

# Tools For Living Free

NUMBER 135 IN THIS EDUCATIONAL SERIES

## Our Purpose Here: To Remember Who We Are

*Excerpts from the Satsang "What Is So Difficult For Human Beings To Accept?" (CD/MP3 A118)*

"OK. And I've told this story before so I don't mind telling it again that when I was a mere lad eons ago - I was still in my twenties so that was what? Eighteen, nineteen years ago, something like that - I had the experience of God's Love for us, Spirit's Love for us. And I had this reaction and this response of incredible anger. I remember walking down the streets and wanting to slug every lamppost, you know; every parking meter; smash cars, whatever, OK? I really was violently angry, OK? And I was furious; and I was furious because everything that I had grown up with was totally a lie and totally false and totally not true, OK? That it was all backwards and that society, culture and everybody had it backwards, you know? And I had all this education, going to the so-called best schools, and hadn't been taught diddlysquat, you know? Maybe in terms of the world, yeah, I had been, but it was diddlysquat, OK?"

"And that the real Truth was just the opposite. And I was furious because I couldn't believe that nobody had told us That; that I never learned That; that It never was intimidated; that it wasn't even an assumption that could be made of just how Loved and cared for we are, you know?"

"And I had the experience of seeing that, you know, each Soul has a couple of angels assigned to It who do nothing else but pray for that Soul. I thought, 'My God! We're taught that here we are, these little dots of being, you know, these little isolated egos. We're kicked out of the Garden. We're unloved if not unwashed. And we'll never earn God's Love. We can't even begin to earn It,' you know?"

"So I was flabbergasted. I'd always suspected it but I was flabbergasted to find out that we don't have to earn God's Love, that It's there for us. We don't have to do anything but receive and it was that simple. And the most amazing thing to me - as I kind of look back on that experience - was I couldn't believe that I could accept that it was that simple; that my mind didn't do what minds usually do, and complicate things, you know? And make it like a whole schema and a whole 'and buts' and condition It and divorce mySelf from the reality of Spirit, you know? That I could accept It. I thought, 'Wow! The fact that I could accept It must mean I know; and, if I know, it must mean that everybody knows but everybody's been conned.' So I figured, OK, I have to find out more. What the con is - I knew what the con is - but why is the con there? Why are we all conned? You know?"

"And then, as I grew in Spirit, and got to see and investigated the whole thing Spiritually I got to see why we're conned, OK? And we're conned because we're the 'conner' as well as the 'connee', you know. That we have done this to ourSelves; that through our choice of focus away from God, away from the Spirit, we created karma; we created separation, OK. And it's the separation that keeps us from God, from the Loving, from the Spirit we *are*. And because of how the Consciousness works we've inverted things and so things are all backwards, OK?"

"And then I thought, 'Well, gosh! Why does God Allow this?' I mean I didn't expect God to send policemen, you know, into every home and say 'You can't do this! You can't do that! You can't, you know, operate this way! Your Consciousness can't operate this way!' I didn't think God was going to do that but I was curious how come He allowed it?"

"And then I thought, 'Well, there's got to be something in it for us for God to Allow that.' OK? So I began to investigate that and I saw that 'Hey! It was a way of our

exercising what God's given us, Which is our Free Will. God's given us Free Will and we have the choice, OK? And the choice is to know ourSelves as Spirit and to find God, OK? Well, if we have to find God then God's hidden and why is God hidden? OK? But, Oh! Well, that makes us even want to make that choice more to go and find Him, go and find Him, go and find Him.' And I thought, 'Yeah, no one tells us where to look, you know?'"

"And then I thought, 'Well, you know, somehow we must Know. And if we begin with the Process of Initiation into the Sound Current, the Process of Awakening to the Spirit we *are*, we get to trace back our Creation as a Soul 'cause we're created in God's Image, OK. We don't look like God but we're created in His Image in the sense we're created from the Sound Current or from the Holy Spirit - Whatever you want to call It - so we're the same Spirit as God.' And I thought, 'Gee, if we're the same Spirit as God; how did we get this way? I mean, how did it happen?' OK? And then one day I realized, 'Oh! It happened because we forget that That's Who and What we *are*. It's forgetfulness. We don't Remember.' And I go, 'Oh, that's what we're doing here! That's why we're in the body. Because we've forgotten. We have totally forgotten. Bet you God Remembers Who He is all the time, OK? He remembers Who He is. And if we're God and we've forgotten then all we have to do is Remember. How do we Remember?' OK?"

