

# Tools For Living Free

NUMBER 146 IN THIS EDUCATIONAL SERIES

## What Is Discipline?

*Excerpts from the Satsang "What Is Discipline?"*

"I'm going to talk a little bit today about Discipline. Where is It? It is in the Innermost Heart. Discipline happens in the Innermost Heart, in the Spiritual Heart. And It's Self-Directed. If we take a look at the word 'Discipline', etymologically, It comes from two words. One means 'pupil' and one means 'to learn.' So that Discipline is a learning process where you are the pupil.

"And this works on several levels. As a matter of fact, this works on all the levels there are. But we'll break it down.

"On one hand you are a Student of The Lord. You are a Student of the Sound Current [ed.'s note: Dr. Lane is referring to Those Who have taken Initiation Into The Sound Current On The Path Of Soul Transcendence, and who are active Initiates, actively studying with Our Teacher]. The Discipline - and It's used also if you go to university or graduate school - your academic field is you're in the discipline of. And there are certain rigorous approaches that are applied in this discipline, all designed to focus you into this.

"So Discipline has to do with Focusing into The Sound Current. Always Disciplining yourSelf to place yourSelf in the Sound Current. So anything that is not of That, that is of the negative polarity - you Discipline yourSelf. And if it's a basic self [ed.'s note: Dr. Lane is referring to the part of our Consciousness that brings forward our karmic patterns] going crazy in there, you Discipline it. But you don't Discipline it by beating it up, by judging it, by insulting it or by being a dictator with it. You Discipline it Lovingly and Neutrally and directionally so that you always direct it into It.

"And many times that will take the form of giving it other information such as, 'No, this isn't so anymore and we can work it this way!' Or 'I need your cooperation; we're going to work it this way!' So that you're always giving it the track to go down different from the one it always does. You are Disciplining it. And the basic self is Learning. It is the student and you are the Teacher of it. And that's part of your job; you are the Teacher of it.

"And just coming from a Spiritual Cosmology, the basic selves are here to evolve. It's not just your Soul that is here to evolve ... But also your basic selves are here to evolve. And they evolve according to the learning you give it. Basic selves - like everything else - are all part of God. They're all part of God. And it's your duty and your Spiritual Obligation and Responsibility to Discipline them, to focus them into The Light (Of The Most High) and to Educate them. So that's one area of Discipline.

"Another area of Discipline has to do with directly working the Spiritual Practices [ed.'s note: Dr. Lane is referring to the Practices that Initiates are

given at the Time of Initiation and that are to be followed *exactly* as Taught at that Time]. Very directly working Them. And part of your Consciousness will kick up a fuss. And you are to direct them into this Lifting because they are doing their job when they rebel against it. You're here to Lovingly assist them in moving into The Light (Of The Most High). And I've had quite a few people say how terrible things are for them in the world, things are so terrible, they would go on and on. And I would ask them if they've been doing their Simran [ed.'s note: Dr. Lane is referring to the Meditation Technique taught at the time of Initiation]. And they would say 'no' because things are so 'bad' in the world. And, of course, the interesting thing is that's part of why it is that way, because the energy is starting to back up. And, secondly, if things are 'bad' out there and you are doing your Simran you can rest assured you're perfectly capable of handling it from a Neutral spot.

"And It's the Discipline of doing the Spiritual Practice. Because what is worked in the Simran is worked in Grace. If you don't Participate in It you've lost that Grace. So it's worked through your own Consciousness and that is OK but part of your job consists of Disciplining your Focus, directing yourSelf, moving towards That, always directing yourSelf. And once again, it's done Lovingly. And this is how the lower part of the Consciousness Learns.

"And also - it's always fascinating - but there have even been a few - we'll call them Students - who fought against the directives of The Teachings. And what they're saying is, 'I'm not willing to be a Student; I know more.' Well, if you know more than The Teacher, you're The Teacher; and I'd be the first one to say, 'Please, be my guest!' And the whole purpose is to show you to be the Teacher of yourSelf but you can only Learn by being the Student.

