

Tools For Living Free

NUMBER 115 IN THIS ONGOING EDUCATIONAL SERIES

WHAT'S THE HURRY?

Excerpts from the Satsang "Patience: Its Importance And Care" (TAPE/CD A47)

"I want to talk a little bit tonight about Patience, what It is and the importance of It and caring of it. I just want to start by giving some examples of what It is from my own recent experiences. And it actually happened this past weekend where I changed a couple of flights and worked It in such a way that we were trying to get back about four hours earlier from a different airport. And of course, either the flights were completely booked or they were overbooked and the neat thing was that every flight on the hour was basically in that predicament so we never knew if we would be able to get back. We could not confirm any flight because the flight that had been confirmed for us was at a totally different airport in a different state. So there was no safety net; we could have spent the whole night there and stayed at a hotel and the next day tried the whole thing.

"And Patience really consisted of instead of my going with the scenario, 'oh, my gosh! there's no safety net; if we don't get on this plane we'll have to wait an hour, we'll have to get on that plane and then we'll have to wait the next hour and the next hour and our confirmed flight isn't here anyway so we'll be here to like midnight trying to get on a plane and then we won't get on a plane and we'll have to stay at a hotel; we'll have to come here the next morning and try the whole thing again and I'm tired; I just want to go home.' That would have been fine in a way; I could have gotten into worry; I could have gotten into concern; I could have gotten into agitation, I could have bothered everybody with me; it would have been kind of nice. But I decided to exercise Patience and the Patience was real simple; Patience was deciding to be Present in *each moment* with the Truth. And the Truth is simply that we are Spirit; that we *are* God and to stay with That. From That Point of View it really was irrelevant whether we got on or not. Yeah, my 'spies' kind of told me that the completely booked flight wouldn't be completely booked. But I really decided to use That, to lift and stay Present with God and practice Patience.

"I remember when I was just coming out of college and a cousin of mine - he was in his fifties - and he took me to this health club and they had these stationary bicycles. He said, 'Okay, I'll race you.' I said, 'Okay, I'll race you.' (I thought) 'Here's a guy about two and a half times my age; I'll kill him.' And he told me exactly what would happen: he said, 'Boy, you're really going to try to whip me, and what's going to happen is the first half, you're going to be beating me by miles. And by the second half, you'll be like dragging your tongue on the floor and I will just zip right past you and I'll

beat you.' We were doing like a number of miles in a set time. And, of course, it happened. And that is what has always stayed with me: that slow and steady wins the race. Slow and steady within ourSelves wins the race and Patience. "

"Guess what God does in terms of us as Souls? He's as patient as we need Him to be. And His Patience is called our re-embodiments. Take as much time as you need to see the Face of God by Loving God; take as much time as you need. What's the hurry? What's the hurry?"

"... yeah, it does take time; but God gave you this time. He gave you this embodiment; take it, take it for its proper use! ..."

"... And we tend to look at things that take a long time as 'that's really unfortunate' or 'it's been long suffering'; 'it's so bad and it's so painful. It should be over.' Well, if it really should be over it would have been over. ..."

"... And then we also get impatient with the event, 'when am I going to finish thinking about this?' Whenever you declare it, whenever you declare it and whenever you practice Eternal Vigilance.

"... And I start to train my Consciousness and it moves off of it. ... The only thing real is holding steady."

"... I realize as I'm saying this some people are going to say, 'yeah, but it hasn't moved off me; that means I must be doing something wrong.' I didn't say that. All I said was practice Patience; Lovingly nurture yourSelf; use It for what It is, Which is an Opportunity to be with God, an Opportunity to be centered."

"The Gift from God, this embodiment - that's the time - it takes time. You were given time, God gave you time; He gave you this physical life - that's time. That's your lifetime. God gave you that. Take the time! Take God's Gift! Practice! Practice God! Practice the Spirit you *are!* Practice rising and knowing how to be in the Spirit *while you're in the body!* Practice allowing yourSelf to be moved beyond your thoughts, beyond your emotions!"

"... I chose not to identify with the outer circumstance of trying to catch a plane, and without a safety net. Didn't even have a confirmed reservation hour down the line. And I chose just to be Present with God. To exercise my Power not to identify with that; I didn't even think, 'Well, I'm not going to identify with that' I simply chose to identify with the Truth, Which is that I'm Spirit."

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*--From the Satsang
"Patience: Its Importance
And Care" (A47)*

Step-by-Step

Here's A Quick Reference List To Use For Daily Practice:

1. Call in the Light of the Most High by saying, "Lord, God, send me your Light!"
2. Inside yourSelf allow a situation to come up in which you have been allowing yourSelf to "hurry" or to be impatient - really to insist on your agenda versus the Only Agenda, Which is God's Will for Us All.
3. Say, "Lord, God, please take this impatience/my agenda from me!!"
4. Then tell yourSelf, "(your name) it's okay to let it go!"
5. Ask the Lord, God to give you the Clarity and Guidance that you need by calling in the Light Of the Most High (see #1 above) and then saying "Lord, God, for the Highest Good, please send me Clarity and Guidance on [fill in]! Thank you."
6. Attend Meditations, Classes, Workshops and Video Showings at Our Centers!
7. Call any Center and request the Priceless Gift of Initiation into the Sound Current on the Path of Soul Transcendence!

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

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need and what you need is the the Spirit that you *are*; in every case, that's how it is. And the impatience comes from what? Forgetting. It comes from forgetting a simple fact: that God lives in you as you. Try being impatient while you remember consciously that you are Spirit! Try it some time! ... You'll probably wind up laughing at yourSelf and at what you're doing and that's fine."

