

# Tools For Living Free

NUMBER 104 IN THIS ONGOING EDUCATIONAL SERIES

## Our Responsibility To Walk Through The Tenth Door: *Tisra Til*

Excerpts from the Satsang "What Is *Tisra Til*?" (TAPE/CD A40)

"...*Tisra Til* is - and I'm sure you know this because you speak perfect Hindi because it is a Hindi word and it simply means where the seat of the Soul is and the seat of the mind. Now, those of you who are Students of this Path - you know that the seat of the Soul is in the Upper Part of the Third Eye - located behind and between the eyebrows; on up here. (Dr. Lane points to the upper part of the forehead between His eyebrows.) And another name for it is called the Tenth Door. ..."

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"So *Tisra Til* means the Tenth Door. And it is a Hindi word. And it is also the seat of the mind. That tells us something very interesting; it's like 'whoa! what are the mind and the Soul kind of doing together?' And it's real simple: that's the original condition of mankind. And so the real mind of mankind or of humankind is the Mind of God, or as the Christ, Jesus said, 'That which is in Me is in you, too.' ..."

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"So in the definition of *Tisra Til* you have the proper relationship: that the mind is the servant and serves God. Another example of that is many times you'll want to, if you're going through a troubling time or you have negative feelings or emotions or whatever, you'll come and you'll ask me, 'well, what should I do about it?' And I'll say, 'Well, put it into the Light for the Highest Good! Put it in the Light of the Lord, God for the Highest Good and let it go!' And the response is invariably, 'yeah, but what should I really do?' OK. And what I then explain is that you have done the most powerful thing there is but it doesn't seem that way to the mind because the mind wants to be busy doing, doing, doing, so the mind can be in charge. And the mind is the servant. ..."

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"But when you take a look at *Tisra Til*, it tells you 'as in the Beginning, so it will be in the End.' So, take a look at this: the mind and the Soul Body - the headquarters - they're the same. If they're the same, the same headquarters, well, then who's running the show? The same Being is running the show. Who runs the show in the Soul Body? Well, the Lord, God, your Soul. We're created in His Image and the Image is that 'material,' as it were, that is God. And that 'material' that is God is the Holy Spirit, or the Sound Current, whatever you want to call It. That's Who you are. You are the Sound Current. You are the Holy Spirit. You are created in God's Image. Doesn't mean God looks like you. Doesn't mean we anthropomorphize God or give Him human qualities. Not at all. But That Which He is you are, too, OK? ..."

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"And, also, this definition tells us how to do it. It tells us we need to go in the Spiritual Body to the place behind the eyes, between the eyebrows, actually above them, to the Upper Part of the Third Eye and there we go into the headquarters, as it were. In the headquarters, we're in the White House, folks! ..."

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"And the Spiritual Action is such that the Door is open for every Soul (through Initiation into the Sound Current). And it's our responsibility to just walk through It. We use our mind because we're charged with that responsibility to direct our focus (pause) to That. On a real, everyday level that means if you have a lot of negativity or fear or doubt or pain or separation, or whatever it is, you direct your mind to just drop it. But - and this is key - you can't use your mind to direct your mind. You have to get, as it were, above it. You have to get above it. Well, what's above it? And I'm not talking about it's better than. I'm just simply talking about the Vibratory Frequency. What vibrates at a higher frequency than the mind? ..."

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"And it's real interesting, when a person dies, the Soul just goes through that Door, and the cord is cut and that's it, and drops the body. Is the person dead? The body is gone. OK, but that's not what It was anyway. The body is a vehicle for the Soul's Journey and the use of this Earth plane is to know Itself as Spirit, as God. God gives us the equipment. We come fully equipped. We don't need anything. We don't need a thing. We have all the negativity that anybody could ever want. We have all our karmic patterns. We have all our garbage. That's an essential ingredient. Many Spiritual people put it down and they say 'I shouldn't have it, I should be more Spiritual. I should be more ...' Bull. Bologna. Those are all opportunities to Lift and we then use the mind to direct our Consciousness to Spirit, to the Lord, God.

