

Tools For Living Free

NUMBER 55 IN THIS ONGOING EDUCATIONAL SERIES

Meditation on the Path of Soul Transcendence

excerpts from the Satsangs "Have You Given Yourself The Time of Day?" (TAPE/CD No. A32)
and "What Is The Sound Current?" (Tape/CD No. A6)

"And I always love when people are given the suggestion, 'Hey, why don't you come and join us for Meditation?'... And the person will invariably respond, 'No, I'm too busy.'..."

"And my question to people who are too busy is, 'What are you too busy with, what are you too busy doing? What's the priority here?' I'm assuming that God gave you life so that you can be the richest, meanest person in the valley before you kick the bucket. Isn't that what you're doing here? Because you act like it. But if you know our purpose, as Dylan says... 'Is not our purpose the same on this earth, to Love and Follow His Direction?' And His direction is real simple: but to Love Him."

"And the nice thing about sitting down and being quiet and meditating is you're stopping your world. 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. And you don't have to sit down and take an hour, you can do it as you're walking down the street and just address something inside of you. To love yourself enough and to respect yourself enough to take that little bit of time."

"What I'd like you to do is get nice and quiet and just inside yourself I'd like you to just allow something that really bothers you to come up - a concern, a worry, anger, fear, whatever it is... And now what I want you to do is take a moment and reassure yourself that you're okay. Do nothing more than that. And when you can you can get present."

"When you're getting present would you just take an inventory inside yourself of your Inner Environment? If you're better after having just reassured yourself that you're okay, is the energy different inside of you? ... And what you've done is - if you've done the process as I've asked you to do - is you've given yourself the time of day. In other words, you've taken a moment to Love yourself."

"And that (taking a moment to realign yourself with the Spirit you are) does something really neat. It reaffirms that I'm not a victim in my own Inner 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. In other words, am I going to let a three-year-old drive my car or am I going to let the adult drive it? What I see happening a lot is so many people, because they won't take that fraction of a second to just lovingly say to that child, 'Hey, I know you want to drive the car but we're focusing this way or we're doing this; we're in control; I'm in charge.' And they'll let that three-year-old child run the roost. And those are our emotions, our thoughts, our unconscious, our imagination - they're all those things."

"And when you allow these 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. But you know this is key: You can't love God unless you love yourself. And you can't love yourself unless you love God because they're the same. See, because we're set up that any part in our own Consciousness that we don't like, that we have a judgment on - it gets projected onto an object, and it gets projected onto God. So if we don't like a part of ourselves, it's going to be God. If we don't like the part in us that couldn't care less about taking care of ourselves, then we're going to think God doesn't care whether or not we take care of ourselves. But that's not true."

"God gave us choice. We could create along the negative polarity with fear and pain etc. or we could create positively. And the nice thing about the places inside of us where there's hurt is those are all indications that we have an

"Even if we're just taking a moment each day or doing an hour a week of Meditation we're giving ourselves that opportunity to know our Spirit and to feel happier and wealthier and wise. Because the wealth is *within* us. We have great riches in here, the riches of the Kingdom are in here."

From the Satsang,
"What is the Sound
Current?"
(TAPE/CD No. A6)

attachment going, that we're caught. Some place in our Consciousness is caught and we're not free. We're enslaved to that creation. 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.'..."

"So let me suggest just one thing, ask yourSelf a simple question, 'What am I doing here on this planet?' and 'what am I doing with my time?' and 'where am I placing my Consciousness?' And ask yourSelf, 'How would I like to use in a much more productive and a better way the time on this planet that God's given me?'"

- from the Satsang, "*Have You Given YourSelf The Time of Day?*"

Case Study

In sitting with the Talk, "*Have You Given YourSelf The Time Of Day,*" I was able to see clearly that, up until now, I really haven't given to mySelf. I realize that giving to mySelf is one and the same with giving to the Spirit I am; with Listening to mySelf; with staying in my Integrity; with aligning with my InnerTruth. And I realized, too, that giving to or loving mySelf has everything to do with talking to my basic selves - the part of me that preserves my karma and that will do anything it can to keep me rooted in the things of this world. My job as an Initiate of the Path of Soul Transcendence is to make sure that I exercise my power - my sovereignty - to co-create with God.

