

# Tools For Living Free

NUMBER 127 IN THIS EDUCATIONAL SERIES

## What Have You Bought And Are You Still Paying For It?

*Excerpts from the Satsang "What Have You Bought And Are You Still Paying For It?" (CD/MP3 A75)*

"And I want to talk a lot about shame and guilt. Now shame has a lot to do with not living up to an ideal. And many times - and people will articulate it - they'll say it: 'You know I don't think I'm good enough; I'm not worthy of God.' And in a lot a religions you can see that's a key focus - how unworthy they are. 'Oh God, I'm so unworthy of you' and the more unworthy you can be the more religious you're perceived to be."

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"And in many of the religious systems you see systems where the person has to earn it. Well, 'say 9,462 Hail Mary's;' 'you know, buy the indulgences!' or 'do this practice!' do that practice, earn God's Love. And you're not really good enough. ..."

"And in some of the Eastern religions when you take a look at them and you study them ... there's this endless cycle of birth and death. This endless cycle of reincarnation, because we can never, never, never, never get it. And what we do is, we carry this around from embodiment to embodiment to embodiment. See we've bought into this a long time ago and we're paying for it."

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"And shame is very hooked into guilt. Guilt really means that we've done something wrong. ... And, matter of fact, the Jewish people have these holidays ... the High Holiday involves the Day of Atonement. Well, they have to atone. They've done these wrong things. ..."

"But this doesn't come out of nowhere. The Jews didn't invent this. You know it's not fair to say, 'Boy! they have this crazy belief system.' It didn't come out of nowhere. It really came out of the consciousness of that time. But it's with all of us. We still carry that; at least, up until now if we chose to. There are still spiritual groups around, rather advanced ones, that teach the reason we're in the body is because we've made an error. Or because we're being punished from a past life, etc. etc."

"And The Teachings that I'm involved with teach Grace. You're here out of God's Grace. Because this is the place - this planet - whether you live in India, China, France, Japan, Central America, Mexico, Canada, anywhere in this world, Australia, Virgin Islands, ... - it doesn't matter where you live - that's just where your body is parked. But if you're here on this planet you're here because of God's Grace and the

Opportunity to come to know God through a Path that has been established since Day One.

"But it presupposes something, and this is crucial. When the Christ, Jesus admonished His disciples because of what they thought was so, they wanted to protect Him so they didn't let the children come to Him. Oh, don't bother Him, you know. And He said, 'Suffer the little children to come unto Me!' In other words, we can always go to the Christ - the Christed Consciousness within us - and there's nothing terrible we've done.

"And what about the story of Mary? She was a whore. So? 'He who is without sin cast the first stone.' So she was a whore. So? It's about as detrimental a thing as did you have pizza for lunch? There's no guilt; in other words, it's not that we've done something bad and we're here and we're atoning and we're at punishment. And the (thought is that) punishment is being here because we're separate from God and this separates us."

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"Well, what did the Christ do wrong? What was He guilty of? And what didn't He live up to? What was the real shame with Him? Obviously, none. Well, it's the same for us. But if we keep buying these distortions then we keep paying for it and we keep reincarnating and reincarnating and reincarnating. But also on a daily level, many of you walk around feeling not good enough, not good enough for this; I'm not good enough for that, I'm not good enough for this. And underneath it all is feeling you're not good enough and you don't deserve God. Well, but you see it's all gibberish and garbage because you're created in His image and God lives in you. How could you not be good enough if you're here on this planet?"

"God created this planet for a reason. He created it so we could have experiences as Souls and then as we went along and took on body after body it became a way then to reach Home. To come to know God and return, through a Spiritual Path that's always been here. Now why would God extend Himself to each Soul if we weren't worthy or if we've done something terrible?"

"'Judge not lest you be judged' is very powerful. Because if you judge and you judge others then you're being judged, which means you've created karma, and you've created the separation. See, so it becomes like a vicious cycle: the more you feel not

***"If God's  
in the  
world  
then guess  
what?  
Well, He  
came  
here. He  
must think  
mankind's  
a pretty  
good  
deal."***

*--From the Satsang "What Have You Bought And Are You Still Paying For It?" (CD/MP3 A75)*

good enough and unworthy, the more you reinforce that karma and the more you reinforce it the bigger the karma becomes and the bigger the separation between you and the Spirit that you *are* becomes. And you go `round and `round and `round and `round and `round and `round and we're at the effect of this.

“And just because we don't know what we're creating and what we're buying into doesn't mean we're not paying for it severely. ... if we buy into this stuff we are paying much more than that. We're paying with our lives every time. We're paying, as it were; we're dying each time, we just sort of put a nail in the coffin. 'OK, I'm not good enough'. 'OK, I'm not worthy'. OK. OK. 'I've done something terrible', OK etc., etc., etc. And we walk around ashamed and not

good enough and so ... someone just can't conceive that there can be someone around who can ... take them Home, OK? And what is the person saying? The person's really saying something else. 'I don't think God cares enough; why would He do that?' Or, 'I'm not good enough; I'm not good enough.' And they are kind of tied together.

