

# Tools for Living Free

NUMBER 42 IN THIS ONGOING EDUCATIONAL SERIES

## Learning To Listen To Yourself

- excerpts from the Satsang "How To Have A Happy New Ear" (TAPE No. A55)

"Well, I want to wish you all a Happy New Ear - in the truest sense of the word. You're probably sitting there wondering, 'Well, what does this guy mean? How can I have a new ear?' ... We already have this Ear. Really, the ear has to do with being present with Spirit and listening totally and completely and dropping your agenda or agendas."

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"Spirit kind of goes ahead of us. There is no time, as it were, but to the part of us that lives in time and space, Spirit goes ahead and answers our needs and gives us our needs and supplies us and all we have to do is listen. It anticipates. Spirit anticipates us, our movement through time and space and runs out ahead and all we have to do is be open and receive. I'm really talking about a way of living, a way of living in Grace. But in order to hear what's said you have to just drop your agenda or, at least, say, 'Well, wait a second now! Let me listen!' ... 'Let me listen to the Spirit inside instead of my same old negativity, same old garbage, the same old crud! Let me be present!' It's all about being present."

And the Soul has ears, as it were, I don't mean to anthropomorphize It - you know, make It like human characteristics - but It hears the music of God, the Sound Current, the Holy Spirit and It travels through the Inner Realms and It hears the Song of Itself to Itself. And as It's awakened on each of the levels It gets to recognize that, be able to hold that frequency and gain in Spiritual Strength... We waste so much time listening to that stuff of negativity and hurt. Just make a decision. Just go, 'okay, I know what those tapes are about - that's the old ear. Those tapes chewed my ear off. I'm really tired of that stuff. Let me have a new Ear! Let me listen to the song of mySelf! Let me be present with Spirit! Let me hear!' And those of you who can really hear with Spirit's Ear you know you're taken care of. You know that the answers you're seeking you're supplied with all the time because Spirit supplies us."

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"Now some people have had the experience if they've never sat down to Meditate before they come in here and they Meditate for the first time

and they can't believe all the stuff going on in their heads. The only thing that they can believe less about that stuff that's going on in their head is how loudly it goes on in their head. And they're having the gift. Spirit is giving them the gift of seeing their thoughts and hearing their thoughts and hearing their creations and hearing how it predominates. And that's the choice you have to make as individuals in your own consciousness. What are you going to listen to? What are you going to listen to?"

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"And those Souls wise enough to a) Receive the Gift of Initiation and b) Open It - Open that Present! - are able to access Spirit. They can rise above it (the lower worlds) or allow Grace really to take them above it. And then they start to see a little bit clearer and a little bit clearer and a little bit clearer. And all the Soul has to do is focus inwardly toward God. And It gets all the help It needs. God - whatever you want to call It - God, the Master's Grace, whatever; it doesn't matter, It's all the same - meets It and opens It and opens It and opens It. But you've got to take the wax out of the Ear... We have all the crud and all the corrosion from the past and we have reference points from the past."

In other words, if I'm looking for a parking spot, okay, and I know I've been around the street fourteen times before at approximately the same time and I know that it's going to take me fifty minutes to finally find a spot, if I come there the fifteenth time and I'm holding that agenda, well, then I'm in time and space and I'm not present. If there's a part - if I'm listening to the part in me that says, 'hey, give it a shot!' and then I choose to go into the old pattern of listening with the old ear and go 'I'm never going to get a spot; I'm just going to run for fifty minutes' then, yeah, that's probably what's going to happen. See?"

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"We tend to bring in so much baggage and so much so that when we're relating, let's say, to a spouse, to a husband, to a wife, to a relative, boyfriend, girlfriend, kid, child, we bring in a history. We're coming from history. So, we never have a clear action. And what we'll do is we'll take this clear voice that will say, 'okay, let's express it this way!' or 'let's work it this way!' or 'let's relate to them this kind of way!' and we'll start to condition

"But when you listen with the Ear of God or with the Spiritual Ear then you just ride that Sound in you - the Sound Current, the Holy Spirit - and you go to God. Or, at least, you go 'wait a second now! Let me lift! Let me allow myself to be lifted from the finite! And let me use this occasion to lift... I'm just going to stay lifting. I'm going to lift. I don't know what's going to be. I'm just going to follow this.'"

