

Tools For Living Free

NUMBER 118 IN THIS EDUCATIONAL SERIES

How Do You “Get To” God?: Practice, Practice, Practice!

Excerpts from the Satsang “Various And Sundry Topics” (TAPE/CD, MP3 A88)

“But I’m here to tell you folks that you have Integrity. You may not operate from that Part, but you have Integrity. And by Integrity I mean the Integer, One, the Spirit, God, OK. You have That. And that Part in you won’t be denied. And that’s where God is; that’s where Heaven is.

“We’re so busy looking for heaven. ‘How am I going to get to heaven?’ Well It’s right here. The trick isn’t how are you going to get to It? The trick is how you going to allow It into your life? That’s the trick. How are you going to allow It? Not how are you going ‘to get’ there? God found you, kiddo! You know. You want to play the game of being estranged from God or you’re estranged from God (and) you have to go and find God? Well, that’s OK, that’s part of the illusion, too. That’s part of the myth. Go find God!

“But God has found you already. He’s just waiting, you know. And the Spirit inside of you is waiting, OK. And sometimes the Spirit inside wails also; It waits and It wails because in the deepest recesses of our Consciousness we have a memory. We know Who we are and we know Where we’ve come from. And there’re so many things in this world with which we can identify. We can identify with thoughts, feelings; we can identify with our sex, our sexuality, our income, our skin color, our ethnic group. All sorts of things we can identify with, OK. And with that, you get the fruits of that; we always get the fruits of our mis-identification, which is karma. And the key with choosing into the Spirit we *are* is simply to remember ‘Hey! What am I? What am I?’”

“... And we know that through God’s Grace there’s a Way and the Path that I teach - there’s a Way - It provides a Way to know *directly*, to bypass the senses, and to go into the Soul Body and know *directly*, OK., because we can’t know from our senses, OK.”

“And that’s what separates us from Spirit; it’s our creations, but guess what? We’re responsible for those creations. ‘You mean every thought and every emotion I have away from God is karma?’ ‘Yeah.’ ‘Do you mean I’m Responsible for all that?’ ‘Yeah.’ ‘Do you mean all those creations have to be handled?’ ‘Yeah.’ And there is a way to handle it, OK. And that’s part of the Spiritual Path I teach. ...”

“But the news is that we’re Responsible; we *are* Responsible. See, and I have faith in the system. I’m not selling anything. You know, sooner or later every Soul is going to hit upon This. That’s the Design

of the Universe [ed.’s note: Dr. Lane is referring to the Oneness of all of Creation - and not to the dual worlds that are called “the universe.”] The Great Architect when He built the System, He put Himself into the System. So in the System *is* Love and in the System *is* Caring, and in the System *is* Compassion and in the System *is* a hell of a lot of Patience. God’s patient; you get it when you get it, how you get it, OK.

“Take the time you need, OK. But what I constantly see is the suffering; I see that comes with it. That’s my concern. The attachment to things that causes the separation from God, from the Spirit we *are* and that causes our hurt and our pain. And that’s where we get into trouble: through our attachments to things, OK. And through our choices and, frankly, if we aren’t choosing and dedicating ourSelves to the Soul’s going ‘in’ and ‘up’ - not as direction but as away from the world and into the Spirit - we know that the Soul is pulled out there and gets confused and forgets Itself even more.

“And we’re here because of God’s Grace; we’re here because of His Kindness and He’s giving us another Opportunity. You see, we’ve forgotten in the past Who we *are*, OK. And we’ve come here to remember. We’ve made choices in the past; we have Free Will and we get the Opportunity to know ourSelves as Spirit, OK. But each moment, each Choice we’ve made we have that Opportunity as well. And we need to choose into the Spirit even if we don’t know what’s coming, even if we get scared, OK.”

“... And nobody gets out of practice. ...”

“And I talk about being Generous and part of being Generous is giving yourSelf the time of day, taking the moment. Sometimes it’s just a split of a second and lining up and doing Self-talk and staying clear and being clear ...”

“... And you know we’re all wearing this outfit [ed.’s note: Dr. Lane is referring to our body] for one reason - to come to know God - and the earth is here. This is the School. This is the training. This is the Opportunity. And my only bias is - and I’m very biased - towards you taking this Opportunity towards giving It to yourSelf and towards Loving yourSelf and towards Loving yourSelf as much as God Loves you.”

