

Tools For Living Free

NUMBER 145 IN THIS EDUCATIONAL SERIES

What You Have To Do To Trust Yourself

Excerpts from the Satsang "Trusting Yourself: A How-To Manual" (MP3 A33)

"In one of the Money Workshops that I did there was a lady who came in the first night and said, 'Well, why should I trust you?' Thinking, boy! that was really going to get me, you know. And I thought, 'I'm going to get her in a nice way.' So I told her, 'You don't have to trust me.' She looked at me like 'what do you mean?' I said, 'All you have to do is Trust Yourself; I'm irrelevant, OK? You don't have to worry about it, you'll know. If you listen to yourself you'll know the responses inside yourself of situation, of working this Workshop, of your interactions with me, the Truth of what I'm saying; you'll know. If you can step out of the way of your own negativity and Allow the Truth you'll know it's not a problem.'

"Well, she did really well. It was about the first time in her life that she got to see that there was some other stuff in there besides the junk of her own negativity. As she called it afterwards - she said, 'I had this whole bunch of crazies that I always used to run, and always used to listen to, like you turn on the radio and there it is. So I decided to just, like, dial another channel. And I heard a part of me that really actually knew what was going on.' As she left she said, 'You know, I can't believe I'm that bright.' And yes, she was bright in a lot of ways.

"And Trusting Yourself means that you're Worthy of the Grace That's there for you, that you *are* Supplied, that the Lord, God - see we come out of this karmic field of the Judeo-Christian belief system, the Guy (the Lord, God) is either a tough, little patriarchal dictator, a horror show and you have to atone and get punishment or He's unreachable; you have to do all sorts of things to earn, still doing indulgences - you have to earn His Love so you're not good. And if we can just get beyond that to the Truth of the situation, Which is that we *are* Worthy and that we're OK then guess what? That sets us up to receive the Truth automatically because God lives in us as us. You're all part of God. And the Truth is we all live together in the Oneness of the Holy Spirit or the Sound Current or the Living God. That's our identity, OK".

"... And how many of you, if you're honest, how many of you idolize your creations? How many of you a) really believe them, believe that they are true and b) make them extremely important, whether it's an image you have of yourself, whether it's an image you have of others, whether it's a thought, a feeling that you give so much power and credence to? And that becomes your god.

"And I found the thing that always derails the train going down the trusting track - let me give you another example! - because of the so-called powers of my mind, I really would think my mind is powerful and it knows most things, it will know most things, it can learn most things and that may be true. And then I set that my mind is so powerful then it's going to have to know what's going to happen before I then go do it. So that I have to have the information or I have to know the outcome before I do something. Or I'm going to have to maneuver things to get the outcome that I want so that I'll do it and then it'll happen. And all I'm involved with, in reality, is a whole bunch of karmic illusion, trickery, a whole bunch of things. And I'm all caught up and I'm enslaved in all these creations. But when I Trust in terms of 'OK, I don't know what's going to happen and I don't know how I'm even going to get there. But I do know and I Trust that I am getting there. Matter of fact, I'm there in Spirit and it just unfolds.' And I have to be willing to give up my materialistic point of view - that this is it, I have to maneuver, I have to manipulate to get the results. And I have to open up to the Spirit that I *am*, listen to that and Allow the Spirit to animate me, totally animate me.

"And the Truth of that is real simple: if the Spirit wasn't animating you you wouldn't be sitting here because you'd be dead. Because that's how basic and obvious it is, that you're Spirit or Soul. Soul leaves the body, body is going to die - guarantee it - within half an hour, an hour at the most. So we *are* Spirit and we *are* Soul and the Trusting comes in the security of That and Where's the security? It's in the Honesty, it's in the Integrity, it's in the Oneness of Who you are."

"See, there's a big difference between, 'yeah, I really understand we're One, I really understand Grace and to Allow' and 'I really understand all I have to do is Receive the bounty of the Lord and Allow myself to be moved' and living from that spot versus 'oh, yeah, how am I going make it happen?'; 'Oh, yeah, how's the money going to be there?'; 'Oh, yeah, how am I going to get Sally to love me?'; 'Oh, how am I going to get Irving to do this?' There's a big difference."

"See, and it's real interesting because karma and illusion - they're all one and the same. An illusion is kind of a big lie - really, doesn't exist. So if you're working with karma and if you're working

**"So if
you're
Trusting
YourSelf,
but if
you're
running
into a lot
of doubting
of yourSelf,
choose
to Allow
yourSelf to
be bigger
than the
doubt."**

*-- From the
Satsang "Trusting
Yourself: A How-To
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and creating karma, then you're into untruth. So what do you have to do for Truth? What do you have to do to Trust Yourself? Acknowledge yourself as the Spirit, be at that Knowledge and there's the Strength. The Strength of yourself as Spirit. See and that's the Key to Trusting Yourself because as you Attune to the Spirit you *are* and acknowledge It, you Strengthen that part and as you Strengthen that part you Attune to It even more and that's crucial."

