

# Tools For Living Free

NUMBER 84 IN THIS ONGOING EDUCATIONAL SERIES

## The Spiritual Teacher

*Excerpts from the 1979 TALK "Master And Student"*

"I want to speak on the nature of Truth, the nature of speaking Satsang - Satsang: Truth - and on the nature of the relationship between Guru or a Master and Student or Disciple. I'm going to begin kind of backwards and speak about the nature of the relationship, begin by saying what it is not. And it is not something formed or created or limited by the usual relationship. It isn't to be thought of in the usual Western terms of, in the usual materialistic terms of, power and control and dominance, that sort of stuff. It's very much aligned with the fear of letting go, holding onto the ego, afraid of being submerged. It has nothing to do with any of that. It has nothing to do with the eat-or-be-eaten mentality which is part of duality. It is really just the opposite. It has to do with opening up to your own Self, to your own Essence. To the part of you which is both form and which is formless as well. But also to the part of you which is beyond form and formless, which is beyond even that dichotomy. And it's the part of you that is complete. It is the part of you that knows Its totality; that is its totality. It's the part of the totality.

"...you're not out there, the Guru's not here. But it's all contained in the Infinite Oneness and you're contained "There." And that part of you sits "There" and looks at and is directed by Its own Inner Guru. And it's the Inner Guru that's completing and taking and totaling Itself and knowing Itself. The Outer Guru comes and He comes and He manifests, usually as a Guru or as a Spiritual Master. But He's not that! He's not that limitation at all. But He will usually manifest as that. And He will take you to His Plane to prepare a feast for you in Heaven. It is literally true. And each place has been assured. And the True Guru does that and takes those to His Plane. You yourSelf are a part of this creation or part of your own creation and taking yourSelf really to your own Plane, to your own Plane. The Outer Guru comes and takes those to His Plane. But you will complete your own Self and once again the guru sits here within yourSelf, directing you, completing you ..."

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"And all creation walks in this and you carry all creation in you and all creation carries you and is in you. And this must be said that one can only say Truth and speak Truth. One doesn't move one's tongue or one's mouth, one is moved by the Inner Master, by the Inner Guru, by the inner Way of Being.

So that there is no volition, no volition at all.

"And in the relationship with the person who's taken on the form of the Guru. And one acquiesces to the Outer Guru. Because by acquiescing to the Outer Guru one acquiesces not to the Outer Guru but to oneSelf. And never make the mistake that you've acquiesced to something outside of you because you're acquiescing only to your own Essence, to your own Center, to your own God, to your own Divinity. That's what you're truly acquiescing to. You are not taken over. Instead you are individuating, individualized. Each of you will manifest exactly uniquely to yourSelf. There is no domination and there is no control.

One stands up, one is blown about by the winds. One bows to the winds and one rides the winds of all creation. So listen to what is said, not with your ears, not with your eyes. But listen with your Inner Eye but mostly listen with your Infinite Heart. And listen to That Which Is Knowing. And listen to That Which Is Being Made Known. But mostly listen to what *Is*. And what *Is* is your own Essence, the Inner Master drawing you to Itself on the currents of Itself, on the current of Sound, of Silence, on the Current of Love.

"... And your Inner Master sits here knowingly and is beyond form and is beyond being formless, is beyond that dichotomy. And the Inner Master instructs, guides and attunes and there is a mechanism within each of us that constantly, constantly fine tunes and centers us and centers and centers us but also causes us to open up to our own Essence, our own Nature.

"And aligned with this Inner Master, the Inner Guru, is the Inner Trickster. And this Inner Trickster loves to play little games. Little games of making the personality not know what it's doing. And it brings it to a point of utter frustration, anger, despair, lethargy, inertia. Until really the bubble must be broken, must burst. And the personality insists on playing this game. And it drives itself, it drives itself always to the edge until it has nowhere to go other than back upon itself. Towards looking towards the Center.

"And if you take a look at a lot of your lives you'll see that. That a lot of your life has been played out. What passes for all sorts of misfortunes and mishaps and catastrophes were really things designed by your own psyche to help bring you to the point of seeing your own Center, opening up to your own Center, opening up to your own grandiose grandeur,

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*From the TALK  
"Master And Student"*

beauty, splendor. All of this is a trick by the Inner Master to get you to open to yourSelf.”

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“Many people ask ‘What’s the point of Consciousness? Why do we need Consciousness? I mean it’s going to happen anyway; why do we need to be conscious?’ Your own Essence has set it up so that you are to know yourSelf. And by knowing yourSelf you know the ... you know God. By knowing yourSelf you know God. The Mantram inside of you, the Sound, the Harmony, the Divine Essence, the Ratio, everything is in you.

