

# Tools For Living Free

NUMBER 155 IN THIS EDUCATIONAL SERIES

## "The Truth, Five Saboteurs, The Con Man And You: A Participatory Satsang" Part I Of Three Parts From This Talk Doubt And Its Antidote

Excerpts from the Satsang "The Truth, Five Saboteurs, The Con Man And You: A Participatory Satsang" Given by Dr. Roger B. Lane (MP3 A133)

"Let me introduce the cast of characters for this Talk! They're exactly as stated. We have The Truth. We have 'Five Saboteurs'. We have a 'Con Man' and we have 'You'.

"Let me start with the easy part! That's The Truth! The Truth is the Meditation that we started with: H – U. That's HU. That's an ancient name of The Lord, God. That actually is His First Manifestation. He comes into the manifested world at That Frequency and if you're real smart - so I know this applies to everyone here - you've noticed that HU is the beginning of how we spell 'HU-man.' So that tells us Who we are. We are Manifestations of God. We're in the manifested world; we're in the world of form. And we are Spirit. We are God. Now that's the simple Truth!

"Now, obviously, you wouldn't have to come here and hear an obvious Truth if It were really Known to you or if you Remembered It all the time. Part of why you're in the body is because you've forgotten. You've forgotten Who you are and What we do here.

"The Teachings that I bring forth help us to Remember Who and What we are. To Remember, Which is to become a Member again of the Body of God or the Body of Christ.

"And the Truth is that Christ gave us a tremendous Gift. He gave us the Christed Consciousness. It's *within* us. The Opportunity and, in fact, our duty to Align with God's Will. Our will and God's Will become One and the Same. And That's how we get to be Christed and That's the Journey of every Soul. That's the simple Truth!

"The first of the 'Saboteurs' in this play called our life is doubt. Saboteur number one is doubt. We know that doubt comes from the mind and we know the role it plays. It plays a very important role. It plays the role of protecting your ego and protecting your concept that you're an 'individual'. See? And it's aligned against - I guess that's a funny phrase to use but I'll say it - it's aligned against the Truth that we live in the Oneness of The Holy Spirit or of The Christ. That's our True Essence!

"We live in the Oneness of the Holy Spirit, of the Sound (Current). So yes, we're sitting here and you're over here, you're over here and you're over here – from an ego place it is true. But the Reality is that we're all together in The Spirit, in the Oneness of the Holy Spirit. That's the Truth! The ego experiences that as obliteration or death. It can't allow That. It won't be in charge; the mind and the ego won't be in charge if it allows the Spirit to overshadow it. So it comes up with doubt.

"And most of us are real good with doubt. We actually will believe doubt and we'll throw the baby out with the bath water, so to speak. We'll throw everything away. 'Oh! I doubt.'

"The interesting thing about Spirit is you can't know It with your mind and yet you're going to use your mind to doubt the Spirit. So it's like you're the only one involved in this game. The mind can't go There. The mind doesn't go to Spirit.

"And what's happened in this world is we've had a lot of

physicalization of Spirit. So that we're stuck with symbols, not the Reality behind the symbols. So if I see that Jewish object on the doorpost, I'm looking at a symbol whose meaning has basically been lost: that God guards your comings and goings. It's not out of the physical house, although that's true, too. It's about Our House, the Spirit that we live in and This [ed.'s note: Dr. Lane points to the Upper Part Of The Third Eye] is our comings and goings. This is Where the Soul lives in the body. This is our way of Knowing Spirit.

"We Know the Spirit with the Spirit *inside* of us. And doubt helps to perpetuate the game that, 'Hey! it couldn't be true. God couldn't be *inside* of us and you tell me one city ever in the world that ever hosted a convention of the God Is Inside Of You Club.' Never happened. So there won't be anything in this world telling you that, 'Hey! God is *inside* of you!'

"And we Know Where the Spiritual Heavens are. And we Know that 'In my Father's House are many Mansions.' We Know Where the Father's House is and we Know What the Mansions are. They're the Soul and they're the Levels within the Soul.