"Because the simple truth is that we are Eternal. And we're not Eternal because we've been saved or we're good little people or anything else like that. We're Eternal because that's our nature. And that's our nature because we are Soul, we are Spirit. We're of the same 'material', as it were, as the Lord, God. And our Purpose here is to come to know that, not as a thought but *directly*.

"And the definition of *Tisra Til* tells us how to do it and that it's our responsibility and Where to go. Where do you go to find God? Easy. The Tenth Door: *Tisra Til*. ..."

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"So I'm going to give you a new definition of *Tisra Til*. That definition is real simple and you already know it because you know your name. It has your name on It because It's you. It's in you. And it's your responsibility and within you sits all of the Lord, God, all of the Soul.

"In the Spiritual Dispensation that's available now, the Soul can go through all the levels here, through all the lower levels, all the karmic levels, into the Soul Level where It reaches what is called Eternal Life. And that simply means that It's no longer subject to reincarnation. This is done simply by knowing yourSelf as Spirit, as Soul, using the Tenth Door and following the Spiritual Directions. It's real simple. And then we can go beyond that through all the twenty-seven levels, as it were, to God (ed.'s

“And the definition of *Tisra Til* tells us how to do it [direct our focus to the Upper Part of the Third Eye] and that it's our responsibility and Where to go. Where do you go to find God? Easy. The Tenth Door: *Tisra Til*.”

Excerpts from the Satsang  
"What Is *Tisra Til*?"  
(TAPE/CD A40)

note: Dr. Lane is referring to the first Manifestation of the Lord, God or twenty-seven Levels beyond The Soul Realm.) From the Soul Realm to God, you can go all the way to God *while you're in the body*. Wow! ..."

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"So you got the equipment. You got the skill. You've been given the Gift of whatever you

need and you can take all the time you want but my suggestion is guess what? That you start right now because, eventually, at one point in your embodiment patterns you're going to have to start right now. So why not do it now? Why not take the Grace of this life and use it for what it was accorded? We'll stop with that ..."

## "Dear Cosmos Tree"

**Q.** I'm feeling fatigued all the time and, as a result, I feel overwhelmed because of the times I have to stop [what I'm doing]. I do x but y and z never get done. It's a vicious cycle. Please help. A. L.

1. Begin by calling in the Light of the Most High like this: "Lord, God, send me Your Light!"; 2. Ask the Lord, God for what you want like this: "For the Highest Good, Lord, God, send me [fill in what you want - i.e., "lots of energy; "Health," etc. ]"; 3. Ask the Lord, God for Clarity and Guidance like this: "Lord, God, for the Highest Good, please send me Clarity and Guidance on [fill in - i.e., what I need to do to be fully and completely energetic, to get everything done easily and effortlessly, to be impeccably Healthy, etc.]; 4. Let it go by telling yourSelf: "(your name) It's okay to let it go!!"; 5. Surrender judgments/worry/doubt you may have around this by saying: "Lord, God, for the Highest Good, please take any negativity/judgments [including the "weight" of "feeling overwhelmed"; "feeling fatigued"] from me!!" and tell yourSelf "(your name) It's okay to let it go!!!; do this as often as necessary; you may also want to ask the Lord, God to lift you above your feelings/emotions/thoughts (they're not real) so you can live the situation neutrally/as the Spirit you are/be present (query: do you really feel fatigued "all the time"? if not, what part of you is that coming from?); be sure to turn everything over to the Lord, God, including your agenda and to let it go (!); 6. Focus into the positive - i.e., on feeling energetic, getting everything done easily and effortlessly, etc. [vs. on the negative - i.e., "overwhelmed"/ "fatigued"; "never get done"; "vicious" ]; work [The Money Workbook](#); 7. Educate your basic selves, the part of our consciousness that brings forward our karmic patterns by keeping it present and positive, giving them direction and keeping yourSelf encouraged [yes per the last one!!!]; 8. Practice Eternal Vigilance by doing the above as often as need be; 9. Do whatever you need to do outwardly and always remember that Health is Wholeness and Oneness and Abundance and that Everything is an Opportunity to Lift and to Grow!! And that you have the Power to co-create the life you want. Always, always Trust and Allow and Receive the Love That is There for You.

