

# Tools For Living Free

NUMBER 95 IN THIS ONGOING EDUCATIONAL SERIES

## THE POINT OF POWER

*Excerpts and "Try This" from the Satsang "The Best Thing You Can Do For Anyone" (TAPE/CD #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."

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"See, you're not your feelings and you're not your thoughts. And if you're honest with yourSelf you'll find that your thoughts tend to be rather habitual and the mind loves to circle around the same old stuff, the same old stuff, the same old stuff, the same old stuff. But once again, we have choice and we have power because we are not our thoughts. So if we're not our thoughts then guess what? We don't have to feed that stuff. We don't have to keep going around in the same circles. There's a big difference...And that gives you power... So right away guess what? Who's in charge? We are. We are. We have the power and we have the choice."

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"I'm really worried about my throat's being dry and so I'm going to drink some water. Now, I didn't have to stay in having a dry throat. I had an option and we all have an option. And what is that option? That option and that point of power and that point of choice is the Spirit inside us even if we choose not to participate in the negative thought and the negative feeling. That's powerful stuff. We may not know what comes after that. We may have to live in uncertainty. Sometimes that's scary; 'okay,

if I don't run my usual stuff, what's going to occupy my thoughts and my feelings and my time and energy?' And you may not know, you may not know. But you need to have the strength and the inner conviction and the Inner Strength to hold to that it's okay not to know, but you've made a choice."

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"The other thing where people sometimes make an error is they tend to judge things based on fear. So that I didn't pay (Ed.'s note: Dr. Lane is referring to paying for a tram ride in a foreign city where few people do.) out of a fear that I would be caught or I would be doing the wrong thing or I would create karma. That's a negative focus. But I just stayed within my own Integrity and I felt in left field because most of the people in that tram were staring at me, 'like where did this guy come from-He must have been on the moon for centuries'."

"But I had to live within mySelf. I'll be the first one to tell you that sometimes when you live within your Integrity you may catch flack for it, you may stand out; people may think you're really weird but guess who is going to live with yourSelf? You are. And guess who-you know God is not going to be mocked-and when you pass from the body your Soul will show you your records, everything you've done in this life? You're not going to fool yourSelf.

"It's not about fooling the policeman or fooling the conductor or fooling anybody because that's secondary. It has to do with your own Spirit and the Soul that's in you and having Integrity with that..."

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"...So sometimes it means also making that extra little effort. The best thing you can do is be in your Integrity and to choose *each and every moment* into the positive. You have the power over your emotion, you have the power over your thought. It's like what is said in the Bible: you're not to be blamed for what runs through your head or what comes out of your mouth, but if you choose to keep focusing there-that's your responsibility. In other words, if someone steps on my foot and I get really annoyed-hey! I'm human, with a small 'h'-it comes with the territory; it comes with having a body; it comes with having emotions. But if I choose to go back to that and circle around on it, and circle around it and circle around it and build up the anger, and build up the resentment-then, yeah, that's my responsibility. If I

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*Excerpts from the Satsang  
"The Best Thing You Can  
Do For Anyone" TAPE/CD  
#A26*

have the thought and let it go then on to the next thing, that's fine. It is my choice. And that's where the power I have lies. I have that choice. I have that option. And we all have that option."

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"...The Promised Land is in us and at *each and every moment* we can fulfill that promise-and the promise is that you are *already* free to come into that knowing and to be with God. The Spiritual Truth is that God is everpresent and lives in you as you but if you're focused in negativity, your awareness of

that is nil.

"God gives us life so we can consciously, consciously choose that and consciously come into that awareness consciously, volitionally as our own choice. Our will and the Father's will are one and the same. *Each and every moment* we need to exercise that will; not our willfulness from the ego but the will of the alignment with God's Will which is for us to be happy and free and to be Home with Him inside."