"But if the ego permits that then it's kind of dead; it becomes dead and it interprets it as 'death'. But what really happens is it's dead to this world, which means that there's no pull, there's no attachment into this world. [ed.'s note: Dr. Lane is referring to the Soul's being Established in the Soul Realm – Eternal Life – and the ego's reflecting this karma-free Beingness.] There's no karma so that you're Free. And if I told you that, 'Hey! here's the key to the bank vault and in the vault is five hundred million dollars' you'd say 'Dr. Lane, when can I have the key?' or else, 'Can I make copies of it?' But if I tell you, 'Hey! here are the keys to your Freedom' - we Hu-man beings: we're pretty strange. - we'll say, 'I don't know; is it True? Could it be?' And we'll keep ourSelves enslaved in the bondage of our creation, of karma.

"And doubt is a wonderful way of playing the game of being prisoners of matter when, in fact, we are Free, see? So if I can slough off Spirit and say, 'I doubt That. How could It be True?' rather than 'OK. How do you find out if something is True?' We Know to go in the Soul Body and Know things directly and Know the Truth of things."

\*\*\*

"And Being Present is the antidote. Being Present with God and Being in Love and with God, guess what? There are no saboteurs There. ... OK. There's only the Truth.

"But if you noticed there's another character in this play called your life and that's 'You.' You! You're crucially important to the direction of your life, the direction this play called your life takes. It's not just going to happen willy-nilly. Things are not just going to appear in the lifetime of a Soul. Its experiences and what It must Learn - they're shaped by *each moment* of Its embodiments. That can be many, many, many, many embodiments before.

"It sounds like a play - the title of the Talk - and it is a play. It's the Play of God in our lives."

-- From the Satsang "The Truth, Five Saboteurs, The Con Man And You: A Participatory Satsang" Given by Dr. Roger B. Lane (MP3 A133)

"See the funny thing about karma is you never know when you're going to be at the affect of it. You never know. It could be many lifetimes down the road. Hey! you'll forget that you ever created it. You won't even know what you're supposed to Learn from it.

"But I don't Teach karma; I Teach Loving God. And That's the antidote to it all. And the Gift you give yourSelf is to be Present with Spirit, to be Present with God *each and every moment* regardless of what's going on in your life, regardless of the thoughts, regardless of the feelings you have.

"And we're charged with that Responsibility. The Christ,

Jesus told us, 'That Which is in Me is in you, too.' So He said, 'Hey! I'm not the only guy who can do this. Now you can do It! Now you can do It! And let's not play the game that I'm the only One and you're not!' And He said, 'Hey! tag you're It! It's your Responsibility.'

"And that's the 'you' in the Play. You're crucial and you have the Power of Choice. You have the Power to be Free. Now, in Reality, we *are* Free but we've forgotten That and we've imprisoned ourSelves. And the Opportunity to Choose into being Free is given to us at *each and every moment*.

"And I Lovingly Suggest that you take It."

## Dear Cosmos Tree

**Q:** This past spring my younger sister passed away from cancer. She was only 62 years old. I don't understand why she had to go so soon. Was it just her time to go? – B.F.

**Dear B.E.:** 1) Call in the Light Of The Most High by saying "For the Highest Good Lord, God, send me Your Light!"; 2) When negativity comes up – perhaps "concern" or "trying to figure out" "why she had to go so soon" – 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! 3) Read and reread "Dr. Lane adds" as often as possible and follow any Instruction(s) in It; Receive the Blessings! 4) Take Initiation Into The Sound Current On The Path Of Soul Transcendence and Know yourSelf as Soul, as Spirit.

**To Reinforce Your Learning:** 1. Beginner: *Tools For Living Free* "Being Present"; "What Is Your Next Step?"; "Dealing With Death"; "The Family Solution"; "Initiation Into The Sound Current: Direct Access To Spirit"; Videos/DVDs from the Series "Understanding The Spirit You are" V19 "The Final Surrender And The Path Of Soul Transcendence" and V13 "What Is Self-Worth?"; 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 B.F.: Thank you, B.F., for the Opportunity to be of Service.

Please accept my condolences for the loss of your sister. Please know that her leaving this planet was in perfect timing or, as you expressed it very well, "her time to go."

