

SELFLESS GIVING

Spiritual Warrior II - Class Three (Transcript)

Greetings, Everyone,

It's springtime in California, the time of resurrection, rebirth and new life. The ideas for this tape, however, began to germinate deep in the winter at the time of the seed around Christmas. Christmas is always a catalyst for deep meditations of one sort or another and always brings some big issues into sharp focus. The subject which came up was that of giving. The spirit of giving is what Christmas is about. It's also the time when we can give birth to our Christed Self. Is there a connection between the spirit of giving and our Christed Self? Indeed, there is. There has to be, and there most certainly is. Through our ability to give is our Christed Self born. One of the miraculous forces associated with us becoming a giver is that we give ourselves our Divine Christed Self.

Selfless giving (referring to the title of the tape) is Karma Yoga. Karma Yoga is the yoga of selfless giving. Karma Yoga is the yoga of action. Karma translates roughly as action, meaning that the practitioner seeks union through action. The word "yoga" means union. For action to bring about union, it has to be done in a selfless manner—hence, the yoga of selfless service.

Is there a proper way to do this? Indeed, there certainly is and we will take a look at some of the ways in this tape. These principles—the ones which I will outline here—are the preparation for experiencing abundance.

In the United States, we're currently in a time when we all feel as though we are stretched to the limit, and that we have nothing much to give at all. This is a most emotionally traumatic situation for the ego to contemplate—that of giving, I mean—contemplating using up your small reserves and practicing giving—selflessly. It's extremely difficult to be selfless when you feel threatened.

Everyone is feeling the crunch. There have been so many doomsayers in the last few years who have been crooning the tunes of our deprivation and of the hard times to come. And now it all seems to be coming true. Our worst fears are manifesting. The newspapers are rife with stories of bankruptcy, as you know, and hard times, which further fuels our insecurity.

The most we can hope to do is to guard what little we have and hoard more for the hard times ahead. Or is it? No, no. It absolutely is not. That is the "ego" talking. It is also the most natural way for most humans to think and act. I'm presenting it to you because it's a key issue here.

I am now asking you to look right into the face of one of the most tightly guarded bastions of the fortress that we call "ego". It involves our sense of self-preservation, our survival—a subject involving our deepest instincts, set so deep in the psyche—that of the "survival of the fittest". It is the "every man for himself" philosophy which we're dealing with here.

When a ship at sea has been damaged beyond repair and the captain decides to abandon ship, the bosun shouts, “Every man for himself”. It signifies the end... “E-N-D”. Up until that moment, it was expected that the crew was a team and had an obligation to support each other. But when the chips are down [and] all hope of saving the ship is lost, we reach our final moments and it’s the end, and you’re on your own.

Perhaps in an instance like that, it’s appropriate to take that view, who knows. Are we actually facing the end now? If so, the end of what? And if not, why do most people live with the “every man for himself” philosophy? It’s an interesting question and one begging to be asked. And as far as I can see, it’s the big question, the one that Spirit is asking to the seekers. It certainly is deserving of our attention, and we’re now currently required to answer it.

To someone on a spiritual path, it is never the end. There is no end. Endings and beginnings belong only within duality. There is never any situation in the life of any seeker which would justify living by that philosophy. Because the Divine Mother is always with us, she has a solution for every problem. She has a resolution to every situation where you, the small self, may feel that all is lost. Loss does not exist for her, and she never abandons us.

This is the Divine Mother, and we’re all on a journey to find her, to become one with her abundance and the genius of her creative resources. So we have to look at an old ego-state with new eyes. To one on the path, there is another completely unsuspected route to go. It presents, in fact, another great opportunity to grow. Let me explain.

From a mystical point of view, this—this time of hardship, I mean—is the perfect time to break our programming, and a set-up like this is a gift. “Why?”, you might ask. Because there’s a spiritual principle which could be demonstrated here, one that is followed by the mystic warrior, and it says:

If you can give at the time when you least feel like giving, something totally amazing and miraculous begins to happen. Quite the opposite from what you might have expected will occur. Patterns and programming which keep you limited and locked into your small conditioned self start to break up. You are going against one of the most fundamental levels of your ego which would, if left to itself, lead to a contracted state—and instead you are breaking out into an expanded state. If you follow this, a cycle of empowerment commences, a cycle which leads ultimately to the full realization that the Universe is our support, and that there is nothing but Spirit.

