

# Tools For Living Free

NUMBER 106 IN THIS ONGOING EDUCATIONAL SERIES

## THE ANTIDOTE TO ANIMOSITY

excerpts from *The Money Workbook* - permission lovingly granted by the author, Roger B. Lane, Ph.D.

“WHAT ARE SOME OF THE ALTERNATIVES TO THE WORLD IN WHICH WE LIVE? A WORLD THAT IS NOT DEFINED BY LIMITS, A WORLD WHERE NO ONE IS SUBJECT TO FOOD, SHELTER, EDUCATION, CLOTHING, HEALTH LIMITATIONS. IT IS WORTHWHILE TO NOTE ONCE AGAIN THAT “THE WORLD” DOES NOT GIVE ANY OF THIS TO US. THIS GIFT EACH AND EVERY ONE OF US NEEDS TO GIVE HIMSELF - OR HERSELF - AND AS EACH DOES, THE WORLD BECOMES IT, FOR IT MANIFESTS ACCORDING TO OUR THOUGHTS.

Another alternative is a world without war, without bloodshed. I have lived through two major wars in my life and I fail to see what we have gained other than more widows and shattered lives. War and terrorism in the world are a magnification of an enmity we carry against our neighbor, against people in the same town or profession. If we watch our thoughts we may be amazed and appalled at how we are constantly putting down people, even our “friends.” This animosity we feel toward others originates in ourselves; some part of ourselves hates another part and judges it inferior. It is a psychological truth that whatever we do not incorporate into ourselves - and if we label it as “bad,” we do not - we project onto others. Things we do not like in ourselves we see as “bad” in others. We also try to control what we believe to be negative about ourselves. Some control it by drink, others by gambling, or drugs or compulsive sex, and, in the extreme, by suicide.

Much of the world is based upon the need to control. A political or economic or religious system is thought to be inferior to another and so the “superior” country invades and attempts to preserve or superimpose its system. There is a large region of the world which shares the same religion but which wars amongst itself because of

slight differences in its doctrines. It is as if they are saying to each other: “My way - or else!”

*The antidote to to this animosity, whether reflected on a large scale in wars or on a smaller one toward our neighbors, is to accept each and every aspect of ourselves. For, in the scheme of things, everything is according to plan; it is not “good,” it is not “bad.”*

*It all begins with self-acceptance. To “love your neighbor as yourself” is an impossible task without it.*

A world in which each person is fulfilled, each person reaching his or her potential, becomes a natural by-product of this. It is not that our educational, political, and economic systems suddenly change. The structures that appear to govern us change.

*As we change our thoughts to ones of self-acceptance and love and abundance, the structures made from these thoughts change, permitting these systems to accommodate our new potential.*

I can just hear people involved in the world of business and commerce and other so-called “realists” dismissing the above as fantasy, as just so much utopian hogwash. I invite them and all others to conduct an experiment. Change your thoughts for a week, a month, and see how business improves. Go from “me, us, them” to “We are all in it together;” from trying to profit from competition to everyone’s profiting from working as a group.

*Remember, we create our own reality!*

**“It all begins with self-acceptance. To ‘love your neighbor as yourself’ is an impossible task without it.”**

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## “Dear Cosmos Tree”

**Q:** It's really hard for me to come up with one question because there are so many things in my life that I would like to fix and I would like to work out in or to be handled by divine order. It's a little bit of everything - family; financially; when it comes to the relationship part - that's biggie for me; I want to finish school; the work is very challenging. It's a whole package kind of thing. I'm conscious of peace and harmony and then I go to the job like some unconscious person. I go back and forth which I know is - part human and part spiritual. I speak to myself and sometimes I say to myself "I just need to have it easier." How can I live from the place I want to live? What can I do? F.B.

