

# Tools For Living Free

NUMBER 148 IN THIS EDUCATIONAL SERIES

## We Are One And We Are All In It Together

*Excerpts from the Satsang "The Democratization Of Consciousness – Part IV: Implication, Dedication, and Prescription" (MP3 A85)*

"And it is really important to Know we are Responsible. And it is very important to Know that we are One. And I'm not talking about it as an intellectual exercise, 'Oh, yeah! We're One'. But, through the Oneness of the Holy Spirit or the Sound Current, we are All One. So Spiritually I see you as One. There is really no difference.

"You are Souls manifesting as you are manifesting. In the physical world, we all have an agreement. You are sitting over there, and you're sitting over there, and you're female and you're male, etc., and you're wearing this color, and you're wearing that color. You know your jacket is this color and your blanket is that color and all that stuff. But that is the world of form. And that is the illusion we all live under.

"And when we come to Know ourSelves as Spirit we come to see that that is, in fact, an illusion and that we are One. And because we are One, that which we hold in our Consciousness - in other words, where we are choosing to focus our thoughts, our feelings, our pain, our separation, our doubt - affects everything else and everyone else."

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"So that This is a Responsibility that we have: we are Responsible for where we Focus. And it does affect all of Creation. You know, it is kind of like if you are driving along and somebody from the - and don't think I am talking about [an attendee of Satsang] because that is not true - but somebody from the extreme left lane wants to make a right turn. Well, everybody then in all those lanes has to respond to that guy trying to make a right from the extreme left lane. And that is how it is in the karmic fields. We are all involved, you see. And we are all affected by our choices, by each individual's choice. And, similarly, when we Focus Spiritually then That Frequency that we are helping to be a part of [ed.'s note: Dr. Lane is referring to the Frequency of Spirit that That Soul is Awake on] makes it easier for other Souls to participate in That as well. And It helps clear the planet, as it were, a little bit of that debris, of that negativity, etc.

"Negativity is an easy shot. But we Practice What is called Eternal Vigilance, Which means we are always mindful - and we're the policeman, and we are at Choice. And at Choice is a powerful thing to be: we are not the victims of our thoughts and of our feelings. We are not even the victim of our karma. There is always Choice.

"So a very big part of - I hate to use this term because I really don't like the connotations with it and it sort of smacks of fru-fru and gaa-gaa-goo-goo stuff - but part of, really, 'the New Age'.

What is really demanded is this Knowledge that we are One and that we are all in it together. We are in this thing called life together. It doesn't work if you are going to do it your way. Individually, our lives don't work. A life doesn't work individually if you do it your way and not in accordance with Spirit. It just doesn't work. It does work to get you more karma and more re-embodiments and all that 'good stuff'. But it doesn't work Spiritually.

"And, also, individually we really need to come to the 'Place' of being cognizant of how does this affect how I am in working things and how is it affecting others, and is it for their Upliftment as well. I remember a couple years ago, at a Retreat and, despite rumors going around that the reason I had you go in the pool was that I could look at you all in a bathing suit - that wasn't true [ed.'s note: Dr. Lane is joking]; the purpose was that you could do this quote 'game'. And it was interesting that the winner won by not having an attitude of 'me against them' and 'I'm going to win'. But simply by bringing out the best that was in himSelf, that was in him. So, he didn't go against anyone.

"And we live in a system that reveres individuality, individualism. But it is always at someone else's expense. It is always at someone's expense: We are always going against, we are going to succeed in this business venture against, we are going to defeat the competition. That kind of stuff. And we can be crooked and sly in order to gain our objective.

"But that is not OK. And we need to realize that we are One and that What we are here to do is to Uplift ourSelves and others. Or to be Uplifted and to Allow That.

"And so many of us live our life in terms of other people's definitions of the way things quote should be. So work always has to do with how much money you are going to make. Health always has to do with are you sick or are you well, etc. And families always have to do with everybody's being unified. Instead of did my family serve its purpose and bring forward the experiences that I needed for my Growth and Upliftment? And if you are honest you will have to admit it because you agreed to that family. And the only purpose for you coming into that family is for that Purpose. So you are agreeing to It.

"Work: so many of us think we are being successful at work if we make a lot of money. But let me suggest something else! That success has to do with are you revealing and manifesting the Spirit in you. And are you helping others to come from that 'Place'. I'm not talking about walking around going, 'Oh! The Holy Ghost! And the Spirit!' and 'Hallelaleua!' and all that, and banging on

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tambourines and all that stuff. And saying ‘Jesus, Jesus’ doesn’t do anything. First of all, Jesus is long ‘dead’. Second of all, He told us ‘Don’t worship Me but worship the One that sent Me!’ So that stuff doesn’t do any good. But I’m talking about the qualities of Caring; of Nurturing; of being there for others; and of a Neutrality; of being Centered within yourSelf.