This last realization is the most powerful of all. And from thinking that we’re dependent on money and other material securities, we will find, eventually, that we’re grounded on Eternity itself. This realization is the beginning of total freedom. This leads to spiritual liberation. Why does this work? It works because, in that moment when you least feel like giving, you’re consumed by doubt, and yet to override your doubt and give is an act of faith. And every time you act from faith, your faith grows stronger, and your sense of Universal support and your trust in the natural abundance of existence is enhanced and empowered. This is profound. Anyway, this is why it works.

The New Reality which is germinating and sprouting in this world, a reality that the Light Workers of the New Age are here to bring, is about people helping people. We're here trying to grow in love. Most of us are readily able to love and assist those that we're close to, like family members and so on. But can we extend this to strangers? On the spiritual path, this is the next step.

This is what it looks like on a spiritual level: the time for the old "me first" attitude has passed, and all must open to this new direction or they will get left behind. For those of you who have committed to moving into the new reality, you may already have found that you've run out of time on the old one. If your life is stuck and you've hit a plateau, then this may be your next step...the missing link.

Service definitely moves you to a new level of consciousness. There are some new guidelines to learn here. I will take a moment to outline them. In the years that I've worked with people, I see that they have an enormous amount of trouble with selfless giving. When I mention that they should work on it, I have almost everyone say to me (in all innocence, actually), "Well, I'm a very generous person"—I think, meaning that they don't feel they have to work on it at all. And I see that they're telling the truth in their eyes. In their mind, they believe what they're saying.

According to the rules of the third dimension, they may be right, but what I'm saying goes beyond that. If you want to go beyond the third dimension, then you have to change the rules by which you're operating. I'm not talking about being kind and considerate to one another and occasionally doing favors for friends. This is what gets you up to the door of the new realm. It allows you to feel that you might be invited in. "Kind and considerate" would be the absolute minimum.

It takes more than that to get admission to the higher realms. You have got to go the extra mile to learn to extend yourself for others. You will not make it if you cannot stretch yourself into working for the welfare of others. The shift, the ascension, is simply not going to happen. You'll get only so far, then your progress will plateau and you'll get stuck. Once you're stuck, if you can't go forward, you will start to go back. Sorry, this is just a fact.

If you're living for yourself and have little that you do or give for any other, you have the wrong approach. If you are doing service for another (let's say, a family member or a boss), but you have resentment and a begrudging attitude, then you've made a start, but it's not enough. Better to do it with a begrudging attitude than not do it at all. But if you wish to progress, you will have to process that attitude away.

When I ask students to do things for me or for CoreLight, I am doing my duty by them. I'm giving to them by creating opportunities for them to serve Spirit, opportunities which help them to grow. It's essential to do this if you're a guide.

It's also amazing to me to see how often they misunderstand my intention—they just don't get it. They resist sometimes, feeling as though I were trying to exploit them for my own gain! They are so needy that they fall into the trap of being takers and missing the profound blessings that

come through being a giver. This is fine with me. There is certainly no blame. It just means that they're not ready for more advanced levels of self-discovery and need to take more time working out the basics.

The New Reality, as I said, is about service. This world is not going to move up without our learning to extend ourselves. We not only have to let go of prejudice, but must learn to love each other more and our "selfish selves" less. If you look closely, the new service in community and city is beginning to show and to grow. Since there's been little government money to support homeless people, this has presented a marvelous opportunity for individuals in the community to serve. The homeless have provided a tremendous service to the community. They're teaching us all about compassion.

Wouldn't you rather live in a world where everyone was caring and supportive and loving? It's often something that we dream of. "Well, that's impossible," you may say. "This world is not like that." Not so. In this world, there are worlds within worlds. And it's possible, yes, it is. It **can** happen that you will find yourself living in a world where everyone is loving and supportive and caring. But it must start with you. The reason you do not find yourself in a world like that is you—you, yourself, your ego. It can and will happen to you on this very planet, when you have examined your standards and stretched yourself beyond your limits, moving toward perfection. Then you will magnetize those of like mind to you and find yourself moving into another world, a world still within this world, but not much like the one that you now know.

