

# Tools for Living Free

NUMBER 5 IN THIS ONGOING EDUCATIONAL SERIES

## Ask. Let Go(d). Receive

*Excerpts from the Satsang, "Trusting God is Trusting Yourself"*

"I want to talk a little bit tonight about the Oneness of trusting God and trusting yourself. And I know it's going to be a stretch for some because we're really trained in this world to think we don't have any power and all the authority is outside of us. We're trained not to listen to ourselves. We're trained to listen to others — you know, the experts. Whether they're medical experts, whether they're legal experts, whether they're professional experts of all kinds, we're trained that way. And it's really a symptom of our basic feeling that seems to come with this territory in these karmic fields on this planet of being powerless: that there's nothing inside of us so why listen, there's nothing there.... And you keep doing this and doing this and doing this and you wind up shut out of yourself, literally, exterior to yourself. And that's why so many of us think our own thoughts, our own feelings are foreign. ... it comes upon us or we get these diseases and these diseases are outside ourselves and we have to go and fight them... And also how we see ourselves, just in brief, in this world, at least in the Western world is we're one being isolated against the world, against the environment, and so we're alone. And nothing can be farther from the Truth."

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"The substance is in us and it's the same substance as the Lord, God. "In the beginning was the Word and the Word was with God." You know, it's fascinating to me that someone demonstrated the Truth — the Christ, Jesus. Then before you know it, a whole religion happened ...and then you get the worship of the messenger. And mankind in its own wonderful way immediately did what it always did, made the Spirit or the power outside itself. So that there was this man in time and space who existed so let's venerate him. Well, but you see that's abdicating our responsibility. Because our

responsibility is that it's inside. ... And if you listen to the Teachings it's said, "that which is in me is in you and even greater." He's talking about the Christed Consciousness or the Mind or the Consciousness that's one and the same with the Lord, God. So, there you have it. You have the directive."

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"You trust God because He's inside of you and because the karma's upon us, yeah, we think it's outside, etc., etc., but even if we do nothing else than be an active co-creator with God, we've taken a big step. We've taken a really big step. Let me give you a for instance. I wanted to create having an escape from the city...I didn't know how it was going to happen. I didn't know anything. I didn't even know where, basically. And I asked God for it. And sure enough we got led right to it. I mean even to the point where the sales agent asked if he could see this property while we were with him in order to list it. And would we mind tagging along. Well that's the place that wound up being ours. So, what I did in this process was I trusted God to know more than I did and to create in His time and His Way."

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"See, there's choice. There was a choice involved. And that choice was to know that I could be a co-Creator with God, that I became responsible for that knowledge and that I asked God, the Spirit inside of me, the Great Spirit, the Great OverSoul to just guide that. And we were lead right to it. It was orchestrated so beautifully that we didn't have to do anything, other than... asking God, turning to God."

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"When we lift as a Soul and come to know ourselves as Soul then we know that our will

*The Holy  
Communion  
is the  
communion  
inside  
ourselves  
with the  
Spirit that  
we are.  
And the  
bread and  
the wine  
is the Bread  
of Life,  
the Staff  
of Life,  
... the Holy  
Spirit  
or the  
Sound  
Current.*

- from the  
Open Satsang,  
"Trusting God  
is Trusting  
Yourself"



and God's Will are One and the same. So that God and us — we're the same. 'In the beginning was the Word and the Word was with God.' The Word is what the Soul is made out of — the Sound Current or the Spirit, whatever you want to call it, that's us and that's God. God is the Great Spirit or the Great OverSoul. We're the same material. We're the same. You know, man is created in God's image.....We're created in His

image means that we are of that same material, that same Spirit."

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"And I say all this as kind of a backdrop for the simple point that if that's our focus as Souls (that we are the same Spirit as God) then God is within us. So when we trust God we're really trusting ourselves and when we trust ourselves we're really trusting God...."

## Try This

"Pick three things that you'd like to have in your life. It can be material things or it can be non-material. For example, feeling more calm or less anxious or feeling better about yourself, and asking the Lord, God to give that to you and then just receive and just live in the knowing that you've been heard and that you need to allow it. And to trust the part of you that knows that that is the way to live."

## Case Study

For the last several years I have been trying to start up a food company. It always seemed to be a difficult and arduous process. Starting the company seemed to mimic my life. I was working hard at making it happen and getting nowhere.

While taking the Everyday Evolution 1 class I realized that I had never really committed to the food company. I had never told myself that this is what I'm doing now. I began to give myself permission to be successful and to make a lot of money. This flowed into all aspects of my life. I began to give myself direction and permission with other aspects of my life, and, as I did this, outward changes followed. My personal relationships changed and I felt freer. I was doing a lot of inner work. Talking to myself. Staying with my inner knowing. Letting go. Allowing God to give to me by choosing to get out of the way and letting the project have a life of its own. I began to feel excited and enthusiastic. I remained present with the success of the company and the knowledge that God hears and supplies.

My tentativeness about the company fell away and my thoughts, feelings and actions now operate from the place of knowing that the company is (rather than will be) successful.

One day I saw an ad in the paper for a commercial kitchen to rent. It was perfect for my needs. I told the owner I wanted the space and would get back to her soon. Outwardly I had no money to move the company to this level but I held the vision. I asked God to lead me and to provide the funds. A few days later I was at a dinner party and I was discussing my food company with some people. They were so excited and interested that one of them offered to be an investor if I ever needed backup. I took the next step and met with the investor and introduced him to my products and ideas. He is now funding the startup of the company and I'm moving ahead. I am starting a new adventure in the form of this food company — that is the minor news. What I'm really doing is surrendering my agenda, my way of working and allowing God to give to me. I'm using many tools available on the Path of Soul Transcendence that lovingly guide and direct me to be present with God and receive His Love and Grace. I call in the Light of the Most High and ask that my next step with the good company be shown to me. I ask that anything I am allowing to prevent this be lifted. I tell myself it's okay to let it go. It is effortless, easy and fun.

## 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 God for guidance and clarity regarding a situation in your life. Choose something you would like in your life and ask God to supply it, for the Highest Good.
3. Say inside yourself, "Lord, God move me into trusting you and trusting myself."
4. Actively listen to yourself. Trust that God knows more and wants more for you than you do.
5. Receive. Live as an active co-creator with God by calling on Him and trusting that you are heard and you only need to allow.

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## Suggestions for Further Study

"How To Do With Nothing Due"  
(Audio TAPE #A44)

"What Do We Do On The Path Of Soul  
Transcendence?" (Video TAPE #V21)