

Tools for Living Free

NUMBER 44 IN THIS ONGOING EDUCATIONAL SERIES

Excuses, Excuses - Let's Be Done With Them!

excerpts from the Satsang "Excuse Me! What Did You Say Your Excuse Was?" (TAPE No. A65)

"I want to talk a little bit tonight about 'Excuse Me! What Is Your Excuse?' Okay? And I'm playing around with you. But I decided to look up the word excuse in an etymology dictionary - in other words, where the word comes from - because I always think that there's something in the word itself that gives us meaning and gives us the meaning of the word. And, lo and behold! There it was. And it had two main things: one is apology - and the other is to be discharged from that which you are charged with.

Well, that's exactly what the title is saying - I apologize to you. But, what did you say you were using to be discharged with that which you were charged with? And what are we charged with here? Well, everybody is charged with the same thing.

We're Souls - has to do with knowing ourSelves as the Spirit we are has to do with coming to know ourSelves as Soul, as completing our karmic journeys here by knowing God, knowing ourSelves as Spirit, knowing we are Divine, knowing we are God - and God lives within us. And when we've done that then we complete our journeys here."

"I've been working with people for a long time and the common denominator of all these people who come to me - and when they get in trouble it is for one reason and one reason only - they didn't listen to themSelves. They didn't listen to the Spirit inside of them. And they overran It with their ego. They overran It with their ego."

"But Spiritual Work is all about surrender. And surrendering to the Divine Self and the Spirit within.... And what we need to do *each moment* is we need to surrender within ourSelves to the Spirit we are. So, if we're having a negative thought, that's fine - a negative thought. Bingo! It passes out. Bingo! But, hey, that usually doesn't happen. We tend to what? Perseverate on stuff. 'Oh, yeah, there's (student) - stepped on my toe.' And I just have that anger. I don't just have an angry thought - 'Wow! Why couldn't she be more careful?' I'll keep it going. Next time I want to duke it out with her. Well, that's my creation... Nothing to do with (student). I've separated mySelf from the Spirit. I have no excuse because I'm responsible for what I created... But just to be attached to my anger - what I'm really doing is - I'm attaching to the separation between me and God

and I've made that more important than God and I haven't surrendered to the Spirit I am.

See, so if I can take a moment to just release it and those of you here can learn how to release and how to let go. We have Classes. We have Tools. We have Newsletters. It's a real key part - letting go. It's a way we have of being present. And when we're present we know we're with God. See, if we're not present, in other words, if I'm in the anger and the hurt I'm not present. And also, it will distort my relationship with, in this case, (student). But, it doesn't have anything to do with (student). (Student) didn't make me angry; she doesn't go and put out her voodoo vibes and go 'Wooo. Get angry at me. Woooo.' You know? And if she does, even if she's done that, what am I doing buying into that? I'm still responsible. So, I have no excuse. I have absolutely no excuse. And I have had no excuse for staying with that negativity, staying with the hurt I have, staying with the pain.

See, and it all consists of surrendering, dropping it, dropping it, dropping it, dropping it. Because we're here to be Christed or we're here to be at One with God. Okay, but it's not an emotional thing. It's not a mental thing. It's a process that the Soul undergoes..."

"And the responsibility - the ability to respond to the Spirit we are - is our right, too, and it's our magnificence. And we are Spirit. And, really, it comes with right identification. If we identify with this thing (the physical body) - in other words, it's male or it's female, it's white, it's blue, it's black, it's green, it's from this country, it's from that country, it does this, it does that, it has this amount of money, that amount of money or any of that stuff - well, then you get all distortion that goes with it. That's not who you are. If that's who you are it would survive beyond the grave, but it doesn't. And also, that would be yours every time you had a body and it's not."

"So, if we create negatively we're not excused from the consequences of that. And, yet, we walk around honestly believing that if we stick our hand in the fire we're not going to get burnt or if we get burnt we shouldn't have gotten burnt. And that's crazy. See, and we're not exempt. And we can't be excused from doing our Spiritual work on whatever level you're doing it at, whatever level. And we're not excused from - this is our creation. We're responsible for it. We're going to be at

"Well, we're here to come to know God. And we can come to know God if *each and every moment* we make the decision for that to be our focus.

'As we thinketh in our heart we becometh' - that's true. And we just build that strength, build that strength, build that strength."

From the Satsang
"Excuse Me! What Did You
Say Your Excuse Was?"
(TAPE No. A65)

the effects of it - that's called karma- and the purpose of that is so we get our Spiritual Learning."

