

Tools For Living Free

NUMBER 138 IN THIS EDUCATIONAL SERIES

Dancing In Your Soulness

Excerpts from the Satsang "What Do I Have To Do To Be Perfect, Lord?" (CD/MP3 A18)

"It's really interesting. If you look at the world around you you can see where the HU-man race is at; we're at the dawn of the information age, computers, etc. so it's the expression of the mental as an exercise in control and it ain't working. Now, please, don't mishear this! I'm not railing against computers or anything else like that; they have their place.

"And they do good service. But that's just it - they have their place; they're not in charge. In the Consciousness in us that's the battle: the mind wants to be in charge and won't permit the Spirit that we *are* to have Its Natural Sovereignty. And the Consciousness goes along with it. So, we keep entering, entering into all this negativity and then we have to do something about it.

"Then along comes someone bringing forth The Teachings Of The Path of Soul Transcendence and says, 'Hey! Don't even worry about the false self! Don't worry about any of that stuff! Focus on the Light Of The Most High! Here! This is the Way; this is how you do it!' All that stuff falls off you because it cannot stay in the Presence of God because if you're building that Frequency inside of you - that God Frequency - negativity can't stay. The frame of reference becomes an Inner Frame of Reference; it's *experiential*; it's immediate.

"It's not a concept. So much of what I've talked about tonight - they come across as nice concepts, nice ideas, but they're not, see; they're *Living Realities* and the Soul on Its Journey comes to truly know That."

"So we live under this oppression, as it were, the self-imposed oppression of, 'Oh! My God! You better do it right! And you better purify yourself because you're innately not good!' Well, The Teachings Teach us that that's not so: that we are *innately* the Spirit. It is said Who we *are*: 'In the beginning was the Word and the word was with God' - the Alpha and the Omega; we *are* the Alpha and we're going back and That's the Omega. We're going back to 'Where' we began, Which is the Spirit, Which is the Lord, God, Which is of our Knowledge as Souls.

"And That's the Christed Consciousness within us. *Everyone* is going to be Christed because that's God's Plan. God's Plan for His kids is to have His Kids come Home. Every Soul, sooner or later, will return back to the Source.

"God gives us this Gift of life and It is a Gift. It's a real Gift. And the Purpose is to come to Know

Him, to Know yourself as the Spirit that you *are*. Not as ideology, not as dogma, not as a bunch of rules or anything else like that. All I can do is point you to That and you'll catch glimpses of That and fulfill this level while whatever happens Spiritually happens as well. You kind of catch the glimpses of yourself as Soul, as Spirit, as the Light Of The Most High.

"It reminds me of a beautiful experience I had when someone I loved dearly was 'dying' and he was on his 'deathbed'; he probably died within ten to twelve days, and I was honored to see his Soul Body. The Soul Body was dancing around, dancing around, dancing around and the Soul Body was not that thing on the bed, that person on the bed. And the contrast was so much and so hysterical that I could do virtually nothing about just bursting out laughing. Because here was this somber vision of this person 'dying', on his 'deathbed', and what was really was happening was the Soul was just Completing a lot of Its stuff and dancing and was 'happy' in Its Lightness. That being on the bed was not who he was; was not Who the Soul was. Everybody was so somber and here was this tremendously Joyous Thing. The interesting thing is that this is what is happening at all times.

"We don't have to be on our 'deathbed' for the Soul to be Joyously happy. ..."

"Isn't it interesting that God gives us this vehicle, this physical body, as a vehicle to realize this against the most negative - in the sense of charge - the most negatively charged in the whole Spiritual System? We can springboard into the most Positive - the Spirit that we *are*. That's a Miracle! That's a Blessing!

"And there's a Way to do This. There's a Path; there's the Path of Soul Transcendence and That's God's Fulfillment. And that's why you have to do nothing other than Allow God to fulfill Himself through you because He lives in you as you. The fact that you're asleep to It or don't know It doesn't matter. It's still true.

"Now, I'm Blessed by being able to see what's going on here. I'm Blessed to see that each of the bodies sitting in the chairs here - that there is a Soul with that body That's not restricted to that body, to that chair - to what that being thinks it's doing or what it thinks is happening. The Soul is literally dancing around in your 'Soulness.' That's what we do: It's the 'Dance' and we have to do nothing other than to Allow it. No thing; nothing you do can bring That about. You can't earn That; It's given by Grace. You can't make It happen. All you can do is Allow It."

"The

Soul is

literally

dancing

around

in your

'Soulness.'"

-- From the Satsang
"What Do I Have To Do
To Be Perfect, Lord?"
(CD/MP3 A18)

Q.: I have taken classes at the Cosmos Tree Home Center and have heard about “Nintendo” consciousness. My understanding is if I apply it correctly I can get better results in the work I do. I need help better understanding it. - J.T.

