

Tools for Living Free

NUMBER 4 IN THIS ONGOING EDUCATIONAL SERIES

Allowing God to Live through You

*Excerpts from the Satsang,
"Whose Life Is It Anyway?"*

"I was driving along the road,...I had to scratch my leg, and the Spirit said, 'Hey, that's not your leg,' ... 'It's not your body,' ... 'It's God's body,' ... "Then I felt my consciousness drop back inside, and...open up to all that it was, and I knew then that this part that was in time and space was simply a vehicle... 'Oh, just as I'm driving this vehicle, God's driving me—I'm His vehicle.' ...All I had to do was allow Him to live there, and use me as His vehicle ...God's the driver, and He's the vehicle, and He's the passenger...and all I have to do is just allow it! ...so if this is God's body and this is God's life, and this is God's consciousness, where's my place? And it's obvious: my place is in God, and God's place is in me. It is one and the same..."

"So, if you live as 'God lives you' you're free and clear, because all you need to do is get out of the way and let your True Self come forward, ...And we all have what I call a dumb part, and all the dumb part has to do is listen to the smart part. But the dumb part, being the dumb part, is going to insist that it's the smart part. And it's your job to discipline that part. And the way you discipline that part is lovingly, affirmatively; but you do discipline it. It's not a repression kind of thing;...you just direct that part to where you want it to go, to get into a whole system of cooperation...."

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"Of 'cooperation', because if you're the vehicle, and if you're not cooperating with the driver, or visa versa, it's going to be a pretty painful experience. You're going to be, literally, tearing apartand it's gonna hurt! Now a good indication of when you're doing that kind of thing occurs when fear comes in ...So, fear is a really good indication that you have separated yourself out...."

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"Another nice indication is an emptiness that comes upon [you] that is unsatisfying. It's like a

dryness in your consciousness that happens, and that dryness comes about when you haven't let, literally, the Water, the Living Waters, or the Christ, work through you, the part of 'you' that is God....

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"Also, when you're feeling powerless, you've separated yourself out:...what is said is, 'I've separated myself out from the Source of Power, from Power itself, from the Faucet and I don't have any power'...."

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"So, fear and separation, powerlessness, anger—see, when you're angry, and I'm not talking about it as a momentary response, but I'm talking about it as a preservation, when you keep running it, and keep holding yourself there—are indications that you are not letting God live you. You're not in the process of forgiveness, of giving, of giving to yourself, of allowing that flow...."

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"When we talk about this Path, the Path of Soul Transcendence, it really is a surrender process. You surrender to the Lord, you surrender to God. And what happens when you do that? You discover that the game has been: 'Tag, you're It!' And you've always been 'It', and you've come into the knowing that you're It. That's what the process of gnosis is, what Gnosticism is all about: knowledge of the Self. Not the psychological self, but the Spiritual Self, the True Self. And the end result of that is: you get to know that you are God, one and same...."

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"So, it's not that God's up there and you're down here, less than—no, you're the same, coming into the memory of it. All you have to do is turn inward, turn inward to that place that knows who's driving the car, that knows He's the vehicle, and also knows where the engine is...And how do you start it? You turn on the

"If you check out your own experiences and you ask, 'Okay, when have I really been the most joyous in my life?' you'll probably answer, 'When I was hanging out with God,' or 'when I allowed Him to approach me.'

Or to be really accurate, 'When I allowed myself to approach Him inside myself.' And those are the times of great joy He wants the opportunity to give Himself to you, Inside of you.... that when you turn in there He more than meets you and you Source yourself and you're filled with the Light (of the Most High) and you're filled and you're filled and you're filled. And you're rich and you're Abundant."

*from the
Open Satsang
"What is
God's Will
For You?"*

ignition, that's the key, the Initiation turns on the engine that moves the car, so the driver can use it...the Initiate is your 'own' Soul, you're 'own' Spirit—that's what's being Initiated, and that's what has to initiate this whole process...

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"The way to go down this road called life, in this vehicle called your own physical self, is to work it just that way. Let your own Spirit initiate your Self, move your Self into the Spiritual part, where the motor is resting in the consciousness that God lives as you and in you, and directs you, determines the flow, supplies the power, supplies the amount of power, knows how to steer, knows how to brake, knows how to accelerate, knows the road...

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"In this thing called Soul Transcendence, or the Science of God, it's real simple: you become that

vibratory frequency you attune to. Or to quote the Bible, 'as a person thinketh in his heart, he becometh.' It's real simple; when you focus on God; guess what? You become that. But that's who you are anyway. So, if you can live your life as allowing God to work through you, allowing God to live through you, allowing God to make His money, allowing God to do His work, then you're free and clear....

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"So, what do you have? You've got everything, that's just it. You've got the Lord, you've got the Light that you are, you've got the gift of this life, so that you can come into that realization ... You get the gift of taking that trip down this road, and discovering that you're the vehicle, and the motor, and the ignition. It really boils down to responsibility, being responsible and responding to God, that lives in you, as you, and animates you, and is driving that car.

Try This

Get nice and quiet. And take a moment to call in the Light of the Most High, "Lord, God send us your Light." And just, 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. Okay? And what I want you to do is allow the knowing inside yourself, the truth of the situation or the relationship just 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 bunch of arguments against it come up, that's

okay, too. Just let them go.

And take a moment and just allow the relationship or the situation to just play out according to the truth of what you know about it. Now can you live with that? Can you live with trusting yourself? Now take a moment before you open your eyes and ask yourself, 'What exactly did you do and what do you need to trust yourself in that situation or relationship and in life in general?'

(from the Open Satsang

"Trusting Yourself: A How-To-Manual")

Case Study

I was driving home from work and I was stuck in traffic. I work in Manhattan so you can imagine the traffic. I was having a wonderful day so I didn't mind very much. I had been stuck for about an hour when I said, "Lord, God, for the Highest Good, lift and clear this traffic for me, now." Instantly it began moving quickly. I thought, "Wow!" Then I wondered what the difference was for me between this request and my requests for lots of money or a successful singing career. And I experienced that the difference was my inner attitude. With

the traffic, I was pretty neutral and I easily allowed my request to be met, but with the money and the career I had fear and attachment, doubt and expectations. I had created all this "stuff" that had prevented me from allowing God to work my life and work my situation. What I learned is that God wants to give to me, God wants to supply me with Abundance, prosperity, Health and Wholeness. My own strength and power is in being neutral, turning to God and allowing Him to be the power source -- allowing Him to live through and give to me.

Suggestions for Further Study

Audio TAPE A33:

"Trusting Yourself: A How-To-Manual"

Audio TAPE A34:

"Acceptance: The Key To Your Heart."

Audio TAPE A36:

"What Is God's Will For You?"

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 yourself: "Who's life is it anyway?"*
3. *If you experience fear, emptiness, powerlessness, anger - let it go by asking the Lord, God to take it. Tell yourself, "it's okay to let it go."*
4. *Allow God to live this life through you. It is suggested that you study for Initiation to begin this process of "conscious allowing." Request the booklet "The Sound Current: The Path of God-realization."*
5. *Be present. Respond to God that lives in you by going with the Truth of what you know.*

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

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