"I've had people say to me when they get all entangled in the world and I give them a real easy, simple solution, tell me very directly, 'It's too simplistic.' Which is a dead giveaway because what they're saying is, 'It's too simplistic; it's not complicated enough.' And the dead giveaway is it's the mind that loves to complicate things. So it's the mind asserting itself. So part of the Discipline - another area of this Discipline and this Focus - is for you to Discipline your mind. But - here's the caveat! - you're not going to be able to do this yourSelf. So how do you do it? You get out of the way and you work with The Light (Of The Most High) to assist you in this. Because the mind will not settle for things that are simple. It loves to complicate things; it gets to be busy; it gets to be in charge; it gets to be the 'king of the hill'; it gets to be the Queen of Sheba that way.

"And you have to Lovingly direct yourSelf away from that and into The Light Focus and accept the real simple solutions that are The Teachings.

**"And that's  
how you need  
to Discipline  
yourSelf: to  
use everyday  
and every  
moment of  
every day  
to move  
into greater  
Loving of The  
Lord."**

“The Teachings are real simple and They are to be applied and, as a matter of fact, these are really the Field of Action of The Teachings; (It’s) the direction that you need to go in all the time.

“And that’s the Answer [ed.’s note: Dr. Lane is referring to the directing yourSelf ‘into the Light Of The Most High Focus’/into Spirit/Applying The Teachings]; that’s the Medicine. Not because I’m

sitting here saying it and I have an axe to grind but simply because it’s True. It’s not True because I say so and it’s not True because you’re Initiates; it’s True because that’s how God Himself set It up.

“And if you live your life according to The Teachings and direct your whole Consciousness into The Teachings you’re Free. And you’re Home-Free. And that’s really all you have to do. ...”

## Dear Cosmos Tree

**Q.:** As an Initiate, out of my love for the Path Of Soul Transcendence and for my fellow Initiates, I watch [some] Initiates not take full advantage of The Teacher – not coming to Initiate-only Events; not taking Classes. It makes me sad; also a part of me wants to do something about it: talk to them or say something but I don’t know how to articulate it. I could pray about it more actively but I don’t. What do I need to do to help people give themselves the Gift of the full Blessing of living as an Initiate? - G.C.

**Dear G.C.:** 1) Call in the Light Of The Most High by saying “Lord, God, send me Your Light!”; 2) Ask the Lord, God for what you want: “Lord, God for the Highest Good, my preference is [fill in what you want; this is the prayer]”; 3) Ask the Lord, God to take anything that stands between you and the Spirit you *are* by saying: “Lord, God, for the Highest Good please take anything that separates me and from Spirit I *am*!” This even includes sadness. Tell yourSelf “(your name), it’s OK to let it go!”; 4) As Dr. Lane has explained, feel free to Lovingly share with these Fellow Initiates what your experience has been from an “I” place; for instance, “I feel sad that you’re not giving yourSelf the Gift of the full Blessing ...” or share a favorite Tool; 5) If Approved by Dr. Lane, be of Loving Service sharing The Teachings; 6) The best thing you can do for anyone is your Spiritual Practice *exactly* as Taught; 7) See if there is anything that you need to take back to yourSelf; for example, is there something you’re not giving yourSelf as an Initiate?; 8) The Teachings also Teach us that we need to allow others their Process; you may also want to practice Forgiveness for any judgment you have held against them.

**To Reinforce Your Learning:** 1. Beginner: *Tools For Living Free* “Using The Tool Of Gratitude”; “How To Serve Humankind: A Service Manual”; “The Spiritual Teacher”; “How To Serve Yourself – And Others”; “The No-History Lesson: Be Born Anew”; “Living In Loving Cooperation”; “Practicing Patience”; “Give – Then Give Some More”; MP3s “Sharing: A How-To Manual” and “What Is Your Level of Caring? What Is Your Level Of Sharing?: A Participatory Satsang”; The Sunday Program; Open Hour; Being in the Presence of Dr. Lane; Intermediate: Everyday Evolution II Class (with Approval from Our Teacher); Relationships Class; The Teachings Class and HU-mankind; Meditation; Meditation For Health And Well-Being; Advanced: 1, 2 and, for those who haven’t already, request Initiation Into The Sound Current On The Path Of Soul Transcendence!

