

Tools for Living Free

NUMBER 15 IN THIS ONGOING EDUCATIONAL SERIES

Using the Doorway to God

Excerpts from the Satsang "What is Tisra Til?" Audio TAPE No. A40

"Tisra til - and I'm sure you all know this - is a Hindi word and it simply means where the seat of the Soul is and the seat of the mind.

Now those of you who are students of this Path know that the seat of the Soul is in the Upper Part of the Third Eye located behind and between the eyebrows - on up here (Dr. Lane points to this spot on his forehead). And another name for It is called the Tenth Door and It's the opening we use, the door we go through ... , the Soul goes through to know God."

"But the real meaning is that when the Soul comes to know itself as God, as Spirit, It can go before God, It worships God directly. The Soul doesn't need a church, It doesn't need a synagogue, It doesn't need a Mosque, It doesn't need anything. It is complete unto Itself. And It leaves through the Tenth Door."

"See, the mind is the interface between Spirit and matter. Just like I'm using my mind as it was intended right now. I don't always use my mind as it was intended but now I do because what I'm doing is I'm allowing the Spiritual flow, the Spiritual energy to guide me and my mind is in service to that."

"... But this is key: the mind is never in charge. And many of you, and in our culture, we've come to value the mind and it's in charge."

"... So in the definition of Tisra til, you have the proper relationship: that the mind is the servant and serves God."

"... the mind wants to be busy doing, doing, doing so the mind can be in charge. And the mind is the servant."

"You see, and we don't even have to do anything about the mind, we just have to allow the action of the Spirit to overtake us and overshadow us. But that can be pretty scary and I'll be the first one to tell you that, it can be pretty scary because it seems like death as it were. Because the false self or the lower consciousness loses its bearing; plus, it's going to be out of control, it's not in charge anymore and then you got trouble. You know "who's going to run my house? who's in charge here?" and then you have the inner civil war between your own false self or your own thoughts and your own feelings and your own emotions that you think are real and you think define you and the Spirit that you are."

"So that there is a way out, and the out is the way in and the way in is Tisra til. In other words, no Soul leaves Its incarnational pattern until It is able to go before the Father. And the only way It can do that is

through a Spiritual Journey, an Initiation involving the Sound Current or the Holy Spirit or that which It is.

"And also this definition tells us how to do it (go Home). It tells us we need to go in a Spiritual Body to the place behind the eyes, between the eyebrows, actually above them, the Upper Part of the Third Eye. And there we go into the headquarters as it were, in the headquarters."

"... each Soul is charged with the responsibility of going to the headquarters of where the Soul is within us, to the Tenth Door-that's the opening. And the Spiritual Action was such that the Door is open for every Soul and it's our responsibility to just walk through it. (Please note: the Soul can fulfill Its responsibility and go through the Tenth Door only by receiving the priceless Gift of Initiation into the Sound Current.)

"And we use the mind, our mind, because we're charged with it, with that responsibility to direct our focus to that and a real everyday level; that means if you have a lot of negativity, or fear, or doubt, or pain, or separation, whatever it is you direct your mind to just, okay, drop it."

"But - and this is key - you can't use your mind to direct your mind. You have to get, as it were, above it. You have to get above it. Well, what's above it? And I'm not talking about it's better than, I'm just simply talking about the vibratory frequency, what vibrates at a higher frequency than the mind?"

"Or you ask Spirit, or you ask God for help or to lift it-the bad feeling, the negativity, the hurt, the pain, etc., the karmic patterns.

"Just, in general, where mankind is at now, we're kind of between the emotional and the mental consciousness, so most of what passes as Spiritual work is really mental activity because it's kind of further along than where the average consciousness sits. But that's not it, because we can't direct the mind with the mind. But we can use the mind to allow the action of Spirit into our consciousness. And It's within us.

"And it's real interesting when a person does what everybody calls dying, you know when a person dies the Soul just goes through that door and the cord is cut and that's it. It drops the body. Is the person dead? The body is gone. Okay, but that's not what it was anyway. The body is a vehicle for the Soul's Journey. And the use of this plane is to know Itself, to know Itself as Spirit, as God. And God gives us the

"Why not take the Grace of this life and use It for what It was accorded?"

"In other words, if you're having thoughts and feelings and emotions and you're getting all caught up in it, maybe you want to refocus, maybe you want to see and know you're more than those things. You're more than your fears, you're more than your emotions, you're more than your negativity."

*From the Open Satsang
"What is 'Tisra Til'?"
Audio TAPE A40*

equipment. We come fully equipped, folks. We don't need anything. We don't need a thing. We have all the negativity that anybody could ever want. We have all our karmic patterns. We have all our garbage. That's an essential ingredient."

"Those (any negativity) are all opportunities to lift and we use the mind then to direct our consciousness to Spirit, to the Lord, God. Because the simple truth is that we are Eternal. And we're not Eternal because we've been saved or we're good little people or anything else like that. We're Eternal because that's our Nature. And that's our Nature because we are Soul, we are Spirit. We are of the same material, as it were, as the Lord, God. And our purpose here is to come to know that, not as thought, but directly. And the definition of Tisra til tells us how to do it and that it's our responsibility. And where to go, where do you go to find God? Easy. The Tenth Door, Tisra til."