Giving is a privilege. It is a privilege for both the giver and the receiver. Both are honored and ennobled by the action of giving. Giving is a rare and precious energy resource—**the energy of connecting**. When giving and receiving take place, it seems to bond the giver and the receiver together in a state of delight and grace.

It is said in the Scriptures that to be a perfect giver, we should give without thought of reward. This is an extremely difficult thing to do. One of the reasons that it's so difficult is because it's almost impossible not to notice the changes that take place in our awareness and our lives when we give and receive graciously. Unselfish giving, if done in the right spirit, has been known to defy gravity and have us "walking on air" for days. When we're generous, we stretch ourselves beyond the ego, beyond our usual limits. This may feel scary and difficult, even impossible at first, but if we take the plunge and deny the impediment, something snaps and we're free. This breaking of boundaries leads to unparalleled joy...and, incidentally, to Enlightenment. A tremendous flow of Grace will begin for you.

There is nothing quite like going the extra mile whenever possible. It's the best therapy there is. It's a therapy which enlarges our spiritual and our material worlds. You will advance your own fortunes in the world if you go the extra mile for others.

The souls who have stumbled upon these realizations at some point in their lives, and who live the life of an impeccable artist of giving and receiving, soon discover that the artistry immediately becomes far more sophisticated, designating them candidates for the realms of love.

When you serve Spirit through serving others, you grow—that is the rule. If you want to

graduate from one level to another, you have got to face the processes involved in making the change to your viewpoint and your life.

As practitioners of the art of giving, we're in an ever-expanding, ascending spiral of power, which leads eventually to the realizations of the mysteries of the Universe—way beyond the boundaries of the past—and finally into the light of total Faith in Divine Grace.

When we fell from Grace, what we lost was our equality. We lost the ability to see that all things are equal. We feel somewhat betrayed by this. It feels as though we were tricked, and a sense of loss runs extremely deep within the psyche.

When life does not go well or the way that we expect it to go, we feel the sense of betrayal, and with it a deep inexplicable sense of loss. The loss is really the loss of the knowledge of equality.

Being in equality is to be in a state of balance. When we have the knowledge of equality, we're emotionally equal to all things. We have a state which we might call "equanimity"—a quiet balanced mind. This is a subtle state, and it is actually the state which is a precursor to samadhi. Equanimity leads us into samadhi, which is what we're trying to achieve. Once samadhi is reached—as I've mentioned before—the stage of one's spiritual advancement moves from a more beginner level to a more intermediate level—or to an advanced level, actually. And from samadhi, one can move rapidly toward Enlightenment. Each of you is trying to reach samadhi.

It pains us deeply to find ourselves in an inferior state. Also, it pleases us to see ourselves in a superior state. What do we have here but our old friend, the polarity of pain-and-pleasure—that old treadmill, the roller coaster. When we're on the pleasure side, it's wonderful and we're on top of the world. But, oh how easily we forget and block out the realization of its opposite, the pain of feeling inferior or worthless. As is the rule with all polarities, we have to forgo the attachment to the pleasure of feeling superior in order to free ourselves from the attachment to feeling inferior. Actually, as we evolve into a more detached and compassionate and balanced state, we'll become quite sensitive to not wanting either, because we learn pretty quickly that our pleasure in being superior commits us to having to experience the opposite side. And when we've seen that, it will pain us to see either of these two manifest. We'll be equally uncomfortable with feelings of being superior, which we will inevitably have to witness as the ego clears. But there does come a point when it's done, when you are in a state of equanimity, where the universe appears equal, in its original state.

So, what we're talking about here is self-importance. Self-importance tells us that "I am the best"—superior and better than others—but self-importance can also take a reverse form and manifest as a feeling that "I am the worst". There is as much ego in feeling like the worst as there is in feeling like the best.

This is also the story of "Underdog" and "Overdog". Underdog is the victim of Overdog. Overdog is the tyrant. He uses intimidation to keep Underdog in subjugation. Underdog plots constantly to free himself from the tyranny of Overdog. Unfortunately, he does not think that he would like to be equal to Overdog and find a balance. He really covets Overdog's position. If he ever gets out from under Overdog's tyranny, he would like to overthrow Overdog and make

Overdog pay by subjugating him, and thereby having his revenge.

