

# Tools For Living Free

NUMBER 130 IN THIS EDUCATIONAL SERIES

## How About Now?

*Excerpts from the Satsang "How About Now?" (CD/MP3 A52)*

"Part of me almost admires how clever we are and how ingenious we are. I guess I'll approach 'How About Now?' in maybe a sort of backwards way and talk about all the ways or, at least, some of them because they would be too numerous to mention ... all the ways that the Consciousness plays in avoiding Its Responsibility to know Itself and to come before God. ..."

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"... this person ... she had started to Meditate and then her husband had said how dare she spend an hour away from taking care of his needs and she just keeled right over. So she needed a strengthening in that, too. She needed to know that she's separate from her husband and that, even on the level of personality, she's separate - let alone as Spirit - that her job is to know herSelf as Spirit."

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"One of my all-time favorites was, 'well, how does anybody know that all this stuff is true?' Well, that's just the whole point. I remember giving a Talk, and somebody at the end was sort of saying, 'well, this is all speculation because nobody knows.' And I thought, well, this is interesting, because that was what the Talk was about, exactly that. No 'body' knows, because a body can't do this, but the Spirit that we *are* and the Soul can and it's up to us and it's our Responsibility to use our body - the Gift of this Life - and the body to know that we're Spirit and to focus *directly* that way. Even if it's a real simple thing like letting go of an emotional attachment - doubt, negativity, fear, pain. If you keep running it, something goes 'round and 'round and 'round. Just choose to give it up! Say, 'oh! I'm not going to enter into that' and just drop the energy that you're feeding; it only comes around because you keep feeding it.

"And some of us also love agendas. We just love agendas. As a matter of fact, I was working with someone just the other day and there was a whole lot of Opportunity for this person to let go of her stuff. And at the end, she persisted and she was just insistent on holding onto the negativity. I said, 'Bingo! you win.' She said, 'What do you mean I "win"?' I said, 'Well, you won. You get to have it.' She said, 'Well, no. I don't want it.' 'Yes, you do. You chose your agenda over the Spirit's agenda, over the letting go, the Being Present, etc. And you chose that and you got Free Will. You're in charge of your life. You win!' I replied. She was kind of upset at that but, at least, she got to see a pattern. And a lot of us do that, a lot of us are so willful - we're willful in terms of hanging onto our negativity and our games."

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"It's real interesting; we think we're going to live forever, and in reality, we do live forever. But we're so materialistic, we think we're going to live forever in the material worlds or in the body, in this body. And so, of course, in these religions - that's what you get. You get the resurrection of the dead - these bodies are going to be used again and used again and used again. It's the material, it's the body; we're

going to live forever in the body. And then of, course, it's when the Messiah comes or when He's come again.

"So, we do all these funny things and play all these games; everything but *now*. ..."

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"And karma is basically what we've created in separation away from God. And so we have the Solution and we had the Demonstration of the Solution. We had the Alignment of our will and God's Will. That's Christ on the Cross and the Resurrection - that's the Alignment Process. And then this Guy, Jesus the Christ has the audacity to say, 'That Which is in Me is in you, too.' And also He tells us, 'I've shown you how; now you go do it!' But He's not talking about getting crucified; He's talking about the Alignment, using time and space - that's the Cross, time and space, the ego - surrendering the ego and from there rising into the Soul Body. That's the Resurrection.

"But It doesn't happen when we die. You're not going to vibrate at a higher Frequency than when you were in the body. You're not going to be more Light when you're 'dead' than when you're alive. You can't, you can't. And if you've come to know yourSelf as Spirit and done the At-tunement Process, done the Alignment Process, then guess what? You're Home free. And you're Home free and you can *still be in a body*. And I'm talking about living Free, being with God, living Free. And there's one way to do it; it's been here forever. And that is taking Initiation into What's called the Sound Current, or the Holy Spirit or the Word, whatever you want to call It. I'll just keep the Western terms going with this. And from there, going into the Soul Body and in the Inner Worlds be with God.

