

# Tools For Living Free

NUMBER 101 IN THIS ONGOING EDUCATIONAL SERIES

## The Only Way For The Holiday(s) - And Every Day

*excerpts from Satsang "YOU ARE WORTHY" (TAPE/CD #A5)*

"I don't usually quote the Bible, mainly because I don't know that much about it. And, mainly, because I'm not much of a fundamentalist. But it says right in the beginning, 'In the Beginning was the Word, and the Word was with God.' The Word has to do with the Holy Spirit, has to do with that the Holy Spirit was with God, and guess what? It's with you also. Because the Christ, Jesus said what? What did He say? But He said, 'That which I am you are, too, and that which I do, you'll do even more, and the Mind which is in Me' – meaning the God Consciousness – 'is in you.'

"So we are told that That is indeed What and Who we are. That's our Heritage, as it were, but we're not supposed to know This. We're supposed to feel ashamed, if we do know It. We're supposed to feel worthless, not good enough, and here's this thing called God that we're trying to reach."

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"Then along comes someone like the Christ, and I don't mean Christianity, but I mean the One who was Jesus Who said, 'Well, wait a second now! Hold on! Hold on! Let's see! I'm coming from a field that has all these laws we have to do in order to, maybe, perhaps, win the Kingdom of Heaven.' And 'I'm going to change that playing field; I'm going to say that there's Compassion; that there's Mercy and there's God's Grace.' And guess what happens to Him? He's killed. Now, why is He killed? It is part of the Divine Plan. It also has to do with that the Human Consciousness cannot really absorb That. Because what He is saying is that you're okay. He's saying that you don't have to live in 'sin,' and 'sin' is just another word for karma. That you can choose to live in Grace, to be Free, to move into Forgiveness, Love and Compassion. And then He says, probably, the most revolutionary thing of all. He says that how much you Love God is how far you're going. All you have to do is Love God. Then He adds the second part: (of) love your neighbor as yourSelf. And if you're God, then you relate to each other as God. ..."

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"... What the focus can be on is Loving yourSelf more, knowing you are worthy of God's Love, of the Lord's Love and that indeed you are That. And as you start to grow in That, you'll start automatically letting go of karma, or, at least, not creating anymore for yourSelf.

"So we don't have to live in a fear pattern and that's a biggy. It's important for us to know as humans that we don't have to live in fear. If you take a look at it, you see it in all these fields of action; fear of 'oh, my God! what's going to happen if I get sick?' 'What's going to happen if I don't get this job?' 'What's going to happen if I don't get this money?' etc., etc.; 'What's going to happen if I don't look this way?'; 'If I don't act like this?'; 'If I don't marry Suzy Q or Peter or whatever?'; 'What's going to happen?' And (when) we all live in fear then we try to control. And that doesn't do us any good. So, then, we walk around with a projection; we project it onto God, we're afraid of God."

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"... When you start having empathy for yourSelf you also let yourSelf have a whole bunch of experiences, without the judgments about the experiences, without thinking you're screwed up, messed up, this shouldn't have happened. You start to see human life in that sense: that's it's for growth, it's for development, it's for our progression. And it's a neutral field.

"One of the indications of God's Compassion is we get to come here as often as it takes until we get it right. And what do we have to get right but to know that we are that Love, that we are God's Love and, indeed, we are Him and He's 'using' us and we're His vehicle and we're really One and the Same? This has nothing to do with religion, It has nothing to do with dogma. It has to do with the Truth of our own Spirit and What and Who we are.

"There is a way to know yourSelf as the Spirit. There is a way to know yourSelf as Soul and as Eternal. This Way has been here since Day One because It is built into the Blueprint of Mankind; as a matter of fact, It's our Destiny. It's going to be

*"... And there is a Way that has been taught since Day One. That Way is actually called the Sound Current or the Sound, the Holy Spirit, the Lord, God and That's the Path (of Soul Transcendence.) There is a Path to know your Identity as the Spirit and to Love the Lord, God; and to move into greater and greater loving on a daily and on a moment-to-moment basis."*

*--From the Satsang  
"YOU ARE WORTHY"  
(TAPE/CD #A5)*

fulfilled 'sooner' or 'later.' Some Souls come into It sooner, some come into It later, but It has to complete Itself. The Blueprint that was manifested two thousand years ago; It's not a historical event. It's not something that happened in time and space and that's It, and let's worship the Guy who did It. That's not It. But what It is is a Demonstration of what is needed.

