

Tools for Living Free

NUMBER 18 IN THIS ONGOING EDUCATIONAL SERIES

Living by Giving

Excerpts from the Satsang, "Give - Then Give Some More" TAPE No. A53

"Okay, I want to talk a little bit on giving. And then I want to talk about giving some more. And let me just clarify this so we know what it is we're giving and we know to what we're giving. And what we're giving is the Spirit that we are. But guess what? That Spirit is in all things. Spirit's in you. It's in me. It's in all Souls. And It's the Spirit of the Lord, God. Okay. And we give of that. And how do we give of that? Real simple. We need to make an inner decision. What's the inner decision? The inner decision is that 'hey, yeah, I'm in this human form, I'm in this body. I have things that come with it. I have things like fear, pain, doubt, worry, anxiety, separation. And I have all sorts of thoughts, too. But I'm more than my thoughts. I'm more than my feelings. I'm more than my fears...."

"And in giving what do we decide to do? But we decide to, somehow, even if we don't know quite how, we decide to go with that inner sense that we're more than all that negativity...."

"And lots of times... we'll get struck by lightning, as it were, have a thunderbolt or things get so miserable along the negative polarity that you go, 'Gee, God, I can't take it anymore. Help me!' And lots of times that's what's needed for the consciousness to go into a place of being with the Spirit. But if we can choose to give ourselves the Spirit all the time then we're Home Free, no pun intended but we're Home Free."

"And I watch so many people do their funny little stuff with money: 'There's not enough, let me hold on. Let me see if I have enough for lunch. If I have enough for dinner.' Oh, and they're holding on and they're tight and they're tight and they're tight. And they're contracted. And at the same time they expect God to help them out. But if they're contracted how can He? You haven't made yourself big enough for the Spirit you are. You see? So, giving has a lot to do with being big enough to allow the Spirit inside of you to be because that's pretty big. And so many of us, we think small, we feel small, we limit ourselves and we're not giving. And if you're walking the Path of Soul Transcendence and you are following the Spiritual Progression

and you sit down and do what people label as Meditation you're giving to God, you see? formally. But we can do that all the time and when an individual, regardless of whether that Soul is on this Path or not, says 'okay, I don't know what it's going to be like for me to let go of this fear or, at least, I can have this fear but I'm going to choose not to be governed by it. I'm going to choose into the Spirit I am and I'm going to dis-identify with it,' even though you don't know what's going to take its place, and guess what? You've struck a real positive blow for yourself. And guess what? You've given to the world. How have you given to the world? Real simple. As you identified less and less with that stuff along the negative polarity - the fear, the hurt, the pain, the karmic patterns that you have, the reincarnational patterns that you have (we all have them or you wouldn't be here, you know?) - but as you identify less with that then it makes it easier for other Souls to dis-identify with all that stuff...."

"And I love Spiritual mathematics and I love Spiritual economics because they're based on something real simple. They're based on the Truth and the Truth of Spirit and that is that if I give you something, guess what? Spirit comes and fills and more than fills that place that was occupied by what I've given you. I can't lose. Or it's kind of like if you give love, guess what? You have more to give because guess what? You have more to give because it's been replaced by more than you've given. Okay, but it's not giving to get or anything; it's giving from the acknowledgment of yourSelf as the Spirit that you are. See, so giving is an affirmation of yourself. It's an acknowledgment of, 'hey, yeah, I'm more than this physical form and I'm more than the limitation and the lack with it. Whether I give of my emotions, whether I give of my love, whether I give money doesn't matter - it's all God.'" You see? And that's the fundamental thing that causes all the problems - that we've forgotten that we are Spirit, that we are God, you see?; as a matter of fact, that's what causes the reincarnation and the re embodiment - that we've forgotten. So, we come here to remember to become again a member of the Body of God.

*"And the
giving has
to do with
deciding
to let go of
identifying
with the
fear, with
the pain,
with the
hurt,
and giving
to the Spirit
that you
are."*

*From
the Satsang,
"Give - Then
Give Some More"
TAPE No. A53*

This is crucial."

