

Tools For Living Free

NUMBER 76 IN THIS ONGOING EDUCATIONAL SERIES

WHAT ARE YOU WAITING FOR?

excerpts from the Satsang, "What Are You Waiting For?" (TAPE A16)

"I want to talk about how we treat ourSelves. What we do is sort of a lot of false starts; we tell ourSelves 'to get ready! Set! Go!' and then we don't go or what we do is we don't even bother to wait, because we're not even going to start. And what we do many times is we tell ourSelves either, 'why bother? I'm not good enough; it's not going to work out' and we do all that kind of negative thought. And guess what? We have deprived ourSelves out of a great opportunity but to move into the space we want to be.

"All we have to do is be honest with ourSelves and ask ourSelves, 'what do I really want in my life?' and go for it.

"But the thing that has always fascinated me is people will never go for it - unless they are going to go on a journey of two thousand miles and they're taking their car, they won't start unless they have two thousand miles of gasoline in their car, even though they only need the first tank full to start. And how that works is we think we have to be perfect; we think we have to know it all or we bring frames of references from the past. For example, 'I tried this before and it didn't work.' Well, what about the fact that you tried it and you learned from it and you're going to work it differently? You're going to be more committed, you're going to have more perseverance. What about the fact that you can honor yourSelf by working in the Light? And how do you work in the Light? Which is really what everybody is waiting for. If we want to be honest, everybody is waiting for the same thing... We're all sitting around waiting for Godot or the Messiah. There's going to be one person who leads us to the Promised Land. And that's what we all wait on and we all wait on."

"...But the real Truth is ... that It's already happened. And by that I don't mean a denominational or religious thing, I mean a Spiritual Reality of that Vibratory Frequency or that Consciousness which we need for the Attunement to the Lord, God had been given to us. We've got It; It's in us. That's the joke, folks. That's what we're waiting for. We're waiting to see and come into the realization that It's in us.

"I know that it sounds so trite and so banal to say, 'well, It's in you.' If you really take a look in your life you'll see, if you're honest that you've been driven. You've been driven out into the world to do things; to accomplish things; to make statements; to kind of defeat death; to make your mark in this world; and all those kinds of things. That's the mark of the karma is upon you and it pushes you out - down and into the world. When we sit in what the world would call Meditation, we go 'in' and 'up', as it were. We go away from the world and we drop the worldly form and we rise into the Spirit that we are."

"So when we get into the Spirit, guess what?

There's no waiting. There's no waiting; we don't have to wait. Why? Because there's no time. What we all do is we're all waiting to get to see God; we're all waiting for the big epiphany; we're all waiting for the revelation; we're all waiting for - it doesn't matter what It is called - it's the Silver Cloud of the Jews when the Messiah comes; it's the great cloud or the mother spaceship, whatever It is, we're all waiting for that. That is always in the future. And what have we done to get there? Nothing. We're not prepared. Even assuming that that's the way that it is going to happen. And we can't hold the frequency. When we step into the Immediacy of the Lord, God then He's Immediate, then He's right here and He is right now."

"...When we sit in Meditation, we're getting that clear field and we're also letting go of whatever blocks us, whatever stands in the way. So, for example, if I want to start a business, and I say, 'Well, I've tried this in the past; it hasn't worked' or 'the economy is not as good as it should be,' etc. etc. I've got a lot of fear going, then I sit in Meditation, I turn towards the Lord, God where there is no time and no space and I can see clearly. In that Space there's not that reference point and the bad economy won't matter if I work it the way I am to work it, the way I know inside mySelf I am to work it. But if I'm going to sit in fear then guess what? Then I'm going to come from fear and all I'm doing is perpetuating the fear."

