

# Tools for Living Free

NUMBER 24 IN THIS ONGOING EDUCATIONAL SERIES

## Seizing The Miracle In The Moment

*Excerpt, Quote and "Try This ..." from the Session, "Who's The Boss?" TAPK ASH*

"Okay, I want to talk a little bit tonight about 'Who's The Boss?' ... And what I want you to do is real simple. Just ask yourself that question: 'who's the boss?' ... All right, but what I'd like you to do is just sort of point to yourself and tap your chest. Okay? Once is fine. And it's - 'I am.' Go ahead tell yourself that. Yeah, because that's the answer. That's who the boss is. You guys are the boss. Okay, and living proof of that is take a look at what you're wearing. Okay? Now, even to my eyes I pick up that you're wearing a physical body. All of you have physical bodies. Well, that's proof that you're in charge because guess what? You're the one that decided to have this particular embodiment. And I don't even mean that negatively. No. But, the way it works is that the Soul met with its karmic master or your Spiritual Master - you will meet with the latter if you are to be initiated this lifetime into the Sound Current - and it was decided when and how you would take embodiment and you had the final say so - so you agreed. And you agreed to have the parents you had. You agreed to a whole bunch of things. So, on that level you're in charge. That's very important. You have total control of your life."

"But it works on all these levels and see, we have this point in our consciousness and we call it the basic self. And it has to do with the part in our consciousness that is basically hooked up with habitual responses and our karma - so we have all these karmic patterns - incarnational patterns. And they run us ragged if we let them. And that part of our consciousness - the lower self - is the part that really doesn't want to 'know from nothing.' Doesn't want to know from Spirit, doesn't want to know that you are Spirit and it doesn't want to know that you're loved and cared about. And it sure doesn't want to know that you're responsible for your own Spiritual Progression. It doesn't want to know that at all. Okay, so, it creates all these things like hurt and pain and separation and doubt and fear - everything that you need to keep your reincarnational patterns going..."

"See, and we forget that we're the boss of the lower consciousness. But not only are we the boss but we're entrusted with that responsibility. ... you have to lovingly guide and discipline that part of yourself. See? But the game of this game -

the game of this life - is that many times we don't even know we're being run ragged and being run by that part of our consciousness."

"And it's interesting because if you take a look at humans as a whole we get to see in our history that the whole thing is about owning up to who we are and we have the myth of being kicked out of the Garden - we don't have the power, we're separate. We've been kicked out of the Garden. Okay? God has expelled us - we've lost that connection. Okay? And we buy into that. We believe that. And we approach life like that. We're powerless. We're expelled. And we don't have that responsibility. But nothing's further from the truth..."

"See, but the interesting thing is the only way we can really know and be in charge of ourselves, of our own inner environment, of being the boss is what? If we honestly recognize God's Will and we align ourselves into that Will. We allow that.... So, the power is in just the opposite of what the westerners think - *the power is in surrender*. We surrender to God. We do God's Will. ... What is God's Will? But to know Him and Love Him and go Home to Him. That's it, folks. Real simple..."

"And we have this thing that if I let go unto God I'm not in charge. Well, first of all who do you think you are? You know? God lives in you as you. So, if you let go into God guess what you're letting go into? The Spirit you are. But we tend to mock it up in these hierarchical structures - power and control and all that kind of crazy stuff..."

"Now, the Path of Soul Transcendence that I teach and work with... All we teach is loving God and knowing Him directly. And how do we do this? We do this *moment-to-moment*. We make a choice. God gave us free will. God gave us free will. We have a choice. So I could choose to drop the anger I'm feeling. I could choose to drop the hurt, the pain..."

"And we're really the boss on all the levels. Because, ultimately, we're to have dominion over all things. That means the Soul as the Spirit It truly is - as It's awakened and travels and consolidates itself in the Inner Worlds of Spirit where It lives. While you're in the body It does that. Through really the Sacred Gift of Initiation, through that ability the Soul comes to know itself and wake up. The Soul knows how to go in the

*"Who's the  
Boss?  
You are.  
Who's in  
charge?  
You are.  
Okay?  
Who's  
going  
to exercise  
that  
responsibility?  
You are."*



Soul Body and It knows how to go before God because God is the Great Oversoul. And that's how we worship God in the Soul Body."