"Then I realized, 'Hey! Maybe it's not a question so much of "How do we remember?"' OK? But that that Memory is in us and somehow It has to be Awakened and It's Awakened through Initiation into the Sound Current and It starts to stir the Spirit in you and It starts to, the Soul starts to turn, as it were, and see Itself and see Itself and see Itself and starts to discover What It is, OK?"

"And then I thought 'Well, you know? The great existential question, "What's the point of it all?"' And then I realized, 'Well, That is the point. To Remember Who we *are*.' And I thought, 'Well, gee, this is quite a world that God's put in motion here if He created a world for this Purpose?' Then I realized, 'Hey! Then guess what? See - and this is hard for us to accept - that the world was created for our benefit, totally for us,' OK? And on a real simple level we had an experience on Retreat - went for walk and you enjoyed the birds chirping; the butterflies flying; you know, the grass blowing; whatever, OK? The animals scurrying about. And you get to enjoy that. And we get to really be a part of that and enjoy it but the pleasure, as it were, of being here and the benefit of being here is God created this place so we can Remember Who we *are*. He gave us the experience of all of Creation; and, then, because we exercised our Free Will away from God we started creating karma. And we create karma and karma and karma, more separation, more separation, more separation. And all the time in us there's this Memory Path, as it were."

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"... we're at the Apex of Creation and we walk around like we're at the bottom of the totem pole, OK? So it's an inside out, backwards kind of a world."

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"... And I realized, 'You know, this world's a fantastic place. There really are no checks on our craziness, you know? We can be really kind of looped and the world will kind of support it. And it supports all this negativity, negativity, negativity, you know?'"

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“And I thought, ‘Well, you know, if the world supports this kind of negativity, OK what supports the Positive? What supports the Spirit we *are*, you know?’ And obviously it wasn’t even part of the question. It wasn’t going to be a church, whether it’s a Christian church or a Jewish church or a Muslim church you know? Or Hindu temple or anything else that was just supporting forms of stuff out there. What was going to support the Spirit? The Positive? And then I realized, ‘Hey! The only thing that’s going to support It is the Spirit in us and this is where God is. And the whole training is to go look outside but It’s in us.’ And I

thought, ‘You know, the world’s fantastic! God created the world to give us an experience of God and in that we have to realize It’s not out there. It’s in there so the only reason we’re in the world is to know It’s in us!’”

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“I go ‘Wow! God sets this in motion. Sets up a Way to have it done. Make sure that there’s always a Soul around that can oversee that Process and help other Souls. What more do we want?’ And it kind of confirmed that, ‘Hey! It’s all for us, you know? It’s all for us!’ ...”

## Case Study

I’ve been having nose bleeds. Blow my nose and it bleeds; blow it again and it bleeds; and again. As an Initiate Of The Light Of The Most High, I immediately understood this to be a creation or at least some of it to be – I understood it to be a Gift from My Teacher/the Lord, God letting me know that I may need to see a doctor and, as My Teacher had told me, that if it kept up for two more days to see one; and also that this is being brought forward by The Teacher/the Lord, God so that something (i.e., karma) can be cleared.

Most of all, “Knows bleed” is what came to me. I need to go with my Knowing that I *am* Spirit; that my Purpose here is to come to know mySelf as Spirit, as Soul. I came to that realization easily because days before this, My Teacher had told me that I had behaved “disgracefully.” I had said that I am struggling work-wise (in this case, to “catch up with clients”) when in fact that is not so. I Know that I’m Supplied; and I work the life God has given me that way. I Co-Create what I want for the Highest Good; I had received a lot of money as a result of the Co-Creation I had done. I had also Co-Created excellent relationships with my clients no matter what was going on “out there”; and all was balanced 1-2-3! Magic on a *moment-to-moment* basis is the Truth of the life I live as an Initiate Of The Light Of The Most High and as a Minister Of The Light And Sound Of the Lord, God. “I need to shout This from the rooftops!” is what came to me. The “disgrace” was that I had lied. I was running a “con.” I’m too far along for that; and, more important, it is crucial that I share this Knowledge with others who so desperately need to hear The Truth. The “disgrace” was really, as My Teacher had explained to me, that I was acting and living as if I were outside of Grace - dis-“Grace” - when, in fact, I live in the Grace of the Lord, God.

And I’ve been forgetting That. Forgetting, as My Teacher explains in the Talk “What Is So Difficult For Human Beings To Accept?” to practice Proper ID – the Focus into Spirit - vigilantly. I’ve placed my focus away from the Spirit I *am*. And any focus that is not a Focus into Spirit is karma, is separation and is a con. And, as the Talk also explains, I’m the “conner” and the “connee” because I have Free Will – it’s up to me to direct my focus, to be the traffic cop, as Our Teacher further explains. Proper ID is the key.