**A:** 1. I usually put this last but the best thing you can do re: your query is to take Initiation into the Sound Current on the Path of Soul Transcendence – this is the only way to come to know yourSelf as Spirit or Soul, which is What and Who you are; this is the best Way I know of to “live from the place you really want to live”; 2. As you go about your day, call in the Light of the Most High like this: “Lord, God, send me Your Light!” and then ask God for what you want like this “For the Highest Good, Lord, God [fill in – i.e., “send me a job that I love or that is less challenging in the ways I like it to be,” etc.]; 3. Call in the Light of the Most High (2 above) and then ask the Lord, God to take anything that stands between you and the Spirit you are; tell yourSelf “(your name) It’s okay to let it go!!!”; do this as often as you need to and at the very first sign that negativity/worry, etc. (read: karma) is coming up; 4. Work with your basic selves - the part of you that brings forward your karmic patterns - by reassuring them/yourSelf “We’re okay. Everything is fine now;” be sure to keep what you put out to them short, sweet, present and positive (versus “I just need to have it easier”); give them direction and keep them/yourSelf encouraged; to learn more, take the Everyday Evolution 1 Class, which is a crucial Tool re: “having it easier;” 5. Stay present; to help you do this, come to Meditation of the Light of the Most High at your nearest Center and then begin to do it at home; 6. Ask the Lord, God for any Clarity and Guidance you need by calling in the Light of the Most High (2. above) and then saying: “Lord, God, for the Highest Good, please send me Clarity and Guidance on [fill in - i.e., handling the "package"]; then tell yourSelf, “(your name) It’s okay to let it go!!!”; the only “Divine Order” is God/the Spirit you are so let it go and know that all is handled. Let God “fix it” – after all, Everything is God anyway! And who knows, there may not be as much “to fix” as you “think”!!! Finally, to be Human is to be Divine (versus “Oh I’m only human!”) or as you noted the “human part” and the “spiritual part”; “human” comes from HU, Which is the highest manifestation of the Lord, God. So, as Dr. Lane says “Tag, You’re It!!!” You’re Spirit!!! You’re God!!! How WOW(!!!) is That???

**To Reinforce Your Learning:** 1. Beginner: Read the Tools For Living Free #93 “Surrender Everything!” and “#2 The Power Of Letting Go;” Listen to the CD A22 “Letting Go, Letting Go- Part 2;” 2. Intermediate: Take the Everyday Evolution 1 Class; come to Meditation at your nearest Center; come to Dr. Lane’s monthly Talk; and to the Sunday Program if your nearest Center offers It; 3. Take Initiation into the Sound Current on the Path of Soul Transcendence. Begin by requesting What we affectionately call “The Blue Book;” listen to CD A8 “What Is The Gift Of Initiation?”

**Dr. Lane adds:** Dear F.B. – Your “problem” is the same as for all Souls: to allow yourSelf to be pulled out of the Spirit you are into the world or to be focused on the Spirit. Your mind – reinforced by karmic choices – has created this “problem” that, in Reality, is nonexistent. As long as you are running around, trying to handle these “problems” and/or wishing that what you call “Divine Order” does you will be exhausted, like a juggler trying to keep many plates spinning simultaneously.

You have created this “problem” because, like other Souls, you are confused about Who and What you are. You say you “go back and forth (sic) which I know is – (sic) part human and part spiritual.” But the simple Truth is that you are Spirit.

This, then, leads you – as it does for all Souls – to the solution: Proper Identification as Soul. How do you achieve This if you are confused because of the karma present with you? You choose to do so. Reinforce the Spirit in you by following the excellent suggestions contained in A: attend Meditations of the Light of the Most High; take Everyday Evolution I when it is offered to best handle the part of your Consciousness that pulls you back into the world – your basic selves; and give yourSelf God’s Precious Gift of Initiation into the Sound Current on the Path of Soul Transcendence.

F.B., know that you are at a crucial Choice Point in your life. You can continue to try to fix the “problem” that does not, in Reality, exist or you can choose into Knowing yourSelf as Spirit by following the suggestions and make This your priority in life as this is the Divine Order – God’s Plan for each Soul. When you do so you are balanced within and your life reflects this.

The choice is yours, F.B. I encourage you to make the one in alignment with God’s Will for you.

## Try This ...

*From The Money Workbook - permission granted by the author, Roger B. Lane, Ph.D.*

Change your thoughts to ones of self-acceptance, love and abundance, and Voila!, you change your life!!  
You’ve got the Power to co-create the life you really want!!

*Are you willing to do this experiment?*

*Throughout your day, locate a stereotypic thought, saying, or attitude inside you. Write it down the moment you locate it. It could be, for example: “If I had more money, I would have more fun.” “Everybody has more than me.” “I would have more if so-and-so loved me.” “I would feel better if so-and-so loved me.” “Life is so hard.” Jot down your thought each time it comes up.*

## 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. Inside yourSelf, allow a situation or something in yourSelf you’re having trouble accepting come up.
3. Say, “Lord, God please take this lack of acceptance from me!”
4. Then tell yourSelf, “(your name) it’s okay to let it go!” Ask the Lord, God to move you into acceptance.
5. If the lack of acceptance returns, take a moment to lovingly repeat the process and allow it to move off of you.
6. Request information on and attend Meditations, Classes, Workshops, Retreats and Video Showings.
7. Call any Regional Center and request the Gift of Initiation into the Path of Soul Transcendence.

For further information or to request other titles in this series contact:

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