

# Tools For Living Free

NUMBER 124 IN THIS EDUCATIONAL SERIES

## Where Do You Go To Find The Answers To All Your Questions?

*Excerpts from the Satsang "Where Do You Go To Get Answers To All Your Questions?" (CD/MP3 #A19)*

"... if you're in the place of the questions then guess where you are? You're in the mental and you're in the 'bipolar world' so you have questions because the mind attempts to categorize, to know things by contrast. It knows black in terms of white; it knows hot in terms of cold; it knows high in terms of low so there's a duality. You've dropped into the world of duality. When we walk the Path of the Sound Current we go to the Unipolar Existence, we go beyond the world of form, beyond that illusion and we just go into Being and there's no question. But the Soul needs to grow and progress and grow in Its wisdom and It comes into the Understanding through *Direct Experience*."

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"Any attempt to go 'out there' just confuses and befuddles us and we don't get to know. We get approximations, but we never really know. If you can think of Consciousness, the contents of It - let's just make believe like It's a fish tank and It's filled with water, and It rests on the ground so It can't go any lower and water can't come out the bottom because It's on the ground - and This is Consciousness. It's on the Ground of our Being. But, as the karma presses against it from the top, just kind of picture a weight, a cover, that's going down through the fish tank. It's going to put pressure on the water until the sides burst and the water is going to come pouring out from the sides or forward and backward. It got squashed, in other words. And what happens when we enter into illusionary fields? The karma comes upon us and our Consciousness, as it were, shrinks. So we go out just like the water from the fish tank goes out, we go out into the world and we seek and we strive and it's so set up that we're going to enter into disillusionment and hurt and pain until we realize that's not the way to do it. We can't rush out into the world. The trick is just the opposite. The trick is to go 'in' and 'up', as it were. I'm only giving direction in the sense of three dimensions - even though there isn't any in Consciousness - just to help you relate to it a little better. We know to go 'in' and 'up' and we know to do that in Meditation, the Meditation taught and given to us by The Teachings on the Path Of Soul Transcendence. So our Consciousness doesn't go out there; we train our Consciousness to go 'on up' - 'in' and 'up'. Because it ain't 'out there' and what we run out there are a bunch of attachments and lines of energy. Then guess what happens? When we die from this body the Soul has Its attachments. Because the Soul is very powerful and It's a creator It has created Its attachments; so guess what It has to do? It has to ride it on back. In other words, those are the very things that will keep the Soul coming on 'down' in Its reincarnation pattern."

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"It's really interesting to me, having gotten a new computer - I see all the stuff that goes with it: there are so many problems; it crashes and you spend all this time getting technical support: it's just a whole other set of stuff. Here

was this so-called solution that created its own problems. You know what? Everything is like that. Everything that we regard as a solution has its own set of stuff. But there's only one solution, and I'm talking about the True Soludio: the Waters of the Living God, the Sound Current, the Word, the True Teachings and it's very important that we learn That.

"Also, let me kind of give you a general and a brief map of Consciousness and That is that we *are* the Spirit, we *are* the Soul and we've forgotten and we've exercised free will, and we've chosen and we've chosen. In the process of choosing away from the Attunement and the Oneness with the Lord, God we've forgotten our True Nature. So God in His Magnificence and His Grace gives us all the Opportunities to attune to the Lord, God, inside us, as us. Those Opportunities are called reincarnation. Every incarnation is that Great Opportunity and we're free to take it. However, if we place our Consciousness in the lower worlds, below the Soul level, below the Pure Levels of Spirit then we're under those vibratory frequencies and they're illusionary. Each of those levels - vibratory frequencies - has what is called bright lights: in other words, the Soul (ed.'s note: Dr. Lane is referring to a Soul vibrating below the Soul Realm.) will instinctively go towards that. It is kind of like the lights in the novel, *The Great Gatsby*: you always see them and you go for them. In the physical world, what we do is we go for bright lights. There are about three of them, and they're called power, money, fame, status, prestige - maybe a little more than three - we go for that and we try and establish ourSelves in that.

"What we do is - let's just say, you're going to be a doctor, a lawyer, an Indian chief - you identify with that and so what you have to do is you have to fulfill that and that becomes your identity. But it's so set up in us that after awhile, we come to realize that, 'Well, wait a second! It's not that fulfilling and, even if it is fulfilling, I'm more than a doctor, a lawyer, an Indian chief but what am I?' If you go for status or power or fame, you have to maintain that and then you live in fear that it's going to be taken away. If that's your identity then you've given your Consciousness over to it.

"But The Teachings teach us that 'please be a doctor or a lawyer or an Indian chief; be famous! Be powerful! Be creative but that's not who you are! You are the Light Of The Most High; identify with That! Know That! Live in the Loving Heart!' Those Initiates of the Sound Current know what it means to live in the Loving Heart: it's not a figure of speech, it's not just nice words; it's not poetry; it's not something I'm saying, but it's a Reality. We live in that 'Place', and from that 'Place' we go on out into the world."

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"So, if you have a lot of questions, I think that's great. Now use those questions to Lift and Grow into the answer, which is the Lord, God. It's really as simple as that."

