

# Tools For Living Free

NUMBER 53 IN THIS ONGOING EDUCATIONAL SERIES

## Why Not Do It Now?

*excerpts from the Satsangs "What is 'Tisra Til'?" (A40) and "Trusting Yourself: A How-To Manual" (A33)*

"Those of you who are studying with me formally: we work with the Upper Part of the Third Eye and the Crown Chakra because those are the Spiritual Centers. All the rest is of the negative worlds. We don't pay attention to that.

So that tells you how you can work inside yourself. In other words, if you're having thoughts and feelings and emotions and fears and you're getting caught up in it, maybe you want to re-focus. Maybe you want to see and know that you're more than those things. You're more than your fears. You're more than your emotions. You're more than your negativity. And the fact that you're hearing that: you're responsible.

See - and I know when we sit in a karmic field - it looks real. Our emotions look real. They look very real. And one of the reasons they look real is we feed them a lot, so that they have a lot of power and a lot of energy. But also the emotional body is fairly close to the physical. So, we think the stuff in the emotional body is real. But it's not.

See, if I look at you, and I say, 'You look lovely tonight' you'd be all happy and this and that. But if I look and I say, 'What's the matter? Don't you feel well?' you probably wouldn't feel so good. Well, that tells you that feelings are not real. They come and go. Thoughts come and go. There's no reality to it other than what we decide to declare as reality. But the Spirit in us doesn't come and doesn't go in that way. But It does come and It does go in embodiment but also - for those who've gained and consolidated their Spiritual Power - It does go, as it were, to God. It does leave the body and go with God *even while you're in the body*. It's not so much that you travel out of the body and do that projection stuff; it's not that. It's just that the sheaths, as it were, or the karmic fields, or (if) you want to use light (as an example) - there's gauze around that light bulb and the gauze gets stripped away - and then you can directly be and see the light.

And, so then, everything that's between you and the Spirit you are just goes and dissolves. And that's our responsibility. Our responsibility is to place our consciousness 'there,' where that

happens. Our responsibility is to let ourselves be overshadowed by the Spirit we are and to know ourselves as Spirit. And when you know yourself as Spirit you love the Spirit, you love God because that's who you are..."

\*\*\*

"But we have a recipe of how to go Home to God, and how to love God. And we know how to be with God and we don't need anything other than making a choice, our own volition, choosing to drop the negativity, choosing to be present at each and every moment. And if you're present each and every moment, you're with God because you're not present with your thoughts, you're not present with your emotions, you're not present with any of your karma, you're just present within yourself..."

"So you got the equipment. You got the skill. You've been given the gift of whatever you need and you can take all the time you want but my suggestion is guess what? That you start right now because eventually, at one point in your embodiment patterns you're going to have to start. So, why not do it now? Why not take the Grace of this life and use it for what it was accorded?"

- from the Satsang, "What Is *Tisra Til*?"

\*\*\*

"And there's nothing even wrong with doubt. There's so many of you, including my so-called students, they think negative stuff is bad and that's not the Teachings at all. Negative doesn't mean bad; it just means a certain polarity. Even doubt is good. Because what you can do - and this is what I've always done so I can pass it along - when I have doubt, which is about everything - use it to lift and say, 'okay, Lord, God' and be like a true skeptic and keep your eye on something and observe it, and ask the Lord, God or the Schwartz or whatever you think is behind it 'to focus you and show you the Truth of these things.' And keep the doubt on a back burner and just watch and observe lovingly and knowingly what you're being shown. It's like you got a little lab in there. So you got doubt, 'okay, I'm going to doubt it.' But have the smarts and the wherewithal to put that on a shelf: watch what you're doubting and see if it's so or not. So even use the doubt to lift. Nothing wrong with doubt. It has its place. That's why God

"But we have a recipe of how to go Home to God, and how to love God. And we know how to be with God and we don't need anything other than making a choice, our own volition, choosing to drop the negativity, choosing to be present at each and every moment."

*From the Satsang  
"What Is 'Tisra Til'?"  
(TAPE No. A40)*



put it there.

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. Put the doubt on the side and just watch what happens when you trust yourself and then evaluate."

\*\*\*

"And what I find we need to do is always do a check: is this the truth of who I am? Am I coming from the Truth? Is my response one of Spirit or am I allowing fear; doubt; negativity; habitual responses; the situation; numbers; other people's thoughts; other people's opinions which I'm sure are so valid because no other person is

involved in karma and I'm sure they're all clear shots or within the Integrity of my Being, within the silence of myself, can I really, really, really be at Peace with that which I've done, that which I'm moving on and can I live that and can I translate that into action? Can I trust my knowing and move on that and have it be actual?"

