

# Tools For Living Free

NUMBER 126 IN THIS EDUCATIONAL SERIES

## Give Your Garbage To God!

*Excerpts from the Satsang "What Do You Think God Wants From You?" (CD/MP3 A17)*

"... I've had people spontaneously realize that the answer to all their dilemmas and hurt and pain is they have to give it to God inside of themSelves. They have to let go and be at that 'Place' that heals everything. Yet they will exercise their false will. And with that they're pulled out of Alignment and they have the attachment and with that comes the hurt and the struggle and the pain. God just sits there and says, 'Give it to me! Give it to me!'"

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"And I thought, 'what does God really want from me? He just wants me to receive His Love and what's so scary about that?' And, that's it, folks. It's petrifying. Take a look at the myths: we're kicked out of the Garden; Adam and Eve - they're ashamed of their nakedness. And they're naked - meaning they're standing in the Soul Body before God - and they're ashamed, which means they didn't measure up to their ideal. They're not good enough so they have to cover up.

"And this is what we do: we hide out in the lower worlds covered up in the lower bodies. We don't stand before the Father. And if you're Initiates (of The Path of Soul Transcendence) that's what happens: you're able to go before the Father in the Soul Body. But we feel ashamed; we feel unworthy and we cover up. And as Initiates we have so many Tools to keep turning to the Light (Of The Most High), and turning to the Light, and turning to the Light and truly measuring up and getting our measure, as it were. See, and the Consciousness loves to think we're getting cheated. We're not getting our measure or we'd love to take the measure of things as if we can tell one thing from this level, as if we have a clue about what's really going on. We don't; we don't Know a thing from this level.

"Sometimes I just love to sit in Spirit and see things the way they really are and then I love to listen to all the stuff going on here about it. Boy, it's worse than seventeen blind men telling you what an elephant looks like! But that's what we all do; we all sit in our blindness and we make like we can see. God wants our blindness; that's what He wants to take from us: our blindness, the fact that we can't see; can't see Who we are; can't see our Divine Inheritance."

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"When we sit in Simran [ed.'s note: Dr. Lane is referring to the Meditation Technique taught at the Time of Initiation] we ride the Sound Current, we ride the Ocean of Love and Mercy. There really is such a 'Place' in the Inner Worlds that permeates where all Souls are and we ride That. We ride That, and we ride That and That's our Ecstasy and that's our Joy and that's where we come from.

"God says, 'Hey! Give me everything! Everything that you allow to stop you from swimming in this ocean.' And you say, 'Oh no, God! Get away! Get away! I'm going to hang out! This is my stuff! I want this! Who are you to take it from me? I don't deserve to have it taken from me; I'm going to suffer. Wait a second! Hold on, God! You sent somebody here to help in this Process, to help Lift me?"

Take a walk, God! Whom are you kidding? Come on! Why would you do that? Why would You do that? You don't care about us. You don't care about me. I mean look how terrible we are! Look how terrible we are! We stink! We're horrible! Human beings are awful! And I'm supposed to believe that You love us and care about us and that there's God's Mercy going on all the time? And on top of that you want me to swim, to take a dip in your Holy Ocean! Come on, God! I know better. You're not going to fool me! This is trickery! Uhh! Uhh! Uhh! Prove It to me! Let me see it! Let me know It with my five senses then maybe I'll believe!"

"And we'll stay in that reference point and when God comes along, and says, 'Wait a second! You can't know anything from the karmic fields; you can't know anything with your five senses.' Any second-grader knows enough about physics to know you can't do that: it doesn't work. 'Let me show you how to Lift into Spirit and see It clearly!' 'No, I don't want to do That. And you have the gall to tell me that You're Inside of me living as me? And you send Your Teachers to reinforce that message! Come on, God!' And God says, 'Hey! Give me your doubts! Give me your pain! Give me your sorrow!' And you say, 'No. Thank you very much, God. I believe in them. I worked very hard for them. Thank you.' Then you walk around saying, 'Where's God? Where's God? Where's God? Where's God?' He's sitting on your nose. He's closer than your nose: He's in the Upper Part of your Third Eye; He's closer than your nose.

