

Tools For Living Free

NUMBER 90 IN THIS ONGOING EDUCATIONAL SERIES

How Do You Approach God?

Excerpts from the Satsang "How Do You Approach God?" (TAPE/CD #A49)

"I want to talk a little bit about how to approach God... I simply say Him not because of gender consideration, but simply because of the way the energy is; It's a generative energy. In other words, It generates and initiates and It's charged. I'm talking about 'Him' in a charged way like two poles of a battery so It's a 'Him'; just like we say 'She' when we refer to a Soul and that is because the Soul in us lies dormant and lies asleep and It needs to receive the generative power from Spirit, from God and It is awakened. And so we refer to Soul as 'She' because It has a negative charge or a receptive charge. So, really, (I am speaking) in terms of battery.

"Then you have the Divine Marriage, the coming together into the Oneness and That's really what I want to talk about. I want to talk about coming together in the Oneness, how we approach God. And I'm going to give you time if you need to write it down, because it is highly technical; I'm going to start right at the beginning and tell you exactly how to approach God. If you want to write it down-and it's borrowed from very esoteric terms so I'll spell it out-and I'll go through it with you. If you need to get a pen and a notebook, I'll wait a second or two. Because how you approach Him is in Love, more Love and completely in Love. That's how we approach God, totally and completely in Love and we're Lovers of God.

"If you take a look at how much you love your kids: do you love them ten percent, twenty percent, thirty percent, fifty percent? No. You're always there for them. You are always there a hundred percent even when you're tired and you're fed up with them. Even when they're a pain in the butt, you somehow put that to the side and you are there a hundred percent. Similarly, with God, we're there a hundred percent; we approach Him with all of our being. In this culture we're taught to be 'humble', and we're taught that being 'humble' means, 'oh, God! Please listen to me,' and 'there but by the Grace of God go I'. And we're on our knees, and we're beggars before God.

"But being 'humble' really means to accept all that you are and all that you are is real simple, 'In the beginning was the Word and the Word was with God'; in the Beginning was the Word or the Sound Current or the Holy Spirit. And that was with God; that tells you where you're from. You as a Soul were created with God, by God, from God; you're created in His Image. It doesn't mean you look like Him, it doesn't mean He looks like you. But it does mean that the 'material' that He is made of, so to speak, is the Holy Spirit even though He's non-material, He's made of the Holy Spirit or the Sound Current That's in you. So you've been given a hundred percent of Him. We've been given all of God. Our Soul is made of that Holy Spirit or the Sound

Current, whatever you want to call It. That's what we're made of, That's the Eternal part of ourSelves and That's *one and the same* with God.

"The game is that God is inside of us and we don't think to look there. We don't think to look there. We think to look outside ourSelves, we made things in the world god; we've made religions god; we've made people god. We've made so much god. But the real truth is that God sits in us as us. And when we approach Him, we need to approach Him with all of who we are, with a hundred percent; with total love, total devotion; not as beggars, not filled with fear, and not filled with a lot of pain and hurt. When you're with God, really, you're reborn. And being born again in the Spirit means one thing: it means the Soul has come to know Itself as the Lord, God. But it's not knowing, like you go to school and learn something and how you know your subject. Well, it doesn't work like that. But it's knowing through *direct experience*, through an Initiatory Experience in which the Soul is awakened up. Because It lies dormant in you, and It lies asleep..."

"And what is the Christed Consciousness but the knowing, the absolute knowing that you and God are One and the same? So when the Christ, Jesus was here, He said, 'If you see Me, you see My Father who sent Me' and He says, 'I'm the Word made manifest' or 'I'm the Sound Current made manifest' or 'I'm the Holy Spirit made manifest'. That's what He's saying; He's talking about the manifestation of the Sound Current or of the Holy Spirit or of God. What He's saying is God extended Himself and put on a body and He's in this world. That's pretty neat!

"If you study theology or if you study religions you get to see that That's a turning point, that, up until then, God was always perceived as far away and He was a patriarchal God. You know He was a real tough daddy. You could never win against Him. Then, all of a sudden, you get 'wait a second now! God's in the world and He's one of Love' so you approach Him in Love. A lot of us approach Him like He's the greatest yuppie in the world; He's the chief yuppie. And He's going to make me a yuppie, too. And we just want, and we want, and we want, and we want and we want. 'God, give me this! God, give me that! God, give me this! God, give me that!' but God's given us everything: *we have what we need*. If we focus on that then guess what? The things of the world-they'll be added to us also..."

"So giving to yourSelf means letting go of your position, being there, really for the other person or to allow a situation to just evolve through you. It also means loving yourSelf enough to let go of judgments on yourSelf. We all sit in a tremendous amount of judgments. And the genius of the quote, 'Judge not lest ye be judged!' is brilliant because it tells you not to judge and not to judge others. And it also tells you how to live without entering into karma. If, you're

"...But the real truth is that God sits in us as us. And when we approach Him, we need to approach Him with all of who we are, with a hundred percent; with total love, total devotion; not as beggars, not filled with fear, and not filled with a lot of pain and hurt. When you're with God, really, you're reborn. And being born again in the Spirit means one thing: it means the Soul has come to know Itself as the Lord, God."

Excerpts from the Satsang "How Do You Approach God?" A49

judging someone else, you've got a creation going and you're responsible for that creation, but, then also part of your Consciousness is always going to be involved with that judgment, 'is it really true? Is it not?'. So you've got a line of energy going out from your own Consciousness to that person or that situation that you've judged. And that line of energy going out of you into the world is a karmic creation..."

