

Tools For Living Free

NUMBER 78 IN THIS ONGOING EDUCATIONAL SERIES

THE SPIRITUAL REALITY OF MANKIND

excerpts from the Satsang, "The Spiritual Reality of Mankind" (TAPE/CD A89)

"I want to talk a little bit about the Spiritual Truth of humanity; what it is that is true of us as a race and where we're at and what's the reality here. OK, and we're all here in the body obviously and we're Souls having an experience in the body. We're having a human experience here, OK? And there are three truths to this. I'm going to keep it real simple: one, two, three, OK?..."

"And the first major reality of the Truth of Mankind is that we *are* already free. We are free. But we've forgotten we are free and what we've done is — God's given us free will so we've had choice — and the Soul has exercised Its choice away from God and It's chosen away from God, away from God, away from God, lifetime after lifetime and It's created a separation. It's created Its bondage, see?"

"So we live in this conditioned reality and it's conditioned by our karma, by the choices we've made, that we're at the effect of. See, one of the fascinating things of human life is that we walk around really dumb. That's the good news and that's the bad news. And one of the ways we're really dumb is we don't realize we're at the effect of what we put in motion and that we're *responsible* for what we put in motion. And this could be something you're going through, you could have put in motion many, many lifetimes ago."

"... But guess what? God in His Mercy and His Kindness also gives you the opportunity to know that, hey! that stuff doesn't matter. Because through His Grace, through God's Grace, there's going to be a Soul on the planet, maybe a few Souls on the planet that can handle that stuff for you. All you have to do is come into that knowing that you *are* Spirit and that you *are* Love and that you *are* free; OK?"

"And what does it mean to be free, OK? Well, it means that you're more than your thoughts, you're more than your emotions, you're more than all your worries and all your concerns — you're more than all your negativity. And that *at each moment* you can be born again — you're free. You don't have to live the conditioned reality. OK? Because God's Love is unconditional, see?"

"... *at each and every moment* we can

know that we're Spirit; we can be in our limitless place — not bound by time, not bound by space, not conditioned. ..."

"So, the first simple truth is: is that we *are* free. We are totally and completely free. That's the first Truth. And the second Truth is, ... that we're *not* bound by the energy forces around the planet, but we're bound by the Spiritual Destiny of humanity, and what is that? Well, it's real simple. Every Soul is to reach what's called Soul Level Consciousness, OK? Where the Soul is entirely awake and has traveled in the Inner Worlds through the different levels and reaches where It is At-One with God — the Christed Consciousness when Its Will and God's Will are One because that's how the Soul imprisoned Itself — by doing the opposite. It asserted Its will against God's Will and It went out of that alignment and that misalignment is karma. Because karma is what separates the Soul from Itself — from God — from Spirit, OK? So now into humankind comes Destiny and that each Soul is going to reach the Soul Level Consciousness, which means that the Soul is beyond the pull of life and death or reincarnation and *is* free."

"And there's something in our culture that says, "You know you're not supposed to know that you're God; you're not supposed to know that the Spirit is *inside* of you." You're supposed to think, you know, God's up there, you know. He's up here — He's up here somewhere you know (Dr. Lane gestures upwards). You know or a higher power! And I'm a lower power and He's a higher power, OK? And I'm low on the totem pole. You're not supposed to know It, you know?"

"... But Jesus the Christ said, 'That which is in Me is in You, too.' The Christed Consciousness — and we know after He died that Consciousness was distributed in the Souls of Humanity so that everyone has that Christed Consciousness and has the responsibility — so we *are* free and our Spiritual Destiny is to reach the Soul Level Consciousness where we're at-One with God.

"And the Third Truth, the awful Truth of this whole thing and it is *awful* in the true sense of the word; it's awful as people use it commonly and it's awful in that it's full of awe. And the sense is,

“ And into
this equation
now, into
human con-
sciousness
comes
Destiny.
So that
we're not
bound by the
energy forces
around the
planet,
but we're
bound
by the
Spiritual
Destiny
of humanity,
and what is
that?
Well, it's real
simple.
Every Soul
is to reach
what's called
Soul Level
Conscious-
ness ...”

-- From the Satsang "The
Spiritual Reality of Mankind"
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you know, it's a terrible thing so I'll tell you the terrible thing. The Third Truth is: that the time is *now*. And humanity is charged with that and there's no getting away from it. The false teachings will not stand in the way anymore."

"And now is the time for the True Teachings coming out of individual responsibility, that we are free; that each Soul has a Spiritual Destiny; there's a purpose for your being on the planet. It's not for you to be rich and famous; it's not for you to be the most beautiful or handsome thing going; it's not for you to be the happiest thing alive — because you'll also be the saddest thing alive — none of that stuff is the point of your being here. The point of your being here is to know yourSelf as Spirit and to know God *directly* and to love Him; to simply *love* Him."