From the Satsang  
"How To Have A Happy New Ear"  
(TAPE No. A55)



it - 'yeah, but last time I tried that' or 'you know how he is' or 'she always responds this way' or 'it's 4:00, she's probably hungry and she'll be really nasty.' We lay condition upon condition upon condition... And when we live in the conditioned world then guess what? That's our way of saying 'I'm conditioning the Spirit I am or I'm choosing to be under karma.' See, because Spirit is clear and unlimited."

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"Now we live in this world, okay, and isn't it interesting that God in His Mercy and in His Kindness and in His Extreme Smarts gave us the physical world from which to know that we're Spirit - that in this world of limit or in the world of form - this is the world of form here - lies the formless, lies the unlimited. But not only does it lie there but it's our duty to discover that - the Formless One, the Unmanifested, the Spirit that's in us, the Unipolar existence beyond duality. It takes place in the finite; so God uses

the finite for us to springboard into the Infinite. He uses the finite for us to know Him. And to know ourSelves as Spirit. But what do we do? We take the finite and the limited and the world of forms as reality. And with that we choose our agendas; we choose our hurt; we choose our pain; that's where the suffering is."

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"Give yourSelf the Ear! See, and listen! Listen to That Which Is Present all the time! And through the Gift of Initiation the Spiritual Ear gets opened up, as it were. The Soul can start to experience the Spiritual Melodies, the Melodies that exist on the Spiritual Planes. If the Soul is able to do that then the Soul is able to hear with the New Ear, too. It's your choice. It's really your sacred responsibility to *moment-to-moment* choose that inside yourSelf. Let go of the old tapes. Put on God's Song inside yourSelf because that's what's going on anyway."

## Case Study

I have had many experiences lately which have shown me that listening to Spirit is listening to mySelf. I am dealing with a situation in which, basically, my roommate and I are no longer friends. In the past we have gotten into arguments and the situation has sometimes been uncomfortable for me. Recently, I have been trying to put my thoughts together as to how I am going to behave around her from now on. The other day I was reading the TALK "How To Have A Happy New Ear" in which Dr. Lane gave the example of when we know that we've tried to park the car in a particular place at a particular time 14 times before, we think that the next time the results are going to be the same as they had in the past and we assume that the past results are the truth for us now. This is exactly what I have done with people. Up until now, I have assumed that my roommate is going to behave the same way she has always behaved. Although, I feel as though I can prove this - I can go out in the world and gather lots of evidence as to how this is truth about my roommate's responses - I am going to give mySelf the opportunity to have no idea how she is going to behave and allow the situation to be completely new.

Another Tool which I have been using is the Everyday Evolution Class (EE1) that is

offered through Cosmos Tree and the Center for Religion and Advanced Spiritual Studies. At first, I found EE1 to be challenging because in this Class I am interacting with many other people who often seem very different from me. I find that by listening to others I am having the opportunity to see things about mySelf with which I am not always very comfortable and that I may not have seen before. I am experiencing mySelf from a new perspective. What I have learned from this process is that other human beings are not very different from me; that we are all Spirit. And by listening to mySelf and supporting mySelf through doing Self-Talk (a process taught in EE1); through reading TALKS; listening to TAPES; and working with My Teacher which I do inwardly and outwardly, having taken Initiation into the Path of Soul Transcendence - I am able to take the learning from the outer situation and to accept mySelf and others.

I really enjoy Dr. Lane's sense of humor in putting things out because, as I am seeing my old patterns, I am also laughing about them. I have found the Tool of humor helpful as this takes the negative charge and heaviness out of the situation, which has helped me to realize that these patterns are, in fact, laughable and when they come up for me I can apply this same sense of humor as a Tool to let these patterns go.

## Try This ...

"The homework is: for one day - every 20 minutes or so - write down what you've really been thinking; what you've been telling yourSelf; what you've been hearing; what you've had to listen

to... You'll be amazed... Then choose to drop all that stuff and recommit to the Spirit that you are."

- adapted from the TAPE

"The Inner Truth and Its Implications" (A11)

## 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. Get quiet and say inside yourSelf, "Lord, God, for the Highest Good, take my agenda, my hurt, and my pain!"
3. Tell yourSelf, "(your name) it's okay to let it go."
4. Ask God to Bless whatever situation with which you are dealing by saying, "Lord, God, for the Highest Good take care of this situation for me!"
5. Attend Meditation of the Light of the Most High at any Regional Center
6. Request the Gift of Initiation and learn to *really* listen to the Spirit you are.

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

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