

Tools for Living Free

NUMBER 8 IN THIS ONGOING EDUCATIONAL SERIES

How to Create Wisely

Excerpts from the Satsang, "Choosing Wisely Your Creations" (TAPE A21,)

"... one of the prime ingredients of ... our lives ... [is] individual responsibility. We respond. What are we responding to? but, really, the call of the Spirit within us, the Spirit that we are because that's really why we have come, you see."

"The Teachings of The Path of Soul Transcendence: probably why I love Them so much is they don't focus on karma and fear of creating karma. We don't do any of that. What we do is simply focus on loving The Lord, God; we are lovers of God. That's what we do. And there's a Path that we walk that enables us to do it, and this Path is the Path of The Lord, God, of The Sound Current, of The Path of Soul Transcendence. And It's not a Path to God, but It's the Path of God, as God unfolds within us. Because we are that. 'In the beginning is The Word and The Word was with God.'"

"We need to awaken those parts of ourselves that are Spirit. When we create positively, what we do is we enforce that. And creating positively means exercising your choice, your individual responsibility and choosing to drop negativity. Choosing to be present with yourself. Because that's where God is; It's in here folks. Maybe that's the biggest joke of all. God's got a great sense of humor. It's in us, and that makes us the most powerful and incredible creatures alive Co-creators with the Lord, God. You see, God lives inside of us and we don't need clergy, we don't need anything. God gave us life. That's all we need. And we can use it to go inside."

"When it's said that 'what you do to the least of people amongst you, you do to me' that the Christ, Jesus spoke, He was talking about that Christ is in every one. And if you go against anyone, you're going against the Christ that's in you, that's in me, that's in them. It's all the

same, and that we're karmically responsible."

"The Lord's Prayer is an absolutely incredible prescription on how to live karma-free. No judgments on yourself or on others. Real simple because you're responsible, you see. And the interesting thing in my experience with people is when they do enter into judgments or enter into negativity, invariably, is that they don't know what the hell is really up. That it's based on 'this should be happening' or 'that's the way it really is' and it's not that way at all. And so they judge, they judge. All these judgments and all these thoughts and all these angers – they build up. And they build up, and they build up and they become crystallized, and crystallized, and crystallized and they are movements away from the alignment of our will with God's Will. And God in His kindness, gave us free will. We have choice.

"We have choice. So we can choose away from God, or we can choose towards God. Once again, it's not God out there, it's us. We can be present with ourselves or not present with ourselves. We can be separate from ourselves or not. And rather than say creation is important because if you don't create positively, you're going to re-embody or it's karma -- I'm not going to say that – I am going to focus on creating wisely. ... And let me just reiterate that each moment is an opportunity to do that, to create positively.

"To create well, to move into an inner alignment, to move into a inner peace with whatever you want to call it, the God within, the Christ within, the Lord, God, (the name) doesn't matter. The great mystery of God, of life is that It's inside of you, and that It's living us and moves us and animates us."

"And we have our movement and our being in God. When we create positively, what are we doing? We're re-enforcing that; we're going down that track, down that track."

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From the Satsang
"Choosing Wisely
Your Creations"

"So, part of creating wisely is accepting. Just accept, without judgment. Another thing about creating positively is you need to exercise eternal vigilance — you've gotta be the policeman. You're the one who's going to direct your focus. No one is going to come and say, 'hey, you got to focus over here, you got to focus over there, you got to focus over here.' Some of the spiritual groups (and) religions, they try to do it by putting the fear of God into you. You know 'you'll reincarnate as a beetle unless you' — but that doesn't work. What you need to do is exercise your vigilance to focus away from that, to choose, to choose to drop the negative focus, and to lift and grow and move into The Light that you are. And the third thing that's really important in creating positively is that's who and what you are. It's acknowledgment of that."

"The nice thing about creating positively is that you don't have to buy into any dogma, any religion; you can experience it directly. You don't have to worry about: What does God look

like? Is It a he? Is It a she? Where does It live? or any of that stuff. But you can experience God directly because you're acknowledging yourself as Spirit. And the gift of choosing your creations really wisely is you get to be with God, you get to be with yourself, you get to have real inner peace."

"And I'm going to leave you with just that, how wisely do you want to create and how responsible do you think you are for your creations? And what I would like you to do is — and write it down once a day if you like — if you honestly knew that you were eternal and that every creation that you made that was not coming from this knowledge took you a step away from this, would you make that creation? In other words, if I said 'there's one million dollars here, you can have it simply as a product of loving God' would you create anything that took you a step away from getting that million dollars and then another step, another step? Well, live your life accordingly, and it's yours to live."

Try This

"So if you just sit with your arms and legs open. I always like to start by calling in The Light of The Most High, and just saying 'Lord, God send me your Light.' Pick a real negative creation, a creation that you have really been working on,

that you keep going to and going to and feeding it. One that you've really done a good job with. And ask the Lord, God to take it, and then tell yourself, '... it's okay to let it go,' and let it go.

Case Study

I know that God creates every situation for my spiritual upliftment. This being said, I wanted to understand why in some situations I felt like I was with Spirit and others I felt everything but. I was given a wonderful opportunity to answer this "seemingly" baffling question.

I was on an airplane in Atlanta waiting to return to New Jersey. Sitting on the runway I noticed repairmen running up and down the aisle — there was an intercom malfunction. I saw this situation as an opportunity to be with Spirit. I let go of all anger and frustration and decided to create positively. I used the time to reflect on the great time I had over the past week. Around me, the majority of people were into their negativity and complaining ways.

I knew from the TAPE "Choosing Wisely Your Creations" that I needed to be nonjudgmental and in acceptance of the situa-

tion. One gentleman specifically said to me, "you know we're stuck here. How can this airline treat us like this?" I greeted him with a soft laugh that indicated "I'm not participating in your negativity." It hit me that I was not being rude, I was choosing to focus into Spirit and to hold this man to the Spirit he is.

In these three hours I learned to take every situation as a gift from God and I learned that the best thing I can do for anyone is hold them to the Spirit they are by my demonstrating how to focus positively in each moment. Plus, I also listened to a great TAPE. Worth three hours? I think so.

My original question is now answered— Spirit is always choosing us; however, Spirit in Its grace allows us to exercise free will. It is up to us to choose Spirit and co-create as Spirit.

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. Pick a situation in your life. Choose to drop any negativity or judgments you may be focusing on around it by asking God to take it. Tell yourself that it's okay to let it go.

3. You did it! You exercised your choice to be a conscious co-creator with the Lord, God.

4. Be present. Each moment exercise your choice by dropping any negativity and judgments and let them go. By doing this you are an active co-creator with God.

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Cosmos Tree, Inc.,
a nonprofit, educational
foundation.

Cosmos Tree, Inc.
PMB 182, 1461A First Ave.
New York, NY 10021
212-713-5398

email: spiritcentral@yahoo.com
website: www.spiritcentral.org

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Suggestions for Further Study

TAPE A21, "Choosing Wisely Your Creations"