

# Tools For Living Free

NUMBER 86 IN THIS ONGOING EDUCATIONAL SERIES

## Are You Open Or ‘Whatever’?

*Excerpts from Satsang “Is Your ‘Whatever’ Your Lever?” (TAPE/CD #A117)*

“If I were going to give this Talk in like a word or two, I’d say ‘eh, whatever’. And the reason I want to talk about it is I’ve actually had that experience with several people, of talking to them and their response would be ‘whatever’ — and just dismiss. And I thought ‘Wow! that’s really nice shorthand.’ It’s so much easier to say ‘whatever’ than it is to say ‘whatever you say, I’m just going to keep on the same old way, doing the same old things; keep up my reincarnational patterns. I’m just going to choose into my karma; whatever you say, I don’t care and slough it off.’ And I thought ‘Wow! it’s so much easier to say one word than it is all that.’ You know?”

But I was struck by what happens with what we do. Because when we have conversations the idea is to really lift and grow and to be there — just present within yourSelf — and sort of be empty and listen to the other person and sort of grow to where they are and just be with them there. And we don’t do that a lot of times. A lot of times what we do is we can’t wait ‘til the other person’s finished so we can get our *sh\*tick* in, you know? Or, we don’t even wait and we just barge in, or we’re constantly standing there judging them and we’re always participating in our karma and from our karma. So, we never really learn.

So, just to give you an example from my own life — what I was talking about — I had an experience once where someone said: ‘Oh, you know, my higher self’. And I said, ‘Well, you know, I hate to tell you something, but there’s nothing higher than yourSelf, you know?’ (Then, the other person said:) ‘No, no, I mean God, I mean Spirit, I mean...’ (Dr. Lane:) ‘Yeah, but Spirit, you know, is not higher than you; It’s not your higher Self; It’s you and It’s in you.’ (The other person in angry voice:) ‘Yeah, whatever, whatever, it’s just words!’ And I thought, ‘Well, yeah, okay, end of discussion. And I’m so sorry you missed out on the opportunity of knowing that God’s inside of you — It’s not something above you or outside of you, but something inside of you — and I guess as long as you keep this up you won’t be responsible for that, you know? So, hey, you’re welcome to your karma, but guess what? You just had a nice opportunity to move beyond it, and you didn’t take it, which is fine with me. But at least know that that’s what happened, you know?’”

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“And when we engage in conversation

what we want to do is we want to be present. And when we engage in conversation with the Spirit, you know if you’re really honest, we’re always kind of in a dialogue with the Spirit. Most of us, unfortunately, what we do is we sort of turn the channel and we come into a dialogue with our own basic self, our own unconscious parts, or we confuse them with God, but we’re always kind of having a dialogue. And the best thing we can do is really to be open and to be present and to take a frame of reference that is maybe something you’re not comfortable with, maybe is something you’re not used to, maybe is something you haven’t heard before, but we need to be open to that; OK? And the best way to be open is to be present; OK? And just from the vantage point of a Soul you never know why you’re having that particular encounter — that may be the one little piece of information that you’ve been looking for to sort of put the pieces of the puzzle together so that you can springboard. And what do you do? You, you know, you sort of like catapult it out of your existence because it doesn’t jive, it’s not part of your agenda, or maybe you want to prove that hey! you know more than somebody else — whatever it is, whatever the dynamics are — and you cheat yourSelf; OK? And that opportunity may not come around for you for a lot, a lot, a lot of lifetimes. You don’t know how it’s set up. So, you always want to be present. There’s always something for you to learn; you know?”

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“...And in the dialogue you need to be open, you need to be present, you need always to go to the place where that learning is gonna be and if you don’t quite grasp or understand what’s being presented to you, pray — pray for the understanding. Ask God or the Spirit, you know, or ‘the force’ or ‘the Schwarz’ — whatever it is — to bring you that understanding. That’s the real prayer — you want to pray for understanding; OK? Or, since mental understanding probably won’t do you very much good, you may want to pray for understanding as an experience — to have an experience of that. To *really* know what’s being said. And to enter into that in a very prayerful way, you know? And when we’re with someone and we’re dialoging and we’re talking, you have to; that’s really the only way to understand things.”

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“And when we start having an open and honest dialogue with ourSelves and with the Spirit we are, guess what we need to do? We need to do the same thing; OK? And we need to be in what’s called a spiritual

“OK, so we don’t have to know when we’re going to get the understanding; we don’t have to know when we’re going to be able to synthesize stuff and put it together; we don’t have to know any of that, OK? All we have to know is that hey! we are Spirit; we are powerful; we can be open and we can grow into where anybody is at; OK?”

