

# Tools for Living Free

NUMBER 32 IN THIS ONGOING EDUCATIONAL SERIES

## Appreciation:

### Loving God with All Your Heart, All Your Soul, and All Your Mind

*From the Satsang, "How Do You Approach God?" (TAPE No. A49)*

"I want to talk about coming together in the Oneness, how we approach God...Because how you approach Him is in Love, more Love and completely in Love. That's how we approach God - totally and completely in Love and we're Lovers of God...the real truth is that God sits in us as us. And when we approach Him, we need to approach Him with all of who we are, with a hundred percent, with total love, total devotion; not as beggars, not filled with fear, and not filled with a lot of pain and hurt. When you're with God, really, you're reborn. And being born again in the Spirit means one thing: it means the Soul has come to know Itself as the Lord, God. But it's not knowing, like you go to school and learn something and how you know your subject...But it's knowing through direct experience, through an Initiatory Experience in which the Soul is wakened up. Because It lies dormant in you, and It lies asleep. And the whole process here is to become awakened or to go from death."

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"But God gives us the great opportunity, gives us Grace as it were to know Him *while we're in the body*. And each moment (when) we decide to drop our hurt, to drop our pain, drop all the stuff we run there's an opportunity to be with God and we can approach Him in love. But we have to make that decision, to be with God and be with Him firmly and clearly. So you approach God all out, a hundred percent...but we do it inside ourSelves. We approach God inside ourSelves."

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"Say what you want. Ask God for what you want. I do all the time. I even do it when I need a parking space. I even do it every time I get in the car; I ask for the Presence of God. I know that asking for the Presence of God is just the opposite: God's present and I'm just putting mySelf on notice that I'm going to be aware that God is present. I'm telling my consciousness, 'Okay, God is present.'

So I ask God for everything; nothing is too small, nothing is too big. But our approach to God really needs to be one of reverence and giving. The lower self or the false self takes, extracts; that's the way of the world-it extracts. The Spirit that we are, though, gives. And we need to give to God. And you can sit there and say, 'That Guy's got everything, what can I give Him?'. Well, you can give Him yourSelf, you can give Him your Love, you can give

Him your devotion, because guess what? You're giving it to God, you're giving it to yourSelf."

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"And it doesn't have to be a great big thing, it could just be a decision to drop the hurt for a moment, the negativity, the pain, the willingness to let go of your point of view, the willingness to be there for someone. It's a lot like when my better half asks me 'Do I want to take out the garbage?' And almost all the time I don't. So I'll say, 'No, I really don't but I will.' In that moment I drop my position of 'I don't want to do it' and I do it neutrally. But I don't do it with resentment...So giving to yourSelf means letting go of your position, being there, really for the other person or to allow a situation to just evolve through you. It also means loving yourSelf enough to let go of judgments on yourSelf."

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"So if you could just enter into an attunement process, an at-one-ment process, then really you're home free. No pun intended, but you're home free, and how do you do that? Well, it's a *moment-by-moment* choice to drop the hurt, drop the pain, drop the negativity...See, we're not her as punishment...*We're here as a gift, God's Gift to us to come to know Him*. And guess what? God lets us approach Him...The interesting thing is that God's hidden; God's hidden in us. And there's a reason for that and that is so we can approach Him in Love and we have to exercise our own free will..." "God has given us free will and we have to exercise that choice, that gift of free will....So here is this Gift we've been given: God inside of us, always present, always present, always present. And how do we enter? How do we approach God? Lovingly, firmly committed with a hundred percent of our being, in love and humbly...but humbly in knowing that we *are* Spirit and we *are* God. And we're His Kids, we are His Kids and the love a father has for the kid is beyond comprehension, beyond comprehension. And we need to just approach Him with that Love, like the love you have for your kid or someone you love and care about unconditionally, totally devoted with all of your being. It says that right in the Old Testament, doesn't it? 'To love God with all your heart and all your Soul and all your might, these are the words I command you these days.' But also if you Love God with all your heart and all your Soul and all your might and Love your neighbor as yourself, then guess

"What can I give Him (God)? Well, you can give Him yourSelf, you can give Him your Love, you can give Him your devotion, because guess what? You're giving it to God, you're giving it to yourSelf...."

*From the Satsang,  
"How Do You Approach  
God?"  
(TAPE No. A49)*



what? You fulfill the karmic law. So you can live karma-free. But it tells you how to approach God: with all your heart, and all your Soul and all your might. It doesn't say, 'Approach Him gingerly, approach Him on tiptoes'; not at all. But approach Him with the fullness of your heart. God doesn't hold back.... So we approach Him unconditionally, full of love, with all our heart, with all our Soul and with all our might. And really with a craving, burning desire just to know God and to love Him. And even that desire when we've exercised and exercised and exercised, then that burning part sort of leaves and it goes into and becomes a deep, deep, deep Grace and a deep, deep, deep Peace. It becomes the 'Peace that passeth all understanding' - that is what is referred to in the Bible.... So we want to approach God also without conditioning Him, but without conditioning our own experience; let it be new.