In other words, Underdog is competing with Overdog. He's not seeking their mutuality or equality. This is very important for you on the spiritual path. You **do** need to understand this intimately. In his competing with Overdog and coveting Overdog's position, he is really no different from Overdog at all. In other words, he has Overdog inside of him and would simply flip-flop to the other side of the polarity. This is human nature and one of the laws of the Universe manifesting. As we know, "things always turn into their opposite."

Another way in which this ego trap has us is by the need to be acknowledged or praised or approved of. We love that and hate equally to be criticized. It's common knowledge that most people love to be flattered and stroked, while becoming incensed when criticized, and what a treadmill that is.

So, too, we came here to have experiences, but do we see all the experiences as equal? No, we seldom do. We have a definite system of judgment to evaluate some experiences as great and wonderful, and some as terrible and despicable. If we could see all things as equal, we would not feel pain. Each situation would be perfect in and of itself. What we're talking about here is humility.

Humility, or lack of self-importance, is the most important quality in the spiritual life. You can have all sorts of redeeming qualities gathered along the way, but if you don't have humility, you're wasting your time—whereas, if you have humility, you are far along the path and have no need, really, of any of the other qualities. Let us take a look at what I mean by "humility".

One aspect of humility we have already discussed...that is the ability to see everything as equal. Another quality that stems from that is the ability to be in balance, and not flip-flop from one side of a polarity to another. In this world, we evaluate everything, including ourselves. We either find everything wanting or "more-than"—more than something else. We're constantly measuring and relating one thing to another according to our inner value system, without realizing that we make ourselves so miserable by doing this. This really is the origin of our misery, and we're angry because we know deep inside that we've lost our equality and that we're forced to do this.

One might suppose that life would be very boring without that pleasure, or even without that pain that we've become very used to. What happens when we become really even...another word for equal. Would life be boring without pain? What would you answer to that, I wonder? Yes? No? Would life be boring without pleasure? I bet I know what you'd answer to that. Do you know that you can't have one without the other? Oh, yes, I know you know that. We've talked about it before. What are we actually discussing here? Are we talking about loss or growth?

No, we're really talking about samadhi, the state you're aspiring to reach before Enlightenment can happen...the state of samadhi that begins to dawn as soon as you are willing to forego that roller coaster of pain and pleasure and begin to allow and surrender to the state of balance or evenness in the mind, which we call equanimity.

Selfless giving, in the beginning, is something you do because your teacher tells you to. But after awhile, as you start becoming more even, you tumble to the secret of it, the hidden meanings, etc. and you start realizing that giving to others is really giving to yourself.

The more you give, the more good karma or Grace you store, and the more you will develop. Enlightenment will not come to you without your storing power. This is how it happens: you realize, as equality begins to dawn, that you are not separate from others. This is an experiential, direct realization—the beginning of Enlightenment. If you're not separate, then you're everything, you are Eternity. And you can give all you have, and you are really giving to yourself. You can fill yourself up with giving it all away. This is totally ironical and quite paradoxical, but it works. Another aspect of humility, then, is being empty...being able to give it all away...empty...emptying yourself of all your mind stuff: your ideas, your concepts, your beliefs, your fears, your desires. Instead of being filled up by all that ego stuff, you're filled up by Spirit. So to be empty of ego is to be filled up by Spirit.

Many people have negative programming about the word “humility”, because it's been interpreted in our society as meaning meekness. I think this is an incorrect translation in the Bible. Humility in a spiritual sense means being empty of ego and surrendering to the fullness of Eternity.

What is ego? Well, ego is our sense of self, our sense of being separate, of being autonomous, of being isolated and alone, of being in charge or of being in control. You may say, “Well, I cannot give. I cannot give anything. I have nothing to give.” And that's never true because courtesy costs nothing and neither does kindness. Emptying oneself of ego, one has to be willing to give it all away.

The reason you are unhappy at times is because you identify with your body, and it always has the memory of having lost something. You're always either avoiding or contemplating a state of loss. When you're always involved somehow in a state of loss, you are needy, whether consciously or unconsciously, and are trying to fill yourself up with something...usually something which you perceive outside of yourself. For example, we would project out that we need food or money or something like that.