## "Dear Cosmos Tree"

**Q.** Adults who have been abused (including myself) ... physically, mentally, or emotionally ... are known to have issues of abandonment. How do I know I have issues with abandonment? ... How do I work through issues of abandonment? My friend says this is why I'm hypersensitive and take things personally. - H. M.

**Dear H.M.** 1. Begin by calling in the Light of the Most High like this: "Lord God, send me Your Light!"; 2. Ask God to take anything that stands between you and the Spirit you *are* like this: "Lord God, for the Highest Good, please take anything that stands between me and the Spirit I *am*!; tell yourself "(your name) it's okay to let it go!"; repeat as often as necessary; you may also want to ask God to take any pattern(s) of abandonment you may have by asking God to take it and telling yourself, "it's okay to let it go!"; 3. Throughout the day, tell yourself to be Present; you can do this by using any word or phrase that works for you such as "stay Present"; "I'm here now!"; "attention please!" (the best exercise I know of for this is Day Twenty-Five of The Money Workbook by Dr. Roger B. Lane); 4. Practice the Four Rules of Positive Self-Talk by giving yourself direction; encouragement (as Dr. Lane explains, giving yourself encouragement keep you "in courage"); updating yourself; and keeping yourself present; the best way to learn Self-Talk is to take the Everyday Evolution Class or Workshop; you may also want to read the *Tool For Living Free* "The Power of Positive Self-Talk"; 5. Come to Meditations and Meditations For Health And Well-Being at your nearest Center and do both at home; 6. Take Initiation into the Path of Soul Transcendence, the only way to truly know yourself; 7. If you do need to talk to someone, do give that to yourself; highly recommended is a private session with Dr. Lane and/or ask Dr. Lane for a recommendation.

## 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

**To Reinforce Your Learning:** 1. Beginner: Read the *Tool For Living Free*, "The Power of Positive Self-Talk"; listen to the Tape/CD "The Predominant Thought On This Planet"; listen to the "The Meditation For Health And Well-Being" Tape/CD; 2. Intermediate: Take the Everyday Evolution 1 Class or Workshop; come to Meditations and Satsangs at your nearest Center; 3. Advanced: Take Initiation into the Path of Soul Transcendence - the ultimate way to know yourself.

**Dr. Lane adds:** Dear H.M. - Your questions contain the answer for which you are looking. The fact that you do not "know" you have issues with abandonment and yet insist on "knowing" this will always keep you at the level of this issue.

Whether or not your issue is "real" the remedy is the same: to forgive those who you think have abandoned you by saying, "Lord, God, take any judgments I have against (names); and tell yourself to let them go by saying, "your name, it's OK to let them go now!" as many times as you need to AND by being present for and with yourself.

We abandon ourSelves when we are not being and living from the Spirit we are. I lovingly suggest you take Initiation into the Sound Current on the Path of Soul Transcendence; by doing so you learn to live as Spirit as you come to know your True Identity that, up until now, has been abandoned by you.

Taking responsibility to be and know the Spirit you are rather than on the mind's habit of creating "problems" and then "solving" them - having "issues" and "working" through them - will automatically solve all as Spirit is the solution.

Be present with yourself, H.M., and you are with God as that is, in reality, what you *really* are!

nothing but just receive. 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."

## 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, "For the Highest Good, Lord, God send me Your Light!"

2. Let a situation come forward for you in which you feel stuck; in which you have a lot of thoughts and emotions to which you find yourself constantly returning.

3. Say inside yourself, "Lord, God, for the Highest Good, take it all! Take all the negativity! Send me guidance and clarity! Send me a solution!"

4. Tell yourself, "(name), it's okay to let it go! Be present here now!"

5. Whenever you find this situation come up for repeat step #4.

6. The Point of Power is Spirit. You live in Spirit moment-to-moment by surrendering negativity. You LIVE It fully by living as an Initiate on the Path of Soul Transcendence. Contacting any Regional Center and request Initiation into the Path of Soul Transcendence.

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 10075

212-828-0464

email:spiritcentral@yahoo.com

website:www.cosmostree.org

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