

Tools for Living Free

NUMBER 2 IN THIS ONGOING EDUCATIONAL SERIES

The Power of Letting Go

*Excerpts from the Satsang,
"Letting Go, Letting God (Part 2)"*

"(It) really (has) to do with just the process, something inside of us that runs our agendas even though we give it up to God, we give it over to the Light (of the Most High). And there's a part of us that doesn't trust, that doesn't believe, that doesn't really know that we are the Spirit, that we are the Lord, God.

"So there's God and God's up there and if you're religious you'll go to church or your religious group or you'll get a clergyman and he or she will be the mediator and then you can reach God because It's very far away; so you're going to keep your own stuff going. And also because we're so powerful and we're so habitual that we need to know that it really works, but we're so smart and we're so ingenious that we set it up that it won't work and then we get to prove to ourselves ... it really doesn't work. 'Thank God I really didn't let go. Thank God I kept my agenda.'

"Let me give you an example of that. Let's just say you're in business and you would like to accomplish the goal called X. And so you say, 'Lord, God or Light of the Most High let me reach that goal' And in the back of your mind you go, 'I'm going to do it by having contact with this person which is going to cause X to happen which in turn will cause Y to happen which will turn into Z and we'll have X, Y, Z and that's how it will be done.' See? But you can't have it both ways. In other words, you can't allow God to work in your life and work your life - because what's inside of you other than God? ... and we don't know that until we know it. We're so trained to think it's outside. But when we got God in us, we know that but when we don't know that we have to manipulate, control, cause things to happen.

"And just the way we set it up: we're going to accomplish this business goal or this goal; so we have to go and do it. It's an ego process, right away you're into an ego process, which means that you're the motivator of yourself. And the best way to work it is to allow God to move you. So, 'yeah, that's my preference. I want to go here.' ... But you don't do it by manipulating and controlling the environment. What you do is, real simple, you get to be entirely present each and every moment within yourself, with God. And God moves you and He's going to move you and you're going to get there. If you let God be your motor you get there quicker, easier, smarter and you won't be burnt out and you won't be creating a whole bunch of karma. ... because when you're busy trying to control and manipulate, what you're really doing is reinforcing the belief that it's not going to happen. 'I can't trust so I have to make it happen.'

Okay, let's be honest. We really can't make anything happen. I mean we can't even breathe ourselves unless we're breathed by God. You know, when it's over, it's over. Okay, and you can't will it beyond that. And we insist on willing, willing, willing ourselves and it doesn't work because the willfulness is against God's Will.

And our will is the same as God's Will. See, and that's what we need to get. We need to get that our will and God's Will is one and the same. So when we go in there and align ourselves up with God we're doing His Will which in reality is our will."

"The real reason we've come here is to align and attune to the Spirit inside that we are, to remember who we are and this is the opportunity. ... and the fantastic thing about this place (the earth) is this is where you get to

*"See, God
gave us life
but He also
gave us
Eternal Life.
He gave us
Eternal Life.
He didn't (just)
give it to one guy
who lived a couple
of thousand
years ago.
He didn't give it to
a few people or
Souls in history.
He gave It to
everyone - the
opportunity to
know yourself
as Spirit."*

*"The real truth is
that we are Free.
We're already Free
and we have
to exercise
that Freedom."*

*Taken from
Dr. Lane's Satsang
"Letting God,
Letting God
(Part 2)"*

do it. This is where you get to do it. You get to know who and what you are. This is the opportunity here and you get to exercise your choice. You get to exercise your choice. Are you going to create karmically or are you going to create in alignment with your own True Will?"

"So, letting go has to do with letting go of that whole belief system that we've fallen, that we're not good enough, that we have no right to our natural inheritance and that whole agenda, which by the way is the ego's device to keep us separate from God and

protect our own sovereignty, to let go of that and to let God be our motor and rule us. It really is that simple."

"And if you can let it go you can be entirely present with the Lord and you can choose that each and every moment. And when we walk the Path of Soul Transcendence that's what we do. We strengthen the Spirit in us that is God and we strengthen that loving and that loving expression and that truly is letting go and letting God because it's God reclaiming His kids. It's God reclaiming and bringing His children Home."

Try This

"Call in the Light of the Most High by saying, 'Lord, God send me your Light.' Ask whatever happens in this process be for the Highest Good. You don't have to do anything other than let all your thoughts, your feelings, your anger, your hurt, your pain, your despair kick up. Now allow this to happen. Just allow your consciousness to

be moved even if you don't know what it means, you haven't a clue or you think you do, or you read about it, or you know the word and you have all sorts of ideation. Forget all that stuff. Just allow your Consciousness to go to God."

*Taken from The Satsang
"Peace: As Above, So Below"*

Case Study

Since childhood Jon had wanted to be a farmer. Over the years he had worked on that goal but, once it was achieved, everything changed.

"I thought my happiness and contentment were wrapped up in being a farmer; I was attached to that idea from the past. But once I began living my "dream life" I saw that it was actually no better or worse than anything else that I had done. I instantly knew that farming and everything else in the world are neutral and, as a consequence, nothing in the world can be the source of my happiness. With the knowledge that everything in the world is neutral came another truth: that how I relate to God is more important than anything in the world.

"So, I let go of my attachment to farming and filled that "space" with the loving of

Spirit. Other possibilities for my life seemed to spring up from nowhere (of course, they were there all the time). Farming became just another choice, equal to all the other choices. And I chose a different path that is more in tune with who I am now rather than who I was in the past.

"This was a very freeing experience. Happiness and contentment come not from what I do or create outside myself but from my choosing to use everything in my life—whether "good" or "bad" (even when I smash my thumb with the hammer)—to turn to the Spirit in me and say, 'Thank You for this opportunity to love myself and all Creation more.' When I do this and let go of what I think needs to happen I allow joy and peace to enter my life. I allow the true Source, the Will of Spirit, to move me."

Step-by-Step

Here's a quick reference list for daily practice. Please refer to the articles for complete information

1. Say to yourself,
"Lord, God send me your Light."
2. Say to yourself,
"Lord, God bring my consciousness entirely present."
3. Be conscious of a goal in your life that you wish to attain.
4. Ask God to handle it for you by saying,
"Lord, God, for the Highest Good have (your goal) happen."
5. Now let go of any negativity, judgement or specific outcome. Tell yourself, "(your name), it's okay to let it go. God is handling it."
6. Trust that God hears you. Trust that God supplies. Now you are allowing God.

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

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Suggestions for further study

Audio TAPE # 23: "Letting Go, Letting God (Part 2)"

Audio TAPE # 36: "Peace: As Above, So Below"