

# Tools For Living Free

NUMBER 56 IN THIS ONGOING EDUCATIONAL SERIES

## The Winner Is The Spirit In You!

excerpts from the Satsang "The Winner Is!" (TAPE/CD No. A78)

"If we take a look at how we work our lives, we go, 'Oh, my God! I'm going to do this or this or this or this if I can win.' Or, 'I'm going to be involved in a relationship with this person if I can win.' Or, inside ourSelves we tend to work things 'spiritually' if we say, 'Oh, my gosh! I'll give this up or I'll let go of this or I'll do this if I win.' Somehow we construct it as a win..."

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"But what we do as human beings in our own great way is we make a battle, we make a fight. And how it's set up is, we live obviously in the dual worlds, in the manifested worlds... And in duality we have these two poles. It's not good; it's not bad; it's not male; it's not female. But it's what's called, like a battery is called, negative and positive. And so along the negative pathways we have our emotions and our thoughts, our imaginations and our unconscious yearnings, etc., etc. and ideation processes. And over here (Dr. Lane points to the right side) we have the positive polarity, which is simply Spirit or God. Now we're living in the dual worlds so we got both these things going here, both of them. Now why did God set it up like that? He's a smart guy and we have choice. And each of those things along the negative pole is to be used to lift and grow into Spirit, to let go of all that stuff - the hurt, the pain, the doubt, the fear, etc., etc. - that we attach to.

"And how do we attach to it? We keep feeding it, we keep thinking it's real. And each attachment is a nail in the coffin. And what that does is it separates us from the Spirit we are. And we think they're real.

"And the human race is basically caught in this big mirror and because of karma it doesn't know it's a mirror and it thinks that whatever is

in the mirror is real. And it forgets that it has created what's in the mirror. So, it's responding to all these images, all these ideations, all these thoughts, all these feelings, as if they were real. But, they're not real. But they serve a purpose. And the purpose is so that we lift and grow from them and choose, exercise free will, and choose the Positive Polarity because that's how a Soul does it... But what we do is we make it a real battle..."

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"...And you'll feel this tug on you, as it were. This pull for all those things along the negative way and you'll want it to win those pains, those hurts, those remembrances, those fears."

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"And sometimes it starts - it can start a thousand years ago, two thousand years ago - and that force behind it has come back and Souls choose to participate in that force so you have it. Much of what's happening now (terrorism) is from the Crusades. So, it doesn't have to have anything to do with this particular lifetime that we're even responding to inside ourSelves.

So, the truth is people really don't know what they're responding to. But the pull on each person is tremendous and it seems real and we love to keep the hurt going; we love to keep the pain going; we love to keep the sorrow going in lots of ways, many times because we're afraid of what's going to take its place. But there's nothing to take its place because the thing has always been there and what's the thing? Well, It's Spirit. It's the Spirit you *are*. It's the Soul. That's the Winner."

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"See, there's no game. But we do

"But, in reality, the only thing that's real is the Spirit. And that's already won. So, we can work it, 'I'm Spirit. I'm Soul. Since that's going to happen anyway, let me go with that.'"

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"So we don't have to enter the battle-ground. We don't have to have this internal civil war going on all the time. We can simply choose into Spirit and choose into Spirit and choose into Spirit and choose into Spirit."

From the Satsang,  
"The Winner Is!"  
(TAPE/CD No. A78)



have to play the Game of Life. But, at least, let's play it smartly! Let's be smart! How are we going to play the Game of Life? Know that the Spirit in you has already won; that it's assured that you go Home, that God's Caring and His Love for you is there all the time. Why not reinforce that? And, if we're going to create something negatively we know that, 'Hey, that's an attachment

and it's going to create hurt and pain and on top of it then we have to go in there and be responsible for it in some embodiments - that's a lot of work.' Why do it? That's being stupid. So why not live smart and do what's smart? And go with a Winner because it's already won. And the Winner is You. It's the Spirit inside of you."

## Case Study

This is the happiest time of my life! The reason is that our first born is entering the world very soon. This having been said, I found it amusing that during the best time of my life I am able to create a battle within myself.

As I was listening to the Tape "The Winner Is!", I was able to see a dilemma that I had concocted within. My mind was filled with questions - Am I a strict or a lenient parent? what activities will we introduce? bedtimes? public or private school? etc.

From listening to this Tape, I am able to understand that the false consciousness sets up a race or conflict, with a battle and, finally, a winner.

In reality, there is automatically a winner and the race has already been won. The Winner Is!... Spirit, of course. So, if Spirit is the winner, and a "dilemma" comes up the only question to ask myself is: Spirit or duality?

I then choose Spirit by (1) getting quiet & within myself I call in the Light of

the Most High by saying, "Lord, God, send me Your Light!" (2) I then let the situation or "dilemma" come forward; (3) I now make a choice to allow Spirit and drop everything else by telling myself, "it's okay to let it go!" (4) I finish by asking the Lord, God to move on the situation. From this place I can only make Spiritually correct decisions, free of "dilemma" & full of Grace.

Now, I'm present with God & can go to my child from this place. Parenting, I have learned through the Teachings of the Path of Soul Transcendence, is being a "custodian" of a Soul. Parenting involves an opportunity to love ourselves, love all Souls, & support the Spirit within. From this place I just love my beautiful child, which is all I really want to do anyway.

-This Case Study is dedicated to my son, who, through God's Grace, is already teaching me to grow in love and to support the Spirit I am.

## Try This ...

"What I'd like you to do is get nice and quiet. Just let spontaneously a situation occur that you have a lot of hurt and pain over. OK. Now just make a choice, even if you don't know how, what, when or where, that you've decided to let the Spirit in you prevail and drop all that hurt and pain.

"Somehow allow the Spirit to come in and say, 'Lord, God move on this situation!' and tell yourself, 'it's okay to let it go!' And let the Spirit come in. There you go!

"And that hurt and that pain just drops by the wayside. There's no battle, there's no struggle. You've just got to make the choice; 'OK. I'm going to choose into Spirit.'

"And you have dominion over all things, including Spirit. Spirit "comes in" for you. Guess who's in charge? You're in charge. Makes you pretty powerful."

-From the Satsang, "The Winner Is!" (Tape/CD A78)

## 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 a hurt, a pain, something that up until now you have allowed to make you "miserable" come up.
3. Say, "Lord, God please take this hurt, this pain 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 and allow them to go.
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:

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

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