

Tools For Living Free

NUMBER 70 IN THIS ONGOING EDUCATIONAL SERIES

THE INNER TRUTH AND ITS IMPLICATIONS

excerpts from the Satsang "The Inner Truth And Its Implications" (TAPE A11)

"...the Inner Truth and Its implication begins with a kind of simple fact: that you *are* the Lord, God. And this is going to surprise you, it surprised me when I first encountered it in mySelf, and that is that we *are* Free. We *are* Free and we fight like hell to enslave us... But the real Truth is that we are already free and we've exercised a lot of our choices negatively. Or let me say that differently; not that our choices were negative, but we used our choices to create negatively, along a negative polarity, which has enslaved us. So we take embodiment time after time after time and we are at the effect of these creations.

"So the first Truth is we're Free. The second is that we exist as creators with God and it is our responsibility to create positively, totally positively. Okay, what does that mean? We all have thoughts. We all have feelings. Feelings aren't right. Feelings aren't wrong. I see a lot of people who think that you can't have any feelings that are 'negative' or 'nasty' or 'not good'. But that's not it at all; you can have those feelings, but as creators we're responsible for where we place our Consciousness. So, how we exercise where we place It is key."

"So, for example...the two-hundred and-fifty pound desperado comes and deliberately, deliberately knocks me over while I'm walking on the street. Now, I have choices here. I have a choice of being angry at him and staying there so that for ten years every time that I walk on the street I bring back that memory pattern of this guy who knocked me over. And I'm angry and I'm furious and I'm furious and I'm building that and I'm laying energy there and I'm laying energy there or I can be angry for a moment, and let it pass and then get back onto my neutral space, my neutral center. I don't judge the emotion I had nor do I judge him. But, also, being in this world I want to use all that as information. So, I will take that experience and I will gain from it and it will go like, 'Well, when I walk the street I'm going to be very careful not to walk close to people, watch out for people I think may do that kind of act and generally be on my guard'."

"So the second implication is that we are creators with and as the Lord, God and we're very, very, very powerful. And it's our job as Souls to

respond. This is our responsibility. We are responding to the knowledge that we *are* the Lord, God in each situation. Okay, if I am walking down the street and I allow mySelf to sink to the nature of my false self, 'Why, I'm going to hire a hit man, a contract or I'm going to go and have this guy wiped out or I'm going to go after him mySelf or whatever.' I'm going to let those passions rule. And what I've done is I haven't responded to my True Self. So, another implication is that I respond, I respond to my knowing that I *am* the Lord, God, that It is *within* me, that that Vibratory Frequency is the Lord, God."

"Those of you who are students of the Sound Current or of the Path and have received the Gift of whatever you want to call It-whether It's the Sound Current, the Holy Spirit, whether you want to call It Nam, it doesn't matter-but if you have received that Gift that awakens the Soul to this knowledge that It is One; that It is Eternal; that It is the Spirit; and so It has this responsibility. So, that's the third fact. We are Free, we're Co-Creators, and we are responsible and we're responsible on all levels. We're responsible *moment-to-moment* for our thoughts, for our feelings, for what we create and we're responsible karmically.

"See, this is really important: that by living at effect, we are living in bondage: we're living in slavery. We have a choice and we can exercise that choice. That's the fourth point: that we have choice, and that's our power. We're not victims here. We're not here blindly. It only looks that way because we're at the effect of what we have created. We're at the effect of our karma."

"I shared this one of the last times but in a discussion of an incident that happened here in New York when someone got pushed in front of a train, the discussion boiled down to the fact that nobody would push anybody in front of a train. I thought, 'That's interesting; why wouldn't anybody in the class push anybody in front of the train?' I first got them to admit that they had felt like it, like we all have. And then it boiled down to someone in the class, who was actually a rabbi, said, 'Because I'm afraid I'll get caught and I'll go to jail.' But that is not the exercise of choice; that's the exercise of fear. ..."

"...There is one more implication of ourSelves as the Lord, God. And that is that It is freely given. That Vibratory Frequency that was placed in you when the Mission of the Christ was done, (It) was placed in you. It was given freely to you. The way to be awakened through the Initiation of the Soul is given freely.... And you are to give freely of your overflow of the Divine in you."