***“In  
Reality,  
there’s  
only one  
answer,  
and that’s  
the Lord,  
God.  
There’s  
only one  
question:  
‘How  
much  
do I love  
the Lord,  
God?’”***

*-- From the Satsang  
“Where Do You Go To  
Get Answers To All  
Your Questions?”  
(CD/MP3 #A19)*

## Case Study

For the first time – just now – I asked God to write this Case Study for me and then I let go and this is what is coming: I would prefer to come to the point and there is only One Point – Love God. God is the Answer to all my questions. Questions are karma – patterns/negativity that I have, up until now, chosen on numerous occasions to keep around and to create so I keep coming back here – so why not choose to live in Peace and in Joy by staying Present with Spirit? I’m choosing that right now even though I had a “moment” yesterday and earlier today when I chose to go with the “blah blah blah” – call it questions if you want to – it’s all the same garbage.

I read this Tool and by giving mySelf this Gift I Lifted and was better able to stay Present and I was able to “get above” the garbage and see what was really up. I had checked my bank account yesterday and lo and behold I had no money. I went into blame, anger – questions if you will. How could this happen? Why didn’t My Teacher warn me? After all, I work with My Teacher all the time ... blah blah blah.

I then got quiet and went inside as the Talk instructs and I had the *direct* Knowing that the money I needed was indeed there. That’s why My Teacher hadn’t “warned” me. My Teacher had instructed me to work it “inside out” as the Talk instructs – by Co-creating with the Lord, God by putting the situation into the Light Of The Most High (letting God know what I am moving on) and asking the Lord, God to Bless it; by asking the Lord, God for what I want like this: “Lord, God send me Your Light! For the Highest Good, Lord, God please send me at least \$10,000 now to pay my bills!”; by asking for Clarity and Guidance like this: “Lord, God, send me Your Light! For the Highest Good, Lord, God please send me Clarity and Guidance whenever needed on having the \$10,000 I need now to pay my bills! What’s the best thing for me to do?” I heard just now: “Kiddo, just make the calls!” Earlier I had heard: “Just keep doing what you’re doing!” I also directed my basic selves - the part of me that brings forward my karmic patterns - into the action like this: “Basics, come present! I need your cooperation and energy to make business calls at least five days a week! Thank you and keep doing the good work you’re doing making business calls at least five days a week!”

Using this Tool helped me to be Honest – to be in Integrity/come from my Truth – and the answer was that I needed to do my part – to simply make more calls – really to Focus into Spirit and put out what I needed without attachments to results. Stay Present, dear writer! Stay Present! Love the Lord, God! Love Him and Love Him some more!

Next was Surrender. I know from doing Loving Service that I feel best when I am a Servant – “Servantude” *is* Peace, *is* Joy – and it means Surrendering my stuff no matter – no questions. Just do it, dear writer! The calls; the Service Project; the laundry. And to do the Two-part Release Technique and ask the Lord, God to take any negativity (blame, anger) from me and to tell mySelf “it’s okay to let it go!”

And a big part of the Surrender is letting go of the part of me that loves stories and drama – the money struggle story; the ‘being screwed’ story; the family-related one that it’s not okay to have money - “no one should know!” - and to do the Two-part Release here as well.

Yep. Ease and Morease, a word created by My Teacher. These next steps included Acceptance – of the Love I’m Given *each and every moment* and of what I need to do (without blaming mySelf or others); and Gratitude for what I do have. And, now as I write this, I just received an email from a potential client who wants to sign up for a service of mine. From the Place of Inner Knowing I Know very well “Seek ye first the Kingdom of Heaven and everything will be added unto you! “ I Know that I have what I need *each and every moment* – exactly what I need – and so now, it is again. I am Supplied.

Thank you, Lord, God.

And as My Teacher says “You know how to thank me; Love God!”

A final note: As the Red Book [a Handbook for Initiates] says we as Initiates are satisfied with His Presence only. This is my next step – and that of every Soul.

## Try This ...

“If you have questions, honest questions, don’t go out into a book, into somebody’s words or anything else to get the answer - unless it’s just information - but turn to the Lord, God. Say ‘Lord, God, “Help me understand this! Help me know what it means!”

“Even in the Satsang tonight, if you don’t know what I’m talking about, have the wit to say, ‘Lord, God I heard My Teacher say that “we live in your Heart.” What does that mean? Give me that experience!’ Pray for the understanding, that’s how you come to know what is Real and what’s so and you have the *Direct Knowing*. ...” - From the Satsang “Where Do You Go For The Answer To All Your Questions” (CD/MP3 #A19)

## 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, “For the Highest Good, Lord, God send me Your Light!”
2. Let a situation arise in which up until now you’ve been creating a lot of questions.
3. Tell yourSelf, “(your name) It’s okay to let them go!”
4. Now Allow the Answer to come forward!
5. Make a commitment to stay Present!
6. Attend Meditations; take Classes and Workshops; study The Teachings at your nearest Center; use the many Tools available!
7. Request Initiation into the Sound Current on the Path Of Soul Transcendence and come to Know yourSelf as the Spirit – our True Purpose here.

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