"So here is this Gift we've been given: God inside of us, always present, always present, always present. And how do we enter? How do we approach God? Lovingly, firmly committed with a hundred percent of our Being, in love and humbly. Humbly not meaning, 'oh gosh! golly! gee whiz! maybe God's too busy or maybe He won't like me' or maybe 'am I dressed okay?' No, but humbly in knowing that we *are* Spirit and we *are* God..."

"So we approach Him unconditionally, full of Love with all our heart, with all our Soul and with all our might. And, really, with a craving, burning desire just to know God and to love Him. And even that desire when we've exercised and exercised and exercised it, then that burning part sort of leaves and it goes into and becomes a deep, deep, deep Grace and a deep, deep, deep Peace. It becomes the 'Peace that passeth all understanding'; that is what is referred to in the Bible.

"But your purpose here on this earth is one thing: it is to know and love Him and follow His Direction. And His Direction is real simple; the direction is 'come on Home!' But how do you come on Home? Love. Remember, there are three ways to approach Him that are highly technical: Love, more Love, and completely Love. And that's how you approach God inside of yourSelf because that's where His Cathedral is; that's where the Mosque is; that's where the Church is; that's where the Temple is; that's where the Synagogue is - That is His: It's inside of you."

Case Study

When I sat down to write this Case Study, based on the Talk, "How Do You Approach God?", I had a hard time focusing. I would come up with a topic, move to another one, then to another. I didn't see as clearly as I do now this mis-focus when I first read the Talk because this Gift of Clarity is the Gift of the Talk; nor did I see the choice on my part to read it over and over again and to Allow God's Grace to work me, which means to Grow me. I noticed as I read this Talk over and over again that I started to drink more water (I had allowed mySelf to become dehydrated) and I saw that it was no accident - I was giving mySelf what I needed to blossom.

I'll begin with my first steps, which happened after I read the Talk a few times. At that point, somewhat "fed up" and "all over the place," I chose to move into Trust and simply to go with whatever God brought forward as a Case Study topic and to let God write It for me by dropping back inside mySelf - resting in Peace, really - and Allowing God to lead me and feed me - I've come to realize that Spirit is the only food - and then to make the choice to Receive His Words - really His LOVE. And what came is that it is a Miracle that God is Approachable. That He is inside. That All I need to do is access Spirit NOW. This is the news to be screamed to the rooftops.

And my learning, as I sat there at my desk, was that what God in His Grace has given me is the knowledge that there is nowhere to go - not even the grocery store; that I have everything *right here, right now*; that everything is Present; that I'm okay. All this because God has set it up that I can Approach Him *directly* because of Initiation into the Path of Soul Transcendence. As I sit here writing this Case Study, with my body doing its body thing, inside I can be with Spirit - this is what the Teachings teach us. That's the greatest Gift and Miracle of All. And That's the Miracle of giving mySelf this Assignment - that this is yet another way God and My Beloved Teacher have of giving me mySelf, of extending Themselves. And by giving me mySelf, I Approach mySelf in Love and I Approach God in Love and My Beloved Teacher and all of humanity in Love.

Then, a day or so later when I sat down to work more on the Case Study, I realized that I really needed to

apply the Teachings of the Path of Soul Transcendence by using the Tools available. First, fear came up (probably that I'm afraid I'll be so good at this, that I'll have so much time, that I won't know what to do with mySelf!) I immediately remembered to put this Case Study in the Light by saying: "Lord, God send me Your Light! For the Highest Good, please place this Case Study in Your Light for the Highest Good!" Then I did a releasing technique by asking God to take the fear (really, of my own power) like this: "Lord, God, send me Your Light! For the Highest Good, Lord, God, please take anything that stands between me and the Spirit I *am*!" I told my basic selves "It's okay to let it go!" Then I saw that I was mis-focusing again so I did some Self-Talk; I also realized that I need to do Self-Talk before starting this or any other project. So I told my basic selves or the part of me that brings forward my karmic/negative patterns that "I need your cooperation to finish the Case Study so that we can move on to the next thing." I then told them that "I really appreciate your cooperation on this" and that "I love you very much!" I saw more clearly that my seeming mis-focus has a lot to do with my needing to direct my focus into the Spiritual Flow by lovingly working with my basics. It's part of Loving God, of being with Him in Love; of Honoring mySelf and My Teacher who is really the Inner Teacher/God/mySelf.

And I remembered, too, that Approaching God is being with Him *moment-to-moment* by practicing Giraffe Consciousness - dropping back inside mySelf and focusing on the Upper Part Of The Third Eye; this technique is taught at the time of Initiation and/or, in a different way, when one comes to a Meditation.

I realize that this is what I need to practice and practice *all the time*. It is what My Teacher compares to lifting weights - building your "Spiritual Muscle" - which is, I now see, exactly what it is - by being with God, by living this Miracle of His Immediacy, that I Approach Him/am Him *moment-to-moment*, the "weight" of the world/the karma just isn't there; I'm Complete. When I allow this Place of Completeness, God, in His Grace, Completes It for me. I also see that the Topic is God and that God is the Only Topic.

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 my position and any judgements that I may be holding!"
3. Tell yourSelf, "(name), it's okay to let it go!"
4. Say inside yourSelf, "Lord, God move me into total and complete Love inside mySelf!"
5. Tell yourSelf, "it's okay to allow It!"
6. Choose to approach God 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 10075

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 2008, Soundly, Inc., New York, NY