

Tools for Living Free

NUMBER 7 IN THIS ONGOING EDUCATIONAL SERIES

Practicing Eternal Vigilance

Excerpts from the Satsang, "Who's In Your Kitchen?" (TAPE A42.)

"... I have a simple question to ask you... 'how many of you would decide to go and eat in a restaurant based upon either your experience or the restaurant's reputation of having awful food?... How many of you would go to a restaurant that you either knew from first-hand experience or had a reputation of having awful service?.... And how many of you would pick a restaurant to go to that you knew had many health violations against it?' Okay, not too many. So that when you go out you really want to have a place that has a nice ambiance, has good food and you can be reasonably sure is a fairly clean place... Okay, you don't want any pollution. You don't want any disrespect or disservice, etc....

"Now, I just want to ask one more question... How many of you demand the same thing in your internal environment? How many of you insist that your environment that you've created, that it's respectful to you? It serves you edible food? And it is clean?"

"Okay, and the food is the Spirit that we are, the Manna from Heaven. And the pollution, you wouldn't settle for a dirty restaurant and pollution in the restaurant and one that had a lot of health violations. Well, how many of you cloud up or dirty the inner environment with fear, with hurt, with pain, with guilt, with shame? I'm not talking about something that just passes through and you're on the other side. But something that you hang out with that's like a cloud. How many of you allow the food to be served clean, the Spirit inside of you? You have access to that; you know, as an Initiate of the Light of the Most High you have that access. And if you haven't been wise enough to choose walking this Path yet, you still have a few tools so that you can choose into that. You can drop the hurt, drop the fear, drop the separation and allow the Spirit inside

of you to come forward."

"And isn't it interesting that we have to keep our environment clean and the Spirit we are? You know, we don't have pollution problems in the world devoid of anything else. I've flown over areas and you just see brown clouds, that's pollution over these cities. Okay, but that's a mirroring of, an outer mirroring of, inner pollution. There's pollution there. See? And also, if you're in the Spirit and you're aligned with That, you understand that there are consequences to what you do. Yeah, you know, if you have a factory and you go and dump PCBs or whatever into the river it's going to effect people and there's life and there's fish and there's a whole ecosystem, etc.. And you'll be operating not so much as, "Oh, I won't do that because I don't want to hurt or destroy the system," but you'll be inherently correct and you'll stay with the Spirit you are. So you won't hurt anything.

"But, how many in your own daily life adhere to that?.... You need to practice eternal vigilance because that's freedom. And you want to monitor the environment: Where are your thoughts going? Where are your feelings going? What do you keep returning to? What are you allowing?" "It's all about, 'Tag, you're It.' You're responsible to see that only the highest frequency, the Spirit in you, is cooking the food. And what's the food? Is it going to be fear, doubt, hurt, pain? Or is it going to be loving surrender, being with the Spirit you are, attunement, at-one-ment, being in joy, dropping back deep down inside yourself, in the Soul, and being with God? Is that what's going to go on in your kitchen? The choice is yours. The choice is yours. And the fire's on because that's the Spiritual Fire. That's always on. You know, so you can get cooking right away."

"Put the Spirit in your kitchen. Put God in your kitchen. Eat the food and you'll be amazed at how nourished you are and how fulfilled you are."

From the Satsang
"Who's In Your Kitchen?"

"Okay, see, this you can practice all the time: Deciding who's going to be the chef? What's the food going to be like? What's the service? What are you serving? Are you serving the Spirit inside of you? Are you respecting yourself? ...when you give yourself God, it's really about loving yourself. And do you love yourself enough to give yourself God, to give yourself the Spirit inside of you?....See, and the nice thing about this kitchen, by the way, another word for this kitchen is called life, and that's where you get a chance to learn how to cook the food and nurture yourself and nourish yourself and serve yourself with what you decide the ingredients you want in your life."

"And you may very well find that if you exercise eternal vigilance and if you really are mindful and determined to make sure that only the highest frequency in you or the Spirit in you is cooking the food, which is the Spirit, which

is the Sound Current, you may find that all that other stuff doesn't really exist. And then all you have in your life is serenity, calm, peace, neutrality, joy and being and loving God. Now, that's some good food.... All you have to do is decide inside of you to let go, surrender, be with the Spirit you are. Choose. Choose. You have tremendous power in that simple thing of deciding to drop all those negative thoughts and feelings and take yourself into a place of neutrality or surrender or being free or a place where that negativity didn't exist."

"So take a tip from me. Take a tip from your Server. I'll reverse the process. Take a tip from the person serving you and give yourself the best. Put the Spirit in your kitchen. Put God in your kitchen. Eat the food and you'll be amazed at how nourished you are and how fulfilled you are. And it's as easy as that and that's my promise to 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: "Lord, God send me Your Light."
2. Know that you are in charge of your inner environment as you choose where to place your focus.
3. Ask God to take any fear, hurt, pain, anger, anxiety. Tell yourself, "It's okay to let it go."
4. Ask God to show you where you are focusing and choose to stay with what is positive and uplifting. Allow God to "cook the food," by saying inside yourself, "Lord, God I choose to keep my inner environment clean; help me to give myself the Spirit I am."

Try This

"... get quiet for a moment. "... Lord, God send us Your Light." And just let a situation come up for you that really has you annoyed and aggravated, etc.. And let your feelings run. And let your thoughts run that you have let run and dominate before. And now just allow the Spirit in you to be the cook in that situation. And see

what happens. Okay? Now, go back and let the former, those thoughts, those feelings, the way the situation used to be inside of you, let that run around in you. Okay, and now practice eternal vigilance and make a choice as to who's going to be the chef in your kitchen."

Case Study

The other day I had an appointment. This is a regular appointment for me and I usually leave my house at around the same time, but on this particular day I had been working all morning and realized it was rather late. I felt myself start to get worried and into a rush, but I knew inside that I would be on time and everything was okay regardless of the way the situation looked. I decided to use this inner knowing as a reference point and to allow myself the process without the fear or the judgment. I chose to let go of fear and anxiety and stay with the peace that I knew inside. I trusted that God was handling it. I left the house immediately. And even though I left about 45 minutes later than

usual I arrived in perfect time and found a parking spot on the street right in front of the building in which I had the appointment. It really taught me that all I need to do is stay with what I know to be true regardless of what the rest of the world says or how the situation appears. I did this simply by loving myself enough to trust that God was handling it and to allow myself to be led by being present in the situation without judgement. This opened the door for me to receive the Peace that's present. The peace is always flowing and by choosing my focus I allow myself to be supplied. By keeping my inner environment clear my outer environment is clear as well.

Recommendation:

Mini-Everyday Evolution Workshop -- call your nearest Center for more information

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Suggestions for Further Study

TAPE A42, "Who's In Your Kitchen?"