

Tools For Living Free

NUMBER 64 IN THIS ONGOING EDUCATIONAL SERIES

Giving To Spirit

excerpts from the Satsang "Give - Then Give Some More" (TAPE No.A53)

"Okay, I want to talk a little bit on giving. And then I want to talk about giving some more. And let me just clarify this so we know what it is we're giving and we know to what we're giving. And what we're giving is the Spirit that we are. But guess what? That Spirit is in all things. Spirit's in you. It's in me. It's in all Souls. And It's the Spirit of the Lord, God, okay? And we give of that. And how do we give of that? Real simple. We need to make an inner decision. What's the inner decision? The inner decision is that 'hey, yeah, I'm in this human form, I'm in this body. I have things that come with it. I have things like fear, pain, doubt, worry, anxiety, separation. And I have all sorts of thoughts, too. But I'm more than my thoughts, I'm more than my feelings, I'm more than my fears. I'm more than all that that exists along what we call the negative polarity. And I'm going to decide to go with the more than all that.' See?"

"And it's interesting to me because a lot of us wait until we've cleared all that negative junk before we're willing to start giving. In other words, we have to be purified before we can be pure. Well, that's not how it works, okay? We have these two poles in us - negative pole, Positive Polarity. The negative - not that it's bad - but we have emotions and thoughts and imagination and the products thereof. And we have along the positive polarity the Spirit we are. And this is the duality and the duality - the tension between the two poles - gives us life, gives us manifested life. We've got this thing called life - such a life! But it's manifested. And why is it set up that way? Well, real simple. So, you can have the choice. Where are you going to place your focus? And I'll be the first one to tell you that what I just spoke and what I just said isn't true. Okay, because the only reality is the unipolar existence or God. Okay? But here we do have this illusionary field. And that's the structure of the illusionary field, this is it. And it serves a purpose. What's the purpose? So that we constantly, constantly, constantly choose into the Light that we are. Okay?"

"... But God gave us this life to know Him. And the giving has to do with deciding to let go of identifying with the fear, with the pain, with the hurt, and giving to the Spirit that you are. And what are you giving? But you're giving the Spirit that you *are* because to God goes God because all things are God. See? And it's not like all this stuff - you know, this hurt, this pain, this whatever - isn't of God and it's terrible and let's pretend it either doesn't exist or let's stamp it out, etc. That's not it. God gave it to us for good reason. We don't get our karma just to have the karma, just because it serves no purpose. It serves a real good purpose and that is for our learning and our growth.

"And in giving what do we decide to do? But we decide to, somehow, even if we don't know quite how, we decide to go with that inner sense that we're more than all that negativity. And I watch so many people, so many people, particularly when it's concerned with the things of the Spirit, they hit upon fear. And instead of saying, 'hey, I'm afraid' or acknowledging it, they'll push it away. They'll push the thing of Spirit away or the things of Spirit away. And I think that's real interesting because how come they don't do that when they're trying to cross the street in a crowded city? I'm sure there's some fear. How come they don't do that when they're driving their car? How come they don't do it a lot of times when they have fear? How come they can make a choice that the purpose or the goal of crossing the street or driving the car and getting to where they're going is more important than the fear? But when it comes to the Spirit or giving up negativity they don't decide that? They decide to go with the fear. You see. And I think it's real important to keep going, 'Okay, what do I want to give here? Do I want to give myself the fear? The negativity? Or do I want to give myself the solution?' And what's the solution? But the solution, or the *solutio* if you want to call it, the Divine Solution or the Waters of Life is really the Sound Current or the Holy Spirit. And if you're walking the Path of Soul Transcendence you always have access to It, if you took Initiation. And if you haven't, well, that's okay, too. You won't finish up as a Soul ... you won't have that oppor-

"...remember that you are God and remember that you are with God and from this spot operate in this world. And approach giving from that spot. And if you are God and if you are with God won't you give yourSelf the best? And the best is God. God giving to God. And it's really that simple."

*From the Satsang,
"Give - Then Give Some
More" (Tape No. A53)*

tunity (to finish your karmic journeys here) but you will sooner or later - but you still have the opportunity to drop the negativity and be present with the Spirit inside of you even if you don't know what will take the place. So, the giving here is a lot of inner giving. It's a lot of inner giving.

