

Tools for Living Free

AN ONGOING EDUCATIONAL SERIES

NUMBER 29

Living a blame-less existence

All quotations from the Satsang, "What Is The Real Enemy Of The People?" (TAPE A66)

"So, what's the *real* enemy of the people? But our enemy, really, is blame.

"If you take a look at what you do during the day - we're always kind of placing blame. Let me give you a few illustrations to kind of show that. The other day someone's responsibility was to give something to someone if it was appropriate. Well, it wasn't on the table. It wasn't in their view, so this person said; therefore, it wasn't done. And that looks really good. It looks like, hey, it wasn't there. It wasn't in front of me. I didn't see it to give it. Okay, and it looks very rational, makes a lot of sense. Okay? But it makes nonsense."

"So, when we're in blame, guess what we do? We forget that we're Spirit. See, and if that person had been really focused Spiritual in what he or she had to do then guess what? It wouldn't have mattered if the book were visible or not visible."

"Or if you're honest with yourself, you've probably come late to lots of different things and the reasons seem to be real good, they seem to be - the subways were running late, there was an accident, all that stuff. And there's always a reason out there. But if you're honest and you check back into yourSelf you'll come up with the truth, which is 'I really didn't want to get there' or 'I didn't trust that I could get there on time.' Whatever. So, that the picture you had inside yourself got matched out there. See? So, we're that powerful.

"And one of the 'nice' things that blame does is it helps us get out of that responsibility of knowing that we are that powerful because if I can blame then it's out there. I don't have to go with the truth of the situation which is it's inside of me, I have that power and I'm in charge."

"It's not the situation itself that's right or wrong but it's how we work it. And too often we work it in terms of blame. See, and this is true in a micro way, it's true in a macro way.

"Take a look at your life. You're male or you're female for a reason. You have money or you don't have money for a reason. You're white, green, black, brown, whatever your so-called race is for a reason. It didn't just happen to you. And, so, if you're running, 'Gee, if only I were famous' or 'if only I were married' or 'if only I had the perfect spouse' or 'if only I did this' or 'if only I were doing that' - it's another way of making yourSelf wrong but it's also another way of making God wrong and the Spirit inside of you wrong and it's an ingenious way not to be responsible."

"So, how you want to work it Spiritually is

'Okay, this is what I am and this is what I have working, this is what I've had given to me.' It's been given to you for a very good reason; namely that you're the giver, you gave it to yourSelf. You're at the effect of the karma you've created. That's why. It's not an accident. It's not the luck of the draw. God doesn't play bingo.... No. But, it's to the nth degree rhymed and reasoned and it has to do with what we've created and what we've agreed to in this life. So, when we're blaming we're denying that we are the co-creator of our life."

"And we do this individually and we do it collectively. Oh, those people, we can blame those people. Let's go blame the aborigines, let's go blame the black people, let's go blame the Jewish people, let's go blame the Australian people. You know?... And what are we doing? Okay, but we're not being responsible. See, as long as someone's at fault then you have a fault line; you have a dividing line and that dividing line is between you and the Spirit and being responsible. And not taking responsibility for who we are - that's the true enemy of us as people.

"You know, we've all heard the expression 'oh, I'm only a human being.' Well, the truth is just the opposite. You are a human being and that's God's Grace; that's His Gift to you - for you to come (into the body) and know Him. And in the word it tells you who you are. You're a manifestation of God. You're full of HU, which is the first manifestation of God - H-U; that's quite a frequency! So, if you're the first manifestation of God or God as He comes into the manifested world - that's power, that's responsibility, that's who we really are. And when we play the blame game we're denying our heritage, we're denying what we are. Find me a person who would deny ... a gift of a million dollars. Not too many.... Find me people who'll do the opposite - who'll refuse to play the blame game and will take full responsibility for 'yeah, the Spirit lives in me. God is within me. I have that power. I have that responsibility. And that also means that the emotions I have, the thoughts I have - I can choose whether I'm going to hold them around or not.' They come and go, 'yeah, but I'm the one choosing to keep my focus where it is. There's no one else doing it. I'm the one.'

"So, if I find myself consistently angry at (Student) because, once again, he's got a better jump shot than I have then that's my doing. That has nothing to do with (Student) or his jump shots. It has to do with me... And these emotions - if I have anger then it's there for a reason. I'm going to use it constructively. And that would be, okay, I have this

"And when
we enter
into blame
we've
created our
own worst
enemy,
individually
and
collectively.
There's
no one
to blame,
there's
nothing
to blame,
there's only
the joy
of being
responsible
and being
with God."

negativity, let me choose to drop it and be with God because we know when we're in our thoughts or in our emotions; in our negativity we're not present and we can't be with God. We can't get the Presence of God. We can't participate in It. And another thing we all do is we all approach it like, '(A Student) made me angry. His jump shot made me angry.' Like somebody else has the power over you and has the power to make you think a certain way or feel a certain way. Nobody does. There's something in you that responds that way. So, that takes the blame off the outer situation. It takes the blame off the other person. And that's the good news because then, guess what? You've got your power back... If you hold blame against yourself, you hold judgment against yourself and you hold it against the Spirit you are and you've created separation. You're responsible, yeah, but you can't blame yourself.

