

Tools For Living Free

NUMBER 147 IN THIS EDUCATIONAL SERIES

What Is Discipline? - Part II

Excerpts from the Satsang "What Is Discipline?"

"So ... Discipline is not a punishment; It's an Opportunity to Learn and to Give to yourSelf and to bring out all that is there. So the Discipline, for example, of learning a musical instrument is to give you a container to bring out all that is there, all the abilities, all the learning. The Discipline of doing the Spiritual Practice and of placing yourSelf in the Forcefield of The Lord is that the Lord can Fulfill you. In other words, if you want a slice of pizza you Discipline yourSelf to walk right to the pizza store so you can partake of the pizza. Well, if you want to partake of the Spiritual Flow you Discipline your Consciousness and place It There.

"I know some of you would rather have pizza; that's for sure. But That's the Discipline and It's done Lovingly. So It's the Discipline within yourSelf and It's the Discipline without yourSelf, outside of yourSelf, keeping the seeming illusion going between 'me and you'.

"And you need to follow, you need to follow It. Totally and completely follow It! That doesn't mean you don't question It; That doesn't mean you don't wonder what It's about. But you use those doubts – and I think they're wonderful - you use that stuff to Learn. Well, why? And What's in It and how come It's set up that way?

"And you place those things in The Light (Of The Most High); you ask for the Clarity and Guidance and you keep Learning. That's the Discipline and the Discipline also means because you don't know why It works that way - and many times don't have a clue as to What's been set up, let alone why It has – because you don't Know you don't throw the whole Field of Action out.

"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.

"That's why I'm so 'smart!' I'm so 'smart' because I didn't believe a thing. But I didn't let that stop me. I'm not saying I was a heathen, slob, cannibal, OK. I don't even know if I was that. But you could not even get me to believe that one and one was two. But I didn't let mySelf be stopped because I didn't believe that. I said, 'OK, I'm going to work this but You show me why one and one is two!' And many times Understanding Spiritually didn't come for years. And yet I still kept on; I didn't let my lack of Understanding prevent me from going ahead and directing my Consciousness into the Spiritual Action because That was the overriding thing, That was the Forcefield.

"Also, I did not let my lack of validation in the world stop me. So if some of you are looking for validation for certain things in the world and you're not

getting it, have the Discipline to keep going Spiritually! You're not going to get the feedback you're looking for in the world. Spiritually, it doesn't work that way.

"And a good example of that is what is happening now in this Satsang. Some people are yawning; some people are carrying on. If I were to take that as the real feedback I would stop. And at least one said, 'Yeah, that'd be a good idea.' I'm not going to stop. I'm going to keep going. See, I can read minds but since I know what the mind really says I don't bother with the mind. It's never taught me a thing of any intelligence or import. And the only mind I want to know is a Spirit-filled Mind. A Spirit-filled Mind. And that comes from the Discipline of Focusing into The Spiritual Teachings, into the Action; and little by little, by-and-by the mind gives up its false sovereignty. It's king of a paper kingdom; and it likes you to think it's made of steel and concrete and lasts forever. With one huff and with one puff the walls come down. It's a house of illusion and part of the Discipline is to bring yourSelf constantly into The Spiritual Teachings and into the Focus.

"And the Discipline really needs to be basically one question: 'Can I take it with me into the Soul Realm? Can I take it with me to God? Does this come with me?' And probably ninety-nine percent of the stuff you're carrying - if you're honest - you'll say 'no'. So if you can't take it Home with you, don't carry it around because you're Home now! In reality, you *are* Home now; you just don't Know It. Part of my job is to assist in the Waking-Up Process. Part of your job is to assist yourSelf and Discipline yourSelf, move yourSelf Lovingly into that Place.

"Discipline has nothing to do with giving commands; beating yourSelf up; having judgments; being negative on yourSelf. It's a Loving, conscious, willful, beautiful Action. And you are here to Learn in the University of the Heart, in the Spiritual Heart. I've always thought of the Cosmos Tree as the Harvard of the Heart. And It really *is* the Harvard of the Heart. Except it's tougher to get in here. But we don't check SATs; we don't check grades; we don't check recommendations; we don't check anything except one thing and I'll tell you What It Is. The only thing we look at and the only thing that's put on the record that we care about is how much do you Love the Lord. And that's It! That's the sole and only criteria. And that's how you need to Discipline yourSelf: to use every day and *every moment* of every day to move into greater Loving of The Lord."

"But everything can be used to move into greater and greater Attunement. So everything is That Opportunity but it takes Discipline. It takes Discipline to refrain from moving into the anger, the hurt, the negativity. It takes Discipline to Love yourSelf enough

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*-- From the Satsang
"What Is Discipline?"*

to be a Student. It takes Discipline and a lot of Love to let go of the perfection trip that we all seem to have. That you know it all and you can't make any 'mistakes'.