“God is within you. It’s an enormous thing that doesn’t fit anywhere in all of creation (yet) It fits right inside your Heart. God is right there inside of you. Most of you don’t want to know that. Most of you don’t want to even see your own Light because once you see your own Light then a terrible thing happens. You have to become responsible. And most of you don’t want to be responsible. So you fill up with it, with guilt and anger and shame at being alive, frustration, despair, all those games, until hopefully you reach a point where it’s not necessary to be in pain. It’s not necessary to feel guilt or shame or anger. All that’s important is that you ..... be

that flower.

“And how do you be that flower? By just being yourSelf. The flower in the ‘flowerness’ of the flower fulfills itself, has its own flow. It has its own creativity and it has its own dharma.

“It has its own strife. And the strife that it seeks to attain is very simple. It’s the war with itself. And it wars with itself. How does the flower war with itself? By working very hard to open up, by working very hard not to bloom, by working very hard not to blow with the wind, by working very hard not to be rooted in the ground, in the soil, in God’s earth, rooted, rooted, with the roots going down to the center. And it plays that game ’til finally it knows it must fulfill itself. And each of you knows you must fulfill yourSelf.”

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“And know also that it was you before you came to the earth and used your mother as an entry point. You decided with your Inner Guru, your Inner Master the tricks that you would play on yourSelf in order to fulfill your own purpose, in order for you to help know yourSelf. When you know yourSelf you know all of Creation, you know God. You find that all of Creation is a Mantram of Love, Divine Geometries, God laughing, wanting us to be happy, and God just being and our just being, just One and the same.”

## Case Study

I had an Open Hour with My Teacher the other day. I use Open Hours in order to gain greater clarity and guidance and to receive more of My Teacher’s Light and Blessings. During the course of my conversation with Dr. Lane, it came up for me that I was feeling unloved and unhappy. Through working with Dr. Lane, I came to see that I was not loving mySelf and not giving to mySelf and, as a result, was feeling very unhappy.

Over the course of the last three years, this same theme has been coming up for me. I had realized what I need in my life in order to feel better – coming to the Home Center once a week; having quiet time to mySelf to Meditate and study the Teachings; doing more Service, including hosting weekly Meditations; and singing and writing music inspired by the Teachings. During this Open Hour, I began to explain to My Teacher why I could not give these things to mySelf now. For instance, my husband is working a lot and is very stressed and he doesn’t want me to add anything extra for him to do; and, in addition, we do not have the money for a babysitter. My Teacher said that He did not believe a word of what I was saying. These were all excuses to keep this same pattern going. The bottom line of what My Teacher put out to me was that I need to give to mySelf.

This conversation with My Teacher reminded me of a learning that I had had just a few weeks earlier in which I had the experience of mySelf as Spirit – and the Spirit that I am *needs* to be fulfilled by growing in Loving and receiving God’s Love. All the “excuses” with which I had,

up until now, identified were connected with my false self, my ego – the part of me identified with time and space. The experience of mySelf as Spirit, coupled with my Open Hour learning, enabled me to see that, up until now, I had been thinking that I am “this person” with “this situation” – limited. When, in fact, what I need in my life in order to feel better is for the Spirit I am to be allowed to fulfill Itself. The choice that I faced in the Open Hour with My Teacher was a choice of identification. Who am I? Am I this little powerless person who lives in lack and limitation or am I a great, vast, powerful, unlimited Spirit?

I saw what this choice meant. It meant giving up the script of my family, which is one of lack and powerlessness; giving up my fear and living as the free and powerful Creator that I am. To be honest, I have been scared of my power for sometime and, as a result, I have given over my power to the seeming outer situation, which was merely the manifestation of my fear. But, at this moment, in the Open Hour with My Teacher, I saw that I had to make the choice into the Spirit I am and that listening to My Teacher was really listening to mySelf - and to make this choice makes for a life better and more Abundant and full of more Joy than I ever could have imagined.

When the Open Hour was finished I made a shift inside mySelf – that from now on I am coming from the Spirit I am. I don’t care what I think or how things look; I am giving to mySelf right *now*.

I walked out of the room to see my husband sitting there. It hit me that I could go to the Home Center right at that moment as my husband was home to watch the kids. I asked him. He said “yes”. And I walked out the door.

## 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. Allow yourSelf to be open to the True Relationship between Teacher and Student by saying inside yourSelf, “Lord, God, for the Highest Good, take anything that stands between me and Spiritual Teacher and take any fear that I have of letting go!”
3. Tell yourSelf, “It’s okay to let it go!”
4. Experience the True Relationship with the Spiritual Teacher by doing the above process and by calling any Regional Center and requesting Initiation into the Path of Soul Transcendence.

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