

# Tools For Living Free

NUMBER 68 IN THIS ONGOING EDUCATIONAL SERIES

## **FREEDOM IS JUST ANOTHER WORD FOR GOD**

*excerpts from the Satsang "Freedom Is Just Another Word For God" (TAPE A23)*

"I want to talk about Freedom. What is Freedom and why Freedom is God and God is Freedom. ... Freedom isn't about many of the things we think it is. Freedom is about being free from negativity, Freedom to choose and Freedom to surrender to the Spirit that we are. So, with all due respects to Janice Joplin, 'Freedom is just another word for nothing left to lose'- that ain't so. Freedom is another word for God, not a god of religions or thought or ideology but the God that lives in us.

"Let me give you an example. Let's just say you would like to get a better job. So, you know that in order to do that you have to increase your skill level. And the best way to increase your skill level is to learn as much as you can, practice and to get the opportunity to do it day in and day out. But everyone 'knows' that if you don't have any experience, you're not going to get hired. So, you've got this great 'dilemma: I need the experience in order to get the job, but I can't get the job in order to get the experience and I can't get the experience in order to get the job'; and we go back and forth and back and forth. And we get these dilemmas. The mind loves to give us these dilemmas and there is no solution to this kind of thing. We go back and forth, and back and forth; we go back and forth. It is endless and we drive ourselves crazy, and that's what we love to do. We love to be just totally, totally beyond the pale. We get so angry and frustrated but there's a solution. And what is the solution? The solution is to go to God. See, you've got this 'problem' that can't be solved here. So why not go to the very place in you that you don't think is even here? And that's God.

"So, you would just ask God, 'Hey, God! I've got this 'dilemma' going on, You resolve it for me, You find me the job even though I may not have the experience; I'll do whatever I can. I'll get the experience, I'll do my share, but you do it'. And that's being responsible. But, also, what that is is being Free. You're free from what? From this crazy 'dilemma' that you have created."

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"Just think of the freedom that you have to be free from being crazy, free from being distracted, from living in this 'dilemma', from living in fear. You can break that up and be free.

"Or, let's just say you feel driven - you really want to be successful. And you do everything you can to be successful and you're consumed by

that and, of course, you're attached. And without getting into what is success and what is not, but what you can do is just turn it over to God in you. Just say, 'God, I'd love to be successful; if I can, fine; if I can't, that's cool, I'm going to be neutral about it, but you handle it and I'll do my part.' So that gives you the freedom; you're free from being driven. You're free from having the karma sit upon you and going out in the world and going out in the world and going out in the world and being driven. And all you have to do is hang out with the Spirit inside of you. Now what does that mean? It means it's a *moment-to-moment* choice. Just the fact that you have choice gives you Freedom. Because if you don't have choice you're driven, you're driven, you're driven. You have no options; you can't choose. You're like the victim of your own creations.

"But when you have choice you have Freedom. So, *each and every moment* when you're feeling - I don't know how many of you ever had these feelings (Dr. Lane says this humorously) - but let's just say you're feeling sad or you're feeling pain, or you're feeling doubt, or you're feeling anger; *each and every moment* what you can do is just surrender it and give it up, go to the Spirit inside of you and choose to live in the place of just Neutrality, of being free of all that negativity. That's your power."

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"So we need to take care of our inner environment and then the outer manifests. It's kind of like I read in the newspaper the other day that there is a region of the world that historically has had a lot of trouble and they want it to come into some kind of peace. One of the neighboring countries that has been at war to the extent that it hasn't recognized its neighbor for thirty, forty, fifty years is now going to buy arms from another country so that it can have two billion dollars worth of arms so that it will be in a position of strength when it enters into peace negotiations. This is how we work things. We're going to have peace in the sense of 'not fighting', we're going to be armed against fighting but that's not how it works. And many of us live like that. We arm ourselves inwardly against the struggle outside or all the horrible things or all the negativity and we're on guard. We're always creating, and we're always creating fear and doubt, and in our imagination we have all these scenarios going. We need to learn to be present with God. That's where the Freedom is. It's not in the creation out there; it's not in the creation in there

"In fact,  
you and I  
and  
everyone  
can be  
with God  
while  
we're in  
the body.  
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that  
choice  
and we  
exercise  
it, and we  
can be  
Free."

--From the Satsang  
"Freedom Is Just Another Word  
For God"(TAPE A23)

of anything that's negative but it's in giving yourSelf that choice."

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"Because everyone of those negative creations is a nail on the door that closes against God. But guess what? God ain't in the sky. He's in you. So that nail you drive in yourSelf. And you drive it in yourSelf, and you drive it in yourSelf, and you drive it in yourSelf. Like the song says, 'he who ain't busy being born is busy dying.' And the way to be busy being born is to choose the Freedom inside ourSelves. At each moment this is our responsibility as human beings, we're responsible and we are creators."