"And so everything that's between you and the Spirit you are just goes and just dissolves. And that's our responsibility. Our responsibility is to place our consciousness there where that happens. Our responsibility is to let ourselves be overshadowed by the Spirit we are. To know ourselves as Spirit. And when you know yourself as Spirit, you love God. Because that's who you are. Not as a thought, not as an emotion."

"We're going back to where we came from. And the time it takes to do that is called re-embodiment. But we have a recipe of how to go Home to God. And how

to love God. We know how to be with God and we don't need anything other than making a choice, our own volition, choosing to be with God, choosing to drop the negativity. Choosing to be present at each and every moment. If you're present at each and every moment, guess what? You're with God, because you're not present with your thoughts, you're not present with your emotions, you're not present with any of your karma. You're just present within yourself and that's neat. So I'm going to give you a new definition of Tisra til. That definition is real simple and you already know it because you know your name. It has your name on it because it's you. It's in you and it's your responsibility and within you sits all of the Lord, God, all of the Soul."

"And this (reaching Eternal Life) is simply done by knowing yourself as Spirit, as Soul, using the Tenth Door and following the Spiritual Directions. It's real simple and then we can go beyond through all the (additional) twenty-seven levels, as it were, to God. From the Soul Realm to God, you can go all the way to God while you're in the body. That's something extraordinary. But we couldn't do that unless that were our nature, unless that was who we are. And that's who we are, and Tisra til tells us we are that, where to go, how to do it and guess what, folks? You're not going to evade the responsibility because all of mankind, all of its reincarnational purpose is to come and know Itself as Spirit, to know God directly. So you got the equipment, you got the skill, you've been given the gift of whatever you need. You could take all the time you want but my suggestion is guess what? That you start right now."

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. Say "Lord, God lift and clear any bad feeling, negativity, hurt, pain, karmic pattern" and tell yourself "it's okay (state your name) to let it go"
3. Say "Lord, God raise my consciousness to Your Light."
4. Allow the action of Spirit by saying "Lord, God allow me to receive within me the Action of Spirit."
5. Allow yourSelf to be led by Spirit by saying "Allow me to be led by Spirit in my life."
6. Allow yourSelf (Soul) to be taken through The Tenth Door by receiving Initiation into the Path of Soul Transcendence.

Try This

"And what I want to do is have you get nice and quiet.

"And what I'd like you to do is if you are studying formally, chant your Initiatory Tones; if you're not, say HU and breathe it out through the Upper Part of your Third Eye. Now I want you to stop that and I want you to get into some really bad emotion or negative feeling or thought or whatever, something that's upsetting to you or bother or something that's not too pleasant. Now choose to drop it and just go to God by either chanting your Tone

through the Upper Part of the Third Eye or chanting HU, H, U through that Upper Part of your Third Eye. What happened to the negativity? Now drop doing that and get back into those bad thoughts and feelings and emotions - just for the sake of the experiment - even if you don't want to do it. Don't want to go back there. Okay, now we turn back to the Upper Part of the Third Eye. Okay, well you know how to do it, folks, and the rest is up to you."

(From the Audio TAPE "What is Tisra Til?" No. A40)

Case Study

For the past few weeks I've been learning and living with the TAPE "What Is Tisra Til?" I started out consciously focusing on the Upper Part of the Third Eye as I went through my day regardless of what was going on around me. Each time I feel lifted. Each time I feel as though my perspective is changing. My reference points are being lifted.

And with this I started experiencing my whole world changing. I had for a long time been caught up with my wants and needs - "what is it that I want and how do I want my life to be. I better get moving because right now I'm not a millionaire or famous or anything like that." But since I've been practicing Tisra Til I have realized that I am fine and I have everything I need right now. At each step I am Graced with the Presence of God. I am enjoying life at each moment. - All from practicing Tisra Til. I feel a flow,

a peace, a vitality. And this way of living is mine regardless of what happens "out" in the world. This knowing is crucial to living the life I want because the power is with me. No circumstance, situation or person has power over me. I have all the power through the practice of Tisra Til.

I am an Initiate of the Light of the Most High. And the TAPE "What is Tisra Til?" has also given me insight into the Blessing of Initiation and the gift of using it. I now know that Initiation is the Blessing of Tisra Til, that by taking Initiation and practicing It I am practicing living at God, with God and being free and clear. I am practicing being given to and receiving God Himself. I have realized that Tisra Til is the gift of God to God - simply how to be who and what we really are.

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

Cosmos Tree, Inc.,
a nonprofit,
educational foundation.
Cosmos Tree, Inc.
1461A First Ave. # 182
New York, NY 10021
212-713-5398

email:spiritcentral@yahoo.com
web site:www.spiritcentral.org

Tools for Living Free is published by Soundly, Inc. Any distribution or reproduction of this publication without written permission is prohibited. Copyright 2002, Soundly, Inc., New York, NY.