"So, if you want to go for a goal in your life - you know this stuff is very practical, Spirit is not an airy-fairy nice little subject; It's really practical - if you want to go for a goal, guess what you do? You ask the Lord, God or ask the Spirit for clarity and guidance; saying, for example, 'I'd like to open a business. Lord, God give me the clarity and guidance and take from me whatever stands in the way!' Right away you've moved yourSelf into that Place where the Spirit is or, 'Lord, God I'd like to have this job' or 'Lord, God I'd like to have this in my life if it's for the Highest Good; give it to me and take from me whatever stands in the way, whatever stands in the way!' Then we have to have the courage of letting it go. But when we do that, then guess what happens? We're no longer involved with waiting. We're involved with an Active Attunement towards that very thing that we want to give ourSelves.

"And that's really crucial. What are you doing in terms of where you want to go and where you want to be? Now, maybe I'm just lopsided; maybe I just have a funny frame of reference but every time I have worked things other than how I really knew to work them, they didn't work or I got in trouble. So, I can only speak for mySelf and just give out a suggestion, but the only thing that works for me is to stay Inside MySelf, go to the Lord, God Inside MySelf. And I don't mean an emotional, 'oh, Lord, God!' or a born-again one or anything else like that;

"...What are you going to be doing in another eighty to a hundred years? ... What do you want to get out of this life? ... Will you say 'I used it to have a good time'? 'I used it to make a lot of money.'? ... If that's what you're doing that's fine. But will you also use this life for the Gift that it is, which is to know yourSelf as Spirit?"

- From the Satsang "What Are You Waiting For?" (TAPE A16)

I'm talking about the reality of the Spirit that we are, of the Lord, God: 'That which is in Me is in you' and It's immediate. I work things by just going Inside and staying there and asking the Lord, God or that Frequency, which is me, to guide me and to release whatever stays in the way."

"As a Soul, you have as much time as you need to focus into the Light and to know That you are the Spirit. And that time is called reincarnation. That's God's Mercy and His Compassion: He gives you enough time as you need to finish on up, to come to the Reality of who you are *Now*; who you are is not a great mystery. You is in you' and It's immediate. I work things by just going Inside and staying there and asking the Lord, God or that Frequency, which is me, to guide me and to release whatever stays in the way."

CASE STUDY

In sitting with the Talk "What Are You Waiting For?" I saw from the get go what I was waiting for - to be perfect. Not perfection as the Spirit I am - which Our Teacher instructs us is the meaning and purpose of life - but perfection in the world. As My Teacher says in the Talk, go outside yourSelf and you'll get in trouble. And that's what happened. I wanted the perfect Case Study topic so I ended up waiting and waiting.

Then I did what My Teacher suggests in the Talk - I got started. And I easily found a situation in my life to which I had wanted to apply the Teachings in this Talk. Last week, I started a project. Yes, I had procrastinated on key details of this project, which forms the basis of my Thesis, but once I had chosen to start, I called in the Light of the Most High by saying, "Lord, God send me your Light!" I placed the entire situation into the Light for the Highest Good; and I asked God for what I wanted, which was for everything that I needed now in what seemed to be an impossibly short period of time, to come forward easily and effortlessly. I also asked for clarity and guidance exactly as My Teacher states in the Talk (see Step-by-Step to the right). I also made the decision to stay present by constantly returning to the Godpoint within; and to let go of anything that stood in the way - my "anxiety" about "time."

Immediately, I was led - and I got to see that whenever I "get in trouble" it's because I'm running my agenda. For example, I needed to buy a piece of new equipment. When I arrived at the store, the salesman immediately suggested a certain product. Instead of just buying it, I allowed myself to "get mental" and to ask a lot of questions and to have him check whether a number of other models were in stock. After he told me that none of them were available, I realized that I was no longer present with mySelf; I immediately lined up by dropping down inside mySelf and focusing on the Godpoint within and I saw that I had, in fact, been led right to it. But I took the learning, too, and in another instance, I called someone (my idea of an "ex-

TRY THIS ...

