

Tools For Living Free

NUMBER 99 IN THIS ONGOING EDUCATIONAL SERIES

The Nature Of The Soul Is Joy

Excerpts from "The Nature Of The Soul Is Joy" by Rev. Karen Baxter

"I was driving along the other day on my way to upstate New York and I noticed a whole bunch of thoughts running through my head – very negative thoughts. As I was driving it seemed like different thoughts would predominate as I drove through different places. And all of a sudden it hit me – 'these are not my thoughts! I'm just picking up on thoughts that are "out there" – that are floating around in different locations.' Up until now, I have gotten stuck in different thought patterns – and then I thought that I had to do something about these thoughts or about my situation. On this trip I experienced passing through different thought 'zones' – almost like different towns where different thought forms predominate. Then I looked at my home and neighborhood and I discovered that a lot of the currents of dissatisfaction that I feel are 'in the air' there. Simultaneously, I remembered that I am Spirit and my True Nature is Joy. It hit me that I am an Initiate of the Light of the Most High and I have spent my life and the last 10 years of my life choosing into God and loving God. I then moved my focus into doing Dhyān Concentration and Chanting my Tones (a Meditation technique that I practice). I felt free of the 'burdens' of my life – they aren't mine!

"The Teachings of the Path of Soul Transcendence teach us that the Nature of the Soul is Joy – not happiness, which is juxtaposed against sadness - but Joy, which is Pure and which rests in the Positive Polarity. Joy is an all-encompassing way of Being. Joy is Free and Light; unattached; Peaceful. These are the qualities of my Soul. This is Reality – always present for me and received by me when I am present with It. The Teachings of the Path of Soul Transcendence show us Joy – on all levels. Our Power is in our choice to identify with Joy, with our Soul, as our True Nature.

"You may experience judgments in many ways. There may be times when others are judging you. The same Truth applies in this case. We don't need to do anything about the other person's judgment – we don't need to judge ourselves; judge the other person; prove that we're right; feel guilty; be engaged with that person – even if that person is trying to be engaged with us. We just choose to stay inside; love ourselves by doing Self-Talk; all the while keeping our focus on solutions and loving God. From this place we take any outer action that is needed and then we let it go all the while staying within; Chant Our Tones and do Dhyān; and live in our True Nature – Joy.

"Judgments and negativity are sometimes the predominant way that people have of relating to

each other. People may engage in struggle and negativity and try to pull you into their drama merely out of habit. The important thing to remember is that the most important relationship that you have is with yourself – your Divine Self – God living in you as You. If you are engaged with anyone or anything more so than yourself – this is a signal to let it go and recenter. This isn't meant in a hedonistic kind of way. It is meant in terms of where is your energy lying? Are you entangled in drama, relationships, gossip and 'busyness' that keep pulling you outside of yourself? Or are you engaged in Centeredness and loving yourself and others from this place? The Christ, Jesus said 'Love the Lord, God with all thy heart, all thy Soul and all thy might and love thy neighbor as thyself!' Hence, loving your neighbor and being in the world, really, all hinges on loving God and loving yourself, which, as My Teacher says, is God, One and the same.

"There may also be times when you are alone in a clear, still space and you feel a barrage of judgments, thoughts and/or feelings. The key in all this is that none of this is real and there's nothing that you have to do about any of it. You simply need to stay inside and love yourself – love God by sitting in the reverence and awe of all that you are inside yourself – because you and God are *one and the same*.

"You also have habitual ways of being with yourself – often times you relate to yourself with self-judgments and lots of negativity. You may have certain mock-ups running such as 'I am not worthy;' 'I'm not good enough;' 'I did something wrong;' 'I am powerless.' These are all tapes that are not the Truth; they are not You. The only Truth is God and that is the Truth of Love, Joy, Forgiveness and Surrender.

"The Reality of Joy does exist *each and every moment* despite thoughts, feelings, mock-ups or ideations. Negativity is not the Nature of the Soul. Forgiveness is key. The Teachings teach us that Forgiveness means being 'for' 'giving' ourselves the Spirit we *are*. We just proceed living in Love – this is the only way.

"In addition, a lot of what passes for psychic or intuition is really a person's just picking up on these thought forms. For instance, I may meet you on the street and experience very clearly that you need to change jobs. But, what am I picking up on? Is it your thought that you need to change jobs? And where did that thought come from – from feeling insecure or not good enough or a pattern of being unsatisfied? Is it something that's 'in the air'? Is this something that is really True for you? So, it's really important to watch any kind of judgments that you may form about where you think someone else is at in addition to being aware

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of what you're putting out to other people. In all interactions with others you want to 1) help the 'air' be as clear as it can be – by not feeding the negativity and different thought patterns; and 2) be aware that you don't know what you're picking up. Is it a thought-form – the other person's or collective? Is it your projection? Is it true for the person? The Teachings teach us to not enter into psychic realms but only Those of Spirit, so the best thing to do for others is to send them the Light of the Most High; If you're an Initiate of the Path of Soul Transcendence Chant Your Tones during interactions – and, if not an Initiate, attend Meditation of the Light of the Most High in your area - and just be Yourself – living in Joy of the Spirit you *are*. This is "contagious" – and helps everyone!