Dear J.T.: 1. According to The Teachings of the Path Of Soul Transcendence, Practicing Nintendo means “work your buns off and leave the results to God.” It means Let Go, Let God! Do your part the best you can and do it Neutrally, Which means without attachment to results! 2. Practicing Nintendo means Being Present! Stay Present! From this Place, you get your next step(s); 3. Co-Create what you want with the Lord, God by saying, “Lord, God, send me Your Light! For the Highest Good, Lord, God, please [fill in what you want – i.e., x, y, z client(s) or a certain income, etc.]” Be sure to let it go! Your “want” is a preference; this means that you are fine with it and fine without it; 4. Do the Two-Part Release Technique inside yourSelf as often as necessary by saying “Lord, God send me Your Light! For the Highest Good, Lord, God please take [i.e., ‘any attachments to results’; ‘the negativity’; ‘anything that stands between me and the Spirit I am’; the ‘driveness’; ‘my agenda’, etc.]!” Tell yourSelf “(your name) It’s okay to let it go!” 5. Do Self-Talk so that your basic selves (the part of you that brings forward your karmic patterns) are lined up with your preferences – this Allows the Spiritual Flow. A good place to begin is by saying inside yourSelf, “Basics come present! I need your cooperation and energy to Be Present! Thank you and keep up the good work Being Present!” 6. According to The Teachings, the Focus is on Loving God and since you *are* Spirit you are really Loving yourSelf; LOVE, according to The Teachings, is “Letting Go Of Volition Every Time”! This means Surrender your agenda - the drivenness; the manipulation; the striving for “success” out there; instead Trust yourSelf/the Spirit you *are*. As Dr. Lane says on Spiritcentral.tv Episode 7 (see To Reinforce Your Learning below) let Spirit be your Motor! Be driven by God! Allow and Receive His Blessings; be Present always by Focusing into Spirit and use steps 2-5 above to stay clear; use everything in this Precious Gift of Life to Lift and Grow.

To Reinforce Your Learning: 1. Beginner: Spiritcentral.tv Episode 7 “N.i.n.t.e.n.d.o. Actions”; the *Tools For Living Free* “Being Present” and “How To Run A Business/(Your Life) Spiritually”; *The Money Workbook*; Intermediate: Fear, Hurt, Pain and Other Attachments Class; Meditation; Meditation For Health And Well-Being; Open Hour; 3. Advanced: 1, 2 and, if you haven’t already, request Initiation into the Sound Current on the Path Of Soul Transcendence!

Dr. Lane adds: Dear J.T. - Thank you for giving me the Opportunity to be of Service.

The answer to your question is contained in your question: it is the opposite of your stated understanding. You state that you understand “Nintendo” to mean that if you “apply it correctly I can get better results.” You are doing something – in this case, applying it “correctly” – to get better results but Nintendo means to work very hard and to leave the results to God. It is a case of letting go *and* letting God!

When you condition anything it becomes “heavier” because of the weight of the karma you have attached to it. Applying Nintendo correctly in order to get better results results in your efforts being arduous, time-consuming and inconsequential rather than being the “Effortless Effort” because we have no attachment to results.

I Lovingly Suggest that before you work hard putting your considerable skills and expertise to work you call in the Light Of The Most High and put your efforts into the Light for the Highest Good and then tell yourSelf to let go of the results and then let God give you the results for the Highest Good. You are free to choose other than this but know that you are creating karmically and that this attachment causes you to be at the mercy of manipulating your efforts in order to get the results you want. Why not create positively and have an easier time of it than create karmically and be all involved with your wants and responsible as a Soul for your negative creation? I Lovingly Suggest the former.

I also Lovingly Suggest you follow the suggestion of our “questions editor”, Melissa Sones, especially regarding Episode 7 of SpiritCentral.tv – a Series hosted by Rev. Dewi Maile Lim as part of her Master’s Thesis for her M.Div. Degree from the Seminary, in which Rev. Lim interviews me on key aspects of The Teachings I bring forth - to help you have a better understanding of Nintendo and of the taking of Initiation into the Sound Current on the Path Of Soul Transcendence to live and know yourSelf as Soul, as the Spirit you *are*.

Please contact me again and let me know how you are progressing in the use of Nintendo.

Try This ...

“... The Perfection isn’t, ‘Oh! My God! You were angry. You’re annoyed! You’re not perfect!’ That’s not it. The Perfection consists of using those feelings to Lift and Grow from. That’s the Perfection! That’s the Perfection: to Lift and Grow from those feelings. So many of us think being perfect means we can’t make a mistake. That’s not perfection; that’s neurotic. What you want is to learn from the mistakes - that’s the perfection, that’s where the excellence is. And we don’t have to do anything about the errors; we don’t have to do anything about those negative feelings, those emotions or anything other than choose to Lift beyond it and move beyond it and start to wake up to our True Nature. – From the Satsang “What Do I Have To Do To Be Perfect, Lord?” (CD/MP3 A18)

Here’s A Quick Reference List To Use For Daily Practice:

1. Call in the Light Of The Most High by saying, “Lord, God send me Your Light!”
2. Now, inside yourSelf allow a situation to arise in which you have – up until now - allowed your mind to take charge!
3. Now, inside yourSelf, Surrender these creations by telling yourSelf, “(your name), It’s Okay to let it go!”
4. Now, allow the Spirit you *are* to have Its Natural Sovereignty!
5. To gain Spiritual Strength attend Classes; Meditations; Mediations For Health And Well-Being; Open Hour; Open RETREATS; any Offering where you are in the Presence of The Teacher!
6. Fulfill your Purpose here by taking Initiation into the Sound Current on the Path Of Soul Transcendence – the Most Precious Gift you can Receive!

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: info@cosmostree.org
Web site: cosmostree.org

Tools For Living Free
is published by Soundly, Inc.
Any distribution or reproduction
of this publication without
written permission is prohibited.
Copyright 2016, Soundly, Inc.,
New York, NY