"So in your daily life - and I'm talking about minute-to-minute, second-by-second - be honest with yourself if you're coming from lack, fear, pain and you're operating from that spot, take a moment and just say, 'Whoa, what am I? Am I this fear? Am I this lack? Am I this limitation? Am I this pain? Not that I can't be going through it;' yeah, you can. Or 'Am I the Spirit that is under and through and over this?' And then make your choice. See? and then after you've made that choice of giving to the Spirit you are and of giving the Spirit that you are to the Spirit you are then guess what? Give it again. And give some more and give some more and give some more."

"Even if you don't know what that means. Even if you don't know what's going to take the place of all the negativity. So what? You don't have to know. All you have to know is that you are Spirit and exercise that choice. And that's a strengthener. And we strengthen that muscle. We strengthen that spiritual muscle. And we give. See?"

"So, if we give, in plain English, what the hell do we have to loose? Well, I'll tell you we have a

lot to loose. We have our fears to loose, our pain to loose, our doubt to loose, and our false identification, identifying with the lower self, identifying with things along the negative pole. We all need to have the proper identification. Remembering that we're Spirit. Honoring that. Knowing that the Spirit that's in you is in the next person and is in the next person and, in reality, there's no such thing as one person and another person and another person. ... And we all live in the Oneness of the Holy Spirit. We all live in the Oneness of the Spirit we are. We all live in the Oneness of the Sound because we're with God even while we're in the body. And we've forgotten that."

"So, I'm going to stop by asking you just to remember the simple fact that even though you're in the body and even though you're in these material worlds remember that you are God and remember that you are with God and from this spot operate in this world. And approach giving from that spot. And if you are God and if you are with God won't you give yourself the best? And that best is God. God giving to God. And it's really that simple. And if you want to complicate it I'll tell you how - give some more and give some more."

Case Study

As I grew up I had the belief that I was not loved and supported. And all through my life that is what I gave myself - the experience of not being loved and fear that I was not supported.

By studying the Teachings of the of the Path of Soul Transcendence and by becoming an Initiate I have come to the understanding that God has given me everything I need, including my parents. And everything in my life is to be used as information to surrender any attachments to hurt, pain, fear, negativity by asking God to take them and assuring myself that it's okay to let them go.

The Teachings of the Path of Soul Transcendence have "awakened" me to the knowledge that I am Spirit and am loved and supported by God. By creating the feeling of not being loved and supported I had created a separation between me and the Spirit I am. By using all the Tools available as an Initiate - the Teachings, Tapes, Classes, Workshops, the Teacher - I have learned to give myself the guidance available on the Path of Soul Transcendence. By practicing the Teachings in an every day, moment-to-moment way of living, I can see the "guidance" God had given to me by giving me the parents I have and then another step of guidance by making available Tools for me to choose to use.

One step after another God was guiding and giving constantly to me and for me, even when I thought I was not loved or supported. My parents were part of God's Plan for me to build a strong foundation of loving and supporting the Spirit I am.

Try This ...

Get nice and quiet and call in the Light by saying, "Lord God send us Your Light." And what I'd like you to do is - without doing anything, kind of a paradox - is just allow yourself to be moved from all the worldly, earthly worries that you have and concerns, and all the seeking and all the striving. And just allow yourself to be moved; you don't have to do anything, even if you don't know how to get there, you don't have to know how to get there. Just allow yourself to be moved into the Spirit that you are, focused there. And when you have that, stay in that spot - not that it's a physical location - but stay in that spot and from that place, you'll be able to work the world very successfully.

Taken from the Satsang "Success: What It Is, How To Measure It, How To Live It" (TAPE No A50)

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. Ask, "Lord, God move me to that 'Inner Sense' that I am more than any negativity."
3. Say, "Lord, God lift and clear any negativity from me."
4. Tell yourself, "it's okay to let it go."
5. Exercise your choice to strengthen that Spiritual muscle by choosing to know you are Spirit. Say, "Lord, God, allow me to come into the knowing that I am Spirit. I choose to accept and live from this reality."
6. That's giving. Continue to do that! - that's giving some more.
7. Extend this giving into all areas of your life.

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.