

# Tools For Living Free

NUMBER 74 IN THIS ONGOING EDUCATIONAL SERIES

## YOU ARE WORTHY.

*excerpts from the Satsang, "You Are Worthy" (TAPE A5)*

"I want to speak a little bit about the simple fact that you are, indeed, worthy of the Spirit. It sounds pretty simple and it is but let me place it in perspective and why it's needed to be talked about. In short, we need to talk about it because guess what? No one tells us that. We're not made to feel and be worthy.

"Let me put it in perspective. If we take a look at the myths of humanity, what do we find? We find that we're kicked out of the Garden, we are naked, we are embarrassed to be naked. What does that tell us? But it's really shorthand that we have been expelled from Paradise, Home, God and we're left here to wander. When we stand naked, we stand unclothed, we stand really as pure and as Soul, and we're embarrassed. Because we have it linked up that somehow we don't measure up, we're not good enough.

"If you take a look at what some of the religions do - and, by the way, religions don't spring out of a vacuum: they come out of where we are in consciousness at that particular point in our human development - so, when you take a look at what's reflected in the Jewish religion; you have to work it; you have to earn it. And then, maybe, perhaps, you may be found worthy, but that's only by God's Grace, but who knows if He is going to grant you That and who knows if there is such a thing, really, as Grace? You are inherently not worthy."

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"...But we are the Spirit, and no one tells us that. No one tells us that this is our definition and this is What we are and Who we are and no one tells us that it's okay to know that. As a matter of fact, just the opposite is true. That we're almost regarded as criminals. Somehow we've broken some kind of secret code that we know that we are the Spirit. That you're not supposed to know that."

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"But if God created us in His Image, what's that about? Then God must be in us, and we must be in Him. We must be kind of reflecting each other. I'm not saying we reflect each other in the physical form because we don't. But we do it in the Soul Body. That's

what we're made out of; we are that Primal Material, as It were, the Soul Body."

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"And that's what we're really talking about, we're talking about Who we are, What we are, where we're going and how do we recognize this. Now, let me break that down a little bit because I think that is important. We recognize it in terms of the word, it's re-cognizing, so we know again. We're given opportunities all over the place, *moment-to-moment*. We recognize It not out there as, 'oh! there is God' or 'this is God!' but really in a kind of *moment-to-moment* choices that we make.

"If you find yourSelf insisting on a negative pattern, if you insist on judging people, judging yourself, if you insist on a negative pattern of fear and resentment and hurt and pain and expectation, then guess what you're doing? You're not recognizing That Which You Are. So that each moment we're given a choice to recognize that we are God, that we are Divine. And that's our Freedom and that's our Free Will. We all have Free Will. That's why we're here, we're here out of our own Free Will or the use of our Free Will. We're all born because of that, because we freely decided to do certain things and we're at the effect of it. Who determined that? We did."

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"When you start to make these choices - and these *are* choices - to create positively, to create neutrally, to let go of all those negative binding patterns then guess what? You start moving into greater, greater amounts of Love, of Joy, and you start, as a consequence of that, letting go and releasing karma. And you don't wind up in karmic fields, so you wind up what? Returning on back Home, which is why you are here."

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"And how do we do that? Once again, it's not found in any great big enormous, big gangbuster, big cymbals and drums going off. It's found in the little moments inside yourSelf where you decide to let go of a pattern, let go of a fear thought, let go of the way you had looked

"...It's found in the little moments inside yourSelf where you decide to let go of a pattern, let go of a fear thought, let go of the way you had looked at things. And that is what makes you eventually move into the process of loving yourSelf and knowing that you are worthy and you reinforce it."

*--From the Satsang, "You Are Worthy" (TAPE A5)*

at things. And that is what makes you eventually move into the process of loving yourSelf and knowing that you are worthy and you reinforce it. You need to know that the Compassion that God has for us is how we need to treat ourSelves. Because each of us has to treat ourSelves as the Christ, Jesus would treat us because the Christ is in us. And we have to have that compassion and caring for ourSelves...”

