

Tools for Living Free

NUMBER 43 IN THIS ONGOING EDUCATIONAL SERIES

Trusting Yourself: A How-To Manual

excerpts from the Satsang "Trusting Yourself: A How-To Manual" (TAPE No. A33)

"Now how many of you rest in the trusting of going with what you know to be true inside yourSelf despite appearances in the world, despite the situation you're in, etc.? You have a hard time with that a lot of times. How many of you can go with what you trust and with what you know when 4,500 people think exactly the opposite and you're the only one who thinks as you do?"

"What I did was I decided to look up the word 'trust'. And I knew it was probably related to truth; I didn't have any problem with that. I also found out that it was related to 'trust', which didn't surprise me either. But the thing that I found very interesting was that it was related... to security; to a feeling of security. And I thought 'that's really interesting' because that's why people enter into the fields that they enter into - in other words, the thoughts, the emotions, the karmic fields, etc; there's security in that. It's either habitual - it's always been done, 'I'm nice and secure' or 'everybody else believes it so I have to go along, I'll feel secure in that.'

Or if you take a look at where the world is at now, a lot of people are striving after 'security' from an overgrown sense of insecurity. Where's the insecurity come from? Well, the good news is that it's there in abundance because we've forgotten where the security is. We chase - 'You're going to make your killings in stocks, in .coms. You're going to do all this kind of stuff.' You know, that's great. And that's going to be your security, except you're going to be outside yourSelf. It's kind of like the old joke (of) he who has the most toys before he dies, wins. That's the security. And the security of so many of us is in the security of a false self - a false identity of our thoughts, our feelings, our emotions, who we think we are, or with what we are identified in time and space. See, when I looked at why do people go for the security they go for, I came to the conclusion that they go for the security in the materialistic sense. And when I'm speaking about materialistic sense I'm not speaking about materialistic money sense, although that's a by-product; I'm speaking of materialism,

philosophically. Like this is the only game in town. I am this person. I am this body, this gender, this color, this race, this religion and that's who I think I am and that's my security and anything that threatens that is a problem."

"Now, I know that I tell the classic story of I had gotten this car and my son was going to be five years old and he was getting too big to sit in the back; it was a four-seat sports car; it was a great car; it's the only car that I still miss to this day. And he said it was getting hard for him to sit in the back... And the Spirit said, 'wait a year before you replace it!' And in my inevitable style I went, 'oh, yeah, sure... I'm not going to wait a year because my son is uncomfortable and I'm going to be a good father... So, I went and I replaced the car. Well, what a doozy that car was!... We would be on the highway, on the expressway,... and, all of a sudden, you would lose the power; that was it. And because there was power steering on the car, you couldn't even steer... the car off the shoulder of the road... There were some harrowing situations.... And I set this up. I took the car to the dealer after dealing with the manufacturer and it got fixed. I'd take it out of the showroom where I had picked it up and bingo! it would do the same thing. Three or four times it was back (at the repair shop) after God knows how many close calls. And I had a year of dealing with this car. But all I was doing was I was dealing with the effect of something I had put into motion, into the karma I had created by 'I know best, I'm not going to listen to the Spirit, I'm not going to trust the Spirit.'

And I thought about this quite often like why did I do that to mySelf? Somewhere the truth came out: (it) was that I had the image that I'm going to be a good father, so if your son is uncomfortable you go and do whatever you can to make him more comfortable. And the fact that you're risking his life, in God knows how many situations, hey! at least, you're being a good father. I also risked my wife's life and my life many times. So I'm being a good father and I made that god and preferred that to the Lord, God."

"So trusting yourSelf has to do with security, but the security - not in the false self - but in your true identity as the Spirit you are. Now, if I had just listened to this Satsang eighteen years ago when I

"What do you have to do to trust yourSelf? Acknowledge yourSelf as the Spirit, be at that knowledge and there's the strength: the strength of yourSelf as Spirit. See, and that's the key to trusting yourSelf because as you attune to the Spirit you are and acknowledge It, you strengthen that part and as you strengthen that part you attune to It even more and that's crucial."

From the Satsang
"Trusting Yourself: A How-
To Manual"
(TAPE No. A33)

was replacing the car, I would have just opened up the... 'How to Trust Manual' and I would go, oh, okay, I'm the Spirit, that's my security, that's my identity, all right, I am the security, the Spirit told me this. I'll go against the Spirit? I don't think so.' But, up until then, I had a karmic pattern or habitual response of doubt, 'it may not be there,'... 'the Spirit may not lay it out.' 'Won't be so easy getting the car next year.' I'll get it now."

