

Tools For Living Free

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Applying The Message Of The Easter Season

excerpts from the Satsang, "Applying The Message Of The Season" (TAPE/CD A42)

"I want to give just a little Spiritual Instruction using the [Easter] holiday as backdrop. And 'holiday' has to do with just what the word says: it has to do with 'Holy Day.' And it's a day of wholeness, it's a day of being at-one-ment. But it has nothing to do with a person, a religious symbol or any of that - that's a demonstration - and it has nothing to do with the [Easter] season and it has nothing to do with being one day of the year. But it's an outer representation of what we need to do inwardly. And it's interesting to me because in the Western culture - it's a Judeo-Christian culture - the Message is basically the same for the two kinds of holidays [Christmas and Easter].

"In Christianity, you have this person who became Christed, which means the attunement was to the Lord God, and (He) achieved that. Then He gave a Demonstration of how to be a Christ. And that Demonstration has to do with rising above the ego-boundaries of time and space, which you're crucified upon - and you rise up in the *Soul Body*. And people, being what they are, they physicalized it and said, 'that means when you die.' Well, no, that means *when you're in the body* you're able to transcend those earthly limitations by a Spiritual Process, by the Process, the true Process that the Christ, Jesus taught. I don't want to get into it, but His Teachings have absolutely nothing to do with the Church at all. Matter of fact, the Church by the end of the fourth century threw out and managed to have exterminated the last remnants of the true followers of the Teachings.

"And now the Spiritual Time has come around for us to pick It up, as it were, and have the Teachings manifest. But whether in Christianity - in a liturgical calendar, it's very interesting that there's Christmas, but that's not the feature of Christianity - the highlight of the liturgical year, the religious calendar is Easter. And that's really important because what's said is 'yeah, there was the Birth, but it has to do with, the focus is on the Resurrection.' Okay, and the Resurrection is, if you're a student of the Path of Soul Transcendence, you come to recognize *the Resurrection as being able to go into this Soul Body and know God directly, be with God directly while you're still in the body, while you're still physically alive: That Gift of Grace.*

"And That's really neat. And yet, people, they focus on Christmas, 'kneel to the Cross and the suffering and the pain and the sorrow.' And that's what we do. Look at what we as people run! It's interesting, everybody is so busy trying to see how everybody else is responding and reacting. And that is part of what we do. But what we need to do is let go of that focus upon the physicality, upon the suffering and the pain and the hurt, which we do by our hurt, our separation, our fear, our doubt and practice being the Risen One inside ourSelves, in the *Soul Body* with Spirit.

"At the last Satsang I gave a little Demonstration and the interesting thing to me was how easy you all moved into it. How easy you moved into just dropping the negativity, just making a choice; you didn't even need to know what was taking its place. But you made a choice to drop the negativity and bingo! you were with Spirit. And when I asked people to describe it they used words like 'serenity,' 'neutrality,' 'peaceful.' Well, that's a nice choice. And the nice thing is that Initiation is nice but that's like the birth of the baby. It's putting It into practice, that's what is important. ..."

"A lot of you are going to ... be with family ... And I'm wondering ... are you going to give yourSelf the Inner Gift, the Gift of choosing to be with God? Because as a songwriter that I happen to know and I happen to like - her lyrics, let alone her voice - said - I'm paraphrasing so I may not get it correctly - but 'seven hundred trails lead us to this one place of rest.' I didn't quote it exactly but that's basically it. That all our seeking and striving and all our hurt and all our pain - there's only one place to go: (but) to rest in the Heart of God.

"This is a reminder, this is a nice time to remember what we're doing here. And certainly participating in the outward stuff is fun and it's nice ... But the real truth is the Inner Meaning and that opportunity to Bless ourSelves and be Blessed with the Light of the Most High and to choose that and to give that to ourSelves and to give ourSelves that ... Blessing constantly, constantly. God gives us the opportunity to know Him *directly*. Wow! Wow! And are we giving it to us? And are you loving yourSelf enough?