“And so many of us are pulled out into the world of form. You know what is going to be the latest thing? And I was talking to someone the other day and they wanted to have a relationship. And I was all for that and I said ‘Great! Go have a relationship!’ Then she said something really interesting. She said, ‘And then that would give me the island I need.’ You know there’s God but then this would be my island? Well, there you go again; you’ve been had. I never knew a relationship was going to be your island. I never knew it can be. Yeah, you might have refuge there, etc. It may be wonderful and it may feel great and all that kind of

stuff. But it has nothing to do with your Upliftment as a Soul and where your real Strength is.

“And most relationships that I have ever seen - they do involve you in a lot of effort, and in a lot of emotion, and in a lot of thought, and in a lot of energy going out into the world, even in a wonderful relationship - that is where you are caught. And if anything happens to that relationship and or that person where are you?

“But the important thing is to Learn to work our lives inside out. To be Centered in the Spirit, to be Centered in God and from that ‘Place’ live our life. Then we can Give and we can Give more and have a better relationship. And many set it up as ‘Oh, no! I can’t have a relationship because I’m Spirit or whatever.’ Well, that is not true. God can use anything but the important thing is to be Centered in the Spirit. And we are told That. We are told ‘Seek ye first the Kingdom of Heaven and all things shall be added to you!’ And the Kingdom of Heaven is *within*.”

## Case Study

In the Talk, “The Democratization Of Consciousness – Part IV: Implication, Dedication, and Prescription” Dr. Lane shares, “... some very simple, simple Prescriptions ... from God’s Drug Store.” One is “... that you *are* Responsible for your creations. You are Responsible to Know God. You need to live in Love, Which is ‘Letting go of volition every time’ ...”

Recently, I was able to “take” this Prescription when I had a Learning Opportunity handed to me. I came down with a severe bacterial infection that gives one flu-like symptoms. I have to say I have never felt sicker in my life.

I know that prior to having the infection, I was taking poor care of mySelf – physically and Spiritually. I was pushing my body to its physical limits while ignoring basic needs like drinking water and was cutting corners on my Spiritual Practices (i.e. going through the motions, but not being Present to receive the Blessings). Since I *am* Responsible for my creations – the infection came as no surprise.

In the throes of sickness, I was given the Opportunity to Surrender my agenda of being “supermom” by asking family members to care for my children and mySelf while I was “down” and by calling my doctor to receive any medication that was needed.

Additionally, as an Initiate Of The Sound Current On The Path Of Soul Transcendence I was given the Opportunity to use the Tools I have to Inwardly get the help I needed. When I first felt the start of the infection, I put the situation into the Light Of The Most High like this, “Lord, God, for the Highest Good send me Your Light! I place this infection into Your Light! Please fill, surround and protect me with the Healing Light Of The Most High!”

I then reached out to Dr. Lane, My Teacher, to ask for Healings and Blessings; I listened to the Meditation For Health And Well-Being; I did the Two-Part Release Technique like this, “Lord, God, for the Highest Good please take from me anything that is not of health!” I then told mySelf, “(my name), it’s OK to let it go!” Finally, I directed my basics - the part of me that brings forward my karmic patterns - into the action by saying, “Basics, come Present! We are OK! I need you to be healthful now! Thank you for your Loving Cooperation!”

By the next morning I was 99% better. My family was stunned by the transformation – they thought I was on my deathbed the night before and now here I was laughing, playing with the kids, eating breakfast as normal. I knew, however, that I had taken Responsibility for the Spirit That I *am*, and that That had made all the difference!

## Try This ...

“So, I’d like to take just a moment now, and just do a very quick Process.

“I will start as I usually do by calling in the Light (Of The Most High), although the Light is already here. But when we call in the Light, it is for you to Focus ‘There’ so that a part of your Consciousness Knows, ‘OK, here comes the Light! I’m going to Focus ‘There!’”

“So, ‘Lord, God, send us Your Light! And we put this Process into Your Light for the Highest Good’. And what I want you to do now is either think of something that really gets you angry or just respond angrily inside. Good! Now ask yourSelf a simple question as you are having that thought or emotion, ‘Is this what I want - and you can pick one - My Teacher to have in His Consciousness? Is this what I want my loved one - you can fill that in - to have in his or her Consciousness?’ And then if the answer is no, you may want to drop that. If the answer is yes, well, then God Bless you.” – From the Satsang “The Democratization Of Consciousness – Part IV: Implication, Dedication, and Prescription” (MP3 A85)

## 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, “For the Highest Good Lord, God, send me Your Light!”

2. Now, let a situation or relationship arise in which, up until now, you have had “an attitude of ‘me against them’ and ‘I’m going to win’” instead of “we are One Spirit!”

3. Ask the Lord, God for the Highest Good to take anything that separates you from the Spirit you *are*!”

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

5. Now ask the Lord, God to give you the *direct experience* of God’s Grace Filling you! Then, inside yourSelf, take note of This Experience as a Spiritual reference point; you may want to repeat this exercise often!

6. Gain Spiritual Strength by attending Classes; Meditations; Meditations For Health And Well-Being; and by placing yourSelf in the Presence of The Teacher/Dr. Lane often!

7. Request Initiation Into The Sound Current On The Path Of Soul Transcendence by contacting the Home Center or any Regional Center!

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