

Tools For Living Free

NUMBER 153 IN THIS EDUCATIONAL SERIES

Who's The Boss?

Excerpts from the Satsang "Who's The Boss" Given by Dr. Roger B. Lane (MP3 A58)

"You know, we just had two holidays that are basically the same. We had the Passover Holiday and That's the story of getting out of Egyptland. And Egyptland is our own fate, our own bondage. It's our bondage. Get out of bondage (to which) we've enslaved ourSelves. And how have we enslaved ourSelves? Real simply - they're our creations - our thoughts, our feelings, everything that separates us from God. That's the bondage. We go through the desert. We go through the karma. And we receive the Word. We receive the Ten Commandments. We receive the Word, the Holy Spirit, Whatever you want to call It - the Sound Current. And then we go to the Promised Land.

"See, but the Promised Land is not a physical land. You know, these people are fighting over this physical land. Well, good luck! And it isn't when you die you're going to go to Heaven because that's not true. Why would you go to Heaven? Just for the mere fact that you died? That's not impressive; you've done it before. Okay, but the Promised Land is what God has promised us. And what has God promised us? But in the Inner Worlds of Spirit where we live - That's the Promised Land.

"And there's the Way to get There. And It takes Patience and It takes Love. Moses never got to see the Promised Land because he smashed the tablets against the golden calf that the people had built. He had a temper.

"Easter's about going into the Resurrected Body - the Soul Body. And there's a Way to do That as a Spiritual Process. And that's why Jesus the Christ said, 'That Which is in Me is in you, too.' And here we are, you know, two thousand years later going, 'Mira! Mira! Did you know what Jesus did? Isn't that wonderful? Bravo!' And we go and we applaud and we worship "THE Guy". And we totally deny our Responsibility. Not only do we deny our Responsibility but we go against His Instructions. He told us specifically not to worship Him but to worship the One who sent Him. And there we are; we're worshipping Him. Crazy! Crazy! And so we think, 'oh, wow! He Demonstrated This and only He could do It'. Well, what about what He told us, 'That Which I can do you can do even more so'? We're going to conveniently forget That? Yeah, well, that's [ed.'s note: Dr. Lane is referring to the above quote] another way of knowing that you're the boss. And we conveniently forget - we're the boss."

"See, it's real funny to me because what the individual consciousness does is it struggles against God all the time, all the time, all the time and yet the game is rigged. You're going to lose eventually because every Soul goes Home to God sooner or later. That's how the game's set up. You can do It now or you can do It later - but you're going to do It. But if you're going to do it, why fight the inevitable? Why fight the inevitable?

"You know - and it's interesting - some of you who came to the Open House in the city this weekend got to have a nice demonstration of someone's insisting on their hurt and their pain and their separation and, when they were given an Opportunity again and again to let go of it, they got angry. And that's what we do. We get angry at God. 'What do you mean I can't have my pain? What do you mean I can't have my suffering? What do you

mean?' 'Oh, hey! you can have it and you can let go of that attachment.' See?"

"And, yeah, part of what happens when we're in the body is we are going to fight. There's a part in the Consciousness that hates anything 'above' it - so to speak. Doesn't want to be 'ruled by anything.' ..."

"So, who's the boss? You're the boss. And interestingly enough when you come to Know that you're the boss you're going to find that there's no struggle. It's all about being in Alignment with That. Okay? So, let me just finish up by saying - or by asking you - are you willing to be Responsible?

"And the Teachings Teach us that Responsible means responding to the Spirit you *are*. Are you willing to Know you're Spirit? Are you willing to Allow God's Love for you? See, because everything that we do (until then) is all about stopping that Flow of Love, stopping that Love because we're afraid to stand naked, as it were, before God. We don't think we're worthy. We don't think we're good enough.

"But we *are* Worthy and we are good enough or you wouldn't be here. Because God lives in you as God - that's automatic proof that you're good enough. You don't have to do anything to prove it, earn it or anything. But, what you need to do is, since you don't have to prove it, since you don't have to earn it - you have to Accept It. And you Accept It. That becomes the basis for being the boss.

"It's kind of like when my son was like thirteen or maybe fourteen he was much bigger than I am, taller than I am. One day he looked down at me and says 'Okay, pop, what do you derive your authority from now?' And I looked up at him and I just said 'I'm your dad.' Okay. But because he knew that it was all about who's above and who's below, etc., etc., he played that sweet little thing with me. But we do this all the time. We're always trying to get above - over - have more power and more dominance. It's not that at all. We need to just open up and Accept the Power we *are* and the Spirit we *are*. We *are* Eternal and we *are* the Living God.

