

Tools For Living Free

NUMBER 96 IN THIS ONGOING EDUCATIONAL SERIES

THE FAMILY SOLUTION

Excerpts and "Try This" from the Satsang "Family 'Problems': Why, What And How" (TAPE/CD #A97)

"I want to talk about so-called family 'problems'. I say so-called because we call them 'problems'. And I'd like to think of them as opportunities or as solutions, all right? And the first thing we need to take a look at is: take a look at it from the perspective of Spirit, OK? And we know that we as human beings get into trouble when we identify ourSelves in time and space. In other words, if we think we're this race, this sex, this person, this income, this ethnic group, this religion, etc., we run into trouble. We only have proper identification when we identify with Spirit, with knowing ourSelves as Spirit. Otherwise, we tend to identify with all the things that I mentioned, plus emotions and thoughts, and we think they're real. If we know that we're Spirit, we have a whole different perspective and we need to take a look at families and 'family problems' that everyone has and encounters from that perspective — that we *are* Spirit."

"We need to realize also the function of the family. See, if we see it as OK then we have our learning; we have our growth; we have our karma. God, in His Infinite Wisdom, He helps bring this forward and these are the players in this drama that can best do this. They're there to help fulfill me. They may not know it. I probably will forget it most of the time, but I really need to be in gratitude to God for setting it up and also to these players who are playing a part in this drama called my life, of my Lifting and my Growing and my Upvibration. And they've all agreed to do that, you see. And part of the Divine Plan for my life involves the family."

"And, really, the sign of a mature adult is you don't lay your stuff on your kid. That's a sign of a mature parent. And a sign of a mature adult is you don't keep going back to your parents as your frame of reference for your world and how you see things and what's wrong with you, you know? 'Oh! my parents really screwed me up.' Well, get a screwdriver and just un-screw yourSelf, you know? See, because if you want to take the materialistic view, yeah, you're just here and you're at the affect of all the stuff that's happened to you. Well, that's fine. See that's not going to get you very far. But if you're honest and you own up to the awesomeness of who you are - that you *are* Spirit and that you *are* powerful and that you did make this choice and that there is something in it for you - my question to you is rather than 'how did your family screw you up?' I'd really like you to spend some time with this

question, 'How did you gain from having the family you did? What kinds of gains were there? What was in it for you?' So this turns everything on its head, you know, as far as conventional wisdom, but hey! what else is new? Each family member plays a part -- and usually the Souls occupying those bodies - you've been around with them before. OK, so you have familiarity, etc...

"And They're coming in - these Souls -- are coming in with Their karma. You're coming in with Yours. You guys go back more than hundreds and hundreds of years, many times; OK? So, all this stuff is going on. You can choose into it - just like in parts of the world they choose into this - and so you have wars and killings and all this kind of stuff and avenging God knows what. It goes on decade and decade after decade; OK? And you can choose into this -- with a family you can choose into feeling hurt; being angry; wanting to overpower; wanting this; wanting that; expecting this from them; demanding that, demanding this, demanding that, etc., etc. And all Your stuff and all Their stuff -- They all come together -- and you can really get into it; OK?"

"And the worst thing that I've ever seen -- in terms of family -- is the attitude of: 'what was done to me -- this was done to me'. You know and I've found it helpful in my own life, with help from my much better half who's sometimes a lot smarter than I am in a lot of things, is to be honest with mySelf and say, 'OK. Well what did I do to them, you know?' It wasn't one-sided - what did I do, you know? I just didn't get bashed over the head with a hockey stick out of nowhere; OK? (No, that never happened to me because I never played hockey.) But, OK, I did something, too, you know? And that's known -- so I take responsibility and I take ownership; OK?"

"And when we see that hey! these people constituting the family unit -- they're just like every body else with their stuff -- then really you're kind of free of them; aren't you? And you have to give up on demanding on them and insisting they act a certain way; be a certain way and are different from how they really are. And you get free of them. If you're waiting for them to change, if you're waiting for them to act differently, talk to you differently, think differently, relate to the world differently, relate to you differently -- well, you know, they're going to speak French in China sooner than that's going to happen. OK? And a lot of us, we wait on them, we wait on our family to change -- well, good luck! It's *you* that has to change and you that has to be free inside yourself; OK? And

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*Excerpts from the Satsang
Family 'Problems':
Why, What And How"
(TAPE/CD #A97)*

the freedom comes from the proper identification – you’re Spirit. God gave you a gift of your family. Yeah, God’s got a good sense of humor and He’s come up with a hell-of-a-family to give you a gift of, you know? And you get your learning and you move on.

“See, and so much of the hurt that we have comes from an expectation and ‘this was done to me’ and ‘this was done to me’. But maybe you need to lay your whole foundation of being *not* on the family, but upon Spirit and upon God and if you truly make God the foundation, well then, you’re free. If you learn to love yourSelf and let yourSelf be loved by Spirit, by God, by Soul then guess what? You really don’t need what you think you need. And you don’t need those people in your life and you don’t need the toxicity anymore. And a lot of times we use the family

because we’re afraid to be free. And we stay in that hurt and we stay in that pain because we don’t want to be free. Or we’re afraid – this is the one I always love – we’re always going to be alone. So you want to be alone with your hurt and your pain but you don’t want to be alone without your hurt and your pain. I mean something’s a little off there.