Your sister had a Soul Present with her. This Soul had with It What is called a Spiritual Contract to Which It had agreed before Its present incarnation. This agreement – like any contract – contained the terms under which the Soul agreed to be in a body. These terms contained the Learning – or karma – that the Soul was to undergo in this lifetime. When the terms of the Contract were fulfilled then there was no more need for the Soul to be with the body It had occupied and It left, resulting in the process that the world calls "death".

Please understand that this process is completely voluntary. The Soul – before It is with the body – agrees to the terms, embodies and is given the Opportunity to fulfill the karma, to receive the Learning to which It has agreed. For most, this agreement is not remembered and it seems like

life is composed of random events or blind chance or else orchestrated by something out of our control. Yet, the Truth is that life is conditioned only our choices and foci.

As there was no more need for the body that you identified with as your sister because the Soul had completed Its agreement, the body "died" but the Soul Present With It is Eternal and returns to the Inner Worlds of Spirit, Where It resides at the frequency or level or evolvement It was at while in the body. The Soul does this cycle of death and rebirth until It has fulfilled the Purpose of Human life, Which is for the Soul to Know Itself as Soul, as Spirit and able to hold the Frequency of the Lord, God. When the Soul has Completed Its karmic learning and is no longer subject to this "wheel of 84" It sits in the Inner Worlds in Adoration of God, no longer subject to this cycle of karma and reincarnation.

God in His Kindness and Mercy, has given us the Way for the Soul's Progression. This Way is the Sound Current or Holy Spirit or the Word as the Christ, Jesus called It and Manifested and to Which each Soul is to be Initiated.

This is What is meant when it is said that Jesus the Christ has prepared a place for you.

You, dear B.F., need to change your identification of your sister as her body and see the body simply as the housing for the Soul to fulfill Its agreement here. Please know that Souls that are in bodies together as a family frequently reconstellate as other family members so that a brother may have been a sister, uncle, father or mother and return as your sister, aunt, etc., helping one another to obtain Its karmic learning.

With the understanding that the body is, in Reality, housing for the Soul and that the Soul is Eternal, it is easy to understand what Jesus the Christ meant when He said, "Let the dead bury the dead!" In other words, if you identify the body as life then you believe in the illusion of "death". If you are alive Spiritually – Knowing the Oneness of God and living in the Soul Body *while occupying a physical one* or a Consciousness That is Known as the Christed Consciousness available through the Gift of Initiation Into The Sound Current – then you Know that "death" does not exist and that we, as Souls, *are* Eternal.

Because Spirit demands that we fulfill all the levels we live on – including the physical and emotional – it is helpful that you, dear B.F., do all the mourning you need to as the person known as your sister is no longer here. Concomitantly, you may wish to be gladdened to have been together with your sister.

Rest in the Knowing that we *are* One with God despite the illusions of separation from God and "death".

I hold you, dear B.F., in My Heart.

1. Call in the Light Of The Most High by saying, "For the Highest Good Lord, God, send me Your Light!"

2. Now allow a situation to come up where you have been running a lot of doubt!

3. Now, inside yourSelf, say "For the Highest Good Lord, God, please take this negativity from me!"

4. Tell yourSelf, "(your name), it's OK to let it go!"

5. 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!

6. 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!

For further information or to request other titles in this series contact:

Cosmos Tree, Inc.  
a nonprofit, educational foundation  
1461A First Ave. - Ste. 182  
New York, NY 10075  
212.828.0464  
email: info@cosmostree.org  
Web site: cosmostree.org

*Tools For Living Free*  
is published by Soundly, Inc.  
Any distribution or reproduction  
of this publication without  
written permission is prohibited.  
Copyright 2018. Soundly, Inc.,  
New York, NY

## Try This ...

"I thought we'd get started by, I just would like to have you get quiet. I'm just going to ask you a simple question. This is a very funny school here. Whatever comes for you is correct for you. So there's no right answer, there's no wrong answer. So I'd like you to just to get quiet and I'm going to ask you a simple question and that question is, 'Up until now, what gives you the most problems or difficulties in your Spiritual life?'" – From the Satsang "The Truth, Five Saboteurs, The Con Man And You: A Participatory Satsang" Given by Dr. Roger B. Lane (MP3 A133)