

Tools For Living Free

NUMBER 77 IN THIS ONGOING EDUCATIONAL SERIES

“Are You Giving Yourself The Best?”

Excerpts from the Satsang, “Are You Giving Yourself The Best? (A14)”

“I want to talk a little bit tonight about ‘Are You Giving Yourself The Best?’ And what do I mean by that? I’m going to come at it in an indirect kind of way. When we need an article of clothing do we look for the worst? Do we look for the worst material? The worst feel? The worst color for our features, etc.? Do we look for the worst price range for us or do we look for the best of the multitudinal factors that we want to choose from for an article of clothing?”

“...Or, another way of saying it is when we eat something do we pick something that we know that’s going to be injurious or poisonous to the system and put it in our bodies and eat it? Or do we choose what is the most beneficial for us health-wise? Or even if we are in a snacking mood and want to just have a good time or just want some good crunch stuff we choose the best in terms of crunchiness for that. So we’re always thinking in terms of what is the best. And those of us who have children - we’re always thinking of what are best for our kids: ‘What’s best?’ ‘What works best?’ ‘What can I give them?’ ‘What do they need?’ ‘How can I raise them the best way?’ ‘What kind of values can I give them?’ ‘What’s the best example I can set?’

“I remember when my own son was growing up; every now and then he would do something and I would go, ‘Where did he get that from?’ No sooner had I completed the thought then I said to myself, ‘Oh, I know; he got it from me and I’d better change my behavior or my actions because that’s not good.’ And my son reflected it back to me.

“So we’re always asking ourselves what’s the best. If we pick a car, what’s the best car for what we have in mind? I wonder if you are doing the same with your emotions and your thoughts, and your time and your energy. Are you giving yourself the best?”

“Some of you may feel, ‘well, my emotions are my emotions; I have no choice. Except that is not true. You *do* have a choice. And those of you who have been walking this Path of Soul Transcendence know how to move your Con-

sciousness into the Light of the Most High and away from the identification with the feeling. Now this doesn’t mean you repress the feeling, you make the feeling wrong - not at all. Okay, just the opposite. You give yourself the feeling inside yourself, but you’re focused elsewhere.

“I often use the example of those desperados who stepped on my toes - probably deliberately - while I was walking along the street and tripped me up and I feel angry. So I don’t make myself wrong for feeling the anger. But what do I do? I acknowledge it and I move off of it. I focus into the Light of the Most High. I educate myself. I tell myself, ‘hey! I don’t want my energy going to these desperados. That’s not the best use of my time and my energy.’ And I educate myself and I focus away. I’m going to find that I’m going to go back to that. I’m going to find myself going back to those desperados stepping on my toe and ‘making me angry’ and I’m going to have to move off of it again. Then the Consciousness is going to go back and I’m going to have to redirect. And, after a couple of times, It won’t go there and I’ll have moved off of it.

“Even as it is happening I’m moving off of it. The key here is not identifying with the feeling; you let yourself have the feeling, but you are focused in the Light (of the Most High). And that is giving yourself the best.

“With your thoughts where are you placing your energies? Where are you placing your thoughts? What’s the bottom line? If you kind of did an exercise and every two or three hours, write down the prevalent thoughts that you have had it may just boil down to two or three or four. After a couple of days, take a look at those thoughts and you can probably bottom line one or two or three and you would be amazed at where the thoughts go.”

“When you give yourself the best you focus into the Light of the Most High and you tell yourself to let that stuff (the hurt, the pain, the suffering) go. And you ask the Lord, God to take it. And you keep focusing away and focusing away for however long it takes. See, that’s the training of the Consciousness, the strengthening of It, the giving yourself the best. What do you do? You’re giving

“...And that’s giving yourself the best. How do you do all this stuff? Step-by-step, day-by-day, inch-by-inch—it’s really that; that’s how we do it. And you build the strength; that’s how you give yourself the best.”

*From the Satsang
“Are You Giving Yourself
The Best?” (A14)*

yourSelf the Lord, God. When you sit in what the world calls Meditation you drop the world, you drop the physical body and go into the Spirit, go into the Soul Body and you're with God. You're giving yourSelf the best. And training consists in knowing how to do that throughout the day. So with your thoughts and your emotions are you doing that? Ask yourSelf that, 'Am I giving mySelf the best emotion I can have? Am I giving mySelf the best thoughts?'