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“So when we talk about being worthy we talk about knowing your Worth. And guess what? You’re Inherently Worthy. Which means you don’t have to do anything to earn It. You don’t have to do anything to prove It. You don’t have to do anything to consolidate It or show It or anything. The real Truth is in basic English: God plopped your ass here and, if you’re created in His Image, then you are Worthy.

“Then if you are Worthy, guess what? You are worthy to have those good things inside of yourSelf, to make those good choices, to make those positive choices, to feel good, to

decide to let go of all the pain, all the separation, all the hurt, all the resentment, *each and every moment*, in little steps, in little, little, little steps. That’s how it’s done and you build upon that. And you move on that. There’s no great magic in doing Spiritual Work. Although underneath it all there is a Great Magic and that really is the Hand of the Lord, God operating through it all, through all of us. That’s the Great Magic.

“But in the work that each individual does - it’s built on daily successes, daily wins, daily gains, even if it is as simple as, ‘I’m going to choose not to lash out at my friend, my co-worker, my wife, my husband, whatever’ and holding (to) that and letting go of that resentment. That builds more and more and more.

“So, let me just wrap it up by saying you are Worthy. That you don’t have to prove It....”

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“... And you’re Worthy of that Knowledge and You’re Worthy of receiving your Inheritance.”

-- From the Satsang “You Are Worthy” (TAPE A5)

## 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. Say inside yourSelf, “Lord, God, for the Highest Good take any negativity I may be holding onto!” Make a choice *moment-to-moment* to drop the anger, the resentment, drop the negativity!

3. Tell yourSelf, “(your name) it’s okay to let it go!”

4. Repeat this surrender process as often as you need to.

5. To know yourSelf as the Spirit you *are* - which is what God wants from you - call any Regional Center and request the priceless Gift of 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:spiritcentral@yahoo.com  
website:www.cosmostree.org

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## Case Study

My life has kind of been a mess for many months now. The mess has been in just about every aspect of my life. My house has been a mess. I have been completely unorganized with everything that I have had to do. I could never remember what I had to do and, when and if I did remember, I was usually rushing at the last minute to get the task accomplished. This resulted in being late with commitments and missing one important date that resulted in jeopardizing something that is very dear to me. I realized that I was being really lazy and that I had, really, given up on everything, on mySelf. I gave up being focused. I gave up staying centered because I felt like “what’s the point? I don’t have any support.” Really, I was ignoring Spirit’s support and the Teacher’s support because I was forgetting that I am Spirit.

Around the time I began reading the TALK “You Are Worthy” I began to get more organized, actually, more focused inside mySelf. I didn’t make the connection until now. But, somewhere inside mySelf I had made a choice to be present in my own life. I got tired of the mess and the feelings of being weighted down upon by everything that I wasn’t doing. Mostly I got tired of my own excuses and us-

ing other people and outer situations as reference points for why nothing was worth doing. Through reading the TALK “You Are Worthy” in combination with working with My Teacher and taking Classes through CRASS, I realized that what I was really doing was not giving mySelf the time of day. I was dismissing the fact that I am Spirit and that I am worthy of this knowledge. Accepting that I am worthy of being and knowing that I am Spirit changes everything. I need to accept my power and take responsibility for my life.

The solution to the mess that I had been creating in my life is to be present; stay in God’s Heart at all times by living in Love of God, Love of mySelf. I also stay present with my commitments - for me it’s by writing everything down and placing things into the Light for the Highest Good each day. I then adhere to what is needed. I don’t allow mySelf to get pulled outside of mySelf, of my Center. I do this by being Eternally Vigilant with mySelf by honoring my commitments and continually directing mySelf into what I need to do. For me, knowing that I am worthy means that I am worthy of living my life and of taking responsibility for it. I commit to this and I recommit *moment-to-moment*.

## Try This ...

“What I’d like you to do is just do an experiment. Live one week without having to prove anything to anybody

about your own Worth. And, secondarily, see if you can move into God’s Love.”