**To Reinforce your Learning:** 1. Beginner: listen to the Tape/CD "Meditation For Health And Well-Being"; "Letting Go, Letting God - Parts II and III;" "Are You Ready to Worry About Having Nothing To Worry About?"; read the *Tools For Living Free* "Spiritual Economics"; work [The Money Workbook](#); Intermediate: take the Everyday Evolution 1 Class; take the Weight Loss Class; attend Meditations and Meditations For Health And Well-Being in your area; 3. Take Initiation into the Path of Soul Transcendence if the Soul with you has not been initiated into the Sound Current on the Path of Soul Transcendence.

### **Dr. Lane adds:**

Dear A.L. - In addition to the above, I wish to point out that you seem to be caught in a vicious cycle; namely, you feel "fatigued" and then, because of it, you delay completing tasks, which "overwhelms" you, which, in turn, leads to feeling fatigued, leading to leaving tasks incomplete and feeling "overwhelmed", which leads to ..... And on and on.

What can you do to have productive days? You may need to check with a physician about being "fatigued" if you have not already. Also, check to see if you have incompletes. Incompletes have lines of energy with them that extend from your consciousness; these attachments result in your energy being literally "out there." This results in depletion or fatigue. Give your incompletes over to the Lord, God and tell your basics to let them go and that you will notify them when the task is to be completed. It is important that there be no lines of energy "out there."

Your basics respond to the incomplete task(s) with a sense of being "overwhelmed" as the energy is "out there" and perceived as on top of them. Objectifying what needs to be done eliminates this. This is done by a) making a list of what needs to be completed; b) breaking down the task into its components; c) setting a timeline for completion of the whole or of each component. Objectifying is an important way to "control" and give your basics "distance" from tasks you are to do.

Please be sure to let go of any judgments or anger or frustration you may have created.

Along with the above, it is important to take good care of your physical body, including resting when needed.

## Try This

"... And what I'd like you to do is - if you're studying formally - Chant your Initiatory Tones. If not Chant 'Hu' and breathe it out through the Upper Part of your Third Eye. Now, I want you to stop that and I want you to get into like some really 'bad' emotion or negative feeling or thought or whatever, something that is upsetting to you or bothers you or something that is not too pleasant. Good. Now just choose to drop it and just go to God either Chanting your Tone through the Upper Part of the Third Eye

or Chanting 'Hu' through that Upper Part of the Third Eye. What happened to the negativity? Now drop doing that and get back into those 'bad' thoughts and feelings and emotions just for the sake of the experiment even if you don't want to do it, don't want to go back there. OK, now we turn back to the Upper Part of the Third Eye.

"OK, well you know how to do it, folks. The rest is up to you. ..."

--From the Satsang, "What Is Tisra Til?"  
(TAPE/CD A40)

## Step-by-Step

Here's a quick reference list for daily practice.

1. Call in the Light of the Most High by saying, "For the Highest Good, Lord, God send me Your Light!"
2. Allow a situation to come up that, up until now, has had a lot of "charge" for you.
3. Say inside yourSelf, "Lord, God, for the Highest Good, please take this attachment from me!!"
4. Tell yourSelf, "(name), it's okay to let it go!"
5. Ask the Lord, God to bring you fully present by placing your focus at the Upper Part of the Third Eye.
6. Practice Eternal Vigilance by continually working the processes above.
7. Acknowledge that you are the Lord, God by contacting the New York Home Center or any Regional Center and requesting Initiation into the Path of Soul Transcendence.

For further information and/or to request other titles in this Series please contact:

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