

Tools for Living Free

NUMBER 16 IN THIS ONGOING EDUCATIONAL SERIES

Being Present in the Moment

Excerpts from the Satsang "How About Now?" Audio TAPE No. A52

We think that our work in this world is the business of all sorts of stuff other than being responsible for our Spiritual growth and development Because that is the purpose of human life: God gave us this life to come to know Him. Real simple, away from dogma, away from belief, just to experience and know Him directly as a Soul, as the Spirit we are.

And it's up to us and it's our responsibility to use our body, the gift of this life and the body to know that we're Spirit and to focus directly that way. Even if it's a real simple thing like letting go of an emotional attachment, doubt, negativity, fear, pain. If you keep running something that goes 'round and 'round and 'round, just choose to give it up. Say, 'sorry, I'm not going to enter into that.' And just drop the energy that you're feeding it; it only comes around because you keep feeding it. You chose your agenda over the Spirit's agenda, over the letting go, the being present, etc. And you chose that and you've got free will. You're in charge of your life and you win.

We're willful in terms of hanging onto our negativity and our games. I see this a lot with people working their quote 'careers' or 'businesses' - they will honestly forget that they are Spirit, that they are supplied and that the Spirit in them is the same as the Spirit that is God, the Great Spirit. So they go and they do things, they go get money, as if there is this thing called money and it's outside of themselves. And they do all these game plans and have all these rationalizations and all these manufacturings of things to do in order to get the X result, instead of just being present with the Spirit that they are. And from there allowing it to flow, doing what they have to do but neutrally. Instead of doing it in order to get results and once they do it to get results then what they have set up is 'well, this thing is outside of me, so I have to do X, Y, Z to make this happen' so it's always outside of them.

And the World Trade Center - really, if you take a look at what happened, it's really kind of a simple thing: it was just something put in motion a long time ago and this was the result of it. This is the karma of it and that's really all there was to it. It's a real simple thing, it's the Law: you reap what you sow, this was put out and you get it back. So all the Souls that were involved in the drama are involved in the drama now.... But there's an opportunity here, there's a tremendous opportunity here. See it did complete a Spiritual action, it did complete a karmic action and that's the neat thing; but there's also a neat thing in that it stopped people dead in their

tracks. We got to feel vulnerable, we got to feel like all the agendas we run are suddenly not that important. All the games we play - for what? And we got to see that life is a gift - who knows exactly how many lifetimes it takes to do that? But we got to see life is a gift. And it's a great gift and it's a great opportunity. It's a nice opportunity to be able to use it and use it constructively, this gift called life. But when are you going to use it?

And underneath it all, underneath our tremendous amount of delaying tactics is fear. We have this fear of God and we don't feel worthy. We don't feel worthy of God and that's the whole thing. But if you don't feel worthy of God what you're really saying is God is not worthy of you.

... ask yourself, 'where's my commitment?' because we've got a nice opportunity with the World Trade incident to take a look at our priorities, to take a look at what's important to us. And we've got an opportunity to see what a gift this life is. And so we have the solution, and we had the demonstration of the solution. We had the alignment of our will with God's Will - that's Christ on the Cross and the Resurrection, that is the alignment process. And then this guy, Jesus Christ has the audacity to say 'That which is in me is in you, too.' And also He tells us, 'I've shown you how; now you go do it.'

But it doesn't happen when we die. You're not going to vibrate at a higher frequency than when you were in the body. You're not going to be more (of the) Light when you're dead than when you are alive; you can't. And if you've come to know yourself as Spirit and done the attunement process, done the alignment process, then guess what? You're Home free. You're Home free, and you can still be in the body. I'm talking about living free, being with God, living free. And there's one way to do it. It's been here forever. And that is taking Initiation into what's called the Sound Current, or the Holy Spirit, or the Word or whatever you want to call it. I'll just keep the Western terms going with this. And from there being able to go into the Soul Body and in the Inner Worlds, be with God.

The Lord's Prayer starts 'Our Father who art in Heaven' and we are all looking up in the sky. Who said that's where the Heavens are? But the Heavens are inside of us, the Inner Worlds. 'In my Father's House, there are many mansions, there are many, many, many rooms', as it were, many levels to God. And they're within us and we carry them around and we're asleep on these levels. We come

*"And what you
want to do
in your
daily life,
your moment-
to-moment life
is you
really want
to keep
things simple,
you want
to keep
things pure,
you want
to stay
present
with your
thoughts,
with your
feelings,
you don't want
to jump
on ahead
and live
in fear.
How can
you be afraid
if God
is always
with you,
if you know
you're Spirit?"*

*From the Open Satsang
"Have You KISSED
Yourself Today?"
Audio TAPE A54*

here to be awakened. And we have to decide when.