"And there's a Process to Know That: Initiation Into The Sound Current. And That allows you to exercise that bossdom. But you're going to find that the boss - being the boss - is connected with Surrender and Letting Go and Trusting. And some of you when you have experiences with the Teacher there's a lot of struggle and a lot of stuff that goes on until you realize, 'Well, wait a second! I'm just fighting mySelf that's afraid of Spirit.' Yeah, that's right. But it's all based on Love. And when you move into Love, yeah, it's Loving the Teacher - but Loving the Teacher as the Spirit you *are* - and then it's Loving yourSelf. It's all about That - Loving yourSelf, Loving God, Loving the Spirit you *are*. And taking Responsibility for that Love. Who's the Boss? You are. Who's in charge? You are. Okay? Who's going to exercise that Responsibility? You are.

"And it's interesting how God set up our Consciousness. God set up our Consciousness so every part of ourSelves is to evolve and grow. So, it's every part of the Consciousness situated above that particular part of the Consciousness, as it were, that's Responsible for that Progression. So, for example, the conscious self

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is Responsible for the basic selves' Progression. Okay? The Soul Knows that, okay, but It lies dormant. It lies asleep. When we take Initiation It's sparked Awake. And then it's our Responsibility to keep doing That - allowing It to be Awakened, Awakened, Awakened. How do we do That? By Surrendering to the Spirit we *are*, to the Soul, to the Spiritual Form of the Master. And through That all things are Fulfilled.

"But who does It? God can't come against you. The Teacher can't come against you and insist you do That and force you to do That. No. You do. It's your decision and it's your Choice. Since, we're all going to make it Home eventually why not take the easy way out? Why not do the inevitable now? Why not give yourSelf God now?"
"And I'll stop with that."

Dear Cosmos Tree

Q.: In my career I never feel settled. I am always thinking, "what's the next step for advancement?" Will there ever be a time when I stop that constant search? - D.B.

Dear D.B.: 1) Call in the Light Of The Most High by saying "For the Highest Good Lord, God, send me Your Light!"; 2) Ask the Lord, God for what you want: "For the Highest Good Lord, God, my preference is [for example, to feel settled, stop the constant search, etc.]; 3) Work with your basics, the part of you that brings forward your karmic patterns, by saying inside yourSelf, "Basics, come forward!" and then reassure them by telling them that we're fine and OK and safe now; telling yourSelf you're OK often helps a lot!; 4) Ask the Lord, God for Clarity and Guidance by calling in the Light Of The Most High (see #1 above); then ask the Lord, God, for the Highest Good, to "please send me Clarity and Guidance on [fill in; for instance, "on my next step," etc.]; 5) When negativity comes up - feeling "unsettled", etc. - do the Two-Part Release Technique by calling in the Light Of The Most High (see #1 above); and asking the Lord, God, for the Highest Good, to take this from you and tell yourSelf "(your name), it's OK to let it go!" Do as often as needed; please do so judgment-free! Know, too, that if you "run" "never feel settled", etc., that is what you create!; 6) Everyone's next step, as Dr. Lane Teaches in *Tools For Living Free (TFLF)* #54 "What Is Your Next Step?" is "ever-increasing levels of Abundance. Abundance is the Oneness with God. Ever-increasing levels of self-acceptance, of knowing hey! You're OK. ..." To live in Peace ("settled" by being Present) *while you're in the body* you need to take Initiation Into The Sound Current and follow the Instructions given by Dr. Lane at the Time of Initiation *exactly*; Dr. Lane Teaches TAR or Trust, Allow, Receive (vs. "making things happen"); living in the Oneness of Spirit/the Mind of God (vs. "thinking"); and "Success comes about when you follow God's Will" (*TFLF* #19), Which is to come to Know Him. Initiation gives you the Keys! I wish you the Joy and Peace of This Glorious Blessing now!

To Reinforce Your Learning: 1. Beginner: *Tools For Living Free* "Being Present"; "What Is Your Next Step?"; "Genius Is The Absence Of Thinking In The Presence Of Thought"; "Do Nothing. Do No Thing."; "Giving The Gift of Kindness"; "The Secret Of Success"; "Spiritual Economics"; "How To Win The Game of Life"; Everyday Evolution 1 Class the next time it is offered; Intermediate: Meditation; Relationships Class; Meditation For Health And Well-Being; Advanced: 1, 2 and, if you haven't already, request Initiation Into The Sound Current On The Path Of Soul Transcendence!

Dr. Lane adds: Dear D.B.: Thank you for this Opportunity to be of Service in assisting you.

