

Tools For Living Free

NUMBER 107 IN THIS ONGOING EDUCATIONAL SERIES

OUR TRUE NATURE

excerpts from the Satsang "The Inner Truth And Its Implications" (Tape/CD A11)

"... And the real Inner Truth is just That; is That you *are* the Lord, God. You *are* God. It's within you. OK. And there's no way anybody is going to get away with that simple Fact. And when I say 'anybody' - you're in the body to honor that Truth and the Soul takes Its journey in these environments and uses body after body after body after body `til It knows That. OK. And you don't get away with It.

"We talked about choosing emotions and choosing thoughts that best serve you because we come here - as powerful Creators. Because of the Inner Nature of us, which is the Inner Truth that we *are* That, we *are* the Lord, God. OK. So the Inner Truth and Its implication begins with a kind of simple Fact: you *are* the Lord, God. And this is going to surprise you; It surprised me when I first encountered It in mySelf, and that is that we are Free. We are Free and we fight like hell to enslave ourSelves. See. And to me it's really interesting; we have all these holidays around that really have to do with commemorating journeys and flights into freedom. And that's how it is for the human race: we're living it backwards. We commemorate a journey to freedom and we have to go to freedom. But the real Truth is is that we are *already* free and we've exercised a lot of our choices negatively. OK. Or let me say that differently; not that our choices were negative, but we used our choices to create negatively, along a negative polarity, which has enslaved us. So we take embodiment time after time after time and we are at the effect of these creations.

"So the first Truth is we're Free. The second is that we exist as Creators with God and it is our responsibility to create positively, totally positively. Okay, what does that mean? We all have thoughts, we all have feelings. Feelings aren't right, feelings aren't wrong. You know, I see a lot of people who think that you can't have any feelings that are quote negative or nasty or not good. But that's not it at all; you can have those feelings. OK. But as Creators, we're responsible for where we place our Consciousness. So, how we

exercise where we place It is key."

"If I'm really being neutral and really want to be a positive Creator of and with the Lord, God, what I'm going to do is I'm going to take that experience and I'm going to not allow the memory of that time to constantly feed it. Because then I'm feeding the memory pattern and by memory pattern I'm dropping into time, I'm dropping into space, I'm dropping into - in plain English - karma; I'm back into karmic patterns - that's a negative creation. So I want to take my experiences, which aren't 'good,' which aren't 'bad'; and I want to learn from them without bringing up the experiences themselves. OK.

"So the second implication is that we are Creators with and as the Lord, God and we're very, very, very powerful. ... "

"Those of you who are Students of the Sound Current or of the Path (of Soul Transcendence) and have received the Gift of whatever you want to call It - whether It's the Sound Current, the Holy Spirit, whether you want to call It Nam, it doesn't matter - but if you have received That Gift, That awakens the Soul to this knowledge that It is One, that It is Eternal, that It is the Spirit, and so It has this responsibility. So, that's the third fact. We are Free, we're Co-Creators, and we are responsible and we're responsible on all levels. We're responsible *moment-to-moment* for our thoughts, for our feelings, for what we create and we're responsible karmically."

"There is one more implication of ourSelves as the Lord, God. And that is that It is freely given. That Vibratory Frequency that was placed in you when the Mission of the Christ was done, (It) was placed in you. It was given freely to you. The Way to be awakened through the Initiation of the Soul is given freely."

"And we're to give freely of the Overflow of what we've been fed. Freely and Loving, in Devotion, in Kindness, in Compassion, in caring, financially, whatever; we just give because that's the Nature in us as Spirit. We give; the false self

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--From the Satsang
"The Inner Truth And
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takes – ‘what’s in it for me? How much money do I get? How much money do I make?’ And values itself in terms of the false bright lights of this planet. But the Spirit just gives. It just gives because that’s Its Nature.”

“... but we have to have things like Christmas, Hanukah and all that kind of jive to remind us

of that Nature. But, really, the Gift of giving goes on all the time and the Christ Consciousness in us - and by Christ Consciousness I mean the Consciousness of the Lord, God and the Eternal Remembrance of That - the Eternal Remembrance of That, goes on all the time, and That’s Who and What and the real implication of Who we *are*.”

CASE STUDY

“I read the Talk “The Inner Truth And Its Implications” a number of times and what I learned first and foremost is this: LOVE, GOD. Proper Identification as the Spirit I *am* is the key to knowing I’m Free. If negativity comes up, I am neutral about it – it’s not “good”; it’s not bad – I just ask the Lord, God to take it and I tell mySelf to let it go!! Or I let it “float” by. I am Eternally Vigilant re: the above; I use any Tools of Upliftment necessary to do that. That’s it in a nutshell.

Because Case Studies are about just that – a “case” in my life to which I apply The Teachings brought forward in The Talk – I’ve chosen an annual Event (actually more than one) that I was asked to do and that I didn’t want to do because I was holding onto anger about past Events and about those who had participated in those Events. I kept the anger going and going and going – until I read this Talk.

