

Tools For Living Free

NUMBER 66 IN THIS ONGOING EDUCATIONAL SERIES

LIVING IN INTEGRITY

excerpts from the Satsang, "The Best Thing You Can Do For Anyone" (Tape A26)

"I want to talk a little bit tonight about 'The Best Thing You Can Do For Anyone' and I can reduce that to a sentence and it's going to sound hackneyed and clichéd and let me back up and give you what I mean by that: you are so incredible and so magnificent and so magical and so powerful because you are Divine and we have forgotten that.

"So let me just state right up front that the best thing you can do for anyone is be yourSelf. But, I don't mean your bitchy, moaning, ugly, habitual self because that's not who you are and if you're feeling those things - fine. But even if you're feeling those things - know that you're not your feelings and that's important. So guess what? If you're not your feelings, that means that you've got power and you've got choice, because if you're not your feelings you're something more than your feelings. But it also means that you don't have to choose being in those negative feelings. Now, that in itself is incredible and liberating and magnificent and you're at choice. And if you are at choice you don't have to do habitual patterns, habitual ways of responding."

"Now many of us - because we live in this world - we tend to operate and want to be just like everyone else. 'I'm going to be like everyone else; I'm going to have the same worries; I'm going to have the same concerns; I'm going to run the same stuff just like everybody else.' Somebody even shared that her parents considered her a real adult when she really worried a lot and when she wasn't being worried she wasn't so serious and she wasn't an adult. But when she really worried - that's when she had become an adult."

"You're going to find that a lot of times the best thing you can do for anybody else is not to participate in their stuff. Let me give you an example. A lot of people run a lot of worry, a lot of concern. Now if you go in there and sympathize with them, 'oh, yeah, it's terrible; oh, yes, this is awful' you're feeding them and you're helping to make the illusion real.

"Or when you have the experience of being quote 'nice' because you don't want to say anything or you don't want to disobey whatever social rules you think govern the situation - then you don't listen to yourSelf. Because inside you know not to say anything or to walk away from the person or the

situation and you disregard yourSelf and then you start being quote, 'nice'. What you're doing with the other person is you're feeding his or her stuff and you're not being 'nice' to them. You're being dishonest. And also inside of you you're going to run some resentment, some real resentment towards that person. So how are you being nice to them and how are you helping them? You're not.

"And part of being yourSelf means disregarding the way it looks, the form it takes. Don't worry about that. People are going to judge you right or wrong. Right or wrong they're going to judge you so don't worry about that. You don't have to worry about the form anything takes or how it's going to look because this is the world - it's based on appearances. It's based on how it looks; it's not real. So why do you think how anything looks is real and how you look or how you pick the form is real? It's not.

"But what's real is the Spirit inside of you. It is very real and when you're not true to that you can't fool yourSelf. When you're not true to yourSelf then guess what? The Spirit inside of you knows that you're not coming from your own integrity. And when you don't come from your own integrity, you're helping to feed all the karma and crystallize that illusion. And you're not helping anybody... It just makes it more difficult for another being to lift beyond it. But if you choose to stay in your Integrity then guess what? That weight of inertia is less and it makes it easier for others to lift. You don't even have to make the decision as based on a negative thing, 'well, I'm not going to participate in it.' All you have to do is enter into your own positive being, your own Spirit and say 'I'm going to listen to mySelf.' And, granted, you may be alone with it, you may be in left field with it but you're in your Integrity."

"And that's the name of the game because we're all... One. But we're not One as a mental configuration; we're One from the very simple fact that the Lord, God created us in His own Image. Which means that He created us from the same material, as it were, that He is, from the Spirit that He is. The Spirit that He is - inside of us. So that the Spirit that's in me is in you, and the Spirit that's in you is in me. It's just a question of when are you going to allow the waking up to happen?

"We're the same Spirit so, yeah, what I do

"The
best thing
you can
do
is be in
your
Integrity
and to
choose
each and
every
moment
into the
positive."

--From the Satsang
"The Best Thing You Can
Do For Anyone"
(Tape A26)

affects you because, in reality, there's no you and there's no me; there's just that One Spirit. It's no accident that science has now discovered that if a leaf falls somewhere in California that it's going to affect the weather in New Zealand. That's obvious, that's a given, but now we're starting to document it in the physical world because it's a Spiritual Reality. So we affect each other really because we *are* the 'other.'

"And, just like we're the 'other', it's the same as with God; it's not that here is God and here you are. It's you are God and God is you; He lives in you as you, He lives in you as you.

"And He's counting on you; you're part of His Creation. He's counting on you to wake up so the part of Him that lies sleeping in you can be awakened. And each time you choose to come from the Integrity of who you are you're helping in that process of being a Co-Creator with God. You're helping lift everyone and everything. So you benefit and so does Creation.

