

# Tools For Living Free

NUMBER 92 IN THIS ONGOING EDUCATIONAL SERIES

## Fight? Or Forgive and Forget?

*Excerpts and "Try This" from the Satsang "What Are You Reacting To Today?" (TAPE/CD #A45)*

"...And I want to start off by sort of putting it into perspective, why I'm talking about 'What are You Reacting to Today?' and put it in a perspective of the importance of it..."

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"...But when we are in reactive mode, what we're doing is, we're allowing our creations to govern us. In other words, we're allowing our karma to have control, to have victory over us and to rule us. And we're choosing to be enslaved. Now if you take a look at, whatever you want to call it, the myths, the religions, the Jews do the Pass-over story-slaves in Egypt, and then they come to a point to where they have to travel through the desert, which is through their karma, then they have to receive the Word of God. It's a physicalized word but the Word is really the Sound Current or the Holy Spirit. So that's their freedom; Christians have the Resurrection, which is free from time and space, that you are all crucified on if we allow it.

"So in all the religions in the Consciousness of mankind is somehow the notion of freedom and when we react, guess what happens? We're back in Egyptland, or we're back on the Cross. See, the interesting thing to me is that we're the ones putting ourselves there. No one is doing it to us and we're choosing that. But God gave us something really important; he gave us free will so that we're always at choice.

"Okay, let me give you an example. I was speaking to a student, and she had been told to go do 'x, y, and z'. And she did 'x, y and z' and her emotions were running 'well, what happens if I do 'x, y and z' and it doesn't work, things don't work out okay, etc. etc., what will be the consequences?' And she was into a whole fear and worry pattern... So this pattern is what we've created; it's got power, it's got energy to it and it has a thrust and when we just choose to enter it, guess what happens? We ride that train. And then we feel like we're a victim, and our thoughts, our feelings get the best of us. Thoughts and feelings seem foreign to us, but we have a choice here and this student had a choice to use some of the releasing techniques-which I'll share some of them tonight-or easily to get into the reactive mode."

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"See, if I choose to keep entering, and entering and entering it, then I'm giving this karmic pattern life and guess what? It's going to trail me, trail me, trail me in my existence as a Soul until I finally learn the lesson. Why not learn it

now?..."

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"You're in a relationship, for example, and you just want to blast your partner and if you choose away from that then guess what? It's kind of hard to have a war if only one person shows up. It takes two. So you make it easier for that other person to lift and move and grow by your doing that. The best thing we could do for anybody is to be free. That's really the best gift we could give anybody... The interesting thing is the way this world is set up is the focus and the emphasis is on just the opposite. It's on running all the negative patterns we can; it's the belief that we're not responsible, that somehow we're going to get away with it. It's also the part in our Consciousness, the lower part, the false self - whatever you want to call it - it loves that stuff and it loves to be engaged and it thinks it's really, really, really having a blast if it's hanging out with its thoughts and its feelings and feeding it and feeding it. Or, if you're in your relationship and you keep coming at each other that way, and you think, 'boy! you really care about each other, you really love each other', and all you're really doing is acting like crabs in a barrel, making sure that the other person can't lift, can't be free."

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"...And then when you choose to let it go, it becomes harder to repeat that pattern because it's lost some power and it's lost some energy because you haven't fed it, you've chosen to feed something positive, along the Positive Pole, so it becomes harder to enter into that. Many times what also happens is... you really couldn't remember, that has to do with we are crucified here in time and space. And when we're living free, we're not involved in that anymore. There's no memory. When we choose freedom and when we've lifted as a Soul and we're free, there's no memory pattern at all.

"So that our habits are not really known to us, as it were. They're forgotten... By the way, that old saying, 'forgive and forget' is very crucial and it has to do with giving up reactive patterns and giving up creating karma, making karmic creations. Forgive so that you're not involved in the anger pattern and then forgetting that that was even there. In other words, if I'm seeing Student and go 'oh, yeah, she used to make me angry but I've forgiven her', well, I'm still remembering that pattern and I'm still involved with the action. So it has to do with being totally free. The interesting thing is that it looks like Student made me angry but she didn't make me angry; all she did was step on my toe with her tremendous weight. I chose

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*Excerpts from the Satsang "What Are You Reacting To Today?" TAPE/CD #A45*

the anger - that was my response. I made the choice. Just as I made the choice I can make another choice.

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“When we’re choosing away from our reactions guess what? We don’t have to battle them at all because we’re still involved with them. We don’t have to battle with ‘I’m not going to be angry’ or ‘I’m not going to remember this’ or the anger comes up and ‘oh, I’m not supposed to feel that way’ and we push it down and repress it and all that stuff, well, I’m still involved with that. I think I’m conquering it but I’m not, I’m not doing anything but staying in the same place, other side of the same coin. So I’m going to choose away. Many times that’s the easiest way and the most effective way; if we can chose

## Case Study

While reading the TALK – “What Are You Reacting To Today” I was certain that a recent experience would show, as Souls, how vital our responses are, along with the inner decision to be with God.

It was a typical “busy” day chasing dollars and cents until God stepped in and presented me with the most beautiful moment a father can ever have, a moment in time when the earth stops moving, all cares and concerns melt away, a moment of pure joy.....my son looked at me.....that was it for the work day.

