

# Tools For Living Free

NUMBER 57 IN THIS ONGOING EDUCATIONAL SERIES

## WHY IS GOD HIDDEN?

excerpts from the Satsang "Why Is God Hidden?" (TAPE/CD No. A48)

"God is hidden for a really simple reason: so that you could come to know Him. And God is hidden because of a need on your part to do it as a volitional process; in other words, of your own free will. You have to come to know God yourSelf."

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"So, as it were, God hides Himself so that you can go find Him. But where does God hide Himself? Well, there's a story told when creation began that all the sages gathered around to discuss 'where should we hide the Soul?' And they meditated and they meditated and they meditated for twenty-thousand years. Finally, one of the sages came out of meditation and said, 'I got it! I have it! We'll put It on top of the highest mountain.' And they voted him down; they said, 'No, can't do that, humanity will find a way to find the Soul; they'll climb up to the top of the mountain and they'll find It, they'll find where It is.' So, being sages, they went into deep meditation for fifty-thousand years. One of them snaps out after that time and says, 'I have it! We'll find the deepest spot in the deepest ocean and we'll put the Soul there.' And they had to dismiss the idea because humanity is going to come around and it's going to find It. So they went back into meditation. Meditation went on for one hundred thousand years; finally, a sage comes out of meditation and says, 'Hey, I have it! I got it! We'll put It inside of each person; they'll never think to look.' And lo and behold, that's where It is. That God has hidden Himself in us. But if you take a look at this, that's the good news because if God's hidden Himself, then guess what? Every thought we have, every feeling we have, every situation that we're in, there's God. The bad news is that every situation we're in, every feeling we have - there's God. So, in each situation we get the opportunity to exercise our free will, to decide what are we going to go with. Are we going to go with hurt? Are we going to go with pain? Are

we going to go with fear? Are we going to go with separation or are we going to let all that go and be present with God?"

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"...God's hidden so that we can have and exercise our free will to know Him, to know Him, to know Him and that becomes the focus. So when we sit in Meditation, we come to know Him. But know this: when we sit in Meditation we have to get away from the things of the world. So here we take off our shoes to give our Consciousness a notice that 'Hey, the reference points that we have and the way we walk on this earth - we can let it go. And now we're going in and we're going to start hanging out with God because that's where God is - within.' And the thoughts that we have, the feelings that we have, we don't have to pretend that they're not there. We don't have to pretend we shouldn't have them, but they're opportunities to lift."

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"So that God's being hidden has to do with motivation. It gives us motivation. It gives us motivation. And motivation: it gives us motor. It's the real motor. A real motor. And you know you don't have to be some great mystic because here we are in New York City. Bodies are in New York City, but the Souls are discovering themSelves."

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"And that hidden quality of God helps us with that. In other words, if God's hidden, guess what you're going to do? You're going to go right for the kill. Eventually you're going to go right for the kill and you're going to go directly, directly to where He is, which is inside of you. So you're going to come to know and experience Him directly. And that's the whole ballgame. So it's God revealing HimSelf to HimSelf but He's also using us. Because as we wake up, God wakes up. So we're like a cell in God's body. So as each cell lights up, God becomes more awake, more awake, more awake and that's our responsibility. But all we have to do is activate that choice, 'okay, let's go find God!'

"So much of what happens to us we perceive as it's just circumstance, it happened, we have this disease, that disease. It just dropped into our lap out of nowhere. But the truth is we are at cause. We're always at choice. And God hides Himself so that we can come to know that: *That we're at choice and we're at cause. We are responsible.*"

From the Satsang,  
"Why Is God Hidden?"  
(TAPE/CD No. A48)



and then God's Grace, as it were, moves upon us and It keeps us focused there."

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"And that's our responsibility. And God's being hidden helps us be responsible. Helps us to exercise our choice, be responsible for the exercising of our free will and come to know Him as living in ourSelves as us. It's real simple. You can't go Home to God unless you've come to know yourSelf. You can't know yourSelf unless you come to know God. So there's no way out of it."

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## Case Study

I recently had the great pleasure of attending my daughter's graduation from Graduate School in Chicago. After spending a wonderful weekend with family, I boarded my return flight home which called for a change of planes in Houston and an arrival at my final destination early that evening.

Shortly after takeoff, the pilot announced that, due to thunderstorms in Houston and in order to avoid circling awaiting clearance to land we would divert to Baton Rouge to refuel. Upon landing in Baton Rouge, we sat on the tarmac for several hours. Since the flight was midday and was scheduled to be relatively short it did not call for food service. No food or even a beverage was offered while we waited, with little or no explanation as to how long this situation would continue.

Notwithstanding the feelings of anger and frustration which presented themselves, I decided to focus my attention within and to be present with God inside mySelf. I know that God is present everywhere, but it is in that hidden, inner place of my Soul where I can truly know, experience, and be present with Him. I consciously chose to go there and remain there. I chanted the Sacred Tones (meditated), I told mySelf that I was okay, that this was an opportunity to spend time with the Spirit that I really am regardless of what was going on around me. The Spirit inside of me reminded me that I can always choose to be with God and that,

## Try This ...

"So I want to end real simply by doing a short process. So get nice and quiet. And we ask the Light of the Most High to be present, be for the Highest Good.

"And just take a thought that you find yourSelf always having. You know you find yourself perseverating about it, it goes back and forth or you return to it.

"I was giving a talk...and someone came up to me afterwards and said, 'You know I believe in Grace, but I don't know about God.' I said, 'Ah, take the Grace! Don't worry about God!'...I did suggest to her there is a way just to ascertain for yourSelf whether or not this thing called God exists and whether or not this thing called God exists in you....And the hidden quality of God helps us activate that. There is a way. It helps us make a choice each moment to focus there and be with the Spirit that we are."

that, when I make that choice within mySelf, the outer situation loses its power over me. While God is hidden, when we have exercised our choice to look for Him within, He is revealed and is more real than anything else in this world.

The anger, resentment, and frustration fell away and my hunger, thirst and confinement in the aircraft seat became a faint memory, if even that. Yes, of course, I arrived in Houston near midnight, missed my connection, and was left by the airline to fend for myself to find and to pay for hotel accommodations. But how could such outer circumstances penetrate the cloak of protection which my focus on Spirit provided? They were merely experiences which offered the opportunity to direct my focus away from the illusionary values of the physical world and the importance we attach to them and to choose the reality of the Spirit I am. They enforced my knowledge that I can always choose to be with God and live in that place of Peace, Love and Joy at *each and every moment*.

And, I must confess, that while I have written to the carrier to express my disappointment, I failed to express my appreciation for the opportunity presented.

"And for just one moment, tell yourSelf to let it go. And just let God take it. Even if you don't know what's going to take the place of that thought.

"Can you do that? Do it for a moment. See what happens."

-From the Satsang, "Why Is God Hidden?"  
(Tape/CD A48)

## 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, a fear come up.
3. Say, "Lord, God please take this hurt, this pain, this fear 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. Request information on and attend Meditations, Classes, Workshops, Retreats and Video Showings.
7. Call any Regional Center and request the Gift of Initiation into the Path of Soul Transcendence.

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

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