

Tools For Living Free

NUMBER 144 IN THIS EDUCATIONAL SERIES

WHAT IT MEANS TO BE HU-MAN

Excerpts from the Satsang "The 'Democratization Of Consciousness' – Part III: Equality" (MP3 A84)

"And it is very important that we recognize that 'hey! the system is fine', and this is the system. And if we could see it in the proper perspective - and this is a big thing in the Democratization of Consciousness - we need to start seeing ourSelves as HU-man in the sense of HU - the First Manifestation in the Inner Worlds of where Spirit is. That we *are* Spirit - It is the First Manifestation of the Lord, God in the Inner Worlds. That is quite a Frequency!

"And This is What we carry. This is What it means to be Hu-man. And if we identify ourSelves as HU-man Beings in that sense, well, then guess what? We are at the effect of what we have put in motion. We are here to have Experiences as Souls and these need to be Completed.

"So it may not be important for me to be able to see a baseball when batting. It may be very important for another Soul that is in a body, for that body to be able to hit the hell out of a baseball and get all sorts of money and adulation for it. Their karmic path is different.

"Somebody is living a subsistence existence - there is a reason for that. And do we do everything we can to help them? Yeah, but watch the attitude because we tend to walk around with all these 'poor, unfortunate creatures', which is very condescending and patronizing and doesn't help them.

"I was reading an article - and I don't think the article was very unintentionally funny; I don't think they meant it to be funny - but it was an article about the museum of tolerance that was being established in the Middle East. And they wanted to know if one of the peoples who had been uprooted from that area was going to be represented and if there was going to be something from their perspective. And the head clergy person who was in charge of getting tens and tens of millions of dollars into this project said, 'Well, when they have their own country and when they have their own land, and when they have their own museum then they can have it. That can be their focus'. Well, not a good example of tolerance. This article pointed out that tolerance really isn't a concept in this culture. Tolerance is an ideal we have in our culture that we are imposing on this culture. And in that country where the museum was tolerance means you put up with having a pebble in your shoe. You tolerate it.

"So, we have to watch imposing our view on others. Watch what we are doing thinking 'gosh, everyone should be equal!' That means that everybody should have the same income, everybody should have the same job, everybody should have the same intelligence, everybody should ---. Well, no. That is not so. We do, as a culture, have to do away with institutional blocks to everyone's participation in this culture; that's for sure. Whether it is to schools,

universities, whether it is to jobs, whether it is to whatever. That is really important.

"And that to me was the brilliance of Martin Luther King. A lot of people dismiss him - to me it is a dismissal - by saying he was a great civil rights leader. Well, I think he was more than a black leader because he had the smarts to say, 'Hey, whitey! You are wasting your time hating; don't waste your time hating blacks. It's a waste of your time and your energy'. See, and he pointed that out. And that's crucial.

"See, that was a crucial breakthrough. But, we still walk around with, 'well, let's help the black folk and let's totally disregard the karma!' But, why don't we help people as people who happen to be black, green, whatever? Because we also know DNA proves that this whole concept of race is just that - it is a concept. And that a black person here in America is closer to a person walking the streets of Sweden, of Stockholm, than it is to a person who is walking the streets of Africa.

"So, it is a concept we have that really doesn't exist. But we have created this concept. And we've created separation. My suggestion is if we are going to treat people equally - let's treat them as people equally. Let's not play this game of race or anything else like that of helping the 'poor unfortunates'! Let's have total regard for the HU-man person.

"There is a Spirit in each person, a Soul, and there is value in that Soul's Experience. But for God's sake let's not try to make everyone have the same experience! It doesn't make sense. And we are also equal in how dumb we can be. Everyone is equal with that.

"I was speaking to quote a 'Student' unquote, and he just said 'Oh, life is doing great, except for this one area of his life'. And he judged the hell out of it. Well, that is equal to what a lot of people are doing.

"But we Know when we are Focused in Spirit and in the Spiritual Pattern of Upliftment and Spiritual Fulfillment, we Know that God's Grace operates everywhere. And that whatever our karmic load is we are here to bear and we are here to bear it joyfully, tenderly and to Know that it is for our Highest Good. And Know that there is *always* Grace. And just because we don't like how the situation looks doesn't mean that it is something that is not good. All of us are equal in the sense of falling for that stuff."