"... And *now* is the time where there's going to be this mass movement of Souls out. You

know -- and some of you've noted there's been — this incredible speeding up of what the world calls 'tragedies' or 'catastrophies' or things like that, OK — and these are Souls finishing up karma, part of their karma, in a mass way. There's a tremendous speeding up going on in the planet and a tremendous movement, OK, of Souls. And now is the time for the True Teachings to come out. And now is the time for you to practice being free. ..."

"... And that's God's wish for you -- that you know that you're free; that you move into Soul Level Consciousness — that you do it His Way. He put The Path into the system — The Sound Current, The Holy Spirit. That's in the system, OK?..."

"... So we come here because what have we done? We've exercised our will against God's Will; all right. We invert the process and we go back Home by aligning our will with God's Will. Now is the time. Here is the place. And it's as simple as that."

Case Study

Dr. Lane begins the Talk, the Spiritual Reality of Mankind," by saying that we are *already* free. I understand that I'm inherently free and that because of the exercise of my free will, I've created a lot of karma - not just this lifetime or last week but over lifetimes. And I understand, too, that I'm responsible for what I put in motion; "forgetting" is no excuse.

Dr. Lane also says in the Talk that the Spiritual Destiny of humanity is for every Soul to reach Soul Level Consciousness where we're at One with God; and to "practice being free"; to practice "our Human Destiny."

I started practicing both a number of years ago when I decided to take Initiation into the Path of Soul Transcendence. This allowed me to awaken to the Spirit I *am* - but I'm responsible for "practicing my freedom" *each and every moment* in order to move into the Oneness.

For example, last week I needed money; and instead of "practicing being free" by staying present, I chose into karma and kept creating by choosing to run "no money" and obsess about it.

Then I got smart. I did so by choosing to stay present with Spirit. I called in the Light of the Most High and placed the entire situation into the Light for the Highest Good. I then asked God to take the negativity and I told mySelf to let it go; I did this whenever necessary. I asked God for what I wanted and I told mySelf to let it go. I practiced - early in the day when it helps me most - Meditation on the Path of Soul Transcendence exactly as taught; and I exercised Giraffe Consciousness or the

focus on the Godpoint within. I directed my basic selves - the part of me that brings forward my karma - into the action (what I needed to do to generate money); I reassured them; and I encouraged them (vs. letting them rule the roost).

From this place, I instantly came from Love and everything changed: I received "solutions" that hadn't come forward before this; for example, I was sure I didn't have money and I found out that I actually did have what I needed; my relationships with those I was asking for money changed; it was as if these relationships became Love and we were at One; now, everything felt like a river of Light; I was more neutral re: results; I felt joy; I was a lot more productive; I saw that I needed to do more outwardly; for instance, make a "pitch list" of potential clients and make more calls. I recognized that I was inherently free.

I saw, as Dr. Lane says in the Talk, that Spirit is a Science - if I do my Spiritual Practice *exactly* as taught, I always get the same result, which is to be with God. I saw that doing the work and having the inner experiences is crucial (vs. acting like I am). I saw that everything changes in a moment when I choose to stay present. I saw that proper identification as Spirit is the name of the game - go outside of mySelf and it's all over.

Finally, I chose to use the Tools of Open Hour and a private session with My Teacher - which are golden opportunities - as well as Service Projects to help me stay present with Spirit. From here I know I'm free and I'm fulfilling the purpose of my life here on this planet, which is to know mySelf as the Spirit I *am*.

Try This...

"Call in the Light of the Most High by saying, 'Lord, God send me your Light.' Ask whatever happens in this process be for the Highest Good. You don't have to do anything other than let all your thoughts, your feelings, your anger, your hurt, your pain, your despair kick up. Now allow this to happen. Just allow your con-

sciousness to be moved even if you don't know what it means, you haven't a clue or you think you do, or you read about it, or you know the word and you have all sorts of ideation. Forget all that stuff. Just allow your Consciousness to go to God."

--from the Satsang "Peace: As Above, So Below"

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. As the Lord, God to take anything that stands between you and the Spirit you *are*.

3. Then tell yourSelf, "(your name) it's okay to let it go!"

4. No matter what you're going through turn inwardly to Spirit and ask God to give you that recognition of your own freedom.

--from the Satsang "The Spiritual Reality of Mankind"

5. To know yourSelf as Spirit and live in Active Attunement, call any Center and request the priceless Gift of Initiation into the Path of Soul Transcendence!

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

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