But you have to choose.... And you need to decide where you're going to place your focus. And it takes love of yourself, it takes caring, it takes nurturing to give yourself the Gift of Initiation and using it, of being able to actively nurture the Spirit you are.

At least, learn to live without creating karma. Learn to live karma-free. Learn to live in the joy of who and what you are. And the Teachings that I am involved with, the Path of Soul Transcendence, these Teachings of the Path of Soul Transcendence, they're real neat. Because they don't care about karma, couldn't care less about karma.

Start again, start again, each moment we could choose into the Spirit that we are. We can choose, choose this moment, this moment. I just want to leave you with something, and work it kind of negatively but that might help you sort of access it. And that is 'what's your excuse?' And 'what will it take?' ... And 'be honest, are your excuses valid and do they have value to you really?' And 'do they have value to the Spirit that you are?' And 'what's it going to take for you to decide to participate now?' And if you're real honest, you'll come to the conclusion: 'well, nothing,' just the decision. Well, yeah, that's all it takes, just the decision to participate now. Because now is where it all is. This is the Joy, the Joy is inside.

The question is do you love yourself enough to give yourself God? That's the real question. And even if the answer is 'no' let yourself be loved by God. Love yourself like God loves you or as the Christ loves you

and that's unconditionally. But I've never seen God withhold Love towards any Soul. It's always there and Grace is always present. It's never been conditioned upon having; 'well, let me see, I'll wait until that body that that Soul is in has more money or has the perfect job or has the boyfriend or go gets married or feels more worthy or gets rid of all negative thoughts or negative feelings; I'm just going to wait.' No, God doesn't. Now, that's all there is, the eternal now, this moment, this moment.

And when you start dispelling stuff, then you're along the time line, 'oh, no, I'm going to wait in the future, in the future I'm going to do it.' As long as you're walking down the (time) line, you're in the karmic fields, so you're in karma. And that's what you get to have, if you choose now, use it. Use it as an opportunity to lift and grow. Understand what you've been doing, why you've been doing it, forgive yourself and move on. Just say 'okay, that was nice, but now I'm going to totally devote myself to the Spirit that I am, right now, right here, right now.'

Because that's what we're here to do, that's why God gave us life, enjoy life and use it to come to know Him. We are going to live forever, and we do live forever as a Soul. So just as a conscious person and someone who's smart, wouldn't you want to invest your time and your energy into that which is eternal as opposed to that which is fleeting and of no importance?

That's where God was - at the Beginning; He lives in you as you. So I lovingly suggest start now. Jesus was born in a manger; He wasn't born on the throne. Start where you are.

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 emotional attachments, any doubt, negativity, fear, pain," and tell yourself, "It's okay to let it go."
3. Allow yourSelf (Soul) to be actively nurturing to the Spirit you are by saying "Lord, God move me into participating in the Joy inside me."
4. Allow yourSelf to be led by Spirit by saying "Allow me to live in your Joy, moment-to-moment" - this is being present with God.
5. Request Initiation into the Path of Soul Transcendence by calling any Center or by reading the "Blue Book" and writing the address listed.

Try This

"Get nice and quiet, call in the Light of the Most High by saying 'Lord, God send me Your Light.' Choose any hurt, pain, sorrow, fear that you happen to have, and get into that and just allow that to be present with you, and really be a god. Now make a choice - even if you don't know what's going to be on the other side of the choice - to choose to let go of the focus there.

That's power. That's the exercise of your free will. You have power.

Once a day for the next week pick something that you're really angry or annoyed about, and then choose even for a moment to let go of the focus there, see what happens and see if you can add a minute to the minute, to the minute, to the minute, and see what happens."

Case Study

A couple of days ago I noticed the most interesting thing. My life is easy - everything is easy. This really took me by surprise. I began thinking back to when this started because - believe me! - I did not by any means think I had an easy life for most of it. What I realized is that when the year 2002 began my life suddenly became easy. And I remembered a New Year's resolution I made to be even more committed to my Spiritual Work in the year 2002 and to be even more committed to the Spirit I am. And I asked God to Bless this New Year and focus me into being with Him in Love and Joy.

And what is manifesting in my life now is an effortless existence. I have all the time I need. I am no

longer busy. I am really free. All those things I thought I had to do just seemed to disappear. And the beauty of all this is that I made a choice and God acted upon it. I just chose to be with God and really to give up everything else - all the garbage, all the anxiety, all the negative thoughts and feelings - and what happened? God moved in and I let Him. And I see that my life is made up of what I think. Before I was too busy thinking that I was busy and that I didn't have enough time. And just as soon as I gave all that up I allowed an action of Grace. And now I am living in the true reality of Spirit which is timeless, effortless and just plain simple.

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