Of course, this is the personality's programming, and it has been programmed to remain in place, so it has been designed so that you can never really feel complete or filled. There will always be a part of you that will remain in a state of neediness in order to keep the treadmill turning. Therefore, there will never seem to be enough to go around. Therefore, there will never be enough to give away, and this programming, unfortunately, will not go away by itself. It maintains itself by constantly telling you that next time, things will be different—it feeds off hope, hope that can and never will be fulfilled, because if it were, the program would be broken and the wheel of karma—or the treadmill, as we call it—would stop turning. That's the bad news.

The good news is that the irony of all of this is that by giving away all of your attachments, you break the pattern, and you will finally fill up at last. So the paradox of this is that by becoming empty, you will finally fill up with the thing that you're really looking for. By becoming empty

of ego—which is all your desires and needs—you will finally fill up with eternal Spirit and the bliss of transcendental Light, which is what you’re really subconsciously seeking anyway.

So, I’m not just talking about giving away your material things, which is relatively easy. It gets a lot harder to give away your non-productive states of mind. It requires a diligence and the knowledge of how to do that. You have to give all of them away to the Divine Mother. You have to give everything to her: your labor, your time, your heart, etc. And you do this by dedicating everything to the Divine Mother. Dedicate your whole life to her.

As long as you try to keep anything for yourself, you’re still maintaining your position as a separate, autonomous self. And when you do that, you’re still in the game of empty-and-full, and it is the game plan of the system of inequality, so you will always suffer that pain. Remember that in ultimate reality, all is equal, so if you experience the ego’s fear that comes up when you contemplate losing it all, remember that’s only in the mind that we have full-and-empty, superior-inferior, pain-and-pleasure, etc. Outside of the personality, all is equal, in balance, perfect, and fulfilled...filled full...the Gold...the Gold of the transcendental Light, the Gold of Enlightenment. Are you ready to go for the Gold?

Now, you must understand that I’m talking to a number of different levels of study here. There are some people who are in a more advanced level and who are ready to make what I’m saying their conscious present. There are some people that I’m talking to who may listen to what I’m saying and who are listening and providing for their future state. Please take that into consideration.

One of the main topics that we’ll be working on, along with giving and humility, is the subject of betrayal. Betrayal is one of the states of mind very high up on the human imprint, which means it’s one of the first states that was imprinted. We were betrayed by God, or so it seemed, when we were evicted from Heaven. We felt betrayed. We felt rejected and let down and somehow tricked. That is the feeling that we call “betrayal”. So we have innately imprinted into us the sense of having been betrayed, and that is echoed constantly in our daily lives when something goes wrong. When we work our way through it properly, many things change in a very fundamental way. Our current personal paradigm changes, and so, too, will we see many international changes as well. In other words, clearing betrayal within the consciousness results in a very, very profound paradigm shift and a stupendous advancement in the consciousness of each individual.

I would like to, at this point, discuss further with you a little known fact, and also a somewhat difficult thing to do. **This really is the heart of the tape**, and everything I’ve said up to now has been preparing you for this understanding. Basically, it is so difficult that we would be highly unlikely to try it without first being advised or guided into an understanding of it. That’s why you need a teacher to be able to pull this one off. When we take a knock, a blow, or a betrayal, what should we do? If we do not open up the heart in that moment and offer up the experience from the heart in some constructive way—like offering our gratitude to God—we shrink into a contracted state. We pull away from God. We feel resentful and betrayed, and we contract more into our separate state and play out the negative side. We may retire into regret and disappointment and, finally, winding down the negative spiral, we would end up in a state of

despair. This is to be avoided at all costs.

So, if in the moment of disappointment, even as a feeling of betrayal hits, if we should find something to do which would be an act of selfless service or of giving for someone else's benefit—and by giving of ourselves in this most difficult time, we can open up our hearts and allow a flow toward another type of consciousness, a consciousness which is outside of our normal responses—then we have broken the pattern of contracting. This completely changes the balance and sets us on a course for healing again. This is a profound truth and something practiced by advanced mystics as a way of keeping a flow of abundance and expansion and of staying in the heart at all times. Otherwise, of course, we drop down into the third chakra where we have “inferior” and “powerlessness”.