For example: I recently took my first vacation in years (speaking of giving to mySelf!). Before I left, I was blessed with homework from My Teacher: Dr. Lane asked me to Listen to MySelf. So there I was at a fancy spa, in the pool, taking part in a spa treatment where an expert gives me a kind of moving massage as I do my best to float along the top of the water.

At first, I was going with a feeling of excitement - Wow! Look at me! I'm doing such a good job of free-floating and surrendering any resistance! - when all of a sudden I felt sick. Instead of putting out what I needed - i.e., to give

Try This ...

"What I'd like you to do is get nice and quiet. And just inside yourSelf I'd like you to just allow something that really bothers you to come up - a concern, a worry, anger, fear... And now what I want you to do is take a moment and reassure yourSelf that you're okay. Do nothing more than that. And when you can you can get present.

"When you're getting present would you

"So part of our responsibility is to give ourSelves the best, to love ourSelves despite our own feelings and to put them aside and to just allow the Truth and to just receive the Love that's there. Meditation is a nice way to sit in that Love and nurture It and care. So, it's about this Gift of Holy Shabd, or the Sound Current, or the Holy Spirit. It's about nurturing yourSelf, it's about loving yourSelf, it's about going to completion as a Soul and it's about fulfilling the purpose of human life, which is to Love God with all your heart and all your Soul and all your might and love your neighbor as yourSelf.

"And the Path that I'm involved with just simply gives you the opportunity to know God *directly*. And the question is do you know yourSelf and do you Love yourSelf enough to give yourSelf the Gift of yourSelf and the Gift of God?"

- from the Satsang, "*What Is The Sound Current?*"

mySelf the time of day by by stopping the treatment - I decided to continue to show how good I was at this. I also didn't want to make a fuss at a big fancy spa like this; and, maybe, I just wanted to be liked. Finally, though, I put it out. I had waited long enough that I got to see, as one does on this Path, the immediate cause and effect of my karma. I felt like I was about to pass out.

I learned a lot from this: 1) My focus needs to be on mySelf as Spirit; when I make my creations God, I get to have them; 2) Everything is inside; there is nothing outside (including "experts!"); 3) I need to talk to my basic selves and let them know, lovingly, that I'm in charge; I might have said, "I need your cooperation to stop the treatment now" and reassured them, "we're fine, okay and safe now"; 4) As for my fear of speaking up, I needed to call in the Light of the Most High, ask God to take the fear (and the pattern if it is), and tell mySelf, "it's okay to let it go!" (See "Step-by Step" at right.)

Finally, I got to see - thanks to the priceless Gift of Initiation, to private sessions with my beloved Teacher, and to the many Tools available - that health is alignment with Spirit. The Lord, God has blessed me with the sovereignty to choose into health by choosing into His Love.

take an inventory inside yourSelf of your Inner Environment? If you're better after having just reassured yourSelf that you're okay, is the energy different inside of you? ... And what you've done is - if you've done the process as I've asked you to do - is you've given yourSelf the time of day."

-From the Satsang, "*Have You Given YourSelf The Time of Day?*"

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. Inside yourSelf, allow something that really bothers you to come up - a concern, a worry, anger, fear, a situation or relationship that, up until now, has felt to you like it has been draining your energy.
3. Say, "Lord, God please clear any negativity from me!"
4. Then tell yourSelf, "(your name) it's okay to let it go!"
5. If the negativity returns, take a moment to lovingly repeat the process above.
6. Call any Regional Center and request the Gift of Initiation into the Path of Soul Transcendence; please also request information on - and attend - Meditations, Classes, Workshops, Retreats and Video Showings.

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

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