

# Tools For Living Free

NUMBER 156 IN THIS EDUCATIONAL SERIES

## **“The Truth, Five Saboteurs, The Con Man And You: A Participatory Satsang” Part II Of Three Parts From This Talk Saboteurs Two, Three, Four and Five**

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

“The second saboteur is fear. And we know that the Journey of the Soul is from fear to Love. Fear of God to Love of God. We know this is a totally fear-based planet.

“How many of you would work at the job you work at if you were not afraid? How many of you would be in the relationship you’re in if you were not afraid, etc., etc.? It’s all fear-based. And it’s all based on fear of God.

“And we are inheritors of the Judeo-Christian Tradition. If we take a look at where we are we really haven’t incorporated Jesus The Christ’s Contribution. You have the Israelites wandering through the deserts encountering all these tribes, with all these gods who just wanted you dead and wanted you to kill your enemies, all your enemies and sacrifice and all that kind of stuff. And whosever god was the meanest won.

“And then that got a little better as we go through Job and then we run into the Christ, Jesus who said, ‘Wait a second now! I’m going to Bring Forth a whole new way of Being. A way of saying, ‘This is a God of Love. And I’m going to take the 613 Jewish laws, which make it virtually impossible for people to have Spiritual Peace and Spiritual Freedom because who the hell can fulfill 613 laws? And I’m going to reduce these 613 laws to two: Love God with all your Heart, all your Soul and all your might. And your neighbor as yourSelf.’

“So there are two laws. And here comes this God of Love. And yet we walk around in fear of this God of wrath, this demanding God, this very patriarchal God. We haven’t brought our Consciousness up to the Reality of the God of Love. And we go from a Jewish God Who is removed from His Creation - totally removed - to a God Who is actively involved in the world that He created.

“And in your everyday life if you check how many times you do something out of a fear of what’s going to happen if A) you don’t do it or if B) you do something else or C) if you know you should do this or if D) you listen to yourSelf, but you’re too afraid of what others are going to think, what may happen, what the result may be, you’ll see how fear-based the life that you live is. Until it’s not. And that’s saboteur number two.

“Now into this play of ours called our life walks saboteur number three. And his name is or her name is unworthiness, totally unworthy. And this is a part of the human condition. We’re kicked out of the Garden. We feel unworthy. We’re ashamed of ourSelves. We deny our Value as Souls.

“And if you take a look and see what this culture is based on, it’s really based on trying to get markers that say we’re OK. Whether it is this kind of success, this kind of success, this, that or whatever, this makes us OK because we don’t know that we’re OK. We don’t know yet that we’re Souls who have an Intrinsic Value. And that we are Loved and that we are Cared about.

“So saboteur number three is the unworthiness that we have. Take a look at a lot of the religions and a lot of the common thought and even the song ‘Amazing Grace’ ’s ‘what wretches we all be’! But the real Truth is just the opposite, Which is that we *are* God, that we *are* Spirit and that we *are* created in God’s Image. And thank God! God doesn’t look like any of us; that’s a break for Him, you know? But that means that the same Spirit that is in God is in us. That the Soul is *within* us.

“I don’t know how many of you have had the actual *direct experience* of having been created as a Soul but you come to see that you *are* That Spirit That is the Same Spirit of God. God’s the Great OverSoul and we’re Soul. And we’re made of the Holy Spirit just like God is or we’re made of the Sound Current and That’s the same Material as God. And yet we walk around feeling unworthy. So that’s saboteur number three.

“And into this play also called our life is saboteur number four and he or she is called painful entanglements, usually from past lives. So let me give you a for instance! Now there’s no way I should walk around or need to walk around this lifetime feeling cheated. But those of you who have a Soul memory will remember that lifetime when (name of Student Dr. Lane is using as an example) did not pay me. What was it, the five dollars that he owed me or the 50 cents? So in my Consciousness I have chosen to feel cheated. And so I will spend my lifetime thinking that people are going to take advantage of me or having to get one up on others or having to control events or situations out of fear that I’m going to get hurt, etc. Or if I’m involved with someone and it’s not a particularly fulfilling relationship and yet I keep going back to that person - that’s karma. If I feel like I can’t survive without him or her - that’s a painful entanglement.

“If I have a relationship with someone that is full of anger and hostility and hurt and pain - that’s a painful entanglement. It doesn’t help me Lift, it doesn’t help the other person Lift. But we’re like crabs in a barrel, you know. We won’t let the other person out. We keep pulling at each other and pulling at each other and pulling at each other. And that’s what saboteur number four does: painful entanglements.

“Now saboteur number five who is on the stage of our life, he’s Mr. or Mrs. separation between God and man. Keeping it going, thinking that God is outside, having institutions in our culture that perpetuate that.

“And in a previous Satsang I’ve talked about the great taboo against Knowing Who you *are*. You’re not supposed to Know you’re Spirit. You’re not supposed to Know that you’re Soul. And if we Acknowledge that That exists, well guess what? We’ve dethroned the powers that be and we have to become Powerful.

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

“And our Power consists of making a Choice. Our Power is in our ability to make a Choice to Focus into Spirit, to be Loving. That’s our Power. So I can walk around saying we’re separate. You see how cultures are built and the Focus on Spirit, on God, doesn’t generally play a very big part in that culture.