"You know, they say 'Jesus is love'; well, leave the poor guy alone. But even with that opportunity (of) 'Jesus is love', well, if you take what's behind it - the Christ is Love - the attunement process is a Process of Love because the Christed Consciousness is in all of us. The Oneness of God is in all of us - that's what the Christed Consciousness is.

"So It's in all of us, but are we exercising It? And are we exercising our Spiritual Muscle? And are we growing up and completing this process? Are we completing this process? And we can strengthen that part in us *moment-to-moment-to-moment* by making the choice. And the season is a nice reminder of it."

"I always get a kick out of people; they have a new boyfriend or they have a new girlfriend or they have fifty more cents in their wallet than before and they think everything is rosy. Like somehow they're absolved of the Spiritual Responsibility; 'Oh! everything is okay.' And they're happy. Then they'll get sad. They're happy. They get sad. Well, why ride a roller coaster? You don't have to ride a roller coaster. You can just stay in the Center of it all, centered in the Spiritual Heart."

"...the highlight of the liturgical year, the religious calendar is Easter. And that's really important because what's said is 'yeah, there was the birth, but it has to do with, the focus is on the Resurrection.' ... the Resurrection as being able to go into this *Soul Body* and know God directly, be with God directly while you're still in the body, while you're still physically alive: *That Gift of Grace.*"

--From the Satsang, "Applying The Message Of The Season" by Dr. Roger B. Lane (TAPE/CD A42)

“So my loving suggestion is for you to stay every moment in the Truth of who you are. Because guess what? The game is rigged. It’s a rigged game. There’s only one way you can win the game and that way is to stay in the Truth of who you are. Sooner or later you’re going to have to, so why not do it now?”

“DEAR COSMOS TREE”

Q. Belief in God is just a concept to me. Just an idea, most of the time. Like many, I feel God’s presence only when my back is against the wall and there is no other way to sustain the pain.

These last few years, I’ve learned how to manage pain a lot better. A mild dose of anti-depressants, a less destructive lifestyle, and just getting older and wiser have made me better able to weather through life’s rough patches. But my life has stalled. Professionally, spiritually, and physically, I have stopped growing. The mediocrity is stifling. Fatigue comes over me whenever I try to break through this fog. I’m nearly off the anti-depressants and I thought I’d better start looking for a therapist to offer me perspective and support. But that feels like more of the same.

I’ll only break through this wall if I have a relationship with God that goes beyond the narrow fox hole of painful times. But I’m ambivalent about it. The strong me says I’m too cool, too smart to be duped by that age-old opium. The weak me says who do I think I am, asking God to empower me when there are people with real problems who need his help. And so the brain chatter goes ... on and on.

It doesn’t help that I don’t know how to define God. I’ve never felt comfortable with any of the descriptions of him — or her — or it.

But I do know without the solace and love of God, the sea change that needs to take place in me won’t happen. It’s not a matter of my taking action to change. It’s a matter of my having the faith to have the courage to let those changes happen inside me. How do I define God?

How do I develop a strong and constant bond with him (or her)? And then how do I keep it going? - J.B.

