

Tools for Living Free

NUMBER 26 IN THIS ONGOING EDUCATIONAL SERIES

Generosity: A Tool For Giving To Yourself

Excerpts and Quotes from the Satsang, "Are You Being Generous?" (TAPE No. A59) by Dr. Roger B. Lane

"And I want to talk a little bit tonight about being generous. And it really has to do with are you giving yourself yourSelf? [And the] ... way we spell yourSelf is - it's not a typo - it's yourSelf - one word. It's the Divine Self and It's yours. You have responsibility for It. You have the ability to respond to the Spirit you are. And that is tied up with being generous because it has to do with giving yourSelf that response, acknowledging your ability to respond and acknowledging your responsibility as a Spirit. You are Spirit. You're in physical form because that's where the Spirit lives. God put your Soul in your body - biggest fake-out going. It's in us. And it is our responsibility to nurture It."

"So, generosity has to do with: are you willing to give yourself God? Are you willing to give yourself the best?"

"Many of us we walk around with judgments. We have a lot of judgments on ourSelves. We have a lot of self-inflicted stuff. We never cut ourSelves a break... I mean that you sit in judgment and it's based on, my experience is, of really not having a clue the way it really is. So, you have this sort of idea 'Well, it should be like this' and, of course, you're 'shoulding' all over yourself - 'it should be like this.' Right? And 'the way I'm working it isn't like that; therefore, I'm screwing up' or 'this shouldn't be happening.' And almost, like ninety-nine out of one hundred times whenever anybody tells me that walking this Path, I'll go 'Gosh, I hate to tell you this but what you're doing is textbook.' Every consciousness does that... So, be kind to yourself, be generous to yourSelf. Let yourself be stupid. See, but the Spirit in you isn't stupid and that's the part of you that is here to be nourished, to be awakened, to go back Home to God. But we impoverish ourselves with the judgments."

"I always get a kick out of - we have a bowl for Scholarship money. Very few people, in all honesty, put money in the bowl. And every now and then I get a kick out of asking someone 'how come you didn't?' And it's always like 'Well, I didn't have enough. I thought if I gave some money that I wouldn't have anything left.' And I think that's hysterical because it matches exactly

what we do. If you won't have enough after you've given, my God, give the whole thing! What are you holding onto? See, if your consciousness is in God and is in Spirit you're supplied, you're supplied. Spiritual Economics is such - you give ten bucks - the last ten bucks you have - well, guess what? It's going to be replaced in spades. How could it not? It's God supplying God. See, but what we do is 'This is *my* money.' And if I give x, y and z I'll have less.' And that's where we always end up in trouble. 'It's *mine!*' 'It's *yours!*' 'This is *mine!*' And right away we've separated ourselves and, of course, we're in lack and limitation and we're being ungenerous. We're not being generous. And generous is always being at God, at Spirit and always giving."

"God didn't place us here to beg and yet we walk around being very ungenerous to ourSelves. We've got judgments there. We've got hurt we keep there. We've got pain we keep there. We've got a lot of doubt. We've got our own agenda. We've got incredible amounts of stubbornness. And I've never seen, no matter how much karmic weight is behind something - you can have, God knows, how many lifetimes of this karma behind you - it doesn't matter if you internally decide 'Hey, I'm going to be generous' which means 'I'm going to attune to the Spirit I am' then the weight of all that karma - it's as nothing. And it can just be dropped like that. It doesn't matter, in other words, it doesn't matter how much history you have with something. It doesn't matter how much you've created something. Because when it rubs against the Spirit that you are it's dissolved in loving. That's how it is and this is all contingent upon something pretty spectacular. And that is free will, free choice."

"And ... if you take that perspective ... of 'hey, there's got to be more than just that. And we've got to be more than just that. And I have to be more than my thoughts and I have to be more than my feelings. And I have to be more than my agenda and I have to be more than my issues. There's something more.' If you could come from that spot then you could start being generous to yourSelf. And if you have that perspective then

"And the individual has to live in the generosity of itself - always giving itself. And what are you giving yourself? Spirit. So, if you're feeling impoverished, if you're feeling less good than, if you're feeling not good enough you're not being generous. You're not giving yourself the Spirit."

somehow the thoughts you have, the feelings you have, etc., they don't seem that big and they don't seem that awesome and they don't seem that burdensome. See?