“You know — and also if you love Spirit and you know that you *are* Spirit and you keep focusing into That — you know you’re never alone. You *know* you’re never alone. And the reality is — and I’ve seen this in my own life and I’ve seen it in others — that Spirit is the *soludio* — the solution, the salve — to all that hurt and pain. And the more you turn to Spirit inside yourSelf the more that hurt and pain goes and lifts and is cleared. And the more you get free...”

Case Study

In reading the Talk “Family ‘Problems’: Why, What And How” by Dr. Roger B. Lane and the Tool For Living Free “The Family Solution,” I learned that the only “family problems” I have are the attachments I choose to carry around inside of me and, that if I choose into Spirit, I’m free from them.

Here’s how I received this Learning: I was working on a Project with a group of people. As I later learned by reading “The Family Solution,” I had an expectation that the Project would go a certain way. And guess what? It didn’t go that way. In one instance in particular, I had it set up inside mySelf that two people would arrive on time to begin this Project and that just didn’t happen. What happened is that I allowed mySelf to have a “moment” — what I mean by this is that anger came up and I chose into It. Then I made a decision: I reached into my purse where I often keep a Tool For Living Free for situations just like this. The One I was carrying that day is titled “Practicing Eternal Vigilance.” I took It out and immediately began doing the Step-by-Step (see example at right) over and over again until all the negativity that had come up had been transmuted by Spirit and I was again focused into Spirit. That Step-by-Step went like this: 1. Call in the Light of the Most High like this: “Lord, God send me Your Light!”; 2. Know that you are in charge of your inner environment as you choose where to place your focus”; 3. Ask God to take any fear, hurt, pain, anger, anxiety. Tell yourSelf, “It’s okay to let it go!”; 4. Ask God to show you where you are focusing and choose to stay with what is positive and uplifting. Allow God to “cook

the food” by saying inside yourSelf: “Lord, God I choose to keep my inner environment clean; help me to give mySelf the Spirit I am.”

By doing this, I chose to let go of all the family patterns (read “problems”) that had come up at that moment – I’m all alone; there’s nobody there for me; nobody ever helps me; look how much I’m doing, etc. Visiting those patterns was like moving back with my parents and with my mom in particular. By focusing into those patterns/negativity rather than into Spirit - even for a moment – I had created according to those negative thoughts. I had created “no one is there for me.” As My Teacher, Dr. Lane, writes in The Money Workbook: “We create the world according to what we focus upon; where we place our ‘attention’ determines our direction.” In working on this Case Study, I also came to see that these two Beautiful Souls gave me the Opportunity to lift and to grow and to co-create freedom with the Spirit I am by exercising my power of choice along the Positive Polarity. I saw that the only “family problems” I have are the attachments/negativity I choose to keep going inside of me and/or to create; and that I can choose into Freedom, into Loving MySelf; and into positive co-creation with Spirit each and every moment. So I’m the Power; I’m the One in charge; I’m at Choice. And all I need to do is exercise Eternal Vigilance right now, which means using the Tools right now; in this case, the Beautiful One you’re reading; and to continue to reinforce the Knowing that the only Identity and Foundation I have is Spirit. No exceptions.

Try This

“So, in conclusion, what I’d like to do is: Call in the Light and I’d like you to think of either a family member or family or however many that have ever hurt you or harmed you or anything like that; I’d like you to just think of them – and I’ll call in the Light and do the process accordingly. So, ‘Lord, God send us Your Light! We put this time together into Your Light for the Highest Good.’ Now inside yourSelf just say the name or names of family members who’ve hurt you. And ‘Lord, God, move me into forgiveness, take anything and all that I hold against these people from me!’ Tell yourSelf it’s OK to let it go and forgive yourSelf for having judged yourSelf for your

judgments against these people or because of anything they may have done. OK? And ‘Thank you Lord, God.’

“Some of you may want to do this process once a day or twice a day for as often as you feel you need it. Because, you see, as long as we hold anything against anybody we’re in bondage. Isn’t it funny that someone who’s done you ‘wrong’ — what you think is ‘wrong’ — you’re going to be in bondage to them? So families are an opportunity and they’re a gift. Take the gift to be free. Use them to help you be free. God gave you them for a purpose; use them to be free!”

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, “For the Highest Good, Lord, God send me Your Light!”
2. Let a situation come up for you, with a family member(s), in which you feel entangled with a whole lot of hurt, pain, judgement and expectation.
3. Ask God to move you into forgiveness of them, by say inside yourSelf, “Lord, God, move me into forgiveness, take anything and all that I hold against these people from me!” (taken from *Try This*)
4. Tell yourSelf, “(name), it’s okay to let it go!”
5. Choose your freedom by focusing into the Spirit you are by doing the above process and attending Meditation of the Light of the Most High.
6. For complete freedom contact any Regional Center and request Initiation into the Path of Soul Transcendence.

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