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"And I would like to finish the Talk by simply quoting a songwriter by the name of Bob Dylan who said in the form of a question, 'And is our purpose

not the same on this earth to love and follow His Direction?' That's all we have to do is follow His Direction, His Directing us. And the Direction is towards the Light and Homeward. Every time we choose Freedom and choose God, we're following God's Direction. Every time we choose negativity we're asserting our will against His Will. Just as a little hint, all human life has been set up to bring the Soul into alignment with His Will. Sooner or later, every Soul is going to do it because the reality is that the Soul, and the Soul's Will and God's Will are one and the same, but the Soul has forgotten that. And it's a process of remembering and knowing 'who' It is and the Soul knows 'who' It is, which is God. Then It knows that Its Will and God's Will is One and the same, which is to be with Him. And being with Him means choosing God over your own creations."

## Case Study

As I sat with the Talk, "Freedom Is Just Another Word For God," I said "Wow!" out loud and then, paraphrasing a Fellow Initiate of the Path of Soul Transcendence, "Big Wow!" That's because as I read the Talk, a supposedly "difficult" family situation came up and the Talk provided the solution: as My Teacher stated, "The Solution is to go to God."

All I had to do, I realized, was follow the Spiritual Instruction that My Teacher laid out in the Talk. Dr. Lane began with a simple process: "...just ask God, 'Hey, God! I've got this 'dilemma' going on. You resolve it for me. You find me [I filled in my preference in the situation]. I'll do whatever I can. ...I'll do my share, but you do it."

I also realized that I had dismissed something I needed to do outwardly in this situation - for instance, hire a lawyer - because money was involved and all I had to do was the above process and ask God to bring both the right lawyer and the money forward. Which I did.

After I did the two processes above, I saw that the "dilemma" wasn't real: I had created "dilemma" or "problem" because of my own attachments to the situation and to people involved in it. I saw that I didn't have to work things the way "the world" works them; for instance, by making a big deal, creating a story, involving everyone I know in the "drama" and just plain keeping it going. In that instant, I experienced freedom. I saw that the situation was not "hard" and that the fear and/or anger

that came up wasn't real. Indeed, it vanished.

When all that drama came up again, which was often, I realized that I didn't have to give my power over and keep it around (sometimes by judging it). As My Teacher pointed out in the Talk, all I had to do was talk to mySelf like this: "wait a second! I'm not going to participate in this negative thought or in this negative feeling. I'm not going to stay here." And Dr. Lane continued, "...if I can just redirect mySelf into the Resurrection of being Free inside mySelf ... 'Okay, God, take it away! Okay, [your name], let it go! We don't need to be hurt and afraid, that was just whatever it was, it doesn't matter'."

Instead of running the drama and trying to "figure it out", I was reminded - thanks to the Talk - that I can simply ask God for clarity and guidance, which I also did. The key for me, I realized, is to let the negativity go by asking God to take it and then telling mySelf, "[my name] it's okay to let it go!" and, when it returns, to repeat the process above and to direct my basic selves into the action at hand, which is choosing to be in charge and to be an adult. It is also important, I recognized, to do whatever needs to be done outwardly, too; for instance, to hire that lawyer. I also chose to work directly with My Teacher through Open Hour and private sessions and to listen to the Tape, "Family Problems: Why, What And How". What struck me on this Tape was My Teacher's definition of a "successful" person as, in part, someone who is stable inside him- or herSelf. That means, I realized, living Free inside mySelf by making God my foundation.

## Try This ...

"Why don't you all get quiet, and just cross your arms or your legs and just say inside yourSelf, 'Lord, God send me your Light!' And take a moment and ask for clarity and guidance on any situation you're in - whether it's work, whether it's a relationship, whether it's money, whether it's whatever - that you're in a tizzy about. And ask for clarity and guidance but don't sit there and try to get the

answer; allow the answer to come. It may come now, it may come in a dream, it may come in a flash, it may come in many ways. But if you ask for clarity and guidance then you need to be responsible and commit to giving up the 'dilemma.' So, when it comes around again, just say, 'wait a second! Whoa! We're not getting into that, we've already asked for clarity and guidance.' Just monitor yourSelf and it's Eternal Vigilance."

## 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. Take a situation with which you're struggling and say inside yourSelf "Hey, God! I've got this 'dilemma' going on. You resolve it for me!"
3. Ask God for what you want by saying "Lord, God, for the Highest Good please bring forward \_\_\_\_\_"
4. Tell yourSelf, "(your name) it's okay to let it go!"
5. Exercise your ultimate power as creator and allow your will to align with God's Will by calling any Regional Center and requesting the priceless Gift of Initiation into the Sound Current.

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

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