"And there's this thing in us that we equate being in the Soul Body with death. Well, yeah, it's the death, as it were, but it's the death of the ego. It's that crucifixion - time and space. That's the death of the ego. See, and it's interesting to me because I kind of like to look at religions and kind of study them. And I've never seen a religion hit upon it correctly. You know? That so many religions try to get away from the ego either by pretending it's not there or obliterating the ego with the ego. But you can't do that. And, also, if God gave you the ego there's got to be a purpose to it. So, maybe it has to do with using it constructively and properly. And maybe that purpose is use the ego to tell that... part of your consciousness that runs you ragged, that you allow to run ragged. You need to direct the focus elsewhere. Because the part of you that's going

to... choose to drop negativity... that's hooked up with the ego, but that's a proper use of it. See, but it comes into admitting to yourself, 'Hey, I do have power. I do have responsibility. I am Spirit.'"

"So, being the boss means you take responsibility. You know that you are Eternal. You come from that spot. And, lastly, it means stop looking for the great big miracle that you're all looking for in some way. The miracle is you're alive. *The miracle is in the moment.* And if you do the homework and choose to let go of a negative thought or feeling or an emotion or something that drives you - you let go of that and allow the Spirit to take its place - that's a miracle, that's a great miracle. And the fact that you're here and breathing that's a miracle. And God gave you life, that's an amazing miracle, an amazing gift. He gave you life. And He gave you an opportunity to know Him and to Love Him...."

## Case Study

For many years I struggled with something that was difficult to understand—I wouldn't let anyone close to me. I told myself "they don't care anyway so why should I let them be close to me?"

After listening to the tape 'Who is the Boss?' I understood that the defense mechanism ("they don't care") was part of my ego (my Basic Selves) and that I could use the ego to lovingly guide those parts of myself that were afraid of getting close to people. I asked God for guidance and clarity and what was given to me was that we use these defense mechanisms as reference points to guide ourselves. I saw that I was the boss in those instances when I tell myself to follow fear patterns such as "they don't care."

Also I saw that I was holding a consciousness of separation and that was what I was drawing to myself and creating around myself. So using the Self Talk that I learned in the Everyday Evolution class I guided my Basic Selves to let go of putting energy into those patterns of separation. I surrendered that pattern. And since Basic Selves want to hold onto habitual ways I asked God to move me into trust, allow and accept.

Then it made sense: all God was asking me to do was Surrender my agenda and let His Will take over, because I was holding onto my way, my old pattern and putting it first.

Along with that realization and upliftment came the knowing that my Spiritual Teacher is my best friend

because He's there for me, patiently listening and telling me how to accept God's Grace for my Highest Good. All this came about after surrendering all the "criteria" that my ego had set up to be filled before I could accept a friend. I had been very afraid of giving up something I thought was protecting me from hurt and pain until I moved into Trusting the Teachings on the Path of Soul Transcendence.

So along with realizing that a best friend had always been there - My Teacher - I gave myself freedom from fear, freedom from practicing the art of separation within myself and with others. I gained the ability of expressing myself and letting people know me, and a direct communication with myself and others. All these abilities emerged from using what the ego had called my attention to - the separation I had created - and the resulting pain and attachment. By using that pain and attachments as reference points to guide my consciousness and using the ego to lovingly guide my Basics from holding onto this pain and other attachments and by using the Tools from the Path of Soul Transcendence, I came to live in Abundance Consciousness - which is living in the Grace of the Constant Connection with God - and choosing to be Present each moment with that by using the ego to remind me that it is time to choose to surrender. So it's all about my power of choice, eternal vigilance, and God's Love and Grace always being there for me and really with me always.

## Try This ...

"Once a day ... when you have a negative feeling or a negative thought come up choose to drop it. By that I mean don't allow yourself to persevere in it. Don't allow yourself to keep at it. Just direct your consciousness away. And even if you don't know what's going to take

its place, that's fine. But just once a day for a week be present with the Spirit you are by choosing to drop the negativity and see what happens. Okay, but you're the one that's going to make the choice. You're in charge. You're the boss."

## 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, "For the Highest Good, Lord, God send me Your Light."
2. Ask God to bring forward some negative pattern for you: doubt, fear, hurt, pain, insisting anger.
3. Now exercise your choice of using your power as Soul by asking God to take the negative patterns and say to yourself "It's okay (your name) to let it go" (refer to Tools for Living Free No. 17: The Power Of Positive Self Talk).
4. Say, "Lord, God move me into the place within me of Oneness with the Spirit I am."
5. You are in charge of your inner environment. This is using your ego to direct your consciousness to be with God.
6. Request Initiation into the Sound Current on the Path of Soul Transcendence to come to know your True Identity as Soul by requesting the free booklet "The Sound Current: The Path of God-realization" from any Center and following the advice provided.

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

Cosmos Tree, Inc.,  
a nonprofit,  
educational foundation.  
Cosmos Tree, Inc.  
1461 A 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.