

Tools for Living Free

NUMBER 10 IN THIS ONGOING EDUCATIONAL SERIES

Choosing To Live In Grace

Excerpts from the Open Satsang "How To Do With Nothing Due" (Tape No. A44)

I wanted to talk a little bit tonight on how to do with nothing due. And I wanted to explain a little bit what that meant. It really means how to do a complete action with nothing due. And it also has to do with how to do, how to have your actions in this world without anything to do karmically. So we're talking about clear action.

Or let the motor be God. Or line up your intent with God's intent. Okay, let me give you a simple example. Let's just say I were to ask you "hey, look this is happening. I'd like you to participate." And let's say you have a child and you need a baby sitter. And you say, "okay, if I get a baby-sitter." Right away you have conditioned your participation. Let me suggest a better way of working that. If you honestly intend to participate you line up with the intent of "yes, I am going to participate in that, that's my choice." Then ask God to bring forward the baby-sitter. That's very different from conditioning your participation in the event. And many of us do that, we condition our own participation with the Spirit inside of us.

"Okay, I'll do this if I get around to it or if this and this happens or if I feel better or when I feel better or....etc." So we're never present, we're always out of the present. And when you're out of the present, you're not with God because God's in the present. If you're not with God then guess what? You've got something due. You've got karma due. Because you're choosing to live in karma.

Yeah, we are free, we're created free. And we imprison ourselves, we enslave ourselves. How to do with nothing due takes us from slavery to freedom. And it's choosing

freedom not enslavement. The freedom of knowing we are responsible, the freedom of being totally present with God. And exercising choice and allowing our will to be lined up with God's Will. And surrendering all that stands between that.

But why not take the way of Grace? Because eventually what's going to happen (is)-this is a Surrender Path - and we all surrender and empty ourselves before God.

The Christ, Jesus on the cross was that attunement process. The lining up, the surrendering, surrendered the ego, (in) time and space, crucified in time and space. Gave up His will, the individual will and lined up with God's Will. And God's Will, guess what happens? You get resurrected and that means simply that you're in the Spirit Body or the Soul Body. And this is a live, living Spiritual Reality. So let me just kind of wrap up here. And then I'll kind of reduce it to just one sentence. You want to be lined up with intent. You want to be lined up with responding. You want to be lined up with being immediately present, letting go of manipulating the results or counting people or numbers of people who support you in your action. You want to take a look at your feedback systems, you want to make sure that you may have to stand alone with some things. But you stand alone with God.

Because the source of all abundance is God and God is abundance. Inside yourself we're abundant, we have the Spirit. God makes available to us all of Heaven; think about it, all of Heaven. And we give ourselves so little. So each thing that we do is a nice

"And what I'd like to leave you with tonight is the gift of really knowing that you are worthy. Or even if you don't know it, put it aside and just allow yourself to receive God's Grace. Because we're talking about Grace — it's an action of Grace. And through Initiation, which is your responsibility, the Soul is placed ... in a position where It can receive God's Grace. And what is God's Grace but the magnificence of Himself and your discovery that you and God are One in the same."

*From the Open Talk
"What is The Sound
Current?" given in
Kingston, NY.
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opportunity to lift and give ourselves Heaven, being present with God.

So let me give you a one-sentence wrap up of how to do without anything due. Choose to be entirely present with God. Now this process here you're welcome to use any and all times and it works. And you can be present. And move into being present. Being present. Being present. And that's how you do. And when we do things in God's name, by that I mean by chanting the Sacred Names of God, we do that, we stay clear within ourselves. Then the action is clear. If we live in God and commit to that and are present and are in that neutral space. It's clear. And the thing that struck me is how uncomfortable all that other stuff is. And yet many of us live in that uncomfortability. So make

yourself nice and comfortable, hang out with God inside. Each and every moment choosing that, choosing that. And it's those moments that build and we strengthen the Spirit in us and strengthen that choice. Every Soul is going to have to go through the Surrender process, the alignment process with God's Will, be lined up, know God directly. Every Soul has to go through that. That's the process. That's why this planet is here. So Souls can learn that. Learn it here and then go Home to God. So that's the macrocosm and the whole big picture, so to speak. And you can replicate that in your own life. And you'll have the lining up of the microcosm with the macrocosm because guess what? The Teachings teach us that man and God are the same. And it's as simple as that. And we'll stop with that.

Step-by-Step

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

Steps for Continuing To Live In Grace

1. Call in The Light of the Most High: "Lord, God send me Your Light."
2. Ask the Lord, God to move you into being immediately Present with God inside yourself.
3. Each day let a situation come up in your life. Experience what you would like the situation to look like and be present with your intent to align with God's Will.
4. Let God be your motor and choose to let go of pain, doubt, fear, expectation, etc. — anything that stands in the way that might condition your participation and ask God to take it.
5. Be present with responding/accepting God's Grace and Allow God's Grace to flow.
6. Receive, just receive.

Try This

So get nice and quiet. And we'll call in the Light by saying, "Lord, God send us Your Light." And just pick something that you're doing. Okay, and without really thinking about it, just allow all the - whatever you want to call it - the vibes with it, everything connected with it to come forward. Okay, now just allow, you don't have to do anything, all you have to do is receive. Just allow yourself to choose to be present with God inside yourself. To let go of pain, doubt, fear, etc., to surrender all the negative stuff. What happens when you do that?

Case Study

I went rollerblading the other day. I was in the street, going down a hill and I fell. I fell on my tailbone, on my shoulder and finally on my head (with no helmet). I was dazed. I was hurt and very shaken up. When I got home I realized that I had been really angry. I had been angry all day - at my friends, at my job, at my life. And I got to see very clearly that I had fallen and hurt myself because I was angry. By being angry inside myself I was hurting myself (causing myself to stumble and fall inside of myself) and that hurt had simply manifested out in the world. I was shocked to see that I was this powerful - that I could cause physical injury to myself completely unintentionally just by my negative thoughts and feelings. Wow!

As a Student of the Path of Soul Transcendence I have learned a little something about Grace. And that has to do with using

my power - my free will - in alignment with God's to create health and wholeness, abundance and joy.

Reflecting back on it I could see that I had created car accidents, lack of money and sickness for myself all by my negative thoughts and feelings. I also could see the joy that rippled throughout my life and the lives of others when I chose to stay with the positive, stay with God and live in the joy of fulfillment and love. What a difference! That day I decided to live in the joy of fulfillment - to focus on the positive in the situation, the good in others, the good in myself - success - and loving God.

I just ask God to take all the negativity and I tell myself to let it go. And I live as God intended - in Love. The Love is here for me - it's always been here - but it's up to me to choose it for myself.

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