"See, and trust doesn't take very much. It just takes loving yourself enough to give yourself the best, which is the Spirit that you are. It doesn't take much. See, and there's something else about trust and that is that you know if you

Case Study

My husband and I are in the process of buying a house. Throughout this process I have had many opportunities to trust myself.

About two months ago I had a dream in which My Teacher came to me and said "You can go ahead and buy a house now. You have everything you need." I had wanted to buy a house for a while but, up until this point, my husband and I were not in the place, so we thought, to actually begin our search. I went to my husband with this new information and we decided that we would look for a house. We began our search and, after looking for two weeks, we found a beautiful house that was absolutely everything we wanted and more. I placed the whole situation into the Light of the Most High for the Highest Good and asked God to make this be our home. Having found the house sooner than we had anticipated there were several factors that we had to line up before we could make an offer - money for the down payment and a mortgage pre-approval letter - and at each turn we were supplied. We made an offer. We got the house. Throughout the remainder of this process many things came up - our income changed, many people told us not to do it, there was a lot of things out in the world that seemed to be stressful but throughout this process I had this strong knowing that we were supplied; that everything was handled; and that the house was ours. This, for me, was the most extreme

can trust yourself. You can't fool your own Soul. Just like when the Soul leaves the body it gets to see what it's created in that lifetime; you can't fool it. It doesn't fool itself. It has Integrity. It knows the Truth. It's not going to be violated. What you want to do is ask yourself 'is the attunement in your everyday life towards that and in that?' Or is it fear that's guiding you; doubt that is guiding you; pain that's guiding you; separation that's guiding you? What's guiding you? And if it's the negative stuff, well, that's okay, too. Use it to lift. There's nothing wrong with negative stuff; use it to lift, re-center yourself. Ask the Light of the Most High to come in and center you and lift you and tell yourself to let go of the other stuff and move you into the Truth, which is the True Path, which is yourself."

demonstration I have had in terms of being supplied and of trusting myself. There were many times, out in the world, where everything seemed to be saying "This is wrong!" "Don't do it!" But when I got quiet with My Teacher inside myself I knew that it was fine.

I also realized that I didn't have to do anything to make it happen. Previously, I had felt frustrated, and not heard or supplied by God. I felt as though if I could only do something "right" (I didn't know what that "right" was) or if I would work harder then the house would come. However, I got to see from this whole process that God supplies in perfect time. And all I have to do is trust myself and go with what I know to be true.

In order to take this learning forward, I am applying acceptance. What I have learned about acceptance is that it has everything to do with being present with the Spirit I am and nothing to do with the outer situation. I simply place things into the Light of the Most High for the Highest Good, let go by directing myself to "let go"; then do my part outwardly. The key is to stay present with the Spirit I am - by calling in the Light of the Most High and doing my Spiritual Practice *exactly* as taught; trust that I am heard and loved and supplied.

The more I live the Teachings of the Path of Soul Transcendence the more I experience that God just wants to give to me. The more I accept myself as Spirit the more I am able to receive - on all levels.

Try This ...

"Get nice and quiet. Take a moment and call in the Light. 'Lord, God send us Your Light!' Just inside yourself, pick a situation or pick a relationship with a person that, up until now, hasn't been really satisfying, hasn't felt very wonderful or very good! Okay, and what I want you to do is allow the Knowing inside yourself, the Truth of the situation or the relationship just to come forward. It may look very different from the usual field around this. And if fear comes up that's fine. If a whole bunch of arguments against it comes up, that's okay, too. Just let them go! And take a moment and just allow either the relationship or the

situation to just play out according to the Truth of what you know about it. Now, can you live with that? Can you live with trusting yourself? And take a moment before you open your eyes and ask what exactly did you do and what do you need to do to trust yourself in that situation or relationship or in life in general. And you got your own little how-to manual. And I hope you'll be smart enough and wise enough and a good student enough to refer constantly to your own manual that you've written."

- From the TAPE

"Trusting Yourself: A How-To Manual" (A33)

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. Say inside yourself, "Lord, God take any doubt, fear, hurt, pain or outer reference points out of which I may have been acting."
3. Tell yourself "(your name) it's okay to let it go."
3. Do the "Try This..." Process. Proceed from this place.
4. Strengthen the Truth in you and trust yourself even more by contacting any Center and requesting Initiation into the Path of Soul Transcendence.

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

Cosmos Tree, Inc.
a nonprofit, educational
foundation
1461A First Ave. - # 182
New York, NY 10021
212-828-0464
email: spiritcentral@yahoo.com
website: www.cosmostree.org

Tools for Living Free is published by Soundly, Inc. Any distribution or reproduction of this publication without written permission is prohibited. Copyright 2004, Soundly, Inc., New York, NY