Dear J.B.: 1. Begin by calling in the Light of the Most High like this: “Lord, God send me Your Light! For the Highest Good, please take anything (the pain, etc.) that stands between me and the Spirit I *am!*”; tell yourself “(your name) it’s okay to let it go!”; 2. Stay Present with God/Spirit (this is the constant bond!) by always directing yourself to “stay Present”; at the same time, attend Meditation at your nearest Center so that you can learn Giraffe Consciousness; 3. Use the ego to make the *moment-to-moment* choice to lift (1-2 above); know that the *real* Mind is the Mind of God (you can quiet that - up until now - busy mind of yours!); 4. Learn to “Choose Wisely Your Creations” - the title of an important Talk given by Our Teacher - by surrendering the negative and focusing into the positive; the former includes ideas, concepts, thoughts, setups, etc.; for instance, those regarding “belief”; “faith”; “defining God” (do 2 above! You’re Spirit!); “ambivalence”; having to be comfortable (why?); “I’ll only break through this wall when I have a relationship with God...” (you have God’s Love! Access it *now!*); “without this, that won’t happen”; simply do 1-2 above as often as necessary - access to Spirit is instant!; 5. Work with your basic selves (the part of us that brings forward our karmic patterns) by using Self-Talk to direct your focus; reassure them that they’re fine, okay and safe now; know that without your loving direction, they will love to create “problems” that you then have to go and “solve” when, in reality, there are no “problems.” Beware they are also habitual; with your loving guidance, they will let go of “feeling stuck”; 6. Know that you are *inherently* Worthy; there is nowhere to go and nothing to earn (surrender those “tapes” about others deserving more because they have “real problems!”); 7. Finally, if you do need “outside” help, do get it; this writer’s personal suggestion is for you to at least include - or start with - a private session with Dr. Lane; this is a golden opportunity to lift and grow and begin to come to know yourself as Spirit.

To Reinforce Your Learning: 1. Beginner: read the *Tools For Living Free* “Be Present”; “The Power of Letting Go”; “How To Create Wisely”; the TAPE/CD “You Are Worthy”; 2. Intermediate: Call in for Open Hour; listen to the Meditation For Health And Well-Being TAPE/CD regularly; come to Meditations at your nearest Center; take Everyday Evolution I and II; 3. Take Initiation into the Path of Soul Transcendence, the only way to give yourself yourself; spend plenty of time with Initiates to support your growth and upliftment.

Dr. Lane adds:

Dear J.B. - You *already* know the answer to your questions. The antidote to your pain and anguish and stagnation is God; *not* the god of religion but the Lord, God which lives *within* you. Your pain is simply your attachments and an opportunity to lift and grow and know *directly* (experientially) the Lord, God - beyond concepts, definition but as *living* reality. As you are coming to know yourself as Spirit, as Soul, and are able to hold more of the Spiritual Frequencies, the drive out into the world as a result of being at the effects of your karma lessens and, eventually, disappears. As you focus more into the Spirit you *are*, you become more aware of the Oneness of you as Soul and God.

While allowing change to happen within is a wise choice, “action” is needed as well. To set this process in motion, you need to write for Initiation into the Sound Current and take the “action” - an inner one - of *always* directing yourself into Spirit within through Self-Talk, using the Tools available for you on this Path and doing your Spiritual Practice *exactly* as taught.

This is a fear-based planet, J.B., and it takes great courage to recognize your “stuckness” and embark on the greatest journey of all - and the purpose of human life - to see the Face of God. I support you in this.

Try This ...

“Living the Teachings *is* the attunement process. It *is* the attunement; It’s also the attunement process and that’s the umbrella, as it were, for everything outside, for going like yo-yo, yo-yo, yo-yo. And a lot of us we sit in fear; afraid to move on; afraid to take the next steps; afraid to do anything. We create all sorts of dilemmas and all sorts of impossibilities. We sit in pain; past hurts; past remembrances; we sit in sorrow; we sit in lack, and we sit

in desperation.

“Well, what I want you to do now is take a moment - I’ll be quiet - and just ask the Light of the Most High to take all that stuff. Let it go. And recommit to the strength of the Spirit of who you are - *you’re Spirit!*”

--From the Satsang “Applying The Message Of The Season” by Dr. Roger B. Lane (TAPE/CD A42)

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 anything that I’m allowing to stand between me and You!”

3. Tell yourself, “(your name) it’s okay to let it go!”

4. Ask the Lord, God to give you the direct experience of the Resurrection.

5. To begin to know yourself as the Spirit you *are* - which means Applying The Message Of The Season *each and every moment* - call any Regional Center and request the priceless Gift of Initiation into the Path of Soul Transcendence!

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