***“The
trick is to
disidentify
with the
fear or
identify
with the
Spirit in
you and as
you feed
That and
strengthen
It, well,
then by and
by the fear
goes.”***

*--From the Satsang
“Various And Sundry Topics”
(TAPE/CD, MP3 A88)*

Case Study

Every time I read the Talk “Various And Sundry Topics” by Dr. Roger B. Lane the same line stood out to me: “And in human life the Soul has lots of Agreements that It makes and they’re all meant to be fulfilled. And we can go kicking and screaming or we can go leisurely, being led.”

As part of a Service Project, I agreed to find a space for an Event(s). I felt like I was already “busy”; I already had more Service Projects - and other work - than I felt I could possibly do.

But I know how to work it - 1) to let go of the resistance by focusing into Spirit/the Enthusiasm and letting it just drop off; 2) to line up with It (the Project/find a space(s)), in part by putting It into the Light Of The Most High and doing Self-talk as needed; and as the Talk clearly states, to get the Benefits of the “Spiritual Flow and the Upliftment.” It’s All there *for me*.

After spending each day for nearly a month looking at spaces and selecting the final one(s), the first suddenly didn’t work out. Fear came up and I did the Two-part Release Technique like this: “Lord, God send me Your Light! For the Highest Good, Lord, God please take this fear from me!” and then I told mySelf “It’s okay to let it go!” and I let it go. And I did it over and over again - for days (I’m still at it). At first I looked at the fear - what is it? Is it an attachment to results? I saw that it had to do with being perfect and what others will think of this turn of events - but then I followed The Teachings and just focused into Spirit. Using the Tools - including this Case Study - literally worked Wonders. I got clear. And then some “stuff”/negativity came up and I needed to do the above again. As Dr. Lane often says “your job is to stay clear.”

I did Self-talk - mostly reassuring my basic selves, the part(s) of me that brings forward my karmic patterns, by saying “we’re fine and okay and safe now”; I gave them direction into what needed to be done at that moment, whether or not it had to do with finding a space(s) (rather than allowing stray thoughts to become my idol or “god); I moved into Appreciation inside mySelf (especially when I caught mySelf looking for it “outside.”)

I also started to move more deeply into Trust. I asked My Teacher if the fact that the choice space didn’t work out was for the Highest Good no matter what. The answer, as I had suspected, was “yes.” It could be that I needed to learn Trust; it could be that someone would have disturbed the Forcefield of the Event by walking through the space; it could be that the person who so kindly helped me at this space needed to get her learning, too. It could be anything. My job, as I noted above and as My Teacher said this time as well, “is to stay clear.” As a fellow Student has written in a favorite song, “Surrender what? Surrender my agenda!” All of it, including time and space, so I focused on Solutions by making a new list of places to call and I called them.

I saw that the basic selves will use anything - anything. And it’s my job to stay clear. As My Teacher has said we HU-mans will use anything not to Lift - our kids, our wallet, our parents, our work ... When each one - my stuff - came up for me (and my basics were really smart - they went with plenty that I could easily have identified with because I could be “right”) I was aware of becoming more and more Conscious. I didn’t buy into any of it. Not any of it no matter how “real” it seemed. I knew better. The Only Reality is God. God is My Priority (even when I heard that little voice say “no! money is our priority!”). And I did Self-talk as needed to stay Present.

And I’m still doing it.

Try This ...

“And so many times I ask people ‘How come you’re hanging on to that?’ ‘How come you’re choosing that?’ ‘Why do you keep doing that?’ And they usually say ‘Well, I don’t know what’s going to happen if I give it up.’ OK. ... do an experiment. ... give it up for five, ten, 15 seconds ... And you know nature abhors a vacuum so if you let go of the negativity, guess what’s going to happen? The Spirit is going to fill that, OK.” --from the Satsang “Various And Sundry Topics”

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. Get quiet and say inside yourSelf, “Lord, God, please allow a situation to come forward in which I have not been in Integrity!”
3. Commit inside yourSelf to being in Integrity and follow through on anything you need to do; stay Present by focusing into the Spirit you *are!*
4. Ask the Lord, God to Bless the situation as it is a Gift brought forward by the Lord, God for your Learning!
5. Attend Meditations of the Light Of The Most High; Classes; and Workshops at the Home Center and/or via your nearest Regional Center!
6. Be in Integrity by requesting Initiation into the Sound Current on the Path of Soul Transcendence by contacting your nearest Center!

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