

# Tools for Living Free

NUMBER 31 IN THIS ONGOING EDUCATIONAL SERIES

## Using Surrender To Advance

*From the Satsang, "Have You Given Yourself The Time Of Day?" (TAPE No. A32)*

"When we have little things that bother us - are we taking enough time to love ourSelves? It's a process of loving ourSelf and giving ourSelves the time of day. And we treat ourSelves shabbily; we treat ourSelves terribly. We allow all that upset, all that turmoil, all that mental agitation, all that emotional upset to gather storm and to seem real.

Let me give you another example in my own life. Sometimes I may find myself really tired or exhausted after a long day and it's late at night and I just want to either read something or watch something or hear something. I really want to focus on it. And I have a choice. I could let my tiredness just kind of overwhelm me and not be present or I can just take a moment to just re-align mySelf with the Spirit I am. And I do that by just saying, 'Okay, God, send me the energy I need to be focused here!' And I tell mySelf also, 'It's okay to let go of the tiredness.'

And that does something really neat. It reaffirms that I'm not a victim in my own environment, in my own neighborhood. I'm not a victim. I'm not a victim of my emotions, I'm not a victim of my thoughts. But I have sovereignty over them; meaning I can control where I place my focus. I'm not saying I can control my thoughts or my feelings; they're going to come up. But what I do is by lovingly giving mySelf the time of day I can decide who has sovereignty."

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"You're giving yourSelf a chance to lift beyond your emotions and your thoughts. And you strengthen that part of you that is more than just your emotions and your thoughts and your mind and your imagination. You strengthen the part of you that's Spirit."

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"And when you allow those emotions, when you allow your thoughts, when you allow your feelings to get the best of you - those are creations that stand in the way of your loving Him. And they stand in the way of loving yourSelf....if you're studying at the Center for Religion and Advanced Spiritual Studies-you have ways of moving beyond that hurt and pain, etc. If you're studying at the Cosmos Tree, there are Tools-you know how to move beyond it. And the thing that all those Tools have in common is a basic premise and that is that you're responsible for where you place your consciousness. And so they are real practical ways

and real practical Tools.

But it is also premised on that part of the learning is learning to love yourSelf and care for yourSelf and learning that you're more than the mind and the emotions and your imagination and your unconscious-that's crucial. See, and I'm not saying those feelings don't come up-hey! Welcome to the human race! We all have a lot of feelings. We all have a lot of hurt. We all have a lot of pain, etc. etc.

What is being said is to lovingly take the time to move your consciousness to the place of Wholeness and Oneness, to the place of Healing inside of you. See, the nice thing about hurt and pain and sorrow is that it doesn't last forever even though it feels that way many times; it doesn't last all that long. And another nice thing is there's a reason why God put it into the system and that reason is for us to use it to lift and to grow. But we can't lift and we can't grow unless we take the time to lovingly surrender that negativity, that hurt.

And, without getting really technical, there's something about the Game of Life that I want to share with you that may really help you. Some of you may suspect it, some of you may know it, but I'm going to say it anyway. And that is that it is a real giant mirror here. A real giant mirror. And how this mirror works is that we're caught in it to the extent that whatever we see in the mirror we take as reality. In other words, our thoughts, our feelings, our imagination, our unconscious-we take it as reality because the thing about living in this fun house is we forget that it's a mirror. And not only have we forgotten it's a mirror but guess what? We've forgotten that we've put that stuff in the mirror so that illusion seems real here. That's the name of the game. *And when we take a moment for ourSelves we are engaged in a process of lifting beyond the illusion.* We're becoming, in the best sense of the word, "disillusioned"- letting go of our illusions, letting go of the hold our thoughts and our feelings and our unconscious and our imagination have on us because we have allowed them to have that hold on us.

The way the mirror is set up is there is no way you can get around or past or through that mirror other than one way. And that is the place in you that is Spirit, that is Whole, that is One. ....And what happens when we get beyond the mirror? Well, we're free."

"I'm talking  
about living  
in Joy,  
living in  
Peace each  
and every  
moment and  
living in the  
Oneness of  
who you are.  
How do you  
do that?  
Real simply:  
you do it  
moment-to-  
moment.  
You do it by  
giving  
yourSelf a  
second, an-  
other sec-  
ond,  
another  
second,  
another  
second."