"And I'm going to end this Talk by asking you a rhetorical question, 'What are you waiting for?' What are you waiting for? And also because this Earth is a school, I'd like to give you a homework assignment: you can take it or not do it - just like kids in any classroom - some will do it, some will do it because they think they're supposed to, other won't do it, a whole bunch of responses. Just once in the next week, when you find yourSelf delaying or procrastinating, ask yourSelf 'What are you waiting for?' Then ask yourSelf another question, 'Do I really want to wait? Do I really want to wait?' And if the answer is, 'Yes, I really want to wait.' Then enjoy. If the answer is 'No', then get started.

It can be anything, anything in your personal life, wanting to grow Spiritually, if you wanted to learn

"As a Soul, you have as much time as you need to focus into the Light and to know That you are the Spirit. And that time is called reincarnation. That's God's Mercy and His Compassion: He gives you enough time as you need to finish on up, to come to the Reality of who you are *Now*; who you are is not a great mystery. You don't have to come here and have me tell you who you are. You know who you are: 'In the Beginning was the Word, and the Word was with God' - that's who you are; you are in His Image. And in His Image means that your Soul and Lord, God's Soul are One and the same. Because the Great OverSoul or the Lord, God is the Spirit, is the Holy Spirit, is the Sound Current and that same Frequency is in you. And what are you waiting for to discover that?"

-pert") to get some information about another aspect of the project and this person didn't return my call; instead of going with my agenda that this is the only person who can handle this particular situation, I listened to mySelf and heard inwardly to call someone else; I did; and this individual told me exactly what I needed to move forward.

I also saw, thanks to My Teacher, that I don't have to "wait" to surrender a pattern - say, procrastination or a family attachment that, up until now, I've allowed to stop me from being present - before I start. I can just start. And when the pattern comes up, I can release it by asking God to take it and telling mySelf "(my name) it's okay to let it go!"

In looking back, I see now, too, that up until now, I haven't allowed God's Grace. I didn't feel worthy. I didn't Trust. I really thought God would screw me so why bother? Why get started? I also saw from this entire process that I was using God to get what I wanted or I was going through the motions of living the Teachings by memorizing the Teachings without applying them inwardly - i.e., without staying present with Spirit, which is all there is. And I saw how important it is to be present so that I can be a loving parent to my basic selves or the false self, which brings forward my habitual patterns; and to direct them lovingly into the action I want - which is often simply to asking them to stay present. After all, there might just be so Much Love from God and, really, from My Beloved Teacher; I might be so Joyous 24/7 that I would feel like I'm "exploding out of my skin," which is how I've often described my Life when I'm present. As I write this, I now commit to staying present inside mySelf.

Tools used for this Case Study include sessions and Open Hours with My Teacher; the support group for the Dream Class; Holiday Satsang (see January SpiritCentral); Service; the Sunday Program at the New York Center; and the above project, which I've chosen as part of the work I'm doing towards a Master of Divinity Degree from the Seminary Division of CRASS, and which gave me numerous opportunities to lift.

how to Meditate, 'well, I don't know if I want to learn this week. It's so hard to get to that place, I have to take a bus or a taxi, or I have to walk a mile, I want to do this, I want to do that, I can't do it, okay' - ask yourSelf is that the excuse you can really live with?

Or is that just another way that the false self in us has of deceiving us? We're all fooled by this false self that we have it and wants to take away our Heritage, our Divine Heritage, which is the Spirit that we are. It's like the will has been opened, it's been read, it's all been probated and I don't know if I have the chronology of this right, but it's all been attended to and all you have to do is pick up your Inheritance. All you have to do is show up. And where do you have to show up? In the Best Place of all and the easiest Place to get to and that's inside yourSelf."

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. If you'd like to go for a goal, ask the Lord, God or ask the Spirit for clarity and guidance; saying, for example, "I'd like to _____. Lord, God give me the clarity and guidance and take from me whatever stands in the way!"

3. Then have the courage of letting it go.

When we do that ...we're no longer involved with waiting. We're involved with an Active Attunement towards that very thing that we want to give OurSelves.

Step #'s 2 and 3 are from the Satsang, "What Are You Waiting For?"

5. To know yourSelf as Spirit, to live in Active Attunement, call any 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:

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