"... We all need to come to the Understanding that each of us is an Expression of God. And how that Soul expresses is fine. Even as most Souls will do it in a state of forgetfulness that It is that Soul. That is fine, too. That's part of Its Learning."

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*-- From the Satsang
"The 'Democratization'
Of Consciousness – Part
III: Equality" (MP3 A84)*

Q: I'm concerned about how my children are making their way in the world. It's not the way I pictured it and I end up picking up the slack – financially; cooking dinner; cleaning up; taking care of their children. I'm doing my best but I'm just weary. Geez! They're in their 40s; the oldest is nearly 50. I know the answer is with me and I've been trying to release myself from judgments. I feel like what's going on here is resentment: "we did all these things for them – we educated them; we gave them everything. When does it end?" The world is pulling my attention "out there." How can I stay focused Spiritually no matter what is going on? – M.H.

Dear M.H.: 1) Stay Present! If you are an Initiate of the Sound Current on the Path Of Soul Transcendence do your Spiritual Practice *exactly* as taught at the Time of Initiation! Do Self-Talk by directing your basic selves (the part of you that brings forward your karmic patterns) to be Present like this: "Basics come forward! I need your cooperation and energy to be Present! Thank you and keep up the good work with this!"; 3) Use the many Tools available through Cosmos Tree and CRASS (check out the new Tools-Filled cosmostree.org website!); 4) Use the Two-Part Release Technique as often as necessary as follows: "Lord, God, send me Your Light! For the Highest Good, Lord, God, please take [fill in; for example, resentment/judgments you have on the situation/people of your question, etc.] Tell yourself, "(Your name), it's okay to let it go!" 5) Co-create with Spirit like this: "Lord, God send me Your Light! Then ask the Lord, God for what you want: "Lord, God, for the Highest Good, please [fill in what you want; for example, the Understanding of the situation]; when you Co-create with Spirit be sure to Let Go, Let God! 6) "Giving yourself the best" is being Present with the Spirit you *are* by Focusing into Spirit; 7) Ask the Lord, God for Clarity and Guidance as needed like this: "Lord, God, send me Your Light! For the Highest Good, Lord, God, please send me Clarity and Guidance on [fill in; for example, choose to describe the situation above and ask for the "Understanding of the situation"]. Be sure to Let Go, Let God! 8) The Teachings Teach us that our Job is to Stay Clear; and that everything is here for us to Lift. That includes your family. Give yourself these Gifts to Lift! This is about you and your living as an Initiate on this Path, always Focusing into Spirit! Create Being Clear and you Create Living in Joy no matter the outer situation!

To Reinforce Your Learning: 1. Beginner: *Tools For Living Free* "What Are You Reacting To Today?"; "How To Run A Business/ (Your Life) Spiritually"; "Being Present"; "Family 'Problems': Why, What And How"; "Using The Tool Of Gratitude"; "Surrender Everything!"; The Sunday Program; Open Hour; Being in the Presence of Dr. Lane; Intermediate: Fear, Hurt, Pain and Other Attachments Class; Everyday Evolution 1 Class; Meditation; Meditation For Health And Well-Being; Advanced: 1, 2 and, if you haven't already, request Initiation into the Sound Current on the Path Of Soul Transcendence! If you are an Initiate, do Service as Approved by Dr. Lane!

Dr. Lane adds: Dear M.H. – Your question is really in two parts – the "short"-term and the "long" one – but the answer is the same for both: if you are an Initiate of the Sound Current On The Path Of Soul Transcendence you need to do your Spiritual Practice and become "dead to this world". If you are not, you need to request Initiation into the Sound Current so you can become this.

All suffering is caused by attachments. These attachments that have been created by you - or karma - separate you from your True Nature of Soul and is the cause of your reincarnation.

"Dead to this world" means that Spiritually you have entered into the Christed Consciousness, Where your will and God's Will are One and the Same. It is Where you are established in the Soul Level, Where there is no karma separating you from the Spirit you *are*. It is Where the Soul has entered into What's called Eternal Life. This is Where you have no attachments - or karma - that separates you from God and cause you to suffer the pains of separation and to "spring" into another body, and another and another and another in this world. This is what is meant by being "dead to this world".