*--From the Satsang
"The Inner Truth And Its
Implications" (TAPE A11)*

“So the action may look the same - (in) both cases I won’t push someone out in front of a train. But am I coming from a fear of being caught or am I coming from the exercise of the responsibility of my knowing that Divinity? That’s the very thing that gets us in trouble: the fear of our responsibility; the fear of our power; the fear of knowing who we are. So I don’t have to go about practicing non-violence. I don’t have to practice *Ahimsa* because if I stay in touch with who I am, then guess what? That automatically follows. And I think that is really important. And the power of that is the power of us as Souls, as the Spirit that we are.

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“Yeah, you may have to pay for the rent, you may have to pay for this, you may have to pay for that -that sustains things in the physical world that sustains the actions of

the Spirit here. But the things of the Spirit are given in and of themselves, and they’re given freely. And you are to give freely of your overflow of the Divine in you.”

“...But, really, the Gift of giving goes on all the time and the Christ Consciousness in us - and by Christ Consciousness I mean the Consciousness of the Lord, God and the Eternal Remembrance of that-the Eternal Remembrance of that, goes on all the time, and that’s who and what and the real implication of who we are.”

“...Now, if you live by this, you’ve gotten your guidelines for how to live in this life. And you’ve gotten guidelines in how to live karma-free. ...So, I encourage you to really live this way, live your Truth and you’ll be free. You’ll be Powerful. You’ll give of your Supply. This is no mental construct. This is simply a presentation of how the Soul lives and how It is to live.”

-- From the Satsang “The Inner Truth And Its Implications” (TAPE A11)

Case Study

Last week I spoke with My Teacher and I told Him that I was feeling so out of it and that I just wanted to sit in Meditation all day, but that I couldn’t because I was home with my son and I had to take care of him. My Teacher asked me why I didn’t just give the Meditation to mySelf? I was stunned. That thought hadn’t even crossed my mind. I had been very busy thinking that now that I’m a mom I can’t sit in Meditation all day when the mood strikes me. My Teacher said that by placing my focus on honoring mySelf by sitting in Meditation I would take the steps out in the world to make sure that my son was taken care of - like getting a babysitter, etc. - and I could give Meditation to mySelf.

After reading the TALK “The Inner Truth And Its Implications,” I realized that what My Teacher said had surprised me to such an extent because I had placed all sorts of conditions on my participation with the Spirit I

am. Dr. Lane goes on to say in this TALK that we are the Lord, God; we are Free; Spirit gives and that giving goes on all the time; and that of who we are - the Lord, God - goes on all the time. I can see that this is what My Teacher was telling me - that I need to take responsibility for mySelf, for my full participation in my life. If I find mySelf conditioning my participation in terms of “I can’t” or “I don’t have enough money” or “I would if...” I need to drop it. Because the Reality is God supplies. My intention, focus and alignment are what allow my full participation. If I “can’t” - that is showing me that I am not taking responsibility. I may choose not to but, at least, I am acknowledging my power and responsibility, which is my choice.

So, my Inner Truth is that I am Spirit and that Flow, that Abundance, that Oneness of who I am is always here and present - always going on. Thank you, My Teacher, for the wake-up call.

Try This ...

“So, I’m going to play school teacher for two seconds; I’m going to give you a little bit of homework and then see if I can summarize what I have said. The homework is just for one day; every twenty 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

all the time. You’ll be amazed.

I had someone the other day who told me, ‘You know, you asked me to do that exercise and I did it. And I’m such a positive person. I do affirmations and in my life, I’m really, really positive and gosh! I was amazed at what I really think about during the day.’ So do that, and there’s no judgment and there’s no censorship.”

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. Let a situation come up around which you have allowed anger to build.
3. Now, as a co-creator with the Lord, God exercise your responsibility to create positively by asking the Lord, God to take this negative creation.
“From the Satsang “The Inner Truth And Its Implications”)
4. Then, tell yourSelf, “(your name) it’s okay to let it go!”
5. Continue to reinforce the knowledge that you are the Lord, God by attending Meditations at your nearest Center.
6. The only way to truly live your Truth is by calling any Center and requesting the priceless Gift of Initiation into the Sound Current. Love yourSelf enough to give It to yourSelf.

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:spiritcentral@yahoo.com
website:www.cosmostree.org

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