"The Lord's Prayer starts, 'Our Father who art in Heaven'. And we're all looking up and into Heaven and saying, 'hey, up there! Can you see me, God?' Who said that's where the Heavens are? But the Heavens are inside of us, the Inner Worlds. And 'in my Father's House there are many mansions and many rooms', as it were, many levels to God and they're within us, and we carry them around and we're asleep on these levels. We come here to be Awakened.

"We have to decide when and we have to practice Eternal Vigilance. I've got the same Propensity; I got an easy propensity, 'oh! let me keep my negativity going.' But, then I'm creating separation and then I've done to mySelf really what the outpicturing of the [World] Trade Center is: I've created violence and I've created death and destruction in me because I created separation between the Spirit I *am* and God.

"And I'm participating in that. There's a part of my Consciousness that could be allowing that and I need to say, 'whoa!' and I need to give it direction, 'no, I'm going to choose to be with God.' Not that it doesn't come up. A lot of spiritual people think, 'oh, you shouldn't have all this negativity, you shouldn't have all these negative thoughts and negative feelings.' Well, either you're a robot or you're dead. You're in the body, you're going to have negative thoughts and negative feelings.

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the Soul Body."***

*--From the Satsang "How About Now?" (CD/MP3 A52)*

“But where our power comes in is choosing where we’re going to focus and where we’re going to create and how we’re going to create. That’s really important. How are we going to create? And when are we going to create? Collectively we play the game - we’ll wait for the Messiah. But waiting for the Messiah is waiting for the Godot; He never shows up. And if He (the Messiah) shows up, you’d certainly would never know it. He can be in the same room as you and you’d never know it; He could be talking to you and you’d never know it unless you have the Attunement going on inside yourSelf. But the interesting thing is even the Messiah is not going to do it for you. That’s not part of the Messiah’s job. He doesn’t get paid to do it for you. He may get paid to give you the Gift of the Word, of the Sound Current, show you how to give yourSelf that Present - but then you’ve got to go and do It. You’ve got to use the Gift!”

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“But the work (is) in this world - not in the next world - so there ain’t no such thing. What’s the next world? The next world, all the worlds are within you. So there ain’t no next one, it’s within you. It’s now, folks. It’s *now*.”

## Dear Cosmos Tree

**Q.** “My husband just doesn’t listen to me or hear what I’m saying, which interferes with things I’m doing. It’s difficult for me when I tell him I’m having Satsang at a certain time and don’t disturb me and I remind him throughout the day and right before and last Satsang he called. He doesn’t respect these things; I feel like there’s a struggle. I just want him to hear what I’m saying and respect or accept what I’m doing. I’m wondering if he’s trying to sabotage. It bothers me most when I’m doing my Spiritual work but he does it all the time and I’d like to know how to handle it. Please help me.” S.A.

**Dear S.A.** 1. Call in the Light Of The Most High inside yourSelf by saying, “Lord, God, Send me Your Light!”; 2. Co-create with the Lord, God by asking the Lord, God for what you want by saying: “For the Highest Good, Lord, God, [fill in what you want - i.e., to have my husband listen to me, etc.]; 3. Ask the Lord, God to take anything [the struggle, etc.] that separates you from the Spirit you *are*!; 4. Tell yourSelf “(your name) it’s okay to let it go!”; do as often as necessary!; 5. Ask the Lord, God for Clarity and Guidance like this: “Lord, God, for the Highest Good, please send me Clarity and Guidance on [fill in what you need help with]!; 6. Stay Present!; 7. Work with your basic selves (the part of you that brings forth your karmic patterns) by directing them into the action [what you are doing now – i.e., to stay Present]; keeping it present; keep it positive; and giving yourSelf encouragement; a good start is to say “I need your cooperation and energy to stay Present. Thank you and keep doing the good work you’re doing!”; 8. Begin the day by putting the day into the Light Of The Most High for The Highest Good! And ask the Lord, God to put a purple candle in your solar plexis and the Christed Light between you and everyone and everything around you to ensure that only the Highest Frequencies pass “between” you as you go throughout your day!; 9. Your job is to stay clear (you don’t need to worry about or focus on karma!)

