

# Tools For Living Free

NUMBER 98 IN THIS ONGOING EDUCATIONAL SERIES

## Choosing Wisely Your Creations

Excerpts and "Try This" from the Satsang "Choosing Wisely Your Creations" (TAPE/CD #A20)

"And when we create, what we do is-I'm talking about not an artistic creation or any of that stuff-but I'm talking about thought, word, deed, feeling. I'm not just talking about something that just quickly passes through. I'm talking about the exercise of our choice and of our staying there and persisting in it, and we begin to feed it..."

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"It's interesting because when we create something, we can't fool ourSelves, and when we're not present with ourSelves-when we create something negative, we're not present with ourSelves, and we're outside of ourSelves, and we do this creation, and another creation, and another creation, and another creation and before you know it-we're split from ourSelves and we're separate.

"And that's what we've done. Those creations and those splits and that separation is karma. See, and then we get the wonderful story of Adam and Eve in the Garden, kicked out. Of course, all that is is telling us about karma. But God hasn't done that to us; we've done that to ourSelves. We have expelled ourSelves from the Garden of Eden. And how do we do that? By our creation. And no one gets out of human life-I guarantee you-unless there is an alignment that happens. That alignment is between your will and God's Will..."

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"We need to grasp That and come to an understanding of That because It tells us about our creation. When Jesus said, 'I and the Father are One' that's the only Way, folks, because He's talking about the Christed Consciousness that is in us or God Consciousness. It is not confined to a religion or a group or anything. And (when) we create away from that along what is called the negative polarity-out of anger, fear, hurt, pain, separation, doubt-out of our ego; in other words, because it's our ego that separates us from God. Many of us hear the word 'ego' as, 'oh, yeah, it's egotistical' and like it's a big Hollywood celebrity kind of ego. But 'ego' can mean the other thing, this thing of humility and pride that is really false, 'oh, I'm not good enough for God; I'm not ready to do this, I'm not ready to receive God, I have to purify mySelf so I can be ready; God would never take me from where I am.' Last time I heard, Jesus the Christ was born in a manger where the animals are; the Buddha got Enlightenment under a tree-doesn't sound like a suite at the Waldorf to me.

"So that we are where we are. The thing that

stops us the most are our judgments. We're constantly judging ourSelves and that creation we place against ourSelves. And when it is said that, 'you are to have no other gods but God' it's talking about this god of our creations. Our creations become god. We have made it more important than the Lord, God and we use it to separate ourSelves. But these things don't just befall us.

"If you take a look at the way medicine is practiced in the Western world, you have these 'diseases.' And these 'diseases' just 'kind of happen.' Then you have an army of health professionals and they are armed to conquer disease. Well, yeah, good luck. Once again, it's something outside ourSelves because it's mirroring something. Our thoughts are outside, our feelings are outside; we're not responsible..."

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"Which brings us also to something else, that judgments are the thing that separate us. Judgments sort of lodge here, (Dr. Lane points to a line around the mid-section in what is called the basic self) there's like a band here (ed's note: Dr. Lane is referring to the 'band' between the basic and conscious selves) and it doesn't permit the flow of Spirit. When we judge ourSelves, we separate ourSelves from God. And when we judge others, it is the same thing; you know, 'judge not, lest ye be judged!' -that's what is meant.

"The Lord's Prayer is an absolutely incredible prescription on how to live karma-free: no judgments on yourSelf or on others. It is real simple because you're responsible.

"The interesting thing is that in my experience with people - when they do enter into judgments, or enter into negativity - invariably is that they don't know what the hell is really up. That it is based on 'this should be happening' or 'that's the way it really is' and it is not that way, at all. And so they judge; they judge; they judge. All these judgments and all these thoughts and all these angers-they build up and they build up, and they build up and they become crystallized, and crystallized, and crystallized, and they are movements away from the alignment of our will with God's Will.

"And God in His Kindness gave us Free Will; we have choice, we have choice. So, we can choose away from God or we can choose towards God. Once again, it is not God out there; it is us. We can be present with ourSelves or not present with

"...I want to focus on creating wisely. How do you do that? Let me just reiterate that *each moment* is an opportunity to create positively, to create well, to move into an Inner Alignment, an Inner Peace which is, whatever you want to call It, the God within, the Christ within, the Lord, God; it doesn't matter. See, the Great Mystery of life, of God is that It is inside of you and that It's living us, and moves us and animates us."

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“So part of creating wisely is accepting; just accept without judgment. Another thing about creating positively is you need to exercise Eternal Vigilance. You've got to be the policeman. You're the one who is going to direct your focus ...”

