

Tools for Living Free

NUMBER 22 IN THIS ONGOING EDUCATIONAL SERIES

Worry. Then Use Worry To Lift

From the Satsang, "What Are You Worrying About?" (TAPE No. A60)

"Okay, I want to talk a little bit tonight about 'What Are You Worrying About?'..."

"Okay, and it's real interesting to me because I've seen people use anybody and everything as an excuse. In other words 'This is my situation.' or 'if I do x, y and z this person won't like it, my mother won't like it, my father won't like it. I'm fifty. They're eighty. They won't like it. My fiancé won't like it. My wife won't like it. My husband won't like it. My kids won't like it.' And without fail - and I'm talking about 100% of the time - I see that what's really happening is they're just using these people as an excuse. It has to do with their own fear and with their own worry. And when I take a look at the worry, what they are really worried about is 'will it be okay? Is it okay for me to do it? Am I okay?' It has to do a lot with uncertainty and the fear of the unknown and what that tells me is really something really obvious and that is that they're outside of themselves and putting their faith in other people and other situations. And they're out of the present. Okay, and we know that if we're in the present we're in each moment. (When) we're in each moment we're with God or we're with the Spirit. And that's all that there is and we need to trust that situation...."

"And I've found when we worry we are misidentifying ourselves. We're saying okay, 'I'm this person in time and space and I'm not Spirit and I forget that I'm supplied. I forget that the Christ is watching over us....'"

"Okay, but, what it is also: it's an opportunity to lift and if you stay with the Spirit you know that it's handled. You have to cooperate with God. (Dr. Lane imitates inner dialogue.) Yeah, but it's handled. Or you'll go and you'll tell all sorts of stories.... You'll manipulate situations, you'll do all sorts of things. And it comes out of worry. It comes out of fear. It comes out of lack. It comes out of forgetting that you are the Spirit.

"And we also worry a lot about 'is this going to happen? ... How's it going to manifest?' And my question to you is what difference does it make how it's going to manifest? If you're with the Spirit and you're with God each moment what's the difference?And what I've been

taught by Spirit is that worry is the way of the world. And so what happens is when we have a worry pattern going ... it keeps our focus and the energy spiraling down to the things of the world. So that when we start to lift many times the lower self has a field day and kicks in and goes, 'Oh, my gosh, that (Spiritual) Being is starting to lift. Okay, let's weigh it down.' So, this worry pattern is created. And the doubt and the obsessing and the worry. ... See, the mind has no ability to lift above itself, beyond itself. It's self-limiting. But if it worries then guess what? It wears a protective shield. It puts on a big protective shield and the Spirit can't work on that level. See? And you just keep the karma going there, keep the karma going. But if you apply the Teachings, if you apply the simple fact that, 'Hey, I'm Spirit and I'm okay and I'm supplied.' Didn't the Christ, Jesus tell us that 'sufficient unto the day are the worries thereof.' That's all you need to do is stay present. ... Don't go running ahead 'Oh, my God what's going to happen this? What's going to happen that?'"

"... let's say you're taking a trip and you have a flash 'how am I going to get from A to Z? Will I do this in time? Etc.' And you have the normal taking care of stuff - that's one thing. But I'm talking about the whole focus on lack, limitation. You know - 'Oh, my God! the tire's going to blow out' or 'we're never going to get there. We're going to run out of gas!' or 'oh, the car's going to break down!' or 'oh, there's going to be an accident!' And you keep running this stuff and running this stuff and then you go - 'I'm not going.' You know? And if you take a look at a lot of what people do is they stop themselves in their lives out of worry. They stop themselves instead of going ahead. Okay, and I'm not talking about going ahead like a blithering idiot - no. Like with the car trip. You just take those things that you had been worried about and you use them as 'concern,' okay, and you address them. 'Okay, are my tires okay? Do I have a spare? Is there enough gas?' ... You just address those kinds of things. Okay. And you just treat it and you treat it as information not as worry, worry, worry, worry...."

"See - and in our own lives we need to be diligent - we need to pay attention and take the energy

"...when you find yourself in a worry pattern just say, 'Hey, is this where I want my energy to go? Is this how I want to live?' And 'Am I being the Spirit that I am?...'."

