

# Tools For Living Free

NUMBER 122 IN THIS EDUCATIONAL SERIES

## The Truth Of Our Own Spirit

Excerpts from the Satsang "You Are Worthy" (TAPE/CD/MP3 A5)

"... And Christianity comes around and tells us guess what? 'We're conceived in sin; we're not good enough.' When I say Christianity I'm talking about the religion; I'm not talking about the Christ, which is very different. Because Christianity is really Paulianity. It has nothing to do with the True Teachings of the Christ.

"When we take a look also at some of the Eastern religions we find that reflected there as well. That 'this is our fate; this is our karma and we have to bear it.' Being humble means to be not good enough; unworthy; and not filled with God, with the Spirit.

"... Because when we stand before God what are we supposed to feel but ashamed? That's the 'Adam and Eve' without clothes reflection, which means psychologically when we feel shame, guess what? It means we haven't measured up to an ideal. We're not good enough so we feel shame. And that's the shame: we're not God-like."

\*\*\*

"Of course, way back when when these religions developed, the human consciousness was where you get a patriarchal God. You get this mean, punishing father figure and He's going to strike you down. But that was our projection. Then you'll see that God develops, but God doesn't really develop because He was complete before there was a beginning so there's no development there. But what there is is a development on our part and that's crucial. So we develop as a race and individually into greater and greater Knowing and Loving and that's crucial."

\*\*\*

"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 He 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 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 it is important for you to know that you are Worthy of This and of this Knowledge, and of Walking this Way. It's not for everybody at this time. (ed.'s note: Dr. Lane means that, although all are ready, not all will make the choice to Walk this Path now.) Those Souls who do It, do It. Those who don't - they're going to do It eventually. But it's important to know that.

"Even if you don't walk this Path - it's important for you to know that *each and every moment* you have a choice to stay with your negativity; to stay with habitual thoughts; to stay with your anger; to stay with your resentment; to stay with your hurt; to stay with your pain; and to stay with what you think is your security. And you're free to move beyond that, too.

"Moving beyond that may mean what? Not knowing what's going to happen, being scared, not knowing how you're going to make it, not knowing how people are going to respond to you, not knowing what the future is going to bring or any of that stuff. Really feeling like you're out of control. Yet, guess what? You're in total control but from a different place because you're the one that can decide and control where you're going to place your Consciousness."

\*\*\*

"I'll just tell you a personal story and then we can finish. Many, many years ago when I saw how much God really loved us - I had a *Direct Experience*, overwhelming - I had a very unusual response. I was beyond anger for many, many days and I wanted to lash out and strike everybody down. I wanted to scream, 'Why didn't you idiots tell us that it's exactly opposite of how we've grown up because we grow up thinking we're not cared for; we're not loved; we're not a part of God's Plan, His Love. We're not Him; we're separate?'

"Then everybody gets all googoo-eyed about angels and stuff like that because that's some sign that God cares and interacts with us and that He's not merciless. There is some mercy.

"But the real Truth is that all of the Creation is geared with His Love and to His Love. ... And you're Worthy of that Knowledge and You're Worthy of receiving your Inheritance."

***"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."***

-- From the Satsang  
"You Are Worthy"  
(TAPE/CD/MP3 A5)

## Case Study

I really love The Teaching regarding our Inherent Worth that My Teacher, Dr. Roger B. Lane, brings forth in His Satsang “You Are Worthy”. Each time I sit with and allow the Truth of this Teaching I’m reminded there is nothing for me to prove, to do or to say to earn God’s Love.

With this Case Study I’m taking the Opportunity to look at how I’ve operated from a place of unworthiness in the past; in particular, within romantic relationships. Everything, including this type of relationship, mirrors the relationship I have with God.

It’s taken some courage for me to recently admit that I want to be a part of a vibrant, fun and committed romantic partnership. I have wanted this for a while; however, it’s only recently that I’ve allowed mySelf to honestly explore and own what it is that I want in this department.

There’s been shame; insecurity; and a general feeling of unworthiness lurking around inwardly that I’ve allowed to keep me separate from having this and other things I’ve wanted to experience in my life in the past. Because of the Spiritual Reality of the Oneness of the Spirit I *Am* this separation from God is reflected outwardly.

In the past, I haven’t been 100% authentic in relationships because I’ve had a fear that if I express myself fully I’ll lose that person. I’ve been scared of allowing mySelf to fully explore, own and express my wants or needs with others and have been separating mySelf further from God in the process. I’ve done this by operating from a place of unworthiness in relationships rather than from the Place of my Inherent Worth, *up until now*.

The good news is that in this moment I choose to be Free of all of this! I accept that I’ve been holding a negative focus and now choose to come from my Inherent Worth as the Powerful Creator I *Am*. I am practicing Loving Self-Forgiveness; Empathy; and the Two-Part Release Process that Dr. Lane teaches that free me of negativity and Birth me anew. I am Free! I am Birthed anew! When I do the Two-Part Release Technique I call in the Light Of The Most High by saying, “Lord, God send me Your Light!” and I ask God to take any negativity from me and then I tell mySelf, “it’s okay to let it go!” When I practice Forgiveness, I call in the Light Of The Most High and I tell mySelf, “I forgive mySelf for judging mySelf for [fill in]” and I tell mySelf “it’s okay to let it go!”

As the Satsang “You Are Worthy” given by My Teacher, Dr. Lane, states: “it’s important for you to know that *each and every moment* you have a choice to stay with your negativity; to stay with habitual thoughts; to stay with your anger; to stay with your resentment; to stay with your hurt; to stay with your pain; and to stay with what you think is your security. And you’re free to move beyond that, too.”

And that’s exactly what I’m doing now. I’m choosing to come from my Inherent Worth in all I do and, specifically, with regards to Co-Creating a loving romantic partnership. I do this by calling in the Light Of The Most High and asking God Directly for what I want by saying: “Lord, God, send me Your Light for the Highest Good! I want a loving romantic relationship. I am moving on this. Please move on this with me for the Highest Good!” Then I tell mySelf “it’s okay to let it go!”

I’m fulfilled in God’s Heart and at Peace with where I’m at as it’s Spiritually Correct. And it’s from this Place of Love and Fullness that I choose to cultivate a partnership for the Highest Good. I Let Go. I Trust. I Receive.

## Try This ...

“What I’d like you to do is just do an experiment. Live one week without having to prove anything to anybody about your own Worth. And, secondarily, see if you can move into God’s Love.” --From the Satsang “You Are Worthy”

## 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 are trying to live up to an ideal.
3. Say “Lord, God for the Highest Good please take this shame from me and allow me to be fully Present with the Spirit I *am* and to know that I am inherently Worthy!”
4. Then tell yourSelf, “[your name] it’s okay to let it go!”
5. Ask the Lord, God to give you any Clarity and Guidance that you need in order to Love yourSelf enough to give yourSelf the Best, which is the Lord, God!
6. Request information on, and attend, Meditations; Classes; Workshops; and DVD/Video Showings at the CRASS/Cosmos Tree Home Center and/or at Regional Centers.
7. To realize your Destiny, call any Regional 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:

**Cosmos Tree, Inc.**  
a nonprofit, educational  
foundation  
1461A First Ave. - #182  
New York, NY 10075  
212.828.0464  
email: spiritcentral@yahoo.com  
website: www.cosmostree.org

*Tools For Living Free*  
is published by Soundly, Inc.  
Any distribution or  
reproduction of this  
publication without written  
permission is prohibited.  
Copyright 2013, Soundly, Inc.,  
New York, NY