## Case Study

“We are always at choice.” It's something I've heard said a number of times and, in fact, I've even said it myself before! Reading and sitting with the Talk “Choosing Wisely Your Creations”, it's become clear to me that every choice I make is a creation that I am responsible for, whether it is a conscious choice or not. There is energy behind each choice I make that either has me deeper in alignment with God, into the Spirit I am, or moves me away from This.

This simple framework is applicable to every area and aspect of my life and, by reflecting on my creations of the past, I see that I've created a mixed bag of “positive” and “negative” (ed.'s note: in terms of battery, not “good” or “bad”) that has shown up in various ways. Sometimes, the effects of my choices are immediately noticeable, like the time I was playing my guitar and thought to myself, “wow! No mistakes”, and, then, wham! I hit a sour note. Other effects of choices I have made were experienced some time later and these choices also affected others as well. Through the Grace involved as an Initiate walking this Path the effects of my choices are handled in this present lifetime.

I once committed myself to two events going on at the same time and “adjusted” by choosing to attend portions of both. Once I arrived that night I felt unsettled and wasn't present within myself or with my friends as I was thinking about the next event or what I had missed. Though these were “negative creations” I learned a valuable lesson as a result. I make sure now to write my commitments down in a planner and honor them to the best of my ability. Also, using the Tool of Positive Self-Talk I update and line up

## Try This

“Let me just conclude by doing a little process with you. So if you'll just sit with your arms and legs open, and I always like to start by calling in the Light of the Most High and just saying, ‘Lord, God send me your Light!’ What I'd like you to do is pick a real negative creation, a creation you've really been working on, a creation that you keep going to, and going to, and feeding it and feeding it, one that you've really done a good job with. Ask the Lord, God to take it. Then tell yourself, however you

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“The third thing that is really important in creating positively is-that is Who and What you are; it is acknowledgement of That. You are worthy of that creation; you're entirely worthy of that...”

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“And the Gift of choosing your creations wisely is you get to be with God. You get to be with yourself, you get to enjoy yourself, you get to have real Inner Peace. Now, I can show you how to do this, and I can talk about it, but once again choice enters into it, and individual responsibility enters into it. You need to take the learning and give it to yourself and be wise enough to do that. There's a Way; the nice thing is there's a Way.

“Yeah, we can journey in these karmic fields for as long as we want to but when we choose to go Home, when we say, ‘okay, God, I'm missing you too much’ He's already got you. The Gift we give ourselves is the Gift of choosing wisely to be with God. That's what a wise person does.

“I'm going to leave you with just that. How

my basics, the habitual part of myself that likes to remain in negativity, by saying “basics, come present. I need your cooperation to let go of any negativity now! It's OK to let it go. We are honoring our commitments and are doing a great job with this.” I am always at choice to use everything to Learn, Lift and Grow as I did with this initially uncomfortable experience!

When persisted in, thoughts and feelings are creations, as are judgments. As soon as I enter into them, and, most importantly, if I persist in them, I am creating away from God. When I notice my mind entering into judgment of someone or something I now choose to turn it around by calling in the Light of the Most High and asking God to send His Light to the person or situation and tell myself to let the negativity go. I then ask God to Center me in Acceptance and Neutrality, which, in turn, frees me from creating separation. As My Teacher, Dr. Lane, says, “It's the same Spirit that's in me that's in us all and going against another is also going against myself.”

At the end of the Talk it was suggested that we “exercise our Divine right to be free.” In order to do this I need to practice Eternal Vigilance by choosing *moment-to-moment* to Surrender any and all negativity that comes up. I am responsible for placing my focus, my intention and my attention at and with God. This is creating wisely. When I have chosen to do this in the past I have experienced immense Joy, Love, Miracles and Blessings. I now choose to use these experiences as positive reference points and continually give Birth to the Christ in me.

call yourself, to let it go. And let it go.

“Now, some of you were able to do that pretty well; some of you had a hard time letting go and some of you are already missing it. That's natural; we miss our ‘wonderful’ creations no matter how negative they are. But if you've allowed it to be lifted and to move, you're more present with yourself. You're more present with Spirit, with the Spirit you *are*, with the Lord, God.

## 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. Pick a very negative creation with which you have been engaged.
3. Say inside yourself, “Lord, God take it!”
4. Tell yourself, “(name), it's okay to let it go!”
5. Choose to accept yourself without judgment by telling yourself, “I am okay right now.”
6. Practice Eternal Vigilance by continually working this process.
7. Acknowledge that you are the Lord, God by contacting any Regional Center and requesting Initiation into the Path of Soul Transcendence.

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