Also, the converse applies here. If, at your moment of triumph when you have it all—everybody applauds you, you're on top of the world—instead of enjoying that glory and patting yourself on the back, you see that it is nothing, that you are nothing, and you give, give something to someone else—you share your glory, or you do something for someone else at that moment—it will not begin to turn into its opposite. It's a useful little trick.

There is a really easy way to chart one's limitations. We've noted that the human pattern seems to be set into a figure 8. And we...some of us in the group here have had amazing results in clearing this by actually charting it on a sheet of paper. This is how you do it—you might want to give it a try:

On a largish sheet of paper, draw a figure 8 horizontally. In the center of the left-hand loop write "negative", and, likewise, in the center of the right-hand loop, write "positive". At the apex of the negative loop (that is, on the extreme left-hand side), on the outside of the line, write in the word “powerless”, and on the corresponding opposite side of the figure 8, on the positive side (also on the outside), write “powerful”. Now, try charting the journey that your awareness makes around the figure 8 as it moves through the different states of mind, from positive to negative, expanded to contracted, from Underdog to Overdog. You have to be vigilant and watch yourself with your Observer, but as you write down the different states all the way along the periphery of the figure 8, you will discover some amazing things about how your mind works, and you should have some profound realizations as the result of this.

Karma Yoga is one of the paths to liberation. It is effective because we're lifted from states of extreme separativity into states of harmonious connectedness with others. Karma Yoga is the art of being selfless. The journey from separativity to union is from selfishness to selflessness, from a limited identity linked to the body to an unlimited link with the Universal Form. And just to remind you of what I said earlier in this tape, “karma” translates as “action” consciousness, and “yoga” means “union”. Thus, Karma Yoga is the path of finding union or Unity Consciousness with the Divine, through "consciousness in action", or what we would call in Zen “Mindfulness”. In order to do this, one has to look at how one's consciousness operates in action, or while acting in the separate state, and we have to examine ourselves and see how it separates us from unity.

This means looking at all of the ways in which we think and feel about the things we do. We look at why we do what we do...at the intention behind our actions. This is vitally important. You

have to look very deep. It's very often in the intention or the motivation of things, that we see the commitments that we've made to be separate or selfish, and to avoid that which would make us truly happy, the wonderful energy of connecting: connecting with each other, connecting with Higher Consciousness, connecting with Spirit in the world, connecting with Unity in Action.

Now, one can be separate and still be quite unselfish. Being unselfish does not necessarily mean giving up one's separate state. It's really a matter of degree. One who's decided to act from selfless motives has taken a step toward letting go of some of the separation. It is through the heart that we learn to trust and connect with one another, and eventually with Higher Intelligence.

Karma Yoga was seen by the ancients as a way of bringing people home...bringing them toward themselves...toward the Higher Self, that is. As we extend ourselves toward others, we become one with them. When we withhold and are begrudging, we are separating ourselves and creating isolation. At the level of the heart, we connect through cooperation and harmony, and this usually takes the form of sharing, caring and making the other as important as oneself. It is usually the way to feel connected with the Universe and to All That Is. It allows us to broaden our horizons and to grow larger than we were.

And, as with all things, it starts with the desire to go there. The commitment we make begins with the desire to become unlimited. We, as limited selves, can do nothing more than we were designed to do. In other words, the program has to run as it was designed. The changes we seek can only come about through Grace. So if you want to move in this direction, ask for Grace to take you there. She'll be delighted.

The things that would be an impediment to this would be the conditioned selves in a personality which was habituated to seeing the world as the object of one's personal goals and up for grabs. Thus, in a world where selflessness is not highly prized, we have the way of connecting as a kind of competitiveness, which leads to an inner war zone, and an inner feeling of "every man for himself", which is the point where we began this tape. We were looking at the philosophy of "every man for himself". This is the classic tyrant-victim polarity and the origin of our being locked into endless power games, because with "every man for himself" as one's personal philosophy, we are bound to exploit others. And games like that, we may appear to win at times, but usually we end up just chasing our own tail. Winning, in my book, is to see that the battle is within. The battle is to triumph over the programming that has led us to feel that "the survival of the fittest" is the most important thing, and that my survival means more than anything else—and to triumph over that.

Even if we catch some of the rainbows that we feel we need or deserve, the victories are hollow indeed, because they seldom, if ever, touch the Core. Selflessness, then, is the willingness to live in love.

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