"I venture to say that things like fear and doubt are not the best you can give yourSelf. But - and this is crucial - if you're going to give it to yourSelf, let yourSelf really have it. Really have doubt, really have fear so you'll know what that creation is about and use it to lift. Make the best use of all that negative creation you have going. Make the best use of it. Lift from it. Go into the God within. You have thoughts; you have feelings for a reason. They're the counter poles to the positive polarity. They're what you can lift

from...."

"So there are a couple of factors here that I really want to go through before I conclude. That is you are worthy of the Lord, God. You don't have to prove anything. You don't have to do anything. It's inherent. The Lord, God *is inherent within you*. The Teachings teach us that we are to use the negative polarity to move into the Spirit that we are and that's the Great Gift of this life. And that's why we have thoughts and feelings: so we use them. Another key point is that we are *powerful*. We have the power to create positively or negatively. We are always at choice *each moment*. And - this is crucial - that choice is not bound by anything. *At each moment we can choose anew...* Each moment we can choose again. It doesn't matter the history, so to speak, of that thought or of that feeling, or the history of your relationship with someone or your anger or any of that stuff. *At each moment* you're free to drop it. You're free to drop it. So *we have the power of choice and exercise of that choice.*"

Case Study

Once I read the TALK "Are You Giving YourSelf the Best?" I knew that I wanted to do this case study because of what had jumped out at me in this TALK - and that is the reality that I am a powerful creator and that I have the power to give myself the Best - the best thoughts, feelings, the best placement of my energy and attention - and most importantly I am worthy of giving mySelf God.

I have had many experiences lately around giving to mySelf. One such situation was regarding my bank account. I felt mySelf get really nervous and anxious every time I thought about my bank account. I was in constant fear that the money was going to run out. No matter how much I had in the bank this fear persisted. I realized that I was creating this situation with my insistence on worry and lack. Instead, I chose to focus on how grateful I am for the money that is in the bank *now*. I moved into gratitude for all that I have *now*. In addition, I did some self-talk - telling mySelf that I have all I need right now and I am abundantly supplied. I then chose to see my bank account differently. I now see it as containing lots of

money - and I see mySelf effortlessly having all the money to buy and pay for everything that I want and need. I feel differently, too. I feel supplied.

I realized through reading this TALK, in combination with The Money Workbook and the TALK "What Are You Waiting For?", that I am in charge of what comes into my life and what *stays* in my life. I also realized that I am worthy of the best - I am worthy of God. If I am worthy of God then surely I am worthy of money or a new house or whatever else it is that I want. So, my bottom line is to stay present with God by doing my Spiritual Practices *exactly* as taught by my Teacher and continuing to allow the Spiritual Energy to flow inside mySelf. Then, I naturally give mySelf only the best thoughts, feelings and attention. Because ultimately I want God and I want to be with God *each and every moment* - this is my ultimate reality. The more I learn and grow on the Path of Soul Transcendence the more I know that God wants me to have the best in every way. By working these learnings from the Teachings I give mySelf the best *moment-to-moment* - in every way.

Try This

"So the choice is yours. I am going to give you a little exercise. Once a day for the next month ask yourSelf at the end of the day, 'Did I give mySelf the best I could have given mySelf today?' If the answer is yes, bravo! for you. Then ask yourSelf, 'And how can I give mySelf even more of it tomorrow?' And if the answer is no, bravo! for you, for that honesty and then use it to lift. Say, 'Okay, how can I give mySelf

more of the best?' I didn't say, 'and then get in there and judge yourSelf in all those places you didn't give yourSelf the best.' No. Use them to lift. Use them as a springboard. Use them to have fun with. Each moment is a precious gift. Each moment is a great opportunity to lift into That and to give yourSelf the best and to be the best you are."

- from the Satsang "Are You Giving YourSelf The Best?" (A14)

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. Ask yourSelf, "What are my predominate thoughts and feelings right now? Are they the best that I can give mySelf?"
3. Say inside yourSelf, "Lord, God, for the Highest Good, take any negativity that I may be participating in!"
4. Tell yourSelf, "it's okay to let it go!"
5. Choose to create your life positively by focusing on that which uplifts you; by choosing the best thoughts and feelings; by sitting in Meditation of the Light of the Most High; and, ultimately, by contacting any Regional Center and requesting 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

Tools for Living Free is published by Soundly, Inc. Any distribution or reproduction of this publication without written permission is prohibited. Copyright 2007, Soundly, Inc., New York, NY