And also we want to let go of past reference points; in other words, say I had this experience with God, etc., etc., etc., two weeks ago. Well, yeah, that was two weeks ago and you're different. If you've really been growing in love and devotion of God, you can hold greater frequency and greater Light and greater Love; (you can hold) more of God. So your experience of God will be very

## Case Study

I have worked hard, struggled and overachieved for appreciation. As the youngest of five children, I have always tried to make my parents appreciate who I am. At my job, I have worked long hours to get appreciated by others. And I have come home to be "Supermom", only to feel underappreciated. Looking back, I see how easy it was to accept this way of life and to actually be driven by it. But what I was really doing - striving for all this appreciation - was living in fear and not appreciating mySelf. Fear of not being good enough or not being liked enough. I came to this realization through using the Teachings of The Path of Soul Transcendence and working with the Light of the Most High. In doing so I began to let go of my previous preconceptions and to know mySelf as Spirit and fulfill my True Destiny.

As a student of the Path of Soul Transcendence, I have found true appreciation: appreciation of the Self. I have learned from My Teacher - in Classes and through Meditation - how to open up my life to the Light of the Most by dropping the pain, hurt and separation onto which I had held. My Teacher told me that I was good enough right here and right now for God. If I am good enough for God then I must be good enough for mySelf. TAPES and Classes explain over and over that one can't love God when one lives in lack, limitation and resentment.

## Try This ...

"Get nice and quiet. And ask yourself-and let the answer come spontaneously from within, not as a mental process, but let it come from within- 'What do I really want to give myself as a gift?' And when you have that ask yourself, 'Do I love mySelf enough to allow it?' And if the answer is 'yes' that's wonderful. And if the answer is 'no' take an additional moment and ask the Lord, God to take anything away that

different. Why go into historical reference? And also the Teachings of the Path of Soul Transcendence teach us that when we enter into time or history or the past we're entering into a time line and we're entering into karma. And we're separating ourselves from God. Because when we're with God we're entirely present - there is no past, there is no future; there just is *now*. See, that's where God is: He's now, and now, and now. And that's how we approach Him. So make every now that you spend, every moment, make it with God.

You know there are Classes, Workshops whatever to help you with that. We make it easy. But your purpose here on this earth is one thing: it is to know and love Him and follow His Direction. And His Direction is real simple; the direction is 'come on Home!' But how do you come on Home? Love. Remember, there are three ways to approach Him that are highly technical: Love, more Love, and completely Love...we enter with burning love, with all our heart and Soul and might. And we enter it just receiving. Just being there and receiving the Presence of God...we actually receive that Indwelling Presence. And we do it in devotion, and we do it in Love and we do it a hundred percent. And that's the unconditioned reality of who we really are.

Dr. Lane makes that clear when He says all you have to do is Love God. Appreciating God and mySelf is the means of focusing inward and letting go of the pain, hurt and separation. Being on the Path of Soul Transcendence has provided me with the Tools - Newsletters, listening to TAPES, Classes - and given many opportunities to lift and grow. Now I direct my appreciation inward to what is positive - to mySelf, to God.

Through the Teachings I have chosen to live in a position of positive neutrality, meaning I am neutral about all people and situations in which I am involved and knowing that all is for my Spiritual upliftment. I have also come to work my life from inside out without judgements and attachments to results while being present with God inside mySelf at each moment.

Self-appreciation helps me to surrender the fear of others doing things without me. Self-appreciation helps me to stand up for mySelf without the fear of people not liking me. The approval from outside references is not needed when I appreciate mySelf.

From working with my Teacher I have found that appreciation is not an outward expression but an inward focus of my love. And I focus inward by focusing on loving God. Living in a positive neutrality, I live in the Grace of God.

stands between you and that Gift and to tell yourself to let it go. And now ask yourself, 'is there anything that you need to do to open up the Present of the Present of the Presence of God?' And take a moment and also ask God to help you with that, whatever you need to do to practice the Presence of God."

- From the Satsang

"Applying The Message Of The Season" (TAPE A42)

## 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. Surrender by saying, "Lift and clear any hurt, pain or negativity I may be holding onto!"
3. Say inside yourSelf, "Lord, God move me into devotion and total love with you!"
4. Ask for Initiation into the Path of Soul Transcendence!
5. That's living in Appreciation and Loving God with all your heart, all your Soul, and all your might.

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