"And by that I don't mean that you're not responsible. You are responsible. But it's not like, 'Oh, gosh, I really screwed up. I really am stupid.... Aren't I dumb?' No, it's okay. What is it that you wanted? What did you want to see happen? How could you have approached it differently? What did you need to learn from this situation? That's what you're responsible for. Beating yourself up - that doesn't work; that's not Spiritual, that's dumb, that's not being humble or eating humble pie, that's being arrogant, negatively arrogant, but it's being arrogant. You need

really to take the responsibility."

"And, lastly, so much of the blame that we do is connected with keeping the separation going because we don't feel worthy of God. Well, but that's just a feeling. It's not real. And my question to you is whether or not you feel worthy of God? He feels worthy of you because He's living in you as you. And the Soul that's within you that lies dormant until It's woken up - in a process called Initiation into the Holy Spirit or the Sound Current - until It's woken up It's asleep and It denies Its heritage.

"And part of that has to do with not feeling worthy, but guess what? If God's worthy of you how can you not be worthy of God? So, as long as we can feel not worthy then we don't have to be responsible? But guess what? That feeling, like every other feeling is an illusion, isn't real. And it doesn't prevent us from being responsible... Tag, you're it! You're responsible - whether it's being somewhere on time, you're responsible for where you focus your thoughts, your emotions, your energy... There's a reason why you're having the situations you're having and they're all designed to assist you to lift and to know yourself as Spirit. And when we enter into blame we've created our own worst enemy, individually and collectively. There's no one to blame, there's nothing to blame, there's only the Joy of being responsible and being with God."

Case Study

Just the other night my husband and I could have had a humdinger of a creation. Our water pipes burst and, of course, the timing could not have been worse. I said, "I asked you to check the faucets in that room!" My husband replied in defense, "You could have checked, too!" I replied, "You're right."

It was at that moment that I chose to utilize the Tool of living a blame-less existence that I had just received from the Satsang "What is the *Real* Enemy of the People?" Instead of continuing the blame, I chose to take responsibility. By calling in the Light of the Most High, I was able to refocus and be present with God. I asked God to please lift and clear any anger or negativity I was feeling and I told myself it was OK to let it go. I knew that I was working with God and Trusted that everything would be just fine.

Before this, I did not know how to communicate or to let go. I would feel angry, sad or alone. I would stay with my agenda and try to control the situation. The turning point came when I understood that I have Dominion over my life. I have choice, and I have God. I always have choice to be responsible for myself, my attitude and how I respond to others. The Teachings brought forth in the Satsang allowed me to see that by giving my power over I was creating blame to use as an excuse for all that was going wrong in my life. At the moment I choose to be responsible, to take back my power as Spirit, to be focused and present, to love myself, I also choose to be a co-creator with God. I am able to eliminate, or erase the connections I created through blame by taking responsibility. I am no longer the victim of my life. Emotions are dropped and I am free to form a more loving relationship with my husband.

I understand that there are reasons for the situations in my life. As soon as I recognize that I am into worrying or scheming, I know that I am not trusting God's Love and Devotion. It is my opportunity and Gift to use each situation as a tool to Lift and Grow Spiritually by staying focused on God through the use of such Tools of Upliftment available to me as TAPES, Self Talk and focused "Meditation" and knowing myself as Spirit and living in Joy and Peace as God intended.

Try This...

"Okay, so I want to give you a little homework assignment. The next time you find yourself blaming someone or something suspend it. Let go of the blame and see what happens. See, if you can work it positively. See, if you can work it to lift yourself. So, if I'm angry that (Student) has a great jump shot the responsible way of working it is 'okay, well, let me see how that guy does it and I'll learn, I'll train, I'll get my legs in shape, whatever.'"

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. If you find yourself blaming someone or something choose to suspend the blame.
3. Focus on what is needed in the situation, on the goal. Focus on the solution.
4. Ask God to move you into the Truth of the situation inside your Self and tell your Self to let go of whatever stands in the way.
5. Know you are worthy - of Spirit, of a Blame-less existence. Call any regional center and request the audio TAPE "You Are Worthy" and/or request your free copy of the booklet entitled "The Sound Current: Path of God-realization."
6. Act on your understanding of your own worthiness by calling the Home Center and requesting Initiation into the Path of Soul Transcendence!

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

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