Case Study

When my son was in the hospital last week I had a tremendous opportunity to stay in my Integrity. We initially went to the emergency room at our doctor's direction because our son seemed to be very sick. They did some blood work and hooked him up to an I.V. but then sent him home because all the tests came back negative. The next day he seemed to be doing better when the hospital called and said that we needed to come in right away because our son had a bacterial infection that had gotten into his blood. We returned to the hospital where they again did blood work and hooked him up to an I.V. and then said that they wanted to do a spinal tap to rule out meningitis. I knew that my son was sick but my inner knowing was that he did not have meningitis and that the procedure was completely unnecessary, not to mention extremely painful. My husband had the same sense. We, also, both wanted to protect our nine-month-old son from further pain and upset. We refused the spinal tap. However, the medical staff did not want to accept our decision. So for the next 2 1/2 hours - until 1:30 a.m. - they kept us awake in the emergency room with my son screaming from exhaustion and proceeded to insist that we have the procedure despite our hesitation. They tried many strong-armed techniques, telling us that we had to have the test or else our son would have to stay in the hospital for 10 days rather than just 2-3 days and that there was no other option and no one else to talk to.

Thankfully, during this time, I was able to speak with My Teacher who reassured me that my son was okay

Try This ...

"And I thought I would stop by having you get nice and quiet and just uncrossing your arms and your legs. We'll take a moment and do a little process. We ask the Light of the Most High to be present and that whatever happens, happens for the Highest Good. Inside yourSelf just let one pattern - it could be a thought pattern, it could be a feeling, a really negative thing that you allow to get your goat; let that come up for you, and then just ask the Lord, God to: 'come and take it!' and tell yourSelf, 'it is okay to let it go'. You don't have to think about how it is going to happen, what do I have to do? You have to do nothing but just receive.

"And there is a Way, a formal Spiritual Path to walk this Path and come into the Knowing directly as yourSelf as Spirit, as Soul. And that's your choice....

"And that's a process of walking a Spiritual Path, but even if you choose not to do it this lifetime you still have the individual responsibility to exercise the choice of coming from your Integrity, of coming from who you are and the Spirit inside of you. That's your Divine right and that's your choice."

"The nice thing about the Path of Soul Transcendence is that we can be with God *while we're in the body, while we're in the body* - that's the Gift. But you have to exercise it, you have to open it - that's the responsibility, and that's the fun and that's the pleasure. You have to exercise that choice. Exercising that choice and giving yourSelf that option and using that power - those are the best things you can do for anybody. Being free inside yourSelf is the best thing you can do for anybody. I guarantee you that."

and encouraged us to speak with our doctor. My husband and I placed the entire situation into the Light of the Most High for the Highest Good. We both knew inwardly that our son did not have meningitis. We stayed in our Integrity. We stayed with what we knew to be true regardless of what was going on outside ourselves. I admit, I had the thought, "My son is too important to listen to my inner knowing. Shouldn't I listen to the doctors?" But despite the fear I stayed with what I knew to be True. Really, I trusted God and, as a result, trusted mySelf. My doctor called later that night and relayed to me that I had more options and that I had the right to refuse the spinal tap. With that I told the doctors once and for all - no spinal tap - and to bring us to my son's room right away that they had been holding for him until we agreed to the spinal tap. They finally listened. It turned out that my son did not have meningitis and, in fact, was laughing and playing the next morning when the specialist came to check on him.

This whole situation strengthened in me the importance of listening to and trusting mySelf despite how things look "out there". Speaking with the Teacher and going with His Advice is huge in helping to do this because the Teacher is an outer manifestation of that Inner Integrity. After reading the Talk "The Best Thing You Can Do For Anyone" I got to see even more that the only reality, as made manifest by the Teacher, is the Inner Reality of the Lord, God. Not only is staying in my Integrity the best thing I can do for anyone - it is my responsibility so as to ensure that I and those I love really are able to receive the best on all levels.

"Now, take another moment, and if there is a situation with a person when you were quote being 'nice' or when you were being 'sympathetic' rather than empathetic - go back there and just come from your own Integrity within yourSelf. Replay the situation, and just see if anything happens to make that situation different. When you can, you can bring your consciousness back here. And if you've done that, you've exercised your choice and you've exercised your power. You can do that *each and every moment*. And it is really as simple as that."

--from "The Best Thing You Can Do For Anyone" (A26)

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. Allow a negative pattern to come up for you. Then, say inside yourSelf, "Lord, God, please take this pattern!"
3. Tell yourSelf "it's okay to let it go!"
4. Come from your Integrity - which is the Spirit you *are* - by letting go of negativity (it isn't real!) - despite appearances or what others may do or say.
5. Contact any Center and request Initiation into the Path of Soul Transcendence- the ultimate way to come to know yourSelf as the Spirit you are, which is Integrity.

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

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