

Tools For Living Free

NUMBER 139 IN THIS EDUCATIONAL SERIES

Give - Then Give Some More

Excerpts from the Satsang "Give - Then Give Some More" (MP3 A53)

"... when a Soul goes to God that Soul helps Itself, of course, but It helps all Souls in all of Creation to do the Same. It makes It easier. You see? And there's a funny thing about Giving - it is that It's being Selfish in the best sense, Self-ish - you're Giving to yourSelf, the Divine Self and from that Self you're proceeding. And the best thing anybody can do is do the Soul's Spiritual Progression, because that enables all Souls to do It easier, It frees up all Souls and there's less weight behind Souls hanging onto the karmic fields here.

"You know it's kind of like, let's just say there's a big pile, okay, and you're on the bottom of the pile and this pile on top of you weighs five tons - that's five tons of people, okay. Now, a Soul isn't a person - I admit that - but for the sake of this example let me use that weight, okay? One person, as it were, because the Soul that's in that person has freed Itself and Completed Its journeys here and goes Home to God, so that's two hundred pounds less, let's say. Then another Soul and that body that It was using - one hundred and fifty pounds. And then the Soul that's in [name of Student], whose body weighs fifty pounds, okay. Well, everyone's looking at [name of Student]. Does she really weigh so little? God, what's her secret? Okay, so that's four hundred pounds - that's less weight on top of you. Do you understand? So, it makes it easier for that body, for that person who's on the bottom to Lift because there's less pressing against it. You see? So the more we choose to Focus into the Spirit, the more we choose away from karma, the weight of the karma that presses against the planet, that the Soul encounters here is less. The best thing we can do for the world is guess what? Leave! Get out of here!

"Now [name of Student]'s looking at me like 'what is this boy talking about? I'm a nice guy.' Yeah, [name of Student], I love seeing you. I'm not talking about that but I'm talking about the Soul Completing Its karmic rounds here and so there's no need to reincarnate. And as there's less of these incarnational patterns around, guess what? It becomes easier for other Souls to do That. There's like a snowballing effect.

"I'm always also fascinated by how people give or don't give money. A lot of people who give money think everybody has to know. A lot of people think that it's the amount. A lot of people are always trying to impress. But when you Give - regardless of - if it's money, if it's love, if it's your attention, give simply neutrally! Give for the Joy of it!

"And I can still picture - and I don't have to mention anybody's name - but last week moving into the new Home Center or two weeks ago my wife and I had brought some stuff from a store. We took a cab and

we told the person we were coming. And this person went down on the street to meet us to make it easier for us, to help us. And there was so much Love and Joy that it didn't bother me at all that he was standing on the corner and the cab pulled up to the entrance of the building, which is in the middle of the street, and we missed each other. And I went upstairs to the new Home Center and there was no one there. Okay, and I had to go down and there he was with this Love. That was Giving. And I saw somebody say, 'hey, can I get some change for the meters for the car?' And this person just said, 'Yeah, hey! Here it is.' And there was just such Love there. And such caring without any thought of compensation, without any thought of getting back, just to Give, just to Give. Hey, because that's the Spirit that we *are*. And it all comes down to That. When we Know we are Spirit then we Give because there's no lack and there's no limitation, okay.

"And I'm not talking about giving and enabling to people who really, really are setting up a symbiotic kind of a situation. Or I'm not talking about giving people lots and lots of money to people who don't want to pay you back. I'm not talking about those distorted kinds of situations. Okay, but I'm talking about Giving from that 'Place' in you that is Sacred and that is Abundant and that is where God lives, you see?

"... Give It again! And Give some more and Give some more and Give some more! Because you're going to get yourSelf. You're going to get the Spirit that you *are*. You know? So, practice practice Giving! Practice identifying yourSelf as Spirit! Okay? ..."

"And I know I use the example quite often of when my wife asks me do I want to take the garbage out and I'll say, 'no' because I don't. And then I say 'yeah, but I will.' See? So, I'm acknowledging that, 'yeah, I'm in this form. I have the "no's" - I don't want to do it.' But I know that I'm more than that. And I do it. But not only do I do it, the action is complete and that's it. And I'm entirely Present with Spirit. So I don't hold a grudge against my wife who asked me to do it. I'm not angry that I did it. It's like done. It's complete - next! And we stay Present. We stay Present. We stay Present that way. See? And when we're Present with God, really, that's all we can do - is Give. And also let me say that the Spirit inside of us - That's Its Nature - that's really Its True Nature - to Give. Okay? The false self or the lower consciousness - all it wants to do is take, take, take, take. See?

"And so people walk around and all they want to know is what they can get out of it. 'How does this benefit me?' in whatever form it takes - emotionally,

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*-- From the Satsang "Give
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status, financially, etc., etc. ‘How does it benefit me? How does it benefit me? How does it benefit me? What do I get out of it?’ But the Spirit inside of us works the other way. It’s ‘What can I Give? What can I Give?’ Because that’s the Nature of the Spirit. So, God is always Giving us. God is always Sourcing us. ...”

