

# Tools for Living Free

NUMBER 33 IN THIS ONGOING EDUCATIONAL SERIES

## Giving The Gift Of Kindness

*From the Satsang, "Your Story: The Story Of Rumaldo" (TAPE No. A69)*

"Those of you who know me know that I got a chance to take a little break from the winter doldrums and went down to the Caribbean and sat on the beach.... And the place we were staying at, it had - I don't know - three thousand restaurants and two thousand coffee bars and all that kind of stuff. And one of the places you could go to right off the beach."

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"And my body can't tolerate butter so I asked one of the helpers if there was butter in the vegetables and he said he didn't know but he would find some for me without butter. And so I waited; he told me to wait for him right there.... And he came back and as he's giving it to me it passed under the heating lamp and he thought 'Oh, my gosh! There may still be some butter in the vegetables.' So, he said, 'Wait a minute!... Wait here and I'll go and I'll make you some from scratch!' ...So, I waited there, etc., etc. and about twenty minutes later...he came back and he gave me this plate of vegetables that he had boiled for me - steamed himself - and I asked him his name and he said his name was Rumaldo. And I thanked him for his kindness and his concern - because there I was, you know, a lot of people who come off the beach go to lunch and I asked him if he had just some vegetables without butter and he went to the (n)th degree to make sure that I wouldn't have butter in vegetables - even to the point of, when he wasn't sure, cooking me a whole batch himself. And he was kind. And that's, really, the story of Rumaldo: the kindness.

Because I took a look at Rumaldo and I didn't see this guy, I didn't see this worker. But what he had done was he had glorified the Spirit inside of him - that he was. He had literally glorified God by treating me as Spirit and by treating himself as Spirit. He didn't see it as a hassle. He didn't see it as something else to do. He didn't see it as anything else but an opportunity to serve very lovingly and very kindly. And he didn't cheat because he had an opportunity that second time around when he wasn't sure. How many of us when we're not sure - we don't, really, make sure - we go, 'Oh, okay, yeah, it's all right' and we slough it off? And he wouldn't do that. He had integrity. He came from the integrity of the Spirit that he was and he said 'No. Let me make sure. Let me cook you a whole bunch from scratch.' And the Spirit inside of him

was glorified.

And how we approach God and how we approach the Spirit,... how he approached Me was as one God to another God. And we were both lifted and both exalted because he stayed with the Integrity of who he was. It was a simple action. If you notice it's a miracle. I mean, truly a miracle.... The miracle was in the everydayness, was in the little minute thing that he did - there was God. And he's relating to someone else as God."

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"See, and there it was. He disappeared as a person because he never came from his being a person. He came from the Spirit within. So, what did he do? He treated me as Spirit. He treated himself as Spirit. He wouldn't permit anything other than one hundred percent and he just gave. And it was in a very mundane thing - in a very common thing. And that's where the miracle was, and that's where God was. And *each moment* God gives us these opportunities. They're in the mundane. They're in the everydayness. The miracle isn't seeing this apparition in the sky or something. The miracle is in everyday life. And the miracle is in the everyday choices we make. And kindness operates on many levels."

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"You need to be kind to everyone because that's the expression of who we are and that's the expression of your Self as Soul. But you can only be kind to others if you're kind to your Self. Rumaldo was kind to himself because he just only permitted the Spirit that he was."

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"So, kindness is also taking advantage of everything. In other words, if (my wife) asks me to take out the garbage I very seldom have it as my initial thought of 'oh, yeah, can't wait to go throw the stuff down the compactor....' (laughter). I don't generally have that thought... Okay, but I take that thought and then I use it to lift - I say 'Oh, okay, I'll be happy to do it.' And then I go and I do it. And how I'm kind to myself is I line up with doing it and I don't allow myself that negativity. So that I don't hold resentment.... That's the kindness and that's the kindness I can do within myself. See, and when I'm lined up with the Spirit I am and willing to let go of the negativity and choose not to stay there and then choose to let go of the memory of it then I'm

"And kindness consists of always staying with Integrity, coming from God within you, making that choice, not settling for anything less."

*From the Satsang,  
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Rumaldo"  
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kind to others.... So, if you're going to do something do it with a loving heart. And then forget you've done it. Don't hang on to the resentment of it and...some of you hang onto it like you're waiting around for the medal to be pinned on you. Well, everything you do is known to the Father - that's enough reward. Let Him decide what to do with it."

