

# Tools For Living Free

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## Peace

*Excerpts from the 1979 TALK "As Above, So Below" by Roger B. Lane, Ph.D.*

"I'm going to talk today on the Nature and the Essence of Peace. And what is Peace? Peace is when the 'above' is as the 'below' and when the 'inside' is as the 'outside' and the 'outside' is as the 'inside'. When that which is 'above' is the same as that which is 'below' and that which is 'below' is the same as that which is 'above'; that which is Heaven is the same as that which is earth and that which is earth is the same as that which is Heaven.

"Peace in the world doesn't come from any resolutions, from a will to stop war, from a will not to fight. Peace comes only from a will to have Peace. And Peace doesn't come about in the outside world. It comes about only by the individual. And once the individual has, knows Peace and is Peace, then there can be the world of Peace. How does this get transformed? In the transformation of the person comes the transformation of the world. Because the person is the world and the world is the person.

"What happens in looking, in the search for Peace? Obviously it begins within you, looking for that which is not disturbing, which doesn't bother you, which doesn't offset you, which causes you to be tranquil. And you, like the rest of the world, make the mistake, which is discovered by equating Peace with doing nothing, so that movement and dynamic tensions are avoided and gotten rid of. That's not Peace at all. That's just sinking into inertia, into the great swamp and the imbalance. Peace is the motion and the striving towards, towards Itself and of Itself and complete with Itself. In the world of the opposites there can be no Peace. There must be the transcendence because the opposites mean exactly that: that one is at war

with the other, one is at war with the other, one is at war with the other. And things within the mind are always positing that opposition. But as a flow, as energy, that which is at one end contains its opposition. The seed is already there and as a motion going back and forth as a play, if you allow the play then you must stand as it were transcended to it and watch the play.

"And the play is, of course, of yourSelf and Consciousness watches the play and watches with Peace and in Peace and for Peace. Peace comes with the knowing and with the attainment of something quite grand in Consciousness: that there's nothing to overcome. And the Peace is totally within. There is nothing to overcome. It's not us against the world. It's not us against God, it's not us against anyone. It's not us against ourSelves. The balance is totally balanced and the Peace is all there waiting to be brought forth. So one of the things needed for Peace is the knowledge that you are One with the Creator. And in the Oneness you are everyone else and everyone else is with you and within you. And if you are at Peace with yourSelf and everything and everyone is within you then there is no need for strife. There's no need at all for animosity.

There is no need at all for anything that impedes or blocks your own movement. In the beginning it serves as a spur, that which blocks helps us to overcome. But after a while it's not needed. Just like after a while most of us catch a glimpse of the fact that the pain is not needed and we let go of pain. What else is needed for Peace? Our knowledge that each of us is in exactly the place we need to be and an allowance and a tolerance for the other person. And where the other person is is exactly where he/she needs to be and this is exactly where the Universe needs them to be. And also that

"Peace is when that which is 'above' is the same as that which is 'below' and that which is 'below' is the same as that which is 'above'; That which is Heaven is the same as that which is earth and that which is earth is the same as that which is Heaven."

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person is in exactly the place you're in.

"I know that all the schema is pointed to reaching the goal of the Inner Peace and the Inner Knowing and the Inner Transcendence and the Inner chanting of the Light of the Most High. Obviously, this will bring about cooperation, communication, sharing of resources. All this happens within yourSelf. Sharing of the resources, of the Love, letting It Flow without bargains, communicating to your own

## Case Study

The winter holidays have just passed. I spent them with family. All year long my husband and I had planned how we were going to spend the holidays: where we would go, when, whom we would see first. I was looking forward to relaxing, taking some time off and having a peaceful holiday. I was thinking of my childhood and of fond memories of presents and warm nights by the fire.

As a Soul Initiated by My Teacher into the Sound Current on the Path of Soul Transcendence I know that "peaceful" in the True sense of the word is being with God inside mySelf. And that the True meaning of the Holidays can be found in the word – Holy days – a time for being with and honoring the Spirit I am. However, no part of my holiday plan this year involved the True Meaning. I figured that I spend the rest of the year honoring the Spirit I am and that this holiday season I would simply participate in family traditions, however lacking in Spirit they were. I did this out of obligation, and out of past reference points.

It is no wonder then that my holidays were as far from Peaceful as I've ever been. Each day of our holiday schedule I felt worse than the last. The presents kept coming and the fire was nice but I felt like I was trudging through mud. And it was ever more difficult to take each step. By the time I got home I felt like I couldn't hear, I couldn't see and all I wanted to do was curl up in some nice comfy PJs and go to sleep and sleep and sleep – feeling as though all the Joy in me has been lost.

When I looked at what had happened I was surprised at how surprised I was at how bad I felt. What did I expect? I mean, honestly! In my day-to-dayness I live with God inside mySelf. I love God. I live in Peace. A Peace that I find within through doing my Spiritual Practices and that spills over into every facet of my Being and my life. Living in this Peace I have an awareness

Essence with your own Essence, with your own Divinity, sharing, distributing the energies, learning to distribute the energies, learning to keep everything in balance. It's no accident that cancer is such a problem now because there's such a hoarding going on, such a seeming insecurity going on.

"Also, with Peace must come a knowledge that you can 'fight' for Peace. All you have to do is grow Peace inside of you."

of that which supports this Peace and what does not. I knew not to inflict this holiday schedule and plan upon mySelf. But I chose instead to go with old reference points of how wonderful the outer stuff used to feel. What I didn't take into consideration is that my life is no longer governed by the outer stuff. The Peace I know and feel comes from living the Inner Truth.

Reading the TALK "As Above, So Below" I was struck at how Peace comes from within and in Peace "That which is Heaven is the same as that which is earth and that which is earth is the same as that which is Heaven." Reading this TALK I had the experience of Life properly identified with the Spirit I am; life present with God inside mySelf *each and every moment*. If I go outside mySelf and look to something to satisfy or sustain me the result is going to be the same every time – a dryness, a thirst, a despair, a hole. God is my completion. Peace is found within.

To get back on track I lovingly devoted mySelf to the Spirit I am by doing Service and by placing mySelf in the physical Presence of the Teacher on several occasions. In addition, I placed mySelf with My Teacher inside myself by listening to the Teachings of the Light of the Most High on CDs and I prayed.

I learned from this experience that the values that govern the world are illusory and that the only reality is God. This was apparent to me in that everything that I thought and that used to feel good to me and that used to work for me no longer did and that my choice to disregard the Truth that I know only brought dissatisfaction and despair. Living in Peace inside mySelf is the only way I can operate in the world.

Next year I will honor my Inner Truth and spend the holidays in a way that supports This. I may see my family but, regardless of what my body is doing, I commit to staying Centered with God inside mySelf and living in True Peace within.

## 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 outer and inner striving!"
3. Tell yourSelf, "(name), it's okay to let it go!"
4. Go to your Center inside yourSelf where Peace lives by saying, "God, I love you and welcome Your abiding Presence within."
5. Take the next step and attend Meditation of the Light of the Most High at any Regional Center; attend Classes; use Tools from CRASS and Cosmos Tree, Inc.
6. Know Inner Peace by knowing God inside yourSelf 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:

**Cosmos Tree, Inc.**  
a nonprofit, educational  
foundation  
1461A First Ave. - #182  
New York, NY 10075  
212-828-0464  
email:spiritcentral@yahoo.com  
website:www.cosmostree.org

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