“At best, It’s marginalized, mostly It’s non-existent. And it mirrors this whole idea of we’re separate; we’re not Spirit. We’re not Divine. We’re victims of blind circumstance. ‘I just happened to be born to this set of parents;’ ‘I just happened to be in this kind of a body - male or female, white, blue, green, black.’ ‘I just happened to be rich;’ ‘I just happened to be poor.’ It’s just the luck of the draw because we’re not Responsible. We have no Power and God’s not actively involved in my life!

“So I’ll have to do a lot of things to have to prove that I’m worthy. To prove that I’m OK. And what do I have to do to bridge the gap?” So I’m always looking and I’m always searching and the Soul has forgotten that It *is* the Soul. Through Its lifetimes It’s gone out into the world, into the world, into the world, looking out there. And the whole re-Training of the Soul until It can fulfill Its karmic journey, is to go *inside* and be *inside*.

“... No, I understand that it’s even being done in New York City [ed.’s note: Dr. Lane is making a joke here about the New York stereotype of focusing outside on money, status, etc.] that we Learn as a Soul to Focus *inward*, to make that Choice, OK? And to Allow the ‘bridging’, the seeming bridging of our will and God’s Will. And It comes together.”

## Dear Cosmos Tree

**Q.:** What suggestions do you have to take action in the appropriate time and let go of the attitude of letting the moment pass? – V.V. (Question translated from the Spanish)

**Dear V.V.:** 1) Call in the Light Of The Most High by saying “For the Highest Good, Lord, God, send me Your Light!”; 2) The Power is the Power of Choice, as Dr. Lane Teaches; each moment Choose to let go of anything that separates you from the Spirit you *are* by doing the Two-Part Release Technique: call in the Light Of The Most High (see #1 above); and ask the Lord, God, for the Highest Good, to take this separation from you and tell yourSelf “(your name) it’s OK to let it go!” Do as often as needed; you can ask the Lord, God, for the Highest Good, to specifically take from you (“let go of” as you wrote!) “the attitude of letting the moment pass” and let it go! (see, you know what to do!); 3) If you are an Initiate Of The Sound Current On The Path Of Soul Transcendence do your Spiritual Practices *exactly* as Taught. Use the Meditation Technique Taught at the Time of Initiation, be Present as you go about the day the Lord, God has given you; This is the Eternal Vigilance and Discipline (see Tools listed below) that Dr. Lane Teaches and direct your basic selves - the part of you that brings forward your karmic patterns - to do the same by saying inside yourSelf, “Basics come Present! I need your cooperation and energy to be Present now! Thank you and keep up the good work being Present now!” Direct your basics into each chosen action however “insignificant” it may seem! You can also reassure yourSelf that you are fine and OK and safe and Loved; 4) Use the many Tools available, including Dr. Lane’s Book, *A Baker’s Dozen: Tools For Daily Living*, now translated into Spanish; and *Tools For Living Free*, also in Spanish.

**To Reinforce Your Learning:** 1. Beginner: *Tools For Living Free* – all of These are available in English and in Spanish: “Practicing Eternal Vigilance”; “Using The Tool Of Prayer”; “Meditation On The Path Of Soul Transcendence”; “What Is Discipline?”; Intermediate: Meditation; Meditation For Health And Well-Being (available on CD and MP3 in Spanish); 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 V.V.: Our Being exists on many levels; all of these levels demand fulfillment. If you are Blessed to be inhabiting a body then you are on the physical level and this level requires the action of choice. Even nonaction is a choice.

A constant aversion to action or a “waiting for the right time” may be cultural and/or personal but it is karmic. As the Questions Editor suggests, do the Two-Part Release Technique to Allow the Lifting of what you have allowed to stop you.

What about doing the action itself? We can do an action in order to obtain or achieve some goal or we can do it neutrally. I Lovingly Suggest that you engage in activity from a neutral spot. This is done by Practicing the Teaching of Nintendo – working very hard and leaving the results to God.

It is fine to have a preference for the doing of this action but doing the action in order to bring about a result you want is, in fact, an attachment.

When you do an action it is best if it benefits all concerned and is without injury – on any level – to anyone. Just before beginning an action place it into the Light Of The Most High for the Highest Good.

It is only by Practicing Nintendo and by placing the action into the Light Of The Most High for the Highest Good that you can engage in activity that is Spiritually Clear.

Now, dear V.V., do the Two-Part Release Technique and the two Spiritual Protections described above and get busy doing what you Truly need to do in this world! Taking every action in Love and in Devotion to the Master/God is your safeguard.

At the same time it is also important to place your actions in this world in proper perspective and give priority to your Spiritual Practice.

Please stay in touch with me, dear V.V., and let me know how you are doing with this field of action!

You are ALWAYS in My Heart, V.V.

## Try This ...

“And in your everyday life if you check how many times you do something out of a fear of what’s going to happen if A) you don’t do it or if B) you do something else or C) if you know you should do this or if D) you listen to yourSelf, but you’re too afraid of what others are going to think, what may happen, what the result may be, you’ll see how fear-based the life that you live is. Until it’s not. And that’s saboteur number two.” – From the Satsang “The Truth, Five Saboteurs, The Con Man And You: A Participatory Satsang” Given by Dr. Roger B. Lane (MP3 A133)

## 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 a situation to come up where you have been running a lot of fear!
3. Now, inside yourSelf, say “For the Highest Good Lord, God, please take this fear from me!”
4. Tell yourSelf, “(your name), it’s OK to let it go!” Do as often as need be!
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!

For other titles in this series go to [cosmostree.org](http://cosmostree.org) at “Resources