"You walk around feeling isolated and separate from your world. He says, 'Give Me your separateness! Give me your isolation! Give me you illusion! Give me your karmic pains!' You say, 'What for, God? Why should I give You my pain? What else do I have? Isn't that what life is full of? Pain?' And then you say, 'That's what I'm afraid of. I'm afraid of the fact that I'm responsible.' God says, 'Okay, no problem. Give me your fear!' And you say, 'Nay, I need my fear and I won't have to be responsible.' And God says, 'You're responsible anyway.' You say, 'Well, if I don't know I'm responsible maybe my responsibilities won't be as much. The consequences won't be as bad.' God says, 'Ignorance of the Law is no excuse. Give Me your ignorance!' And you tell Him 'No, I'll keep my ignorance.' And God says, 'I love you so much that I'll let you keep your ignorance. I am going to let you keep ignoring the Truth. And My Compassion and My Love for you will allow you to keep embodying so that you learn just That.'

"And then you go, 'Oh God! God! I don't want to come back! Please don't make me come back! I hate it! I don't like it!' God says, 'Attachment! Attachment!' 'Okay! Okay! Take it! Take it!'"

"God sends you the Path of Soul Transcendence, Which has been here since the Beginning, inherent in His Creation. And you say, 'No! It can't be! I'm going to worship Jesus or I'm going to do this or I'm going to do that!' And God says, 'Well, yeah, you can take all the time you need but you're going to have to Walk this Path (ed.'s note Dr. Lane is referring to a Sound Current Path, Which may not include this particular Dispensation) eventually, anyway."

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*--From the Satsang  
"What Do You Think God  
Wants From You?"  
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You say, 'That's okay, when I get around to it.' And you wait and wait and wait. God says, 'Give me everything that keeps you waiting!' And you say, 'Uhh! Uhh! I'm waiting. I'm not doing it now!' God says, 'Okay, take your time!'

"And you say, 'Hey God! My best friend just died and he was forty-two; he just died.' God says, 'Take your time!' And you say, 'Hey God! Listen, I don't want to suffer. I don't want pain but I don't know What to do.' God says, 'You know What to do!' You say, 'No, I don't know what to do.' God says, 'You do know What to do. And if you had given Me what I asked from you, you would see very clearly what It is you have to do.' So you say, 'Okay God, take it!'" "Then you beat yourSelf up and say, 'Hey, how come I didn't do it before? Why didn't I do it earlier?' God says, 'That's a moot point. You do it when you do it.'

"And you say, 'God, what am I supposed to do with my Freedom?' And He tells you, 'Enjoy It and *Love the Lord,*

*God each and every moment* and Know that you are free!' And then you go, 'Well, God, I have nothing more to give you.' God says, 'I never wanted anything from you in the first place. I just wanted to add to you. I just wanted to give to you and you wouldn't let Me. Now just Receive! Let the Consciousness receive the Spirit that It is! And when you Walk the Path of Soul Transcendence you're going to Learn to catch the Spirit, you're going to be Upvibrated by catching the Spirit. You're going to receive Me in the Innermost Chamber where I live in the Secret Place. I don't want anything from you.' And then you say, 'Hey God! What can I give You? What can I give You?' And God tells you, 'It's all unconditional.' It's His pleasure. And then you realize, 'Uh oh. In order for me to Receive I have to feel good about mySelf. I have to Know I'm worthy.' And God says, 'Got you! That's right!'"

## Case Study

As Dr. Lane explains in the Talk, "What Do You Think God Wants From You?", the Lord, God wants to take our garbage – fear, doubt, worry, unworthiness - from us. For three weeks I've been creating and holding on to plenty of it. And I've used every "excuse" - no money; no time; not having the right person to handle something. The situation in question? A toothache.

Then I read the Satsang Summary in the November/December 2013 issue of *SpiritCentral* based on Dr. Lane's Talk titled "Terrorism: Does It Have Your Name On It?" I realized I was a terrorist – terrorizing mySelf by creating separation from the Spirit I *am*. I immediately put the situation into the Light Of The Most High for the Highest Good by saying, "Lord, God, send me Your Light! Please place the situation with my having a toothache into Your Light for the Highest Good!" I asked God to Bless the situation. I also asked the Lord, God for what I want only to realize later on while working on this Case Study that I hadn't done so. At that time, I asked the Lord, God to heal the toothache and "to see to it that I don't have to pay anything." I then allowed fear to surface and changed what I wanted to "hardly pay anything." I did the Two-Part Release Technique by calling in the Light Of The Most High and asking God to take the negativity/fear from me; and I told mySelf, "It's okay to let it go!"

