for

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*--From the Satsang
"Trusting God Is Trusting
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the simple point that if that is our focus as Souls then God is within us. So when we trust God we're really trusting ourSelves. When we trust ourSelves we're really trusting God. And, sometimes, you've got to be strong to trust yourSelf. ... But, we have to have the strength of our own Beingness. Yeah, you may be the only one. It may be you and God. It's not that bad. In the extreme it may feel like that. You need to have the courage of that because everybody is caught in the mirrors in the funhouse or in the karma. You can't tell what is real. You don't know what is real. You can't tell. The only way to tell is to go up into the Soul Body in the Spirit above all the negative worlds, or above the senses, above the thoughts and the feelings and the unconscious and where they vibrate in the Inner Worlds and then you're in the Pure Worlds of Spirit. But, when You're there and you can hold That you've broken the bonds of reincarnation or you've entered Eternal Life. That's our Gift. That's a given."

"And when I'm honest and I'm going through one of these - I'm not going to give God the

time of day things - what I'm really doing is I'm not giving mySelf the time of day - and I have a judgment on mySelf. Sometimes it will take me a while to get to because it's projected outward - anything that's unconscious we project it outward and what better target than God? 'God, didn't give me what I want and I'm furious at that Guy' and all that kind of stuff - if you're honest, you'll realize that you're not giving yourSelf what you need, and that's God and from God all things flow.

"If you could take just that one bit of learning from the Lord, God all things flow, and if you think it only has to do with the Spiritual Reality and not this world, then you don't know this world. You're just going with the appearances of this world. All things come from God and you might want to do some experiments and see if for what you need in this world you can be a conscious Co-Creator with the Lord, God. And say 'Lord, God I need another apartment,' or 'I need another job' but don't play the game of when the response comes of doing it your way. And then say, 'How come God doesn't hear me?' Well, because you haven't heard Him and you've flip-flopped it."

Case Study

I sat down with the Talk "Trusting God Is Trusting YourSelf" and saw right away that I haven't been trusting mySelf. I have been running lots of programs - "God won't give me what I want;" "God isn't there for me" - and it didn't much matter what it involved - money, relationships, goings-on with my family - because my focus was on the things of this world. I was outside mySelf. And as My Teacher often says when I do this, "Good Luck!"

All it took to start giving to mySelf again was to read this Talk and follow The Teachings of the Path of Soul Transcendence which are "a prescription for life", as My Teacher often says. First, I asked God to take the negativity from me like this, "Lord God, for the Highest Good, please take my agenda!;" then I told mySelf, "(my name) it's okay to let it go!"

Even as I did this, negativity came up and I let it go again. I also started to flip-flop, as Dr. Lane

says in the Talk, and to judge mySelf for doing it but this time I chose to take a few minutes (note: there's really no time or space) and listen to the Tape "Have You Given YourSelf The Time Of Day?" By exercising my power of choice to be with God I had given mySelf mySelf once again.

"So what's it all about, Alfie?" as My Teacher often says. It's about Loving God. About choosing to direct my basic selves like this, "I need your cooperation in allowing the Spiritual Flow. I really appreciate what you've been doing." About knowing that I don't need intermediaries; and understanding anew the importance of Prayer. On My Teacher's recommendation, I listened to the Tape "Prayer: What It is, How To Pray And How To Receive The Response" and learned more deeply that Prayer is Oneness; it is allowing God's Love and Grace. As the Talk says, "go with the flow and the only Flow is God." That's Trusting God/mySelf.

Try This ...

"I would like to conclude by having you do just a little process. So, why don't you all get nice and quiet. Uncross your arms and your legs. Just take a moment and inside yourSelf say, 'Lord, God or Spirit' or however you want to address it. Then pick something that you don't know what to do about it. And just say, 'Give me clarity and guidance on whatever that is!' And now let it go and rest in the Knowing that you've been heard and you'll be responded to. It may be in a dream; it may be in a passing remark; it may be in intuitive flash, whatever. But you've been heard and just the fact that you did that starts an alignment

process; starts an attunement process with God inside of you and you start to pay attention to that Vibratory Frequency called God or your Soul. You start to pay attention. And then as you keep working it, and working it, your reference points start to be more inside yourSelf. And by that I don't mean in a narcissistic personality way or anything else like that or in an introverted way; I'm talking about the reality of the Spirit inside of you and you get to work actively with yourSelf as the creator. And that's pretty neat."

--From the TAPE "Trusting God Is Trusting YourSelf" (TAPE A21)

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. "Pick three things that you would like to have in your life; it can be material things or nonmaterial things. For example, feeling more calm or less anxious or feeling better about yourSelf ..."

(From the Satsang "Trusting God Is Trusting YourSelf")

3. "Ask the Lord, God to give that to you. And, then, just receive and just live in the knowing that you've been heard, that you need to allow it and to trust the part of you that knows that that is the way to live."

(From the Satsang "Trusting God Is Trusting YourSelf")

4. Truly trust yourSelf by calling any Regional Center and requesting the priceless Gift of Initiation into the Sound Current.

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

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