"So, for example, in the car situation [ed's note: Dr. Lane is referring to 'the classic story' of Dr. Lane's five-year-old son getting too big for the back seat of the car.] The Spirit said, 'Wait a year before you replace it!' ... And I thought 'I'm not going to wait a year because my son is uncomfortable. And I'm going to be a good father.' ... So I went and I replaced the car. A year of harrowing situations/close calls caused by

sudden deceleration followed. I allowed the doubt - ... And if I had listened then to this Satsang then I would have said 'OK, let me put the doubt aside, and let me just watch what happens when I work it from the Truth of Spirit, and I'm going to watch it!' And I would have seen. I would have waited the year and then, yeah, car gets replaced, no problems - 'oh, it really does work!' Instead, I had to sort of back into it by going against that and by having the horrible experience time after time after time after time for a whole year. OK, so we always want to be smart and work doubt positively if you find that doubt gets in your way."

"And you got your own little how-to manual. And I hope you'll be smart enough and wise enough and a good Student enough to refer to your own manual ..."

Case Study

On a recent weekend evening, I decided at the last minute to go to a theatrical performance that was taking place downtown where I live in New York City. It was 6 pm and the show began at 7 pm; the subway ride is usually short enough that an hour is enough time to get there "but you never know."

Before I boarded the train I put the trip into the Light Of The Most High by calling in the Light Of The Most High inside myself: "Lord, God, send me Your Light!" Then I inwardly said: "Lord, God, for the Highest Good, please place this trip to the theater and back into Your Light for the Highest Good! And please Lord, God, make this trip easy and effortless for the Highest Good!" I also put it into the Light Of The Most High that I arrive with plenty of time to spare before the 7 pm curtain.

I directed my basic selves, the part of me that brings forward my karmic patterns, by first calling in the Light Of The Most High. Then I said: "Basics, come present! I need your cooperation and energy to go downtown to see a show at the Public Theater now." I then thanked them and encouraged them "to keep up the good work with this!"

As I arrived on the train platform, I saw that the train schedule indicated that the #6 train, the one I usually take, wasn't making downtown stops on weekends because of construction. But instead of creating all sorts of thoughts and subsequent feelings about entering the theater late, missing the curtain, etc., I stayed Present with Spirit by practicing the Meditation Technique taught at the time of Initiation.

I felt like I was sleepwalking through a dream as I looked up at the schedule once again and an announcement came on the loudspeaker saying that the #4 train was arriving in two minutes and that it did indeed go downtown. I simply followed the instructions and went downstairs to the #4 platform. As I continued to Focus into Spirit, continued to feel Led really, I somehow Knew - just Knew - to go back upstairs because the #4 train was arriving on the upstairs track today, not on its usual downstairs one.

As I arrived upstairs, the train doors on the #4 were closing so I had missed it. And all along, I'm simply Focusing into Spirit where I didn't feel the "push" of "time" or of "space." When the door closed, I Knew it was for the Highest Good. I didn't go "oh! How could that happen to me?"

I then just looked back up at the schedule of approaching trains and the #6 came on it along with an announcement that it was arriving, in what I recall, was "no time." The destinations included mine.

For a split second (really a *split*) I was about to go "how is that possible?? There's weekend construction! ..." But I didn't. I Knew that I had put it into the Light Of The Most High for the Highest Good that this trip be "easy and effortless." And that's *exactly* what happened. I arrived at the theater so early that I was near the front of the line forming to get in.

I confess that in that *split* of a second I silently exclaimed - "Whoa, Nelly!" - because I had the *direct experience* of the Miracle in the everydayness that happens when I am Present and Trust the Spirit I *am* and stay in that Trust and simply Allow.

I walked through the dream, which isn't real anyway. The Teachings Teach us that this life is a dream from which we wake up by taking Initiation into the Sound Current on the Path Of Soul Transcendence and Loving God/Being Present With Him *each and every moment*. That includes using my everydayness - subway trips, etc. - to Lift and Grow.

Try This ...

"Now how many of you rest in the Trusting of going with what you know to be true inside yourself despite appearances in the world, despite the situation you're in, etc.? You have a little hard time with that a lot of times. How many of you can go with what you Trust and with what you know when four thousand, five hundred people think exactly the opposite and you're the only one who thinks as you do? ... But how many of you are able and willing to live from that Truth and put It into action and come from that Truth? ..." - *From the Satsang "Trusting Yourself: A How-To Manual" (MP3 A33)*

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. Allow a situation to arise in which you have, up until now, been running doubt.
3. Tell yourself, "(your name), It's OK to let it go!"
4. Now, stay quiet and Allow yourself to have the direct experience of the Truth of the situation!
5. To know yourself as Spirit, as Soul - the Purpose of the Precious life God has given us - contact the New York City Home Center or any Regional Center and request Initiation into the Sound Current on the Path Of Soul Transcendence NOW!

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