A Sound Current Initiate on the Path that I bring forward – the Path Of Soul Transcendence – that does Simran and Dhyana – the Spiritual Practice Taught at the Time of Initiation - *exactly* as Taught is "dead to the world" during this Time. The Soul's Currents have withdrawn from the world and go into the Soul Body to be with the Lord, God on the Level that the Soul is on in the Inner Worlds.

Doing your Spiritual Practice *exactly* as Taught is the solution in both the short- and the long term. Simple!

The Teachings Of The Path Of Soul Transcendence Teach us that the Soul has gone outside of Itself and identified with the world of form – thoughts and feelings, for example, - or, to use your words, the world is "pulling your attention out there". As an Initiate the Training of the Soul is the opposite of this confusion: to go "in" the Soul Body and "up" to God rather than "out" and "down" into the world.

You have many Tools to assist you on your Journey. As suggested above, use Them! When doing Self-Talk, please also direct your basics to co-operate with your Spiritual Work and Focus as it seems as if your "lower consciousness" is keeping you "distracted" so that you have the Opportunity to strengthen yourself by Focusing into the Spirit you *are*. Please give yourself this Opportunity!

You can only be "distracted" if you allow it. I also Lovingly Suggest that you set limits on the amount of time, what you will do, etc. The Teachings that I bring forth stress being of Loving Service from the fullness of the Spirit you *are* – and not self-abnegation. It does not Serve anybody when you are in resentment and anger. Resentment does what the world says: it re-sends the negativity to you as its author and to the others involved in the situation.

I Lovingly Suggest you use the Tool of Introjection with this attachment to pleasing others, which, as you note, you are not, and to worshipping the "god of other peoples' opinions". As your doing this personal and societal "pleasing" translates into that you are a "good person", tell yourself that you are whether or not you do this for your kids and that you are a "good person" when you do not "should" on yourself. The Teachings Teach us that God Lives in us as us so we are *already* "good" enough for God. If you have received Initiation into the Sound Current on this Path then you are "good" enough for The Teacher as well so you do not have to do anything to prove you are a "good person".

You are correct to say that the answer is with you. Simply Allow the correction by doing all of the above and be in Gratitude that you recognize that this is an Opportunity to Strengthen yourself Spiritually by Loving and respecting yourself, the Spiritual Path you Walk, and the life that the Lord, God has given you to fulfill its Purpose and to Remember, if you are an Initiate on this Path, that The Teacher is *always* with you!

Please continue to communicate with me, M.H.! I completely support you in this Wonder-full Opportunity.

Try This ...

From the Satsang excerpted in this *Tools For Living Free*:

"Let's have total regard for the HU-man person!

"There is a Spirit in each person, a Soul, and there is value in that Soul's experience. ..."

Call in the Light Of The Most High by saying "Lord, God, send us Your Light!" Now inside yourself, allow a situation to arise in which you have, up until now, chosen away from Living as the HU-man that you are, "that you are Spirit"! [Pause] Now, Allow the Truth of yourself as HU-man to come forward! The Joy that is the Nature of Spirit to fill you! [Pause] Now, Commit to Valuing the HU-man that you are as Sacred! As the First Manifestation of the Lord, God! That "Tag! You're It!", as Dr. Lane often says.

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. Now, ask the Lord, God, for the Highest Good to take anything that stands between you and being HU-man, "that we *are* Spirit" by saying "Lord, God, for the Highest Good, please take anything that stands between me and being HU-man/ the Spirit I *am*!"
3. Now, tell yourself "(your name) it's okay to let it go!"
4. Do this as often as necessary!
5. Gain Spiritual Strength by attending Classes; Meditations; Meditations For Health And Well-Being; and by placing yourself in the Presence of The Teacher/ Dr. Lane often!
6. Request Initiation into the Sound Current on the Path Of Soul Transcendence by contacting the Home Center in NYC or any Regional Center.

To read other Titles in this Series, visit cosmostree.org.

For further information contact:

Cosmos Tree, Inc.

a nonprofit, educational foundation

1461A First Ave. - #182

New York, NY 10075

212.828.0464

email: info@cosmostree.org

Web site: cosmostree.org

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