"And it takes Discipline to come to the place of just Knowing, 'Hey! You know what? I've discovered that everything I know, maybe it ain't so. So I'm going to start again.' That takes Discipline and Love and Self-Devotion.

"And giving up self-loathing takes Discipline. Self-loathing is very close to self-loafing. I like that. Self-loathing is very close to self-loafing. Not directing yourSelf; not Disciplining yourSelf; not Loving yourSelf enough to direct yourSelf into That.

"Discipline takes place both 'within' and 'without'. And Discipline has to do with Loving yourSelf enough to give the Learning to yourSelf, to give The Teachings to yourSelf. These are The Spiritual Teachings that are brought forward in this Dispensation; and They Teach you how to work your life and how to live. And it's really that simple. And the nice thing about this Discipline, this Field of Action, is that you're Free if you use It. You're totally Free."

Case Study

In the Talk "What Is Discipline?" Dr. Lane shares "something personal that actually happened today. I got the airplane tickets in the mail for the Workshop down south and there was an error. Then I got something based on a request - I had asked for a book - and it was the wrong book. So I had to spend a lot of time on the phone correcting it. So my wife said, 'You're having a bad day aren't you?' And I said, 'No, only outside, not inside.' Because all the time I had to spend on the phone I used it to Chant My Tones. I used it to Lift. I could have easily moved into anger but I didn't. ..."

"But everything can be used to move into greater and greater Attunement. So everything is that Opportunity but it takes Discipline. It takes Discipline to refrain from moving into the anger, the hurt, the negativity. ..."

I chose to follow this Spiritual Instruction in a meeting with two people who own a restaurant and who are clients of mine. In the meeting, the two of them became what Dr. Lane refers to as "crabs in a barrel" - going at each other, creating a lot of karma/negativity, for which, as Dr. Lane Teaches, they are Responsible. I could easily have gone with the negativity by joining in the "crabbiness". There was a part of me that wanted to prove that I was right about something, anything. Instead, I chose to be Present by practicing the Meditation Technique Taught at the time of Initiation. I simply "hung out" with God.

I had already put the meeting into the Light Of The Most High for the Highest Good like this: "Lord, God, send me Your Light! Please place this meeting with [name of individuals and company] into Your Light for the Highest Good!" I also directed my basic selves, the part of my consciousness that brings forward my karmic patterns, into the action like this: "Lord, God, for the Highest Good please send the Light Of The Most High to my basics to please come forward and ensure their cooperation!" Then: "I need

[ed.'s note: Dr. Lane is referring to the Teachings Of The Path Of Soul Transcendence.]

"So if you're wise you'll choose Freedom every time! You'll choose Power every time! You'll choose to Lovingly Focus yourSelf into that Discipline! And on a very *moment-to-moment*, daily living basis you'll find yourSelf Fulfilled if you totally live within The Teachings and apply The Teachings and Discipline yourSelf to do That. That's where your Freedom lies. If you fight against It that's your enslavement.

"It's not a victory of The Spirit over you. It's not a victory of me over you. It's your overcoming yourSelf, the lower self, and you emerging victorious. And That's What It Is. That's what Discipline is. It's choosing to be a winner; choosing to be Free; choosing to be empowered; choosing to move your Consciousness into the Spiritual Field of Action.

"And that's It in a nutshell.

"And it really is that simple."

your cooperation and energy to meet with [names of clients]. Thank you and keep up the good work with this!" I often direct my basic selves to "be Neutral and come from a Loving Heart" - at the very least, the direction into Neutrality was needed here, as My Teacher pointed out.

I had also said a prayer that the work with this restaurant be fun and easy; I had also asked the Lord, God for the Highest Good for what I wanted: that the restaurant, which until now, had done very little business, be "packed".

As I sat there "hanging out" with God by Chanting My Tones [the Technique Taught at the Time Of Initiation Into The Sound Current that Allows me to be Present with the Lord, God] inside mySelf, I was en-Joying mySelf; later on, the client mentioned the negative interaction and I simply responded that my focus had been on the goals of the project. I knew as I spoke that the Solution was God; and from that Place had come the "outer" solutions. Because I chose into Integrity, I was led and Spirit Supplied what was needed: simple, easy, fun suggestions.

Something else happened in that meeting: I Knew that God was in the situation and that God was the situation. I literally observed the "outer" situation morph and blossom as those present changed and Grew. I "saw" the Light Of The Most High/Spirit move into the situation and, as It did, I saw what I sensed was for the Highest Good begin to start taking place or shape; for instance, a negative point of view that made it difficult for everyone to move forward suddenly "gave way" and along came something far better suited to the project and the group. The negativity ultimately dissolved. Less than two weeks later, on a Sunday evening, the restaurant had 140 reservations when, until that time, ten had been the average.

The Only Food is God! And it's my job to place mySelf There!

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 List To Use 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. Throughout the day, inside yourSelf, tell yourSelf to "stay Present!" Do this as often as necessary!
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!

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