**Dr. Lane adds:** Dear G.C. – Thank you for the Opportunity to be of Service.

I appreciate your Loving concern for others, and the Importance of Walking this Path and of using all that is available – RETREATS; Classes; Open Hours; Satsangs as well as Holiday and Birthday Celebrations and Satsangs; the Newsletter and Sunday Programs and *Tools For Living Free*, to mention a few – to Lift and Grow.

Additionally, it is important to practice what The Teachings Teach us as mentioned in Number 7 above; namely, to take our creations back to ourSelves. If you do so you will discover that you are feeling sad for yourSelf and for the many times you have not taken advantage of all the Offerings and Tools available to you.

The Spirit in you Knows you *are* Spirit and the Consciousness in you is being Upvibrated and Awakened to this Truth. When you choose other than into the Truth of Who you *are* you are depressing – pushing down or repressing – the Spirit you *are*, which results in the descriptive feeling or sense of depression or sadness. Although you state that what other Initiates do or do not do makes you sad, you need to locate the power in yourSelf.

But that “sadness” is the good news! It indicates that you do, in fact, Know This and that you are aware of choosing away from It. Accordingly, I Lovingly Suggest that you use your Knowing to Commit and re-Commit to Choosing into the Spirit you *are* by both your internal and external actions.

Also, because you are a diligent Student, you have judged yourSelf for what you have deemed poor choices as indications of your shortcomings. I Lovingly Suggest you ask God to take your judgments and tell yourSelf to let them go and practice Kindness and Compassion towards yourSelf and Discipline yourSelf Lovingly, and without judgments, as this Tool states.

As mentioned above, dear G.C., Know that Souls come into Their Knowing in perfect timing and extend this Kindness and Compassion you have for yourSelf to all other Souls.

You may help Them come into Their Knowing by actively Praying or putting their coming into Their Knowing into the Light Of The Most High for the Highest Good. This is an extremely Power-full Action to take. Also, as mentioned in the Dear G. C. section, share your enthusiasm and the benefits you have gained from an “I” place! There is no need to know beforehand what to say; simply call in the Light Of The Most High and ask Spirit to guide you. This, in Reality, Attunes you to the Spirit you *are*, Where the Knowing *is*.

Please rest assured that as you continue to Walk the Path Of Soul Transcendence as Taught and Focus into your Spiritual Progression and Grow in Love and Kindness Others follow.

Be yourSelf and you Serve as a Wonder-full example to others!

Please know, G.C., that I hold you as well as your love for other Souls in My Heart.

## Try This ...

“So it’s the Discipline to keep on and to keep persevering and to keep going through. And you’re the University in there, the Spirit is that University. So all those doubts and all those things you need to know - they’ll be answered in due time. I guarantee you. Nobody has had more doubts than I’ve had, OK, but I wouldn’t let my doubts stop me. I use them. I use them to Learn.” – *From the Satsang “What Is Discipline?”*

## Step-by-Step

### Here’s A Quick Reference For Daily Practice:

1. Call in the Light Of The Most High by saying, “Lord, God, send me Your Light!”

2. Now, Allow a situation to arise in which, up until now, you have enslaved yourSelf by choosing into negativity and away from Discipline/ the Power you are!

3. Tell yourSelf, “(your name) It’s OK to let it go!”

4. Now, Discipline yourSelf by placing your Focus at God. Allow The Freedom That is Discipline!

5. If you haven’t already, request Initiation Into The Sound Current On The Path Of Soul Transcendence NOW by contacting your nearest Regional Center or the New York City Center. Fulfill Your Purpose here, Which is to come to Know yourSelf as Spirit, as Soul!

To read other Titles in this Series, visit [cosmostree.org](http://cosmostree.org).

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