"And we know, in conclusion, that there's only one thing that fulfills the Law - to Love God with all your heart and all your Soul and all your might and Love your neighbor as yourSelf - because that neighbor's the Spirit and you're the Spirit. And it's not that there's one Spirit here and there's another Spirit over there. It's the same Spirit. We live on this planet and we think there's this person there, that person there, this person there; that's not how it really is. It's the manifestation in different forms of the one Spirit. And regardless of the form that we're in or what it looks like - if we're on this planet we have

Case Study

When I first sat down to do this article of Tools For Living Free I had no idea what subject to choose. I looked over many, many subjects and finally felt moved toward excerpting the TALK "Excuse Me! What Did You Say Your Excuse Was?" I placed Tools for Living Free into the Light of the Most High, for the Highest Good and proceeded to work on this issue.

I had a really hard time with this issue. Again and again, when I would approach the excerpts they wouldn't seem to work. I couldn't seem to see a clear way to put together a helpful Tool. Each time I seemed to hit an impasse I physically stepped away from the situation and asked God for guidance and clarity. I also asked God to pull the perfect excerpts from this TALK and to show me the perfect Tool. I thought of all the reasons why this was not going to work - "the issue was started late"; "I'm not the right person for this job"; "This is not a good topic."; "I don't have what I need to work with"; etc., etc. I chose not to enter into those things because, as a Student of the Path of Soul Transcendence, I know that I have a choice as to where to place my focus - in worry, concern or negativity or in the Spirit I am. I chose Spirit. I kept saying inside mySelf, "Lord, God, for the Highest Good please take any negativity and/ or anger which I may be experiencing. Clean me out! Make me clear! Raise me

the responsibility to manifest the Spirit we are and go Home to God. As a matter of fact, that's the only place in God's system below what's called Eternal Life where that's so. So, we get this tremendous opportunity and this tremendous Blessing to go on Home to God, (go) through all the levels (until the Soul enters Eternal Life), to progress Spiritually here...the Soul exists on many, many levels. Through God's Grace It can be awakened if the Soul walks the Path. And then guess what? Well, we can go through and do the Progression here. This is the Gift. This is the Blessing. Use it! Be smart! If you choose not to, well, then at least refrain from creating a lot of karma so that you may enter this Path real soon. Use the Gift of Life. It's an amazing Gift. Use it! Enjoy it! Know what you're doing with it and treasure it."

to the level of Spirit to have the understanding and to receive the solution!" I told mySelf, "it's okay to let all that go." Also, as an Initiate of the Light of the Most High, I know that there is learning available to me in all things if I choose to be present with it. I know that in Spirit all things are possible. I chose to be focused on the positive and to be present with Spirit.

Then it hit me - the issue that I started is about excuses. What is coming up for me? Excuses - all the reasons why I can't or won't do it. With this realization came the solution: Keep persevering! Stay focused on the goal! Keep letting go of the negativity (as in the earlier process)! This is how I allow mySelf to be lead. I realized, too, that this process was very much like a lot in my life. It is very easy to quit when the negativity is upon me - but through perseverance and by using the Tools I get to the "other side" of the experience and I receive clarity and learning and gain much in Spiritual Strength.

The result? Upon this realization I went back to this month's issue of Tools For Living Free and the entire issue practically finished itself - the excerpts, the case study, the "Try This", the steps. I am grateful everyday for the learning I have on the Path of Soul Transcendence and for my choice to "place" mySelf in the place inside mySelf to Receive.

Try This ...

"And there's a Way. There's a Spiritual Technique. There's a Way to go on Home and to gather momentum and Spiritual Strength and to be charged more and more Spiritually.

But we get charged more and more Spiritually the more we discharge our responsibility - not the more we get excused from our responsibility. Okay? So, in your daily lives I'd like to charge you with something. And, actually, I don't even have to charge you with anything

because you're already charged with it, but I just want to make you really aware of it. - is when you have a negative emotion or a negative thought ask God to take it and secondly - this is important - tell yourSelf 'it's okay to let it go, now.' Because many of us give it to God and then we hold onto it and if it gets taken we pull it back... But it's important to let it go."

- From the TAPE "Excuse Me!
What Did You Say Your Excuse Was?" (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 excuses out of which I may have been acting. Send me guidance and clarity! Show me the solution!"
3. Tell yourSelf "(your name) it's okay to let it go."
4. Focus on the goal. Know that with Spirit there are solutions.
5. Take responsibility for the Spirit you are 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:

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