

Tools for Living Free

NUMBER 11 IN THIS ONGOING EDUCATIONAL SERIES

You Are Worthy of Abundance!

Excerpts from the Video TAPE "Abundance Consciousness" (TAPE V3)

"Tonight we're going to talk about Abundance. What does it mean to be Abundant? What does it mean to live in an Abundance Consciousness? Let me say a few words about what it is not. Okay. It is not possessions. It is not material goods. It is not fame; it is not fortune ..., although those may very well be a manifestation of Abundance Consciousness. But you can have all of those former things and not have Abundance..."

"And because of how we have it wired up with this tremendous, tremendous attachment we think we need these things to feel good so that we're really nothing without them. And the Abundance Consciousness has it that, 'Hey, I don't really need that to feel good. I'm okay without it, that's fine.' So for example, if it's my preference to drive that \$80,000 car, that's fine. Okay? But, at the same time if I'm going to get an \$80,000 car to feel good about myself, Abundance Consciousness goes, 'It's not needed. I don't need to do that. I don't need to prove myself.' See?

"And that's another thing about Abundance Consciousness - it rests in our own *inherent worthiness*. We are inherently worthy so that we have nothing to prove. See, and if we're busy trying to prove to ourselves and to others just how good we are, just how skillful we are, just how adept we are at things we are always reinforcing that we are not. So why not work it another way? Why not work it from resting in the knowledge that you do have those abilities, that you do have those skills and you are improving them all the time so that in everyday, in every way, 'I'm getting better and better'? And that's a very different approach from having to work it from the point of view of 'I really have to show everyone and myself that I can do it...' See? And many times the very, very focus on that builds a lot of pressure in us. And that pressure in us causes us not to manifest the very thing we want to manifest...."

"And Abundance Consciousness comes from a very basic premise - that *we are worthy and that*

we are the Spirit. And when we deny that we fall into poverty consciousness and my point of view is real simple and that is that God or the Force or the Schwartz or the Spirit or whatever you want to call It put your ass right here and that's good enough. So you don't have to prove yourself to anybody. And with that pressure off you can proceed to just enjoy the gifts that you have and the fulfillment of them as an inherent process within you."

"Now, it's really interesting that with Abundance Consciousness one has to live with two things at the forefront. And that is resting in what you really, really know to be so despite lack of outer validation, despite nobody else perhaps believing it, but just resting in your inherent truth. And the other focal point for this Consciousness is trust. You need to trust yourself, and trust that you are supplied...."

"And Abundance Consciousness has to do with opening up and being present with the unconditional and unlimited reality that we are. Now to live in Abundance Consciousness also means that we're going to operate differently from how we've been trained to operate. Because how we've been trained to operate is basically a result of... that we're trained to feel that we're powerless, that we have been issued out of the Garden (of Adam and Eve), that we are separate and that we are trapped and bound in this world. And in Abundance Consciousness we operate from the truth which is in juxtaposition to the collective unconsciousness or the collective myth around this planet - the collective karma if you will - and that is that we are *One with the Spirit*, that we do have the power and that it is our responsibility to rest in that and to affirm that and to choose to place our consciousness with that knowing - the knowing of our being unconditional and of our being unlimited and that's really the power.

"See, and when we start to move into a Spiritual Progression and when we start to come to know ourselves more and more as the Spirit we are, what we're really doing is reinforcing a

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*From the Video TAPE
"Abundance
Consciousness"
(TAPE V3)*

decision inside of us and that decision is, 'I am the Lord, God. I am the Spirit. And I am that which I am trying to reach.' Because we realize that which we are trying to reach is within us. And rather than reach for it and keep it outside ourselves and as a goal and as something to obtain we work it the other way - we relax into it. We let go. We trust and we allow it to unfold. And basically it boils down to, "Tag, You're It! Tag, It's you!"...

"And when we live in Abundance Consciousness what we're doing is reinforcing the Core.... You participate in, really, the Joy that you are and that automatically means that you do not participate in condition and in limit..."

"What we need to do when we live in Abundance Consciousness is trust the inner experience we're having, trust the inner knowing despite what is out there. And remember.... where we're focusing is where we're going to get

the evidence from; so that if you're running lack and fear and doubt the mind will bring to you the evidence, the proof of that, so it will become more 'real.' It will be more strongly crystallized and you don't need to do that... The more we reinforce in ourselves the Light that we are, the Spirit that we are - the more the layers fall away because that very Core...wants to reveal Itself to you and, really, to Itself..."

"And because we're all One when I hold anything against anybody I'm really holding it against myself. And when I hold anything negative against anybody I'm really separating myself from the Spirit that I am. So it's very important to always reinforce and live in Abundance Consciousness - unconditional, unlimited reality that you are and on a day to day very practical basis ... reinforce that by reinforcing and living the decision to rest and trust in the inner knowing that you are that."

Case Study

I have a deeper understanding of abundance now. Before I had believed abundance was money, lots and lots of money.

From the Teachings of the Path of Soul Transcendence and from the Gift of Initiation, I now know abundance is really a facet of Grace and is Grace - Grace that is always available to me in a moment-by-moment choice of where I want to place my consciousness - in God's Heart or in my will. By using the Tools of the Path of Soul Transcendence - Choosing, Trusting, Allowing, Accepting, Letting go, Receiving - I let God live this life as I. These Tools are available to me in using my Free Will and are the same Tools used in my Surrender to let God be the Pilot in my life.

This is a constant process for me, each moment I can choose to be present with God and live in abundance. And even the process is abundance. It's not a matter of when I get this or that and then I am abundant; it's being in the Grace of the Process and knowing I am supplied. And if I am supplied then, of course, I am living in abundance. Using these Tools in every situation is being present with God, is being in Grace and in abundance. It's knowing the

whole time that I am supplied.

One thing I had to accept was that I had to go through the process while being with God the whole time. It was just not going to materialize like magic. It's a natural magic of learning to be with God, of doing my part as a conscious co-creator.

Now abundance for me is the fullness contained in all things in my life and enjoying them and knowing the Source of true abundance, which is God. The fullness of life is knowing I am Spirit and relaxing into that knowing and letting the abundance flow into my life. Everything is a reflection of my relationship with God. I see the Teachings of the Path of Soul Transcendence as the true abundance of life and the foundation to center this life around the Soul.

It's really simple. I was making it hard by limiting it to money. Now I know abundance is lots of money and it's not lots of money. It's really all about God, it's all about taking responsibility as Soul to choose to be with God, by using the Tools, and consciously allowing God to be what He is: my pilot.

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. Tell God your intention and ask God to Bless it.
3. Realize that which you are trying to reach is within you. And rather than reach for it and keep it outside yourself and as a goal and as something to obtain - let go and trust and allow it to unfold.
4. Ask God to take any willfulness, fear and expectations you may hold. Tell yourself, "It's okay to let it go."
5. Be present. Tell yourself, "I am Spirit, I am worthy, Spirit is unconditional and unlimited and this is what I am." Living in this knowing is Abundance Consciousness.

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Suggestions for Further Study

Contact any Center about obtaining these Tools of Upliftment: Money Workbook, Money Workshop®, "Success: What It Is, How To Measure It, How To Live It" (Audio TAPE No. A51), "Abundance Consciousness" (Video TAPE V3)