"And I also noticed that when people give into the world, they give from a place either of doing good works, 'You know, I'll do good works and it will be noted; God will note it and guess what? I'll get 50,000 bonus points. And whoopsie, I'll springboard into Heaven.' It doesn't work that way. I know that's the great - in Christianity - that's the great Christian ideal, one of them, anyway. You do good works. Okay, but that's really not how it works. How it works is that we are Spirit and we're filled with the Spirit. And we give of our overflow. But we can't give of our overflow if we're living in negativity, fear and pain. Because guess what? If you decide to have that rule your universe then the Spiritual Law follows of - okay, that's what you're going to learn from, you're creating false idols. Okay, you can

worship the fear, you can worship the pain. You've made that more important than God, fine, that becomes your God; you get to have that. See, and the Spirit stands back, as it were, and lets you learn from that but It's always there for you to choose into. And it's like It's in the background, kind of like waving, 'hey, hello! I'm here. Pay attention!' "

"So, I'm going to stop by asking you just to remember the simple fact that even though you're in the body and even though you're in these material worlds remember that you *are* God and remember that you are with God and from this spot operate in this world. And approach giving from that spot. And if you are God and if you are with God won't you give yourSelf the best? And that best is God. God giving to God. And it's really that simple. And if you want to complicate it I'll tell you how - give some more and give some more. Okay - we'll stop with that."

Case Study

I am a Student of the Path of Soul Transcendence, which means that I am learning to Love God and to receive God's Love while living in Devotion and Service. Over the past month or so I have been receiving God's Love and My Teacher's Love on a deeper level than I ever had before. Over the holidays I participated in a few Service Projects and I chose to be entirely present, allowing mySelf to be filled with God's Love and Light - because that's what Service is, an opportunity to be with God. I was filled very deeply. I realized that it had been a while since I really, really gave the Peace of this Path to mySelf - the Peace that I feel inside when I choose to fully participate. I realized with ever greater clarity that God is *really* here in this world and that this Path that I am on - the Path of Soul Transcendence - is a miracle, is God's expression in this world, is God's Love and "magic" operating in this world. Right here, right now *is* God. What I have always wanted - God - is right here as the Path and I walk the Path to wake up to this knowledge. With this profound awareness all I want to do is give "It" to mySelf; the "It" referring to God, the Path, the Teachings, the Love of the Teacher.

Then when I read the excerpts for "Giving To Spirit" I began to see that giving mySelf God and knowing God is giving to Spirit. By allowing mySelf to be fulfilled I allow God to be God because God is living in me as me. By allowing mySelf to be filled until full and overflowing with the Light of God's Presence, God's Light in this world shines ever brighter because the Soul in me is one

more Soul that is choosing to use this life for what it was intended, which is to know God.

I allowed mySelf to be filled by Spirit first, by taking Initiation into the Path of Soul Transcendence. This was only the beginning. Then *moment-to-moment* I continue to choose to drop the fear and the separation and allow mySelf to receive God's Love. A direct way of receiving God's Love is by sitting in Meditation on the Path of Soul Transcendence. For me, having realized to a greater degree the magnitude of the Gift of this Path, I am choosing to allow mySelf to be filled by placing mySelf in the "place" to receive. I receive by being with God inside mySelf and by using the "outer" Tools to direct my focus inside; by going to the Home Center; doing Service; taking Classes; reading *Tools For Living Free*; and calling in for Open Hour. It's not about the form it takes, but these are ways, as Souls in bodies, that we can tap *directly* into God's Light and Love, which is beyond the mind and emotions.

It's funny that this case study is about giving to Spirit and all I did was talk about how I give Spirit to mySelf. As Dr. Lane says, "the nature of Spirit is giving". God lives in me as me. In recognition of who I truly am I give Spirit to mySelf. I am Spirit so I am giving to Spirit. Spirit is giving to me. As My Teacher says "It's all one and the same."

Try This ...

"So, in your daily life - and I'm talking about minute-to-minute, second-by-second - be honest with yourSelf. If you're coming from lack, fear, pain and you're operating from that spot, take a moment and just say, 'Whoa, what am I? Am I this fear? Am I this lack? Am I this limitation? Am I this pain? Not that I can't be going through it.' Yeah, you can.

Or 'Am I the Spirit that is, under and through and over this?' And then make your choice. See? and then after you've made that choice of giving to the Spirit you are and of giving the Spirit that you are to the Spirit you are then guess what? Give It again. And give some more and give some more and give some more. ..."

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 any doubt, worry or anxiety to come up.
3. Give to yourSelf by saying, "Lord, God please take anything that separates me from the Spirit I am!"
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 and allow it to "just drift away" as Our Teacher says.
6. Call your nearest Center and 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.

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