"Now, when we walk the Path of Soul Transcendence all we do is just love God directly - that's all we do - beyond thought, beyond feeling. And we give ourselves that... And it's all connected with accepting the simple fact that you are Spirit and giving from that spot."

"And each moment that I decide to allow something other than my thoughts, something other than my feelings, something other than my agenda to come forward is a moment that I've let the Spirit win. And I've let it be victorious. That I've let it really *generate* me because ultimately being generous has to do with generating and what generates you? Well, try living for a few minutes without the Spirit you are - assuming that

you could do it. You can't live without It. So, that which generates you is the Spirit. You're being generous with yourSelf has to do with acknowledging that you're Spirit and God's given us an opportunity to know Him and the way to know Him is the Path of Soul Transcendence - that's just the way it is.

"So, I want to extend this opportunity for you - now this is going to be hard. You're going to be asked to be generous. You're going to be asked - you are being asked to open up the Present of Spirit, to give It to yourSelf. Sounds like a pretty nice God to me who'd want you to have that Present. Who wants you to know Him and come Home to Him and live with Him forever and gives you the opportunity called this life to do that. Pretty spectacular. So, can you accept His Kindness and His Grace and His Generosity? Can you accept the Spirit you are? Well, I'm addressing the part of you that can."

Case Study

I recently finished taking a two-week Relationships mini-course from Cosmos Tree taught by its Director, Dr. Lane. Through taking this course I realized that in relationships, up until now, I had compromised my feelings and what I had wanted by thinking that what I want is not important compared to with what the other person is dealing. I had put my wants, thoughts and feelings aside. Just to appease the situation or the other person. I would often say that things were okay when they really weren't okay. The truth of this was that I was not being true to myself; therefore, I wasn't okay and the situation was not really okay. Acknowledging this pattern was the first gift.

I acknowledge this pattern by letting go of whatever worry and concern comes up and by constantly working with my Basics (the part of our consciousness that is habitual and involved with karmic patterns that provides us the opportunity to fulfill our Spiritual responsibility of helping them learn - we can only progress Spiritually as far as we've worked with our Basics) - doing Self-Talk, directing and encouraging my Basics to move into a positive direction. Then I listened to the TAPE "Are You Being

Generous?" and the learning was brought forward that it's okay to have what I want, to give myself myself and by doing this I am allowing Spirit to live in me. And by doing this - by giving myself Spirit - I am being generous. I learned that being generous is giving to myself by 1. committing to my True Self; 2. accepting the situation internally and externally, the "good" and the "bad"; and 3. surrendering anything that separates me from the Spirit I am - e.g., fear, hurt, pain, denial and attachment. It's not a materialistic thing or something that someone else can give to me. It's not something outside of myself, either. I need to give to myself before I can truly receive from others.

What this means for my life is if generosity is in myself then I don't have to go outside to get it or to seek it. Everything I need is within me and I owe it to myself to commit to myself. I am now allowing myself to accept what I want by choosing to always go with my inner knowing that I am worthy to receive and trusting that I am supplied. I have learned that all relationships are with myself, really, with God. And it is to this relationship that I commit and to the choice to be Generous, Truly Generous.

Try This ...

"Once a day for the next month ask yourself at the end of the day, 'did I give myself the best that I could have given myself today?' And if the answer is yes, bravo for you. And then ask yourself, 'how can I give myself even more of it tomorrow?' If the answer is no, bravo for you for that honesty and then use it to lift and say, 'okay, how can I give myself more of the best?'"

From the audio Tape "Are you Giving Yourself the Best?" (TAPE A14)

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 God to take any "shoulds" by saying, "Lord, God, lift and clear any judgements, lack, limitation or separation I may be holding against myself."
3. Now ask God by saying, "Lord, God move me into my Divine Self."
4. Consciously accept responsibility for nurturing yourSelf by choosing to drop negativity and focus in the positive at each moment.
5. Be generous to yourSelf by calling any Regional Center or writing the Home Center and asking for Initiation into the Path of Soul Transcendence.
6. That's being generous to yourSelf and responding to the Spirit you are.

"But we impoverish ourSelves with judgement. Now, when we walk the Path of Soul Transcendence all we do is just love God directly - that's all we do - beyond thought, beyond feeling. And we give ourselves that. And it's all connected with accepting the simple fact that you are Spirit and giving from that spot."

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.