**To Reinforce Your Learning:** : 1. Beginner: read the *Tools For Living Free*, “Being Present”; “How To Run A Business (Your Life) Spiritually”; “The Power of Positive Self-Talk”; “Using The Tool Of Choice”; “Learning To Listen To YourSelf”; “Introjection: Claiming Our Power”; 2. Intermediate: Communication Class; Everyday Evolution I Class; Meditation; Open Hour; 3. Advanced: 1, 2 and request Initiation into the Sound Current on the Path Of Soul Transcendence if you are not already an Initiate on this Path.

### Dr. Lane adds:

Thank you for the Opportunity to be of Service, S.A.  
The Teachings of the Path Of Soul Transcendence teach us to use everything for our Upliftment and Growth. How can you, S.A., use this situation to Lift and Grow? Why is it being shown to you and what can you Introject from this?

Through God’s Grace you have been given the Opportunity to give yourSelf permission – and not wait on your spouse - to be the Spirit you *are*; re-Confirm the Spirit you *are*; re-Align with the Spirit you *are*; and re-Prioritize the Spirit you *are*. What a Gift! Are you willing to Love yourSelf enough to give yourSelf this Gift?

In addition to the above-listed suggestions of the Questions to Cosmos Tree editor, I Lovingly Suggest you take advantage of this Inner Action to Lift and Grow.

You may, S.A., also take some outer action steps as well. They may include, but are not limited to, assessing your relationship to your husband: is it one of power/control or one of mutual co-operation? If not the latter, what can you do to arrive – mutually – at this? What are you permitting and/or willing to live with? You may wish to also have - and impart - an Attitude of Devotion to the Spirit you *are* that doesn’t “take away” from the relationship or from your husband but one that increases all. That is, in fact, the nature of Spirit.

Additional outer actions may include “special time” together and counseling/therapy to help address this pattern.

What is important, S.A., is that you *always* keep the Loving in the forefront and Live as the Spirit you *are*. I also Lovingly Suggest that you practice Giraffe Consciousness and Know that you are being presented with karmic patterns to be Lifted and Cleared so you can return to the Freedom you have as Soul, as Spirit.

Grace is Grace, S.A., I Lovingly Suggest you partake in It.

I hold you in My Heart, S.A.

## Try This ...

“I just want to leave you with something. Work it kind of negatively, but that might help you sort of access it, and that is, ‘what’s your excuse?’ And ‘what will it take?’ ‘What’s your excuse and what will it take?’ Be honest. Are your excuses valid and do they have value to you really? Do they have value to the Spirit that you *are*? What’s it going to take for you to decide to participate *now*? And if you’re real honest, you’ll come to the conclusion, ‘well, nothing; just the decision.’ Yeah, that’s all it takes, just the decision to participate *now*. Because *now* is where it all is. This is the Joy, the Joy is in inside.” – *From the Satsang “How About Now?”*

## 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. Say inside yourSelf, “Lord, God, for the Highest Good, please take anything that stands between me and my participating *now* as the Spirit I *am*.”
3. Tell yourSelf, “(name) It’s okay to let it go!”
4. Choose to be Present and then choose again. “Each moment we can choose into the Spirit we *are*, we can choose. Choose this moment, choose this moment, this moment, this moment, this moment.” – *From the Satsang “How About Now?”*
5. Tell yourSelf, “I need your cooperation and energy to be 100% Present. Thank you and keep up the good work being 100% Present.”
6. Attend Satsangs; Meditations; Classes; Workshops; Video Showings; Teachings Study Groups; and *TFLF* Readings/Discussions in-person and/or via teleconference.
7. Call any Regional Center or the NYC Home Center and request the Priceless Gift of Initiation into the Sound Current on 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  
Web site: www.cosmostree.org

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