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"But what we're talking about is the power and the energy and the value that negativity, if we allow it, exerts on us. We're talking about the appearance that all that stuff is real. And when we talk about it's not being real, it doesn't mean it's not there and you don't have to deal with it. You don't have to deal with it until you don't have to deal with it. God has put it there for a reason and He works this Game of Life very well because He invented it.

And there's a reason He invented it the way He did. God's really smart... He's really smart and He knows eventually that each Soul will get sick and tired of looking in the mirror and thinking what it sees there is real. He knows that each Soul will eventually seek a way to get beyond the mirror, beyond the pull of the negativity, the thoughts, the feelings, the imagination, the appearances of reality.

And, because God knows that, He gives us time to have this process of discovering the mirror, the illusions of things in the mirror, and a way to get past it. And we need to do our part by giving ourselves the time of day.

See, it's a real simple set-up. In other

words, if I allow a negative feeling or emotion to govern me, then I've made it real. If I have allowed fear to take a hold of me then I'm treating it like it's reality."

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"God gave us choice. We could create along the negative polarity with fear and pain and etc. and etc. or we could create positively... And the Truth of our consciousness is that we're free. We were created free and that's our True Nature and when we give ourselves the time of day guess what we're doing? We're saying to ourselves, 'hey! yeah, I'm free and I'm going to exercise that freedom. The freedom to be aligned with the Spirit that I am and in this Kingdom inside of me that I rule-my Consciousness-I have choice over what I allow to dwell there.'

So let me suggest in closing that you give yourself the time of day and decide to populate your Inner Environment with things like Joy and Peace and Caring and the Will of God. Because guess what? They are there, anyway, waiting to be discovered.

## 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, For the Highest Good, send me Your Light."
2. Ask God to take any negativity that you may be creating by saying, "Lord, God take any concern, worry, anger or fear!"
3. Reassure yourself by saying, " (whatever you call yourself), it's okay to let it go."
4. Be open to a new way of being by letting go and letting God by working this process and proceeding in neutrality.
5. Love yourself by requesting Initiation into the Path of Soul Transcendence.

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## Case Study

"I give up. I can't take the struggle any more." For years I've had this struggle going on. I thought the struggle was with other people, with situations, with wanting certain things and not being met, etc. I felt as though I was engaged in an almost constant argument; it was either with my mom, or with my husband or my job or my life situation - really with God - for not giving me what I want, for not listening to me, for not loving me enough.

Well, I am a Student of the Path of Soul Transcendence and, as such, I have worked with My Teacher very extensively - through Open Hours, the Tool of Service and the Blessing of being around My Teacher - to let go of this pattern and move into a new way of being. The Teachings of the Path of Soul Transcendence teach us that there is nothing "out there"; that everything I see and experience outside of myself is really just a reflection of my inner environment.

I have had glimpses of this but the truth of it really hit home just the other day. I had the experience that, up until now, I had been so busy blaming something outside myself - like my job situation or my level of income for not giving me what I want; and being defensive and trying so hard to prove that I was right - by getting angry at anyone who tried to show me another way of doing things; that I wasn't taking responsibility for myself - by realizing that I have the power to create my life, and that it's up to me to be open to receive what it is that I truly want. I finally had enough. I realized that I

don't want to be "right" - in terms of having things my way - if it means living in a struggle, being defensive or having lack and limitation in my life. And I see the only solution, which My Teacher has very lovingly been showing me - to surrender, let go. Let go.

As I let go inside myself new awarenesses began to flood in - in terms of new opportunities, realizations, etc. I realized that there is so much more in the world to experience that goes beyond my ideation and belief systems and that I had been forfeiting all that learning by asserting my agenda. I also realized that all along the only struggle had been with myself and the remedy is simply to lovingly direct myself and take responsibility for my life by telling myself - "yes, I chose this life I am living now; I need all parts of myself to cooperate."

And when I begin to get angry at someone or something I stop and ask God to recall my projection and raise me to the level of Spirit to have the understanding. I then look at the situation from the place of where am I getting caught as I know the outer world is merely a reflection of my inner environment. I then tell myself that I am in charge of my life and my present situation and from there I objectively evaluate whether or not to make a change. The difference is that I am no longer a victim. I now know that I have choice, I have power. The power of surrendering all the hurt, pain and attachment and the power to create my life anew - free - with God at each and every moment.

## Try This ...

What I want you to do as homework is once a day at the end of the day on a piece of paper write down what you would have done differently that day if you

had come consciously from a place of knowing you are Eternal.

*From the Satsang "The Final Surrender And The Path Of Soul Transcendence" (TAPE V19)*