"And when we're impatient we're always running an attachment, 'I should be somewhere else; I should be further ahead.' 'I'm stuck in traffic; I shouldn't be here.' Okay, but even being stuck in traffic or stuck in a long line is an Opportunity to be Present with God. I always use it to chant the Sacred Names of God. ..."

"So Patience is being Present, giving yourSelf what you

DEAR COSMOS TREE

Q. I want to be a singer-songwriter but at age 57 I feel like there's no way at my age I can do that. Is there truth to this or am I just giving up on myself? I know so many singer-songwriters who can barely survive. Please help. T.S.

Dear T.S. 1. Call in the Light Of The Most High inside yourSelf by saying, "Lord, God, Send me Your Light!"; 2. Co-create with the Lord, God by asking the Lord, God for what you want like this: "For the Highest Good, Lord, God, send me [fill in what you want as specifically as possible - i.e., to be a singer-songwriter who makes a certain amount of money or does a certain kind of work - the where? when? what? of this; 2. Tell yourSelf (your name) it's okay to let it go!" (leave the results to God!); 3. Ask the Lord, God for Clarity and Guidance like this: "Lord, God, for the Highest Good, please send me Clarity and Guidance on [fill in - i.e. - "I feel like I'm too old to be a singer-songwriter. Is this so? And if not, what can I do for this to happen now?" etc.]; 4. Let it go by telling yourSelf: "(your name) It's okay to let it go!!" Do this as often as need be; if you are still "chewing" on something "outward" that is a sign that you need to let it go some more; 5. Surrender judgments/worry/doubt/what others are doing that you may have around this "outward" situation by saying: "Lord, God, for the Highest Good, please take any negativity/judgments/opinions of others from me [this includes the "fear" that you're too old or won't "survive" financially etc] and tell yourSelf "(your name) It's okay to let it go!!" Do this as often as necessary; 6. Stay Present/ Practice Giraffe Consciousness ["Keep your focus on the Lord, God as you go through your business in the world," as Our Teacher writes]; 7. Direct your basic selves (the part of you that brings forth your karmic patterns) into the action(s) you desire; and give them updates about what is going on now; keep yourSelf encouraged/reassured by telling yourSelf "we're fine and okay and safe now"; 8. Yes - you are giving up on yourSelf if you are working this "outwardly" - the Only Reality is God so do 1-5 and see what happens!; 9. The Teachings also teach us to do our part (i.e., research into the best producers; new outlets for your work, etc); God in His Love, Compassion and Mercy accommodates many choice points (when you're in "right" or "wrong" or "chewing" on options it's a sign of the mind - as Dr. Lane often says, "The mind loves to create 'problems' that we then have to go and solve!" Guess what? There are no so-called problems in Spirit!!); again, love yourSelf enough to follow 1-8; 11. Be Neutral - i.e., take what comes up for you as information; then just do your part!; 12. Remember, too, that The Teachings teach us that we are Eternal - in Reality there is no such thing as age!!! The Teachings also teach us that we are here to EnJoy The Life God Has Given Us. Do That by giving yourSelf the Life You Want. Let Go, Let God. Trust. Allow. Receive. Stay with the Program!! That's It.

To Reinforce Your Learning: 1. Beginner: read the *Tools For Living Free*, "How To Run Your Business/Your Life Spiritually"; "The Power of Positive Self-Talk"; "Using The Tool Of Choice"; watch the Video/DVD "How to Sacrifice 'The Sacrifice'"; 2. Intermediate: Everyday Evolution I Class; Meditation; The Money Workbook ; Open Hour and/or private Session with The Teacher; 3. Advanced: 1, 2 and request Initiation into the Path of Soul Transcendence.

Dr. Lane adds: You state that "you want to be a singer-songwriter" but then you also state that you "know so many singer-songwriters that can barely survive." By doing this you have conditioned your wanting to be a singer-songwriter. The Teachings Of The Path Of Soul Transcendence teach us that whenever you condition anything you have taken that "reality" and rendered it karmic; in other words, you have allowed the situation - in this case, to be a singer-songwriter - to be governed by the illusion of the world.

In addition, you are running an assumption: that because you "know so many singer-songwriters that can barely survive" that the same is true for you.

As someone who is also engaged in the creative process and knows many fine artists I vouch for the simple truth that as soon as you are concerned with results - success, how will it be perceived? - you step outside the creative process and the creative flow is stopped. Any artist I know just does his/her art regardless of the individual's circumstances as the respect for the creative process and for his/herSelf is not to be denied.

TS, I Lovingly suggest that you ask yourSelf whether you *really* want to be an artist? And to en-Joy the process of it and your art and not to worry about "results."

The Teachings teach us "NINTENDO" - to work your buns off and to leave the results to God.

You have a Wonder-full Opportunity, using the fine suggestions above, to overcome fear and to practice Proper Identification of yourSelf as Spirit and not as an age.

Why, TS, are you depriving the world of your talents?

TRY THIS ...

As Dr. Lane states in the Talk "Patience: It's Importance And Care" (A47) in reference to allowing ourSelves to create a separation between ourSelves and the Spirit we *are* by focusing on past reference points: "So whenever I find mySelf going back ... I go 'wait a second! whoa! we're going down this road; we're not going there; we're notre-living that; we're going down this road.' And I start to train my Consciousness ..."

Once a day, when you find yourSelf "reliving" a

past reference, tell yourSelf inside yourSelf "wait a second! we're going down *this* road!" And then give yourSelf the direction you need regarding the new track you're going down; for example, whatever you need to tell youSelf to stay fully Present with where you are NOW!

Take the Everyday Evolution I Class either in-person at the Home Center or via teleconference the first chance you get!