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"And kindness is all about giving to yourSelf. Kindness is all about being generous with yourSelf, giving to yourSelf. If you're running negativity or hurt or pain - taking a moment and releasing it. And we have Classes to do that....we have newsletters, etc. There's lots of education. There's no excuse. See? And the thing that I've always seen that being unkind boils down to is out and out laziness, refusing to be disciplined, refusing to be a disciple - a disciple: following in the footsteps of God or the Christ or the Loving Heart - and refusing to do that. And allowing the lower self, the lower consciousness to rule the roost. Well, that's the whole game that's played in this world. And the

movement of the Soul, of the Spirit is one of detachment. It detaches from the things of the world. It detaches away from the attachments and how does It do it? How is It strengthened to do that? But by the very negative pole. So, that all the negative stuff serves a positive purpose, serves God's purpose - God wouldn't have put it in the system if it weren't any good - and that is for you to be strengthened and to lift."

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"And kindness is about recognizing yourSelf as Spirit, about knowing that Spirit's there, about the *immediacy of God*, entirely present. And an act of kindness glorifies God because that's what I saw in Rumaldo. I saw God. Not only did I see God but I saw Rumaldo attending to that God-point within him and serving God and glorifying God that was within him. And that's why his story is our story. So, I really beseech you to do acts of kindness *each moment* within yourSelf and express from that point. And give the kindness to others because that's what Humankind is - being just like God."

## Case Study

I grew up with this belief that I was different and not heard. I had set up my life as a struggle - a struggle to be heard and understood and to make my family see me for who I really am. This struggle went out into the world around me affecting everyone with whom I came in contact. I was always struggling to fit in and to please others and to get them to see the way I did. I tried to manipulate people and situations and, since this did not work, I became resentful toward other people. Really, I was engaged in a struggle to please my family and, in order to do that, not to accept mySelf because that is what they were not accepting.

Recently, I gave mySelf the Gift of listening to the TAPES "What Is Loving" and "Your Story: The Story Of Rumaldo". What I learned is that being kind pertains to me and that being kind to mySelf - by allowing mySelf to drop my false identity and by allowing God to love me - is my responsibility to mySelf and to humankind because we are all One in Spirit - and what I think, do and feel affects others. The kindness of allowing God to love me extends through me to humankind (Hu-Man) as we are all the Manifestation of God. By staying centered in the Spirit I am and being present with Spirit's Guidance I am kind to mySelf.

While I have been working on this Case Study I have had several significant dreams. From taking the Dream Class with Cosmos Tree, Inc. I knew how important dreams are in my growing to

know I am Spirit. So I called my Teacher for an Open Hour session - available to everyone - to help guide and clarify my understanding and my alignment with the Spirit I am. With His Guidance, I was able to further let go of an identity with my family and move even more into knowing I am Spirit and allowing the Lord, God to love me. What a Blessing this is!

This is how I actively participate in allowing God to love me. With the help of My Teacher and the processes in the above-mentioned TAPES I was able to let go of the hurt and pain and resentment around my family's actions and my having tried to please them - which My Teacher helped me to understand were a way God had given me to point me in the right direction and to accept my True Identity as Spirit - another Blessing. God was loving me even then.

What I learned from these steps, from TAPES, dreams, and Open Hours is that the moment-to-moment choice of staying in my integrity and identity as Spirit is the greatest kindness to mySelf (and is loving mySelf and who I really am - Spirit). By staying centered in knowing I am Spirit, knowing and accepting God's Love and from there moving in the world is fulfilling God's Law of "Love God with all your Heart, all your Soul, and all your mind and to Love you neighbor as yourSelf." And it was laid out for me in a moment-to-moment choice beginning with a choice to be kind and to love my True Self.

## Try This ...

"So, I'd like to give you a little homework assignment. Several times a day just ask yourself in all honesty and candor... 'Where am I coming from? Where am I?' And if you're not saying, 'Well, I'm

with the Living God?' - if that's not the correct answer - pray... Ask God to move you there. Ask God to, if you haven't taken the Gift of Initiation, to move you to That."

- From the Satsang "Where Are You?" (TAPE A57)

## Step-by-Step

Here's a quick reference list for daily practice.

Please refer to the articles for complete information.

1. Call in the Light of the Most High by saying, "Lord, God send me Your Light!"
2. Choose to be kind to yourSelf by saying, "Lord, God please take any negativity that I may be holding."
3. Tell yourSelf "It's okay to let it go."
4. Choose to be kind to others by doing all things with a loving heart.
5. Choose to live in Kindness by recognizing yourSelf as Spirit and requesting - by contacting any regional Center - the Gift of Initiation into the Path of Soul Transcendence.

For further information or to request other titles in this series contact:

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