What you are describing - the constant searching - is a characteristic of false identification. It is as if you go to a ball park and think that this ball park *is* the game that is being played rather than it is the housing in which the game is played. While you are identifying with D.B. this striving and seeking will continue as part of this identification with the seeming "reality" of "death." To counter this false "reality", the ego seeks to build monuments to itself so that it will be known. It does not know that D.B. is known to Spirit but thinks it is separate from God and alone and adrift on this planet. This striving and seeking continues until either your Consciousness is shifted from this illusion or you leave the planet in the

illusion of "death."

Rather than climbing "the corporate ladder" you may wish to work things from the inside out, knowing that there is no place to reach and no one with whom to compete - we are all One Spiritually - but rather that your skills and abilities are fulfilled from within and that this "expansion" finds its place in the world.

Attending Meditations Of The Light Of The Most High and doing the Two-Part Release Technique as Suggested by the Question editor help greatly in shifting the focus from "achieving" to "fulfillment", from without to within.

Another main characteristic, D.B., of this false identification is unworthiness. We feel unworthy of God and we may even have a difficult time accepting what we are given in this world, even though we consciously seek and strive for it.

Your question seems to indicate that this is also going on. You seem to be preparing for advancement - "what's my next step for advancement?" - rather than *being* advanced. Again, Meditation Of The Light Of The Most High and the Two-Part Release Technique help with this. I also Lovingly Suggest you ask God/Spirit to show you Your Worthiness.

Please know, D.B., that we are created in His Image. Which means that the Soul *within* us is of the same "material" - the Sound Current or the Holy Spirit - as the Lord, God and the Lord, God lives *within* us as us. We are, in reality, more than Worthy.

The fact that you are growing discontent with this striving and being unsettled here is a wonderful indication of your need to move beyond this with its illusions and expectations and attachments to negativity.

Your sense of being "unsettled" mirrors the simple Truth, D.B., that this world is not your home and is here for the simple reason of Remembering That Which You Are, of becoming again a Member of the Body of God, from Which the Soul Present with you has chosen to forget by choosing into creating other than the Spirit It is.

The only True Remedy is to come into this Remembrance and Knowing yourSelf as Soul, as Spirit. This is done by Receiving Initiation Into The Sound Current. You may also Receive It on this Sound Current Path that I am Honored to bring forth.

By Remembering yourSelf as Soul, as Spirit, you grow in Love of God and come into the Alignment of your will and God's. When this Process is Complete the Soul Present with you returns to Its True Home in the Soul Realm - or Sach Khand in Eastern terminology - and enters into Eternal Life, no longer subject to the Wheel of 84 or karma and reincarnation

Receiving Initiation Into The Sound Current and Opening This Gift give you the Peace, Serenity and Accord you are seeking and move you into the Acceptance of your Inherent Worthiness.

While both the Dear CT editor and I have suggested some Tools - the Two-Part Release Process and Meditation Of The Light Of The Most High - and I have additionally Suggested that you work things inside out, please know, D.B., that the real fulfillment you are seeking is the Fulfillment of yourSelf as Soul, as Spirit and that This is available to you as God, in His Kindness and Mercy, extends Himself to you and gives you the True Remedy.

I Lovingly Suggest, D.B., that you give up your seeking and striving and Accept God's Loving Gift to you.

You are in, in fact, worthy of It.

Step-by-Step

Here's A Quick Reference 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, allow something you've been struggling with to come up "full force".
3. Now, inside yourSelf, ask the Lord, God to take this creation away from the Spirit you *are* from you! As Dr. Lane Teaches in the Talk "Who's The Boss," "choose to drop it!"
4. Tell yourSelf, "(your name), it's OK to let it go!"
5. Fulfill your Purpose here by requesting Initiation Into the Sound Current On The Path Of Soul Transcendence now by either contacting the New York City Home Center at 212-828-0464; emailing info@spiritcentral.org; or contacting any Regional Center!
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!

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Try This ...

"As a matter of fact, I'm going to give you some homework. Once a day, just once a day when you have a negative feeling or a negative thought come up choose to drop it! By that I mean don't allow yourSelf to perseverate in it. Don't allow yourSelf to keep at it. Just direct your consciousness away. And even if you don't know what's going to take its place that's fine. But just once a day for a week be Present with the Spirit you *are* by choosing to drop the negativity and see what happens. You're the one that's going to make the Choice. You're in charge. You're the boss! See?" - *From the Satsang "Who's The Boss" Given by Dr. Roger B. Lane (MP3 A58)*