

Tools For Living Free

NUMBER 54 IN THIS ONGOING EDUCATIONAL SERIES

What Is Your Next Step?

Excerpts from the Satsang, "What Is Your Next Step?" (TAPE No. A76)

"Now, if you take a look at what your next step is.... Basically you're talking about moving beyond surrender, OK, of what you think surrender is and moving into a true sense of, what? (pause) Of what surrender really is, OK. In other words, many of us we kind of do bargains and we'll go, 'well gosh, I'll give this up and then x, y and z will happen, OK....'"

"...And what we need to do is: we need to surrender our ideas about our ideas, as it were. We need to even surrender the concepts we have and we need to surrender even the illusions we have. Because, as painful as it may be, being disillusioned is a wonderful thing. Because look at the word: dis-illusioned; you're being removed from illusion so you're starting to move into truth - and that's exciting.

"Now, I'm disillusioned about my prospects for playing with the Knicks. I had high hopes; a couple of weeks ago they got a new general manager - I probably don't have a shot now. I'm being disillusioned - but that's the good news because guess what?... It frees me up to do other things, but then I don't start seeing mySelf in terms of 'will I make the Knicks or not?' and I don't start seeing my value as that.

"And I'm not identified with that so I start to surrender. So being disillusioned starts a whole surrender process. It's really a lovely thing. And the pain that we're feeling - that's the attachment that we have. So, if I'm feeling a lot of pain with the illusion and with its going bye-bye - that's telling me something. I've had a lot of energy stored in my wanting to play for the Knicks - that's where I'm caught.

"And we know that in the journey of a Soul - in order for the Soul to be completely free - It needs to be shorn of all attachments. We can't love God fully and be attached. That's why the saying, 'Be here now, or be present.' You can't be present in your Consciousness if you're involved with your attachments because you're always running some ideation or some

program or some agenda. And even something like, yeah, I have to be there for the Meditations, I have to bring that out, that's part of doing Service that's part of your growth, that's part of your surrender process and that's also part of the simple fact that we're all in it together. We're all in this life together, and we're all lifting and we're all learning together.

"See, and the best thing that you can do for society is, guess what? ...each moment spend time with God; give yourSelf the option of letting go of your stuff, of your agenda, of your fear...."

"So, we are more than our thoughts and we are more than our feelings and that's neat. And it's the thoughts and the feelings and the stuff we keep creating that keeps separating us from being present. And everyone's next step is the same - it involves further surrender, further letting go, proper identification and moving away from fear...."

"...And it also means to love the Self, the True Self, the Spirit you are. Not all the crap that you run and the intrigues and the talking against this person and the talking against that person and that excuse and this excuse. ...So, when you take your next step take it with a lot of love and acceptance! Let yourSelf fall flat on your face! Let yourSelf laugh at yourSelf! Let yourSelf be as dumb as you possibly can be! Give yourSelf all the time and all the caring to learn without judgment, without the program against yourSelf!..."

"You need to treat yourSelf as the Christ treats you: with unconditional love. It's not conditioned on how quickly you've mastered something or how smart you are or how much money you have or how cool you are or how many of the trendy places you can get into....

"So for your next step make sure you're having fun with it; make sure it's totally within your integrity; give yourSelf time and the patience and the luxury of practicing and of doing it with an unconditional love of yourSelf and for yourSelf and always hold yourSelf to it!

"And what your next step needs to be is ever-increasing levels of Abundance. Abundance is the Oneness with God. Ever-increasing levels of self-acceptance, of knowing hey! You're OK. Not to sit in judgment of yourSelf because you don't know your karma, and why you are as you are."

*From the Satsang
"What Is Your Next Step?"
(TAPE No. A76)*

“...Because that’s also the discipline; not the discipline in the ‘crack your whip’ sense, but in the loving discipline, the loving *discipleness*, the following of the Christed Consciousness in you. Isn’t that what it’s all about? Following the Christ in you; taking the next step; walking with the Christ in you; walking with God Consciousness within you. That’s the next step.”

“... We can’t love God and have attachments. Sorry, it doesn’t work. So, when we take

our next step we want to keep following in the footsteps of discipleship, of Christedness, of allowing ourSelves to Love God and to be loved because we are worthy.”

“...That (God)’s where the Love is. That’s where the Light is. That’s where the Truth is. And that’s where your next step is.”

“So, step out into Light, take your next step with God!...”

Case Study

The other day I was reading the *Tools For Living Free* “Allowing God To Live Through You.” I did the “Try This” process, which talks about picking a situation or a relationship that, up until now, hasn’t felt very good or very satisfying and allowing the truth of the situation to come forward. I chose a relationship in which I felt very stuck. In the relationship I had felt a lot of anger and resentment toward the other person for acting and behaving in certain ways.

I was very surprised and relieved by what I found through doing the process. The other person just disappeared. I had the experience that the only relationship there is with mySelf - with God, the Spirit I am. This person was mirroring to me my own attachments and judgements and I knew that I no longer had to live that way. I discovered that I no longer had to live from the place of the negativity or the hurt, but I could just surrender all that and allow God by staying present with the Truth. I experienced that every situation, even someone else’s negativity, was a Gift from God for me to be Free. The Gift is for me to accept the Truth of mySelf as Spirit, which is that I am loved and totally supplied and subject to no one, but am Free to live as all that I am at *each and every moment*. I now know that I am free to live as all that I am by focusing constantly in the positive polarity - in the Joy, in the Peace, in the Light that I am.

What this means is knowing that when

negativity and upset come around that that is not who I am. I am at choice which reality to buy into. This is the most amazing thing! What I believe doesn’t necessarily have anything to do with the way things really are, but what my beliefs do is they structure my perception of reality.

This means that, as My Teacher says, “I have dominion over all things” by my choice to go with God, with the Reality of Spirit, as opposed to my own creations. I do this by participating in being and living as an Initiate of the Path of Soul Transcendence. This is the most beautiful choice that I have ever made because it allows me to grow in the awareness of God’s everpresent Love and Grace.

With this focus my life is really God’s life and the Blessing is for me to know that and to allow and receive Abundance on all levels. As the Teachings bring forward, this is what God truly wants for me - to know Him and be with Him. And all of life is set up for me to know this, for me to know that all there is is God and I and really, truly, to know that all there is is God.

This is who I am. I was Blessed with the experience of this through my choice to make God more important than my anger at a “seeming” outer situation. Choice is the doorway through which all things flow to God. My next step is to continue through the doorway, surrendering *everything* and nurturing my relationship with the Spirit I am.

Try This ...

“I’d like to reverse things and just have you get quiet and I’ll call in the Light; ‘Lord, God send us Your Light!’ and ask inside yourSelf - and don’t let the mind come up with something but just spontaneously let the answer arise! Ask yourSelf, ‘what is my next step?’ Ask the Inner Master to

be present with you; (pause) just ask; ‘what is my next step?’ (long pause to allow participants to ask themSelves this question). OK. Now, when you have it, you can get present” (long pause to allow all to complete process).

- From the Satsang “What Is Your Next Step?” (A76)

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. Ask the Lord, God to take any fear of your next step from you by saying, “Lord, God for the Highest Good, please take this fear!”
3. Tell yourSelf, “(your name) it’s okay to let it go!”
4. Love yourSelf enough to give yourSelf the Spirit you are 24/7 by attending Meditations, Open Retreats and using the many Tools available including the process above; “Try This” and the audio Tape or CD of this Satsang.
5. Take your next step by calling any Center and requesting Initiation into the Sound Current!

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

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