*From the Satsang “Is Your ‘Whatever’ Your Lever?” (TAPE/CD #A117)*

reference point; OK? Which is that 'OK, I'm going to drop my usual reference points'; OK? And 'I'm just going to be open to encounter this'; OK?"

"...And I really want to encourage you when you're talking to people just to be open and understand where they're coming from and be present; OK? And if you have an encounter, you know, with your Teacher be open to that — however it may look like and whatever the form is; OK? And if you're having an encounter with anybody – Teacher or no Teacher — be open... You know, relate to them from the Spirit they are."

OK, so we don't have to know when we're going to get the understanding; we don't have to know when we're going to be able to synthesize stuff and put it together; we don't have to know any of that, OK? All we have to know is that hey! we are Spirit; we are powerful; we can be open and we can grow into where anybody is at; OK? Alright. See and the same thing applies to situations that are brought to us; OK? If we don't like them, if we don't think it 'shoulda happened', you know, we run this 'Yeah, whatever' kind of a thing also; OK? And then we catapult the situation outside of us. And we don't learn from it; we don't grow from it; OK? And we're stuck with the judgment that 'it shouldn't

have happened', OK?"

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"So, there's always something for me to learn. And there's always something for us to learn; OK? And to do a 'whatever' to a situation and to think 'Oh, it shouldn't have happened' or 'It doesn't matter' — it does matter. Everything that happens from second-to-second-to-second-to-second matters because it wouldn't be presented to us. And what we do inside ourSelves second-to-second-to-second-to-second matters. Everything matters tremendously; OK?"

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"And if I refrain from 'Yeah, whatever', but I'm just open to stuff and I'm looking at stuff and I'm really thankful for everything that comes my way - I may not like the form of it; I may not think it was much of an opportunity; I may not think that the person who gave me this opportunity was worth my time and energy; OK? I may have so many judgments - but if I'm really honest with mySelf and I just stay in touch with 'Yeah, I'm worthy' and 'I'm OK and I'm Spirit' then guess what? It's all a magic show put on for me... There's always something there to lift from, to grow from, to appreciate, et cetera; OK? But, yeah if we dull down our lives and we go 'Yeah, whatever', OK, then we're depriving ourSelves of living and being present with the Spirit, with God — whatever that is, OK, *each moment.*"

## Case Study

While reading the Talk entitled "Is Your 'Whatever' Your Lever", I was reminded of my enjoying the magic show that God has Blessed me to partake in. The magic show for me is the knowing that everything that is going on around me (and within me), is orchestrated not only for my upliftment, but also for my enjoyment. I decided to take an extremely rare day off to enjoy my favorite sporting event – The US Open Tennis Championships. As in the past, my plan was to just show up and buy the daily grounds pass, also known as the cheapest ticket possible.

When I arrived I heard an announcement that grounds passes were sold out! Instead of saying "whatever" and getting into any negativity, I'm pleased to say that, at that moment, I exercised my responsibility - my ability to respond to Spirit - I called in the Light of The Most High by saying within mySelf, "Lord God send me your Light! Please send me a ticket and Bless me with a Divine day here at the US Open!"

## Try This

"OK, so what I'd like you to do is, why don't we end by doing a little process? OK, and I'll call in the Light again: so, 'Lord, God, send us Your Light! and we put this process into Your Light for the Highest Good and ask that whatever comes forward be for the Highest Good.' OK, what I'd like you to do is just inside yourSelf let spontaneously arise a recent experience that you had. OK, and now I'd like you just to say 'whatever' to it. OK. And now I'd like you to let that same experience come up. OK. And just inside yourSelf, stay in touch with the Spirit that you are and let yourSelf have that experience fully. OK, you may

notice that something that had bothered you doesn't have that effect on you anymore. Something that you thought was so oppressive is of no importance. Something that really didn't feel so good — it just is OK. And something that really felt good even feels more wonderful.

And you start to appreciate everything and you get to see it in terms of little flowers laid out for you as you walk through your upliftment. And those are the little gifts, the little gifts, the little gifts, OK? And if you slough them off by the 'whatevers' then you're not allowing yourSelf these golden opportunities." - From the Satsang

"Is Your 'Whatever' Your Lever?" (TAPE/CD #A117)

## 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. Say inside yourSelf, "Lord, God, for the Highest Good, take the 'whatevers'!"
3. Tell yourSelf, "it's okay to let them go!"
4. Choose to be fully present in your life by practicing acceptance. Tell yourSelf, "I am okay. It's okay to be present."
5. Accept that you are worthy by contacting any Regional Center and requesting Initiation into the Path of Soul Transcendence.

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