How I chose to do that is to stay Present by doing Meditation *exactly* as taught at the Time of Initiation [writer’s note: This is not really “meditation” as the world understands it but the word is used here as the easiest form of explanation]; doing This first thing in the morning; and doing Self-Talk, which means directing my basic selves (the part of me that brings forward my karmic patterns) by keeping present; keeping it positive; and giving them direction and encouragement. Direction to stay Present by saying “Basics come present! I need your cooperation and energy to stay Present so we can live in Peace and Joy! Thank you and keep up the good work staying Present so we can live in Peace and Joy!” is what I say most often.

## Try This ...

“And I thought, ‘You know, it’s really interesting that we have all these pulls out there, pulls out there, pulls out there; and, as we Lift and Grow, we get free of those pulls and we get free and we get free – and each of those pulls is a pull into an embodiment, to a pull into an embodiment – and we just Lift and Lift and Lift.’”

“Now, inside yourSelf allow a ‘pull’ to come forward – something you have, up until now, often allowed to separate you from the Spirit you *are*. [Pause] Now, ask the Lord God to replace that pull or attachment with the experience of Freedom/ being Present.” – *From the Satsang* “What Is So Difficult For Human Beings To Accept?” (CD/MP3 A118)

Doing Self-Talk is a great way to have fear vanish; for instance, I directed mySelf to get the help I needed on a particular project and fear just went. Self-Talk Allows the Flow of Spirit. It’s also a great way to update mySelf if I’ve been conning mySelf, which means allowing mySelf to identify with the false self (the basics); that is, to tell mySelf that “I’m an Initiate Of The Light Of The Most High and I’m 100% Supplied by Spirit. The life I’m living is God’s Life and It’s Miracle after Miracle after Miracle!” “Wow!!!” as My Teacher says many times in the Talk.

I also sometimes just tell mySelf “I love you!” and give mySelf reassurance that I’m OK. I do this by telling mySelf “I’m fine and OK and safe now!”

I also Co-Created with the Light Of The Most High by saying, “Lord, God send me Your Light!” “Lord, God for the Highest Good please have (name of person I’m working with on a project) act a certain way instead of creating negativity/karma;” and then leaving the results to God. I also ask for Clarity and Guidance by calling in the Light Of The Most High; and then asking the Lord, God to send me Clarity and Guidance on what to do about a particular situation or project – again, instead of running negativity/blame/anger and really being “looped”, as the Talk says.

I also use the Two-Part Release Technique like this: I call in the Light Of The Most High and I ask the Lord, God to take the struggle or drama or fear of failure, etc. Then I tell mySelf, “(name) It’s OK to let it go!” I also use Introjection, which is a way to take back – really to live as the Powerful Creator that I am – by taking whatever I have chosen to place “outside” and taking it “back” or “inside”. By doing so, as the *Tools For Living Free* #38, “Introjection: Claiming Our Power” very beautifully explains, I live free of the resentment and judgment(s) - in this case regarding a person with whom I am doing a project - that I create when I place anything “outside”. Introjection is a Key Way for me to be Responsible. In this case, I was manipulating someone in order to control them, as if by doing that everything would then be easy. Introjecting this means I take it back to mySelf, as My Teacher explained, by telling mySelf, “Things are easy whether or not this person does what I want them to do!”

It is also on being Present (versus being Present “more often,” which I had originally written in this Case Study, as My Teacher pointed out).

I also call in for almost every Open Hour, a time period twice a week when My Teacher is available for Spiritual Counseling. I have private Sessions with My Teacher twice a month. I do Service Lovingly maybe 40% of the time and I now commit to doing It *always*; I take every Class offered, no matter what. These are all Sacred Strengtheners/Opportunities to Lift and Grow into What I Know.

I have Free Will and my job is to use It vigilantly to be clear.

## 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 a creation away from Spirit, a “con” that you have been frequently using, up until now, to separate yourSelf from the Spirit you *are* - to come forward!
3. Now, inside yourSelf, tell yourSelf, “(your name), It’s OK to let it go!”
4. Now, ask the Lord, God to give you the experience of remembering Who you *are*!
5. To gain Spiritual Strength attend Meditations; Talks; Meditations For Health And Well-Being; Classes; Workshops; Open Retreats; Sunday Programs at the NYC Home Center in-person or by teleconference at your nearest Regional Center!
6. If you haven’t already, request Initiation into the Sound Current on the Path Of Soul Transcendence – the Most Precious Gift you can Receive; and the Only Way to Remember Who you *are* and Fulfill your Purpose here!

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