"And what is needed is real simple. And that is we have to rise above time and space. We have to let the ego, as it were, be crucified and come into the Resurrection. And what's the Resurrection? It doesn't happen when you die. I mean people think they are going to die and go to heaven; yeah, that is correct. But it's not the 'heaven' they think that it will be. It's the 'heaven' that they've created with their own thoughts and with their own actions because you can't go any higher in frequency other than the one that you lived at. So if you were burning at thirty watts, you're not going to go to one hundred watts in 'Lotus Land.' You're not going to do that. Simply because the Soul couldn't tolerate it and It's not prepared."

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"The Resurrection is that *every moment* process of moving on into the Spirit, into the Soul Body. And there is a Way that has been taught since Day One. That Way is actually called the Sound Current or the Sound, the Holy Spirit, the Lord, God and that's the Path (of Soul Transcendence.) There is a Path to know your Identity as the Spirit and to love the Lord, God and to move into greater and greater Loving on a daily and a *moment-to-moment* basis.

"The 'object' and I use that word not advisedly because the object means there's a goal and you're going to reach it and you're separate from it – well, let's just say the Unfoldment – that this is the Path of your own unfoldment into loving the Lord, God more.

"And it is important for you to know that you are worthy of This and of this knowledge and of walking this Way."

## Case Study

My formal "introduction" to God was through a religion based on the premise that we've been kicked out of the Garden and, as such, we need to repent and atone for our "sins" through "His only Son." I never really resonated or felt connected with that idea and, for a period of time, I questioned whether God even existed. I became less and less involved with the Church and, I admit, a bit turned off by religion in general.

When I graduated from college and moved to New York I got into political activism, taking what I thought was a stand for peace. I saw unrest and injustice going on around me and I wanted to do something about it. Ironically, I was striving for peace and justice on the outside and all the while there was a battle being waged within mySelf. Realizing that this was a turning point for me, I began to make choices (like Meditating) that better served my lifting, growing and inner expansion.

To further reinforce my Choice and Worth in Spirit, I chose to be Initiated into the Sound Current on the Path of Soul Transcendence and to begin the Upward Spiral Home to God *while in the body*. It's been a *moment-to-moment* choice unwrapping the Gift of the Spirit I *am* ever since and I'm experiencing what Dr. Lane describes as "the Soul's Journey from fear of God to Love of God." I've accepted and embraced the fact that God put me on this planet and what a Sacred Opportunity it is, indeed, to Be here!

It was not until I took the "Survey of Religions East and West" Class, which was created and given by My Teacher, Dr. Lane, and I participated in other Classes and Offerings from The Center For Religion And Advanced Spiritual Studies that I learned the True Teachings of the Christ, Jesus. His Message was that we're really OK and are Inherently Worthy; that God's Grace is available to all; that What matters most is Loving God and loving others as the Lord, God does and that the Kingdom of Heaven is within and not somewhere outside of us. Studying with Dr. Lane as an Initiate of the Sound Current on the Path of Soul Transcendence has brought forward the understanding that the world's religions serve a purpose for the Progression of those Souls involved. After the Soul progresses through them It turns inward to Know It is what It seeks: the Lord, God. This is done through Initiation into the Sound Current. At the time of Initiation into the Sound Current one's Soul Body becomes activated. The great miracle of this process is that, as Initiates, we get to be with God *while we're in the body*.

I'm grateful for the way my life has unfolded and led me to this very moment where I'm Blessed with the Opportunity to reflect on my experiences within the context of Self-Worth for this Case Study. I now choose Being smart by practicing Loving Discipline and Eternal Vigilance; focusing at Spirit; Allowing the *Direct Experience* of God Living within me; dropping negativity; practicing Loving Self-Forgiveness; and Surrendering anything I've allowed to keep me separate from God.

As Dr. Lane mentioned in Our Teacher's Talk "You Are Worthy," we're not taught our Worth or even "supposed to" know What and Who we Truly are. The Christ, Jesus was a Loving Revolutionary with What He brought forth for all Souls. Living from my Divinity and Loving mySelf as the Lord, God does is truly Revolutionary; and that's something worth standing for.

## 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, "Lord, God send me Your Light!"
2. Ask the Lord, God, for the Highest Good, to take anything that stands between you and Knowing that you are Worthy of Walking This Way - The Path Of Soul Transcendence.
3. Tell yourSelf, "it's okay to let it go!"
4. Know that you are Worthy of Walking This Path by focusing into Spirit and, in the process, letting go of anything that stands in the way; attend Meditations at your nearest Center; attend Satsangs in person or via teleconference; listen to Tapes/CDs of Dr. Lane's Talks; watch the Video Series "Understanding the Spirit You Are" by Dr. Lane.
5. Contact any Regional Center and request Initiation into the Path of Soul Transcendence.

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