My son wanted to go sledding in the snow. We don’t own a sled. I called in the Light Of The Most High by saying “Dear God, send us Your Light and please send us a sled, or whatever would be the most fun for my son.” My wife had placed a small slide outside a bit earlier for him to play on and now she was lovingly searching for a make-shift sled. The hunt ended when our daughter started crying & my wife went to her. I then caught myself gazing at the slide as if it were the last resort for fun on this snowy, cold day. The slide did not start to dance for us; nor was it telling jokes. My son is a border-line daredevil and this slide is only 2’ tall – the fun was out of this 10 pounds of plastic months ago. For some reason- after Initiation into the Sound Current we learn that some reason always means God- I flipped the slide over & viola! THE perfect sled! I mean it was so perfect that my son had a chance racing against the Norwegian bobsledding team! I tied a rope to it, my son jumped on & we were off! A God-

## Try This

“So what I’d like you to do is, I’d like you to get nice and quiet. And we’ll start by calling in the Light; so, ‘Lord, God send us your Light!’ And what I’d like you to do now is let some of that hurt or let some of that anger, or let a thought or a feeling that’s very common to you come. Okay, and what I want you to do is stay there and really feed it, choose to enter it and really get into it. Like an opera diva. Now what I’d like you to do is, ask the Light of the Most High to take that feeling and tell yourSelf, however you call yourSelf, ‘it’s okay to let that go’. And just let it go. Now even if you don’t want to let it go, make a decision to let it go. Okay, now go back into that feeling or thought, like a real diva in the opera world, melodramatic; you’re really going to do an aria! Now what I want you to do is redirect yourSelf; just say ‘okay, let’s focus here!’ Just make a conscious choice to refocus. Now pick one that you’re habitually drawn to; if you have a thought or a feeling that you’re habitually drawn to; and even if you

away, we don’t have to do battle. The thoughts and the feelings that we have, we don’t have to do battle with them. They are there for a reason, they’re there for us to lift from and to grow from. We can just choose to feed something else, we don’t have to feed our habitual responses, our habitual thoughts, our habitual feelings; we can choose away from it and that’s our power.

“And, in reality, we’re co-creators with God, so it’s our responsibility... I know it’s my responsibility-to choose away. And to choose away and that’s how I stay free. That is actually our responsibility as co-creators with God... You can just refocus and choose away. And so choose away! And we’ll stop with that.”

propelled sled with an engine filled with Love.

As I was perfecting my sled-dog impersonation, with the rope tied around my waist, I was struck by what I was being shown....This is how our Spiritual Teacher lives: I was pulling a Soul through the snow. I was pulling a Soul through the snow and, out of Love, I’d do it as long as I needed to to get this Soul Home. Interestingly enough, I only had difficulty when this Soul dug his heels in - a “difficulty” our Teacher experiences with us and for us. I helped his feet back on, didn’t blame him for stopping and just kept going. Local kids were giving looks and snickering, obviously saying to each other “look at this wacko dragging his kid on a flipped over slide!” I laughed to mySelf, thinking there was a time I may have cared, now loving mySelf more with each step I took. The giggles from the sled behind me motivated me to “be as a child”, another gift from the Master working inside me.

A couple of miles later, I grabbed that Soul off God’s sled, hugged him and reminded him (as I do each night before bed) to stay True to himSelf and to only participate in what fulfills him. He looked at me in a way that completely humbled me....He had no idea there was any other way and I am so grateful for that. I am so grateful to You, my dear Teacher, for showing me that and, even more, for Your living that Way.

I am committing to continue to staying with this hug and on this Divine sledding trip with You.

can’t identify it, if you can’t put a word on it, it’s okay but just allow that to come forward. Just ask the Light of the Most High to come into that area. You don’t have to do anything but just allow the Light of the Most High to dissolve that. Now some more because that’s a habit, a lifelong habit; it’s got force behind it. Let some more of it go. Okay, now I want you to consciously pick one thought, one feeling or one habit that doesn’t work for you anymore. Okay, I’d like for you to make a decision, ‘do you want to let it go or keep it around for awhile?’ and it’s okay if you honestly feel like, ‘hey! I want to keep this around’; that’s fine, too. If you’ve chosen to let it go, use one of the three or four techniques you’ve just learned; either asking the Light of the Most High to come and take it and tell yourSelf to let it go or ask the Light to come in and just dissolve it, telling yourSelf to let it go, or choosing to focus elsewhere. When you can you can just bring your consciousness back here.”

## 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. Let a situation come up for you inside yourSelf.
3. Say inside yourSelf, “Lord, God, for the Highest Good, take my reaction!”
4. Tell yourSelf, “(name), it’s okay to let it go!”
5. Forgive by saying inside yourSelf, “Lord, God, for the Highest Good, Bless this situation; take any past reference points and negativity that I may be holding!”
6. Tell yourSelf, “it’s okay to let it go!”
7. Forget by constantly choosing and reinforcing a positive focus by attending Meditation; reading Tools for Living Free; and doing this process anytime worry comes up.
8. Give yourSelf the ultimate Freedom 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:

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