*From the Satsang,
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(TAPE No. A60)*

that had gone into worry and into fear and use it to be diligent but we need to apply it inwardly also. In other words, we need to monitor ourselves. We need to be diligent in how we're living in our inner environment. So, I could just let fear and worry just go 'round and 'round... or I could say, 'Hey, wait a second here. Is this the best use of my energy? ... Is this living according to the Spirit I am?' See, that's my guideline - constant guideline - if it is, fine. If it's not, then whoa, I use the Tools - self-talk, listening to TAPES, reading a newsletter, calling in the Light, asking God to take it, working with myself, myself (laughter).... And that's what I do. I do due diligence and I take the energy that had gone into fear and worry and I apply it and I discipline. I use discipline - very loving guidance and I work it and it all has to do with my realignment back to the Spirit I am because I've forgotten..."

"So, we need to give ourselves a way to go ahead in our lives. And we can do that by remembering we are Spirit and that's what the Path of Soul Transcendence is all about. It teaches us that we

are Spirit. ...It teaches us to know ourselves directly as Spirit. We have a prescription for living..."

"So, what I'm going to ask you to do is when you find yourself in a worry pattern just say, 'Hey, is this where I want my energy to go? Is this how I want to live?' And 'Am I being the Spirit that I am?....'"

"I'm going to extend the challenge to you of living in Joy and living in Peace and living in knowing that you're Spirit. ...And we know that walking the Path of Soul Transcendence does that. That that's how you come to know God, that's how you come to know Spirit - not as dogma, not as any belief system but directly. So, I extend that challenge to you. Fulfill your life's purpose - that's what you're here for...."

"And the very final thing is a question I want to ask you. And that is: Does God worry? And since you're God - God lives in you as you - well, you might want to see if you're living accordingly."

Case Study

As I listened to Dr. Lane's Open Talk, "What Are You Worrying About," I was reminded of a recent "struggle" I went through. I had been working a few different jobs for approximately four months without a day off. My main concern was having enough money. I worried about paying the next bill, paying for the next meal, paying for anything for that matter. I was exhausted, frustrated and, quite honestly, very angry. I was angry because, more than anything, I wanted to spend more time with my loved ones, specifically my wife. I'm a newlywed and thought: "this isn't fair that I have no time for myself or my wife." The main question was "if I'm struggling now how can I even think of taking one day off a week?"

Hearing Dr. Lane say, "The mind has no ability to move beyond itself" completely rang true. I was trying to figure everything out. By my focusing

on this worry pattern I was keeping myself from being with God and being present in the situation. I know the nature of Spirit is to give, and that God wanted to give me the time I wanted, so I was at choice. The choice was to choose into my pattern of worry and concern or to choose to let go and let God. I went ahead and requested Saturdays off. Further I surrendered into Spirit by saying "Lord God for the Highest Good please send me all that I need to be able to take the time off from work, pay all my bills, and move further into gratitude for all that I have."

A few weeks later there was a reorganization at my place of work. My weekly pay increased and exceeded the amount when I was working every day. Once again, God has given me more than I would have ever given myself, effortlessly.

Try This ...

So, what I'd like you to do is get nice and quiet. Okay, and we call in the Light of the Most High to be present by saying, "For the Highest Good, Lord, God send me Your Light." Okay, and I want you to take three things - let three things come forward that you're really worried about. And I want you just to tell God, "Lord, God take these worries." And then I want you to tell yourself to let it go. Let them go. Okay, and then I want you to make a commitment and do it. That every night for one week - just a week - before you go to sleep do this process again. But just tell God to take your worries

- You don't even have to know what they are. And then tell yourself to let them go.

And after a week I want you to be like a scientist, evaluate - how are you feeling? Are you feeling better? Are you feeling the same? Are you feeling worse? Okay? And then make a decision to do this and to transfer the worry patterns into loving, lifting and caring in your life. Okay? Make a decision after a week if you can do that. And then choose to do that. And see what happens.

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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. Bring forward something you find yourself in a worry pattern about.
3. Say, "Lord, God take this worry." And tell yourself to let it go.
4. Tell yourself, "I am Spirit and I am supplied."
5. Do this once a day or whenever the worry comes up. This is the prescription of the Path of Soul Transcendence for living worry-free.

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