

Tools For Living Free

NUMBER 87 IN THIS ONGOING EDUCATIONAL SERIES

Being Present

*Excerpts from Money Workbook by Roger B. Lane, Ph.D.
We appreciate the author's permission to reprint excerpts*

"Where are you?"

"I am hiding."

"I want to give you a million dollars."

"I am in the closet."

"So many of us are focused into the 'future' that we miss it when it comes. We have trained ourselves so well to look down the road five - ten years that, when ten years show up, we are still looking down the road for the next ten years. We then repeat this pattern when these ten years show up. It is interesting that while we are oriented into the 'future' we are concomitantly blaming the 'past' for where we are today. A lot of this book has dealt with removing blame from the past and from people and yourself and prepared you to deal with the 'future' by programming and visualization and the acceptance that you are a powerful and responsible creator. Let us now talk about the ability to be present, to 'be in the moment.'

"This is not to be confused with the hedonistic pursuit of pleasure, with the belief as stated in a popular ad that 'you only go around once so you better grab for all the gusto you can.' Nor does it involve a person's being totally wrapped up within him/herself or an attitude of 'the hell with everyone else!'

"Being totally present involves the same understanding as a modern physicist's one of the nature of light. It seems to contradict everything (s)he has been taught and believes in. In fact, the very laws of physics seem not to hold, for light is both a particle and a wave - a seeming contradiction. The present simultaneously contains both the past and the future. **To live in the moment means to be present with all that is**

happening, self-contained in the fullness of your being. There is no place for worry or concern, for regrets and second-guessing. It just means that all of you is available to yourself.

"How often have you been at work or at school trying to concentrate and were unable to? Do you 'drift off' as people are talking to you and focus into worry or something you have to do? Are you so preoccupied with career advancement that you cannot perform, let alone enjoy, the job you are doing?"

"So much of our society is programmed into 'tomorrow.' Tomorrow you will get the promotion, the job you have always wanted; tomorrow your knight in shining armor will ride by; and the car that you have always wanted will be driven right up to your living room. What are you supposed to do today while you wait for tomorrow? Suffer and atone for your sins? After all, we all know it is always darkest before the dawn.

"Why not move the dawn ahead a few hours? **Give it to yourself now!** Not tomorrow, not in three hours or ten minutes. Not after you get off the phone or come home from work. But now.

"How do you make it okay with yourself to be present? Gratitude and acceptance are the keys. If everything in the past is okay with you and you possess the knowledge that whatever you need you have and whatever you need for your growth you have, then you are not concerned with anything. If you accept all parts of yourself - all the aspects you have previously labeled 'bad' or 'inferior' or 'damaged goods' - then your self-acceptance allows all parts of yourself to be available to yourself. This is the key.

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Case Study

“Dear Cosmos Tree”

Q. There are so many things I want to do in/with my life. How can I learn to determine what is it that I truly want, and ultimately to do it! - L.H.

Dear L.H.: 1. Begin by calling in the Light of the Most High like this: “Lord, God send me Your Light!; 2. Ask God for clarity and guidance like this: “Lord, God, for the Highest Good, please [fill in; for instance “please send me clarity and guidance on what to do in my life now”] and tell yourself“(your name) it’s okay to let any attachment to it go!; 3. Stay present by constantly returning to the Upper Part of the Third Eye (above your thoughts and feelings); the best way to learn to do this is to come to a Meditation at your nearest Center; 4. Love, God and always come from that Place by following 1-3 above; Trust and Allow His Love and His Grace to lead you; 5. Practice the Four Rules of Self-Talk (see below for Tools you can use) so that the “pipeline” from Spirit is always clear and flowing; you can help yourself do this, too, by using a releasing technique whenever negativity (anything that stands between you and Spirit) comes up like this: “Lord, God, send me your Light! Lord, God, for the Highest Good please take [fill in; for instance “anything I’m running about not knowing what I want to do” or “anything that stands between me and Spirit”] and tell yourself“(your name) it’s okay to let it go!; 6. You can also ask God to take anything that stands between you and the Spirit you *are*; 7. Contact your nearest Center and request Initiation into the Path of Soul Transcendence - the only way to come to ultimately know yourself; re: your excellent question - the purpose of this life is to come to know yourself as Spirit; do This and all manifests from There; 8. A final strong suggestion from the list

of Tools below: do The Money Workbook now; giving it to yourself will not only help you come to know yourself but it’s the best way I know of to hone in on what it is you really want to do outwardly, in the world; and, most importantly, to see what a powerful creator (really co-creator with God) you really are!!

To Reinforce Your Learning: 1. Beginner: Read the *Tools For Living Free*, “Creating the Life You Truly Want”; “Trusting God Is Trusting Yourself”; “The Power Of Positive Self-Talk”; listen to the TAPE/CD “Letting Go, Letting God - Part III”; 2. Intermediate: Come to Meditation at your nearest Center; do The Money Workbook; sign up for Everyday Evolution I; call in for Open Hour with Dr. Lane; 3. Advanced: Take Initiation into the Path of Soul Transcendence - the ultimate way to know yourself - If you haven’t yet received this Precious Gift.

Dr. Lane adds: Your basic premise to which you are seeking an answer is incorrect; therefore, the “answers” will be. It is not “my life”; it is a life that God has granted you, for which you are the custodian. As expressed above, your purpose in life is the same as everyone’s on the planet; namely, to know yourself as Spirit, as Soul. What you do with your body in terms of work, relationships, etc. provides the opportunity for your karmic learning.

There also seems to be a “delay” in your question between your ability to determine what to do in/with the life that God has given you and doing it. It seems like there is much fear in this “space” between the two. I lovingly suggest you do the release work mentioned.

This situation, LH, is an opportunity to work with Spirit as a Co-creator of your life. And to know that you are a powerful creator.

My prayer for you is that you take this “life problem” as a gift to open to your strength, power and to Spirit you *really* are.

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 my worries and concerns as well as any and all judgements that I may have on myself and others!”
3. Tell yourself, “(name), it’s okay to let them go!”
4. Practice gratitude for “where” you are inside yourself and all that you have right now by saying inside yourself, “Thank you, God, for Your Presence in the life you have given me.”
5. Be present with the magnificence of who you *truly* are - Spirit - by contacting any Regional Center and requesting Initiation into the Path of Soul Transcendence.

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

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Try This

“Throughout your day take note of whether you are in the present or tuned out, or in the past or the future. Tell yourself that you want to be present. Before the day is over, pick a phrase to help you stay present- one you can call on as needed. For example:

**‘Stay present!’
‘I love you.’
‘We are okay.’
‘Attention, please!’
‘Be here!’**

On the line above, make one tailor-made just for you and use it the very moment you find yourself drifting or not listening or not being present. You can use your phrase at any time and when you are alone or with others.

Take note throughout your day of how you feel when you are present and when you are not.”

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