Then I asked the Lord, God to take the anger - karma for which I’m responsible - and I told mySelf (my name) that it’s okay to let it go!! I asked God to take anything at all that I’m holding against anybody involved in these Events and I told mySelf to let it go! I then chose to forgive mySelf for holding judgments against these Souls and mySelf by saying “I forgive mySelf for holding judgments against mySelf and others regarding any and all Events in which I’ve participated and I set mySelf free inside mySelf!” Then I said a Prayer by asking God to give me the direct experience of forgetting everything and anything negative about these Events and I told mySelf to let it go! I asked God to take any memory pattern I had created around this. I asked the Lord, God to take any past reference points and I told mySelf to let them go!

My “issue” around these Events was “no help” as in “not enough help with these Events”; “there’s no one there to help me ...” I recognized this as an old family pattern and I asked God to take it and I told mySelf its okay to let it go!!

I chose to stay Present. I decided to be Eternally Vigilant – and to start NOW.

From here enthusiasm rolled on in – and I began to write down all the things I want to do for these upcoming seasonal Events. Line after line after line – after line. I’m quite excited now. From here I know I’m Free; I know I’m a Co-creator with the Lord, God and that that Co-creation is positive and that I am very, very Powerful; that I am responsible – for actively practicing the above “program”; that I’m at Choice – to take a few moments to do the above was a choice – a positive one. I know that the Christed Consciousness was freely given and that the things of Spirit are freely given. I know that this Life is God’s Life given to me for My Upliftment. No other reason. I know that Spirit is What animates me. My job is to stay clear and give of my Overflow – which, now I Know *directly* – and to which I know I’ve returned by doing my part, really by living The Teachings as taught in This Talk given by My Teacher.

What I feel more than anything else is that *I’m not dependent on anyone or anything*. I’m the Power. I’m the Glory. The “bs” got in the way – the “bs” is the karma brought forward by my basic selves, really because of Grace so that it can be cleared (!) - who were terrified that I was Lifting and Growing and brought forward a karmic pattern that I chose to see as real when really I was afraid of my own Power, which as the Talk states, is more powerful than millions of atom bombs. Afraid and too lazy – up until now – to be responsible. That means, too, that I need to work Lovingly with my basic selves by directing them to cooperate in whatever I need to do by telling them “I need you to follow me and give me your cooperation and energy to [fill in – i.e., work on this Case Study]; to reassure them by telling them “We’re okay. Everything is fine now”; and appreciate what I’m doing by thanking them for the great job they’re doing; and keep mySelf Lovingly updated by telling them what’s going on now. And most of all to direct them to stay focused/Present as often as I need to do this.

And that’s my Learning of sitting with this Talk.

For the above Learning, I thank My Teacher for His Love and for The Teachings that My Teacher brings forward – and for Serving as a Model for me – really Glorious Guide - for everything that I do re: my living the Teachings. I’ve seen My Teacher in situations regarding Events and I’ve seen My Teacher take nothing personally. Way beyond anything noted above. I’ve seen My Teacher Surrender and Surrender some more- e.g., My Teacher will frequently ask an Initiate to do a Service Project – really Bless that Soul with an Opportunity to learn to get Free - and the Initiate chooses away from giving This to him/herSelf; I know the heartbreak is huge because we’re all One Spirit and as an Initiate I’ve felt that heartbreak course through me to the extent that it does and, because the Spiritual Form of The Teacher (really, The Teacher) is within, when an Initiate turns away from The Teacher he or she is really turning away from Spirit, doing violence to him/herSelf – and The Teacher. Again, re: Surrender and My Teacher it is beyond what I know - but My Teacher is my reference point often for the above Learning.

I also learn to let go and stay focused by taking Classes – right now, The Teachings Class; reading *Tools For Living Free* - i.e., today I read “Using The Tool of Choice”, which reinforced the importance of surrendering perseverating about something that didn’t work out the way I wanted it to and to simply be Present; watching Videos from the Series, “Understanding The Spirit You Are” – i.e., today I watched “The Power of Choice” which helped me see again that I’m not dependent on anyone or anything; going to the Home Center and spending time in the Presence of the Teacher; doing Loving Service, which includes actively working this Case Study inside mySelf in the Spirit.

Step-by-Step

Here’s a quick reference list for daily practice.

1. Call in the Light of the Most High by saying, “Lord, God send me your Light!”
2. Inside yourSelf, allow a situation or something in yourSelf you’re having trouble accepting come up.
3. Say, “Lord, God please take this negativity and resistance from me!”
4. Then tell yourSelf, “(your name) it’s okay to let it go!” Ask the Lord, God to move you into Acceptance and Love of Who you really *are*.
5. If the negativity returns take a moment to Lovingly repeat the process above. Be sure to tell yourSelf to let it go!!
6. Request information on and attend Meditations, Classes, Workshops, Retreats and Video Showings.
7. To realize your Freedom, call any Regional Center and request the Gift of Initiation into the Path of Soul Transcendence.

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