"And trusting yourself means that you're worthy of the Grace that is there for you, that you are supplied..."

"So trusting yourself has to do with security, but the security, not in the false self, but in your true identity as the Spirit you are."

- from the Satsang, "Trusting Yourself: A How-To Manual

## Case Study

I was reading the excerpts from the Satsangs "What Is 'Tisra Til'?" And "Trusting Yourself: A How-To Manual" and something struck me. "Always do a check: is this the Truth of who I am? Am I coming from the Truth? Is my response one of Spirit or am I allowing fear; doubt; negativity; habitual responses?" I realized from reading these sentences that everything in my life lately was trying to tell me the same thing and that is really that I'm more than my thoughts, feelings, the situation or other people's stuff. I have a choice as to how to respond inside myself. I can either come from the Spirit I am or I can let all that other stuff run me. Combined with this is the fact that it's not about any outer thing or outer action. What is important is how I choose to respond inside myself.

Lately, I have been feeling like a lot of things have been coming my way for me to do and handle. I've been feeling upset, overwhelmed and frustrated. I kept feeling like "I've had enough! I just want all this to stop!" I've been feeling that I want someone to look out for me and that I want others in my life to be sensitive to my needs - and not to keep asking me to take care of things. Today, I felt like I had had enough. Then I remembered an experience that I had while sitting in Meditation in which I knew that my job was to focus on the Light of the Most High that I am. At the time I felt surrounded and inundated with thoughts and feelings so powerful, in fact, that nothing else

seemed to even exist. But, as I focused into the Light of the Most High that I am I experienced that who I am is the Light. Those thought and feelings are not me. However, since I had been feeding those thoughts and feelings I had been giving them energy and validity. The solution: focus into the Spirit I am. I do this by doing inventory inside myself. When I feel worry or upset I ask myself, "Where am I coming from?" The answer is invariably - "negativity." Being that where I want to be coming from is God, the Spirit I am I drop all that stuff and focus into loving. I choose to be lovingly present, accepting where I am right now.

I also need to update myself. When I find myself wanting other people or a situation to change in response to my needs, as I mentioned earlier, that is an indication that I am outside myself. Hence, I need to get back to my Center and stay inside myself. I do this by doing Self-Talk. I say to myself "Everything is fine now. We're okay. I need your cooperation in knowing that I am taking care of us. We have all we need right now." This, concomitant with dropping the negativity, is very effective in "looking out for myself" and "being sensitive" to my own needs. The overwhelmingness of it all just seems to go as I am here for myself providing myself with that which I had been looking for outside of me.

The most important step for me is to remember to do it - and do it now!

## Try This ...

"And what I would like you to do is - if you're studying formally - chant your Initiatory Tones. If not chant 'Hu' and breathe it out through the Upper Part of your Third Eye. Now, I want you to stop that and I want you to get into like some really bad emotion or negative feeling or thought or whatever, something that is upsetting to you or bothers you or something that is not too pleasant. Good. Now just choose to drop it and just go to God by either chanting your Tone through the Upper Part of the

Third Eye or chanting "Hu" through that Upper Part of the Third Eye. What happened to the negativity? Now drop doing that and get back into those bad thoughts and feelings and emotions just for the sake of the experiment even if you don't want to do it, don't want to go back there. Okay, now we turn back to the Upper Part of the Third Eye. Okay, well, you know how to do it, folks. The rest is up to you."

- From the Satsang "What Is 'Tisra Til'?" (A40)

## 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. Inside yourself, pick a situation or pick a relationship with a person that up until now hasn't been really satisfying, hasn't felt very wonderful or very good!
3. Now allow the Truth of the situation or the relationship to come forward. It may look very different from the usual field around this. And if fear comes up that's fine. If a whole lot of arguments come up, that's ok too. Just let them go.
4. And take a moment and allow either the relationship or the situation to just play out according to the Truth of what you know about it.
5. Now can you live with that? Can you live with Trusting yourself?
6. Call any Regional Center and the request the Gift of Initiation into the Sound Current. This is truly Trusting yourself.

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 10021  
212-828-0464  
email: spiritcentral@yahoo.com  
website: www.cosmostree.org

Tools for Living Free is published by Soundly, Inc. Any distribution or reproduction of this publication without written permission is prohibited. Copyright 2005, Soundly, Inc., New York, NY