I knew what to do: call the dentist, which I did. I also realized that the toothache was a Gift from God, an Opportunity to Lift and Grow by letting go/giving my garbage to the Lord, God. And Receiving. The dentist returned my call right away and 'lo and behold it was a new dentist – not the old one I wasn't so sure about, but a new dentist who was seemingly more caring. I had been so busy running my agenda – i.e., trying to "figure it out"; to control; to be "right" about my agenda, which was really that no one was there for me. I would just keep on keepin' on suffering and going in circles with the drama. As the Talk explains - I had missed the Point: The Only Point is God – give it over to the Lord, God by working with the Light Of The Most High. Surrender! Let God drive the car! No, I didn't specifically ask the Lord, God to send the perfect dentist – but the Lord, God in His Kindness and Mercy did so anyway. It's all Grace, God's Grace.

As the situation continued: the visit to the dentist, the treatment, paying for the treatment – I saw more deeply the importance of working with the Light Of the Most High. I also realized the importance of listening to mySelf. When the new dentist returned my call, he told me that yes, the situation was likely something easy to take care of and explained the most likely cause. I responded, "That's what I thought!" I realized that I sometimes ask questions (out of fear) and when I get an answer, I Know I had a Knowing all along. I see now that I needed to Trust. I needed to live in my Truth. It doesn't mean I don't see a doctor; it means I stay Present; Neutral; check out my assumptions – and I Trust.

I also realized that I was holding on to a pattern of anxiety as a way of hanging out with my family. Wasn't this, after all, their "status symbol"? So I did Self-Talk – first update(s) by letting my basics (the part of me that brings forward my karmic patterns) know that we're no longer living with mom and we're an adult now and we're choosing to be calm and to live in Peace. I had also done Self-Talk earlier, directing my basic selves to call the dentist. I used the Four Rules of Self-Talk including keeping it present, positive and encouragement. And I did the Two-Part Release Technique over and over again, including as I write this.

The medication that the new dentist prescribed turned out to be the best possible outer solution; I then got more of what I needed in the form of the additional suggestion from My Teacher to ask the Lord, God to replace the money - and to take the medication even though the toothache "suddenly" appeared to be gone thanks to My Teacher/The Lord, God/The Light Of The Most High; the money that I needed to purchase the medication came "by accident", only it wasn't: I chose into Loving Service instead of into creating garbage. Yes, I had created "garbage" earlier by running my own agenda – literally by not moving on this important Service – but I Surrendered to the Power I *am*. As I was doing Loving Service, money arrived. It's all Grace, God's Grace.

What I learned is simple – give the garbage over to God! And give it over some more! Trust. Allow. Receive. Every situation, however seemingly "small", is a Blessing and an Opportunity, a Gift as both Talks very beautifully explain.

As My Teacher says, "Open Them *each-and-every-moment*".

## Try This ...

"So that's what He wants from us - our unworthiness; our doubt; our fear; our karmic patterns. Have the wit, have the wit to give it to Him! And we do that *each and every moment* by surrendering everything that isn't of the Lord, God.

"And it's a fun process and it's an empowering process. It's a process of God's Kindness. It's all within us. All *within* us. Doesn't matter how rich or poor we are. Doesn't matter the work we have. Doesn't matter the sex we have. Doesn't matter the color we have. Doesn't matter any outer circumstance. Nothing matters and nothing can impact the Spirit that we *are* other than what you allow. If you're allowing something to impact - give it to God! Let Him take it from you! Give it to the 'Great Sanitation Man', the 'Great Garbage Man'! Give Him your garbage! You'll be rewarded with riches inside yourSelf." ---From the Satsang "What Do You Think God Wants From You?"

## 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. Allow a hurt, a pain, a sorrow to come up inside of you. Now, say inside yourSelf, "Lord, God, for the Highest Good, please take this negativity from me!"
3. Then tell yourSelf "(your name) It's okay to let it go!"
4. Repeat the Process as often as necessary!
5. Visit any Center and give yourSelf the Gift of Meditations; Classes; Workshops; listening to CDs of Talks; reading and working Publications including The Money Workbook!
6. Contact any Center and request Initiation into the Sound Current on the Path Of Soul Transcendence and come to know yourSelf as Spirit or Soul – the Meaning and Purpose of Life!

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#### Cosmos Tree, Inc.

a nonprofit, educational foundation  
1461A First Ave. - #182  
New York, NY 10075  
212.828.0464

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

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