"The remedy for all judgments and all the ills of the world is to go to God! How do you do this? You ask God to take all these thoughts and feelings and tell yourself, 'it's okay to let them go!' If you're an Initiate of the Path of Soul Transcendence you

Chant your Initiatory Tones. If you're not an Initiate of the Path of Soul Transcendence you attend Meditation of the Light of the Most High and/or you request Initiation into the Path of Soul Transcendence as well as doing the above process.

"Much of this article has been concerned with how to let go of negativity and judgment and live in Joy. However, most importantly, we can choose to live in Joy *moment-to-moment* regardless of anything else and even when we're feeling 'good.' There doesn't need to be something to let go of in order to move into Joy. We can simply choose to live in Joy at *each and every moment*. Being with God and living in His Reality – Joy – is our purpose for being on this planet. This is the Blessing and beauty of Initiation into the Path of Soul Transcendence – It gives us direct access to being with God, in Joy – Free and clear.

"So, in conclusion, live your Purpose! Live in Joy! Do it now!"

“Dear Cosmos Tree”

Q. I have recently decided to embark on starting my own business but sometimes doubt my own ability to stand firm on my own two feet without anyone else to rely on. How can I best structure my business and my efforts in a way to ensure my success? E.L.

Dear E.L. 1. Begin by calling in the Light Of The Most High like this: "Lord God send me Your Light!"; 2. Ask the Lord God to take anything that stands between you and the Spirit you *are* like this: "Lord, God for the Highest Good, please take anything that stands between me and the Spirit I am!"; then tell yourself "(your name) it's okay to let it go!" (this includes doubt; as Our Teacher has said: "doubt is fear with an argument."); 3. Ask God for what you want like this: "Lord, God for the Highest Good please [fill in what you want]"; 4. Ask for Clarity and Guidance like this: "Lord, God for the Highest Good please send me Clarity and Guidance on [fill in]"; 5. Read the *Tool For Living Free* "How To Run A Business (Your Life) Spiritually" and follow the Spiritual Instruction as laid out in It by Our Teacher (really, use it as your "Business" "Bible"); start by calling in the Light Of The Most High, telling God what you are moving on and ask the Lord, God to Bless it and move on it for the Highest Good; stay in Integrity ("Honesty is the best policy" as Our Teacher writes in this Tool); let go of past reference points; 6. Know that this is God's Life (versus "my business"; "my efforts" and "my success"); this writer has a sign posted in this writer's office that reads "My Only Business Is God"; 7. You're not alone (i.e., "without anyone else to rely on") – learn to Trust yourself/God/the Spirit in you by staying Present (you can do this by using a focusing technique taught at the time of Meditation); focusing into Spirit is practicing Abundance Consciousness; as Our Teacher writes in the above mentioned Tool: "Know that you are supplied, and do your business as a service from that Place."; 8. Be sure to educate your basic selves, the part of you that brings forward the negativity/karmic patterns; do this as you go throughout your day by practicing Positive Self-Talk; this is done by giving your basics direction; keeping it positive, keeping yourself encouraged; and keeping it in the present tense; 9. Get

outside "help" if you need it; recommended is Open Hour and/or a private session with Dr. Lane and/or an appointment/session with Lane Consulting - an opportunity to lift and grow and learn that "business" is an inner process/ is God/ is you trusting you/the Spirit you *are*.

To Reinforce Your Learning: 1. Beginner: Read the *Tool For Living Free* "How To Run A Business (Your Life) Spiritually"; "Spiritual Economics"; "The Recipe for Success"; "The Power Of Positive Self-Talk"; listen to the Tape/CD "Success: What It Is, How To Measure It, How To Live It"; do The Money Workbook; 2. Intermediate: Call Dr. Lane for Open Hour and/or a private session or a Lane Consulting appointment/session; take the Everyday Evolution I and II Classes and The Money Workbook Course; 3. Advanced: take Initiation into the Path of Soul Transcendence - the ultimate way to know yourself – and follow through by following the Teachings *exactly* as taught.

Dr. Lane adds: Dear E.L. – You have answered your own question. Doubt – the handmaiden of worry – is of the mind and is used by the false self to "ensure" its reign over Spirit. This is, of course, a foolish enterprise. Your enterprise, E.L., needs to be founded on a strong foundation – proper identification as the Spirit you *are*. With this you give up the attachment to having to have "success" in worldly terms, which is the way of the ego and of the world. Why look to be "OK" or worthy when you *already* are?

With proper identification as Spirit, as Soul, work with the Lord, God to co-create neutrally what you wish in your business endeavor; with proper identification, you leave the results to the Lord, God.

See success as using this endeavor to lift and grow; leave the outer "results" to God, Who gives us more than even we ourselves wish for us.

Rely on the Spirit you *are* and on the Lord, God; seek expertise from people but be sure to filter it through your KNOWING and work and enjoy your undertaking.

Know that I wish you only the best and have also placed it into the Light Of The Most High.

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. Say inside yourself, "Lord, God for the Highest Good take any negative thoughts or feelings that I may be experiencing and/or feeding! Lord, God recall my attention from any outer situation(s) back inside myself!"

3. Tell yourself, "It's okay to let it go!"

4. Call upon Spirit by saying, "Lord, God for the Highest Good move me into Joy!"

5. Stay present regardless of what thoughts and feelings pass through you by telling yourself "(your name) come present!"

6. Know that your True Nature is Joy. Surrender everything from *moment-to-moment* by doing the above process and rest in Joy.

7. Contact any Regional Center and request 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

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