

Tools For Living Free

NUMBER 114 IN THIS ONGOING EDUCATIONAL SERIES

‘TIS THE SEASON TO EXAMINE TRADITION

Excerpts from *The Money Workbook* by Dr. Roger B. Lane with Permission Lovingly Granted by the Author

“MANYPEOPLEGO THROUGH THEIR LIVES PRACTICING ‘VALUES’ THAT HAVE BEEN HANDED DOWN from generation to generation but they are not appropriate to the present situation, if they ever were. Once, while I was playing with my son in the playground, a family of three children came by to enjoy the use of the equipment. The two youngest were separated by no more than a year, and the youngest one was wearing shoes that had been her brother’s. I was struck by this notion of ‘thrift’ and saving - something that runs very deep in the American psyche. What struck me even more was how uncomfortable the youngest child was and how difficult it was for her to walk. With every step her ankle turned and sometimes, her ankle not yet having the strength to support her, she tripped over herself as her brother’s shoes were a year too big for her. Perhaps over the course of her childhood she may wear twenty pairs of hand-me-downs; this may save her parents \$800. Yet if she should crack her ankle or suffer damage in some way these savings would be more than siped out. Even if she did not, surely \$800 is a small price to pay for that beautiful child’s comfort.

“If a friend or family member were to mention this to her parents, chances are they would be offended; after all,

they were doing what their parents had done and were simply practicing a ‘virtue’ that society demands. If pride can make the angels fall, surely it can make a little girl’s ankle twist. Even though I really do not know that girl, I would hate to see that happen.

“When we live values and practices and beliefs that are our parents’ and grandparents’ we are not living our own beliefs but are acting out of habit. Such habitual responses do not allow us to be present for ourselves nor do they allow us to respond to each situation anew; we respond as we always have and, as a result, we miss what really is involved in the situation.

“If, by accident, a friend of mine steps on my foot and causes me pain, I would probably rub my toe and curse. But if I do this the next time I see my friend or the time after, then I am responding in a habitual manner. Would you rub your toe twenty years later when you see your friend again? Yet this is what you do when you respond to a situation in a familiar manner or live your life having inculcated the values of your parents without examining them for yourself. *I am not for a minute suggesting that you discard tradition; I am, however, suggesting that you make a careful determination and keep only that which works for you.*”

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

Case Study

What I discovered reading this wonderful Tool – and excerpt from The Money Workbook – is that when I live “family values” without taking a look at them and deciding what if anything I want to keep around I often end up living “their stuff” by choosing to take it inside mySelf; and that this “stuff” is often patterns I would choose to drop if only I had taken the time to examine these “family values”; that is, constantly focusing on how much I’m doing as compared to how little someone else is; being defensive even though nobody’s doing anything to me; giving others “the business” and/or just choosing to come from anger, sometimes by just having a plain old fit of anger.

As I was taking the “Understanding The Spirit You Are – Part II” Class Lovingly taught by Dr. Lane when I read this Excerpt, I see It’s “Me, Brothers and Sisters!! I’m the Boss!! I’m the Power.” I need My Beloved Teacher as a Wayshower/Guide; in addition, The Teacher also reflects where I’m at. When it comes to those fits, I sometimes have them when I’m about to be of Loving Service, which My Teacher - and I - know I very much want to do. But this minute, I’m in the midst of a family emergency – my mother is dying – and I’m wondering how could I possibly be of Loving Service when I’m in the midst of a family emergency? How can I do my Service Projects when my mother is dying? And serve my clients, too, who, to my surprise, didn’t even give me a break during this crucial time?

But I see I’m at choice and the only choice is to stay/be Present and let go of the upset – *moment-to-moment*. It’s a *moment-to-moment* choice. I see that even a “family emergency” is nothing more than a Blessed Opportunity to Lift and Grow brought forward by My Beloved Teacher.

I see also that, up until now, I hold onto the anger, to the furiosity just like my family does - sometimes for 30-40 and more years – because I want to be right – a big-time family value.

And when I got Present I saw that I’m not a victim and I really want to be of Loving Service – what My Beloved Teacher Knows and helped me to “re-member” - I can “do”/handle the family emergency and Service Projects; that is, have everything I want in my Life – Service, a social life, serve my clients. Anything is possible with God. It’s His Delight. It’s His Love for Us All.

I also know and saw as I did Service while this “emergency” was going on – that all of a sudden I got a new client, one I’ve wanted for a while now. That’s how it works, folks! As Dr. Lane often says, “Love, God and everything else takes care of itself.”

So here’s my ‘advice’ if I may be so bold – make a *moment-to-moment* choice to give up the upset or, even better, just let I float on by and stay Present.

You’ll be in Love,

You’ll be in Joy

You’ll Laugh through it All.

& you’ll Have a Very Happy
Holiday Season

– and Life on this Planet.

Try This ...

EXERCISE: A MOM-AND-POP OPERATION

Complete the following. It is okay to use any primary person in your life for this exercise.

The way my dad felt about money

The way my mom felt about money

Feel free to use additional sheets of paper for this Exercise

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 come up in which you have been allowing ‘tradition’ to ‘rule’ your life.

3. Say, “Lord, God, please take anything that stands between me and being fully present with the Spirit I *am!*”

4. Then tell yourSelf, “(your name) it’s okay to let it go!”

5. Ask the Lord, God to give you the Clarity and Guidance that you need by calling in the Light Of the Most High (1 above) and then saying “Lord, God, for the Highest Good, please send me Clarity and Guidance on [fill in]! Thank you.”

6. Attend Meditations, Classes, Workshops and Video Showings at Our Centers.

7. Call any Center and request the Priceless Gift of Initiation into the Sound Current on the Path of Soul Transcendence!

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

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