“... And if you are God and if you are with God won’t you give yourSelf the best? And that best is God. God Giving to God. And it’s really that simple. And if you want to complicate it I’ll tell you how - Give some more and Give some more!”

Case Study

Most of the Learning I have had since reading the Talk “Give – Then Give Some More” took place when I let go, which for me is an inner experience I have when I am Present.

I had initially “thought” that there was a choice point, an inner “point” inside mySelf where I “choose” to drop back down inside mySelf and let go. I Learned from My Teacher that I had reversed the two – I need first to let go and then I drop back inside mySelf. I also Learned that there is really *only* one Choice, the Choice to be Present/Focus into Spirit. With That, I let go and drop back down inside mySelf. That’s how I’m fully Present.

Letting go like this moved me into Honesty, which My Teacher pointed out comes from being Neutral. I was able to be objective about “mistakes” I had made instead of having to be perfect (a pattern up until now); and I was able to go with my Inner Knowing about the “Spiritual Reality of Mankind”, to quote My Teacher, instead of identifying with the material or physical and taking it for real. An example of this is the Meditation For Health And Well-Being that I Host at an old-age home. How easy it would be for me to “think” that these bodies on stretchers or with oxygen tubes in their noses are “real” but I Know as I stand there Hosting that we are all One Spirit and that we are, in fact, together in this Oneness! My staying in that Knowing is a Gift to them and to mySelf.

When I let go like this I also avoid projecting my “stuff” onto others, another Learning. I see now that when I’m Present, the “stuff” just floats by. I have distance from my basic selves, the part of me that brings forward my karmic patterns, making it much easier to give mySelf an update, which may be, “This isn’t mom; this is [fill in name].” Instead of seeing others as “competing with me” or my “getting in trouble”, for instance, for turning in a Case Study to My Teacher that wasn’t “perfect,” I objectively saw My Teacher’s Love and Caring and Sharing. I updated mySelf inwardly by saying, “This isn’t mom. This is Dr. Lane.” I was also able to more easily reassure my basics by saying “we’re fine and we’re safe now” or “everything is fine and safe now.” And to Receive, the real toughie for me in all of this, up until now.

Key, too, was doing the Two-Part Release Technique whenever needed like this: “Lord, God, send me Your Light! For the Highest Good Lord, God, please take this negativity from me!” And then to tell mySelf “(my name) It’s OK to let it go!”

Letting go also helped me persevere and do what is needed – next! next! next! – without the usual inner argument or resentment, another step. This was especially true of Service on weekends and/or many calls to customer service to fix a problem with a phone.

When I let go of how I think others “should” act or how a situation “should” be I often see that I had already put the situation/person into the Light Of The Most High for the Highest Good and that I chose to chew on it instead of Surrendering. Or that I needed to put the situation/person into the Light Of The Most High to begin with and to let go. Or that I needed to send the Light Of The Most High to the situation/person instead of having a judgment/creating karma/separating mySelf from the Spirit I *am*. Objectively, I saw that people are just being themselves and there’s nothing personal; and that Spirit Supplies, including all the Learning and corrections needed.

To Co-Create with Spirit by putting what I want regarding a situation and/or a person into the Light Of The Most High for the Highest Good, I called in the Light like this: “Lord, God, send me Your Light!” Then I said, “For the Highest Good, Lord, God, please [I filled in what I prefer – i.e., for the situation to work out a certain way, etc.]!”

Having distance from my basics made it easier to choose away from the inner chatter (thoughts), which I was able to see was fear-based; and to be Present by Chanting My Tones, Which is the Meditation Technique Taught at the time of Initiation. I also, as needed, directed my basics into action like this: “Basics come present! I need your cooperation and energy to be Present now! Thank you and keep up the good work being Present now!” When I’m Present, all I can do is Give, as Dr. Lane states in the Talk.

Funny! As I am finishing this Case Study, the phone rings and it’s someone who had called for some information. I had gotten the information requested and then called her back. I also had called her initially to let her know I had gotten her message and would get back to her. Both conversations were fun and enthusiasm-filled. “This is the best customer service I have ever had!” she said. “Above and beyond!”

Indeed.

Try This ...

“And I think it’s real important to keep going, ‘Okay, what do I want to Give here? Do I want to give mySelf the fear? The negativity? Or do I want to Give mySelf the Solution? And what’s the Solution, or the *solutio* if you want to call it, the Divine Solution or the Waters of Life? It is really the Sound Current or the Holy Spirit. ... So the Giving here is a lot of Inner Giving. It’s a lot of Inner Giving.” – From the Satsang “Give – Then Give Some More” (MP3 A53)

Step-by-Step

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. Inside yourSelf, allow a situation to arise in which, up until now, you have been running “Take! Take! Take! Take!”
3. Now, inside yourSelf, ask the Lord, to take the “take’s!” from you now!
4. And tell yourSelf, “(your name) it’s OK to let it go!”
5. Now, ask the Lord, God to give you the Direct Experience of being in that Sacred Place of Giving.
6. Now “Give and then Give some more!”
7. Call your nearest Center to Give yourSelf the Precious Gift of Initiation into the Sound Current on the Path Of Soul Transcendence!

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