“... But guess what happens as a Soul when a Soul goes Home to God and finishes Its karmic journeys? ... You live in the Soul Body in the Soul that you *are* and you just sit, as it were, in Devotion with God. Well, if you're worthy to be in His Presence - and That's the whole point - and That, in fact, *is* the 'End Point.'”

## Case Study

Reading the Talk given by Dr. Lane titled “What Have You Bought And Are You Still Paying For It?” helped me love mySelf enough to take the two to three minutes it took me to surrender a judgment I had on mySelf; in this case, about an email I sent asking my landlord to renew my apartment lease for exactly the amount of rent I had wanted to pay even though that amount was a lot lower than the going rate and what the real estate attorney I had consulted considered appropriate in my circumstance. I had made mySelf wrong for doing that.

The two to three minutes of Self-Love went like this: 1) I did the Two-Part Release Technique by asking the Lord, God to take any judgments from me and then I told mySelf “It's okay to let it go!” Then I asked the Lord, God to take the entire pattern of making mySelf wrong and I told mySelf to let it go! This helped a lot. Then I chose to stay Present by using the special Technique taught at the time of Initiation. The more I worked It the more It worked. It took *moment-to-moment* Vigilance.

Over the next couple of days, I repeated the Processes above, as needed. I saw that when I'm clear, solutions come; and that, up until now, I was making mySelf wrong about just about everything; and that whenever I did so I had allowed mySelf to be deaf, dumb and, blind – read: clueless. The more I chose to stay Present/Vigilant (notably “returning” to that Sacred Place whenever I have allowed inner chatter), the more I did Self-Talk by directing mySelf into the action, keeping it Present and positive and keeping mySelf encouraged but, most of all, by updating mySelf. One example was “It's OK to spend time exercising and cleaning the apartment – and even to hang out and do nothing.” I had had a judgment(s) on mySelf for just having fun. I also told mySelf that “it's okay to be alone and to enjoy every minute of it!” I realized that, up until now, I had made mySelf wrong while I'm Learning; and that I need to be compassionate with mySelf while I learn to be clear inside mySelf (judgment-free!) and to live as the Spirit I *am*. This *Learning* is so I can fulfill my Destiny here on the planet as a Lover of God.

And staying clear is all about practicing Eternal Vigilance. In Open Hour with My Teacher I chose into doubt regarding the email (doubt, according to The Teachings of the Path Of Soul Transcendence, is the “handmaiden of fear”) when, in fact, I had put what I had wanted into the Light Of The Most High by calling in the Light Of The Most High like this: “Lord, God send me Your Light!” and then by asking the Lord, God for what I want like this: “Lord, God, for the Highest Good, please send me [I had asked for exactly what I wanted]. I needed to let go (!) and to TRUST – not “trust” anything “out there” but to Know that I am Supplied by the Lord, God. This is a Kind and Benevolent God; and, that as an Initiate of the Light Of The Most High, I Allow and Receive Grace by living The Teachings *exactly* as taught! As soon as Open Hour concluded, I received a response to the email. It was perfect – Perfect as God is Perfect – not my own version. It was a Gift from My Teacher/The Lord, God. I also chose to give mySelf Open Hour twice during this three-day period. Open Hour is a Very Powerful Tool of Growth And Upliftment.

I saw during this three-day Process that I have what I want, which is being a Lover of God; That's the Prescription For Life; and, up until now, I haven't accepted That. I've been – up until now – testing the waters, so to speak. For example, I know that it is impossible to balance “my” life – only the Lord, God can do that; and it is the Lord, God's Life! Yet I try – and try again. That's what the mind does – with a small “m”: creates problems that I then go and “solve”; it loves to be “busy” as My Teacher has often explained. What I learned is to focus into Spirit instead of on my thoughts (“thinking”). Stay Present! Take that two or three minutes to be a Lover of mySelf!

“And it really is that simple,” as My Teacher often says.

## Try This ...

“And also if you find at the end of the day – you might want to write down some of your thoughts and feelings of that day – and be honest and see if they draw you closer to God, to the Spirit inside of you or further away. Because each step away from God is a step away from yourSelf. ...” – *from the Satsang “What Have You Bought And Are You Still Paying For It?” (CD/MP3 A75)*

## Step-by-Step

**Here's A Quick Reference List To Use For Daily Practice:**

1. Call in the Light Of The Most High by saying, “Lord, God send me Your Light!”

2. Inside yourSelf, allow something to come up that you've “bought into” and that you are still “paying for.”

3. Now, tell yourSelf “(your name) It's okay to let it go!”

4. At least once a day tell yourSelf “I am totally Worthy of Love.”

5. Attend Meditations, Classes, Workshops, Retreats, DVD Showings; and use the many Tools available on the [cosmostree.org](http://cosmostree.org) web site.

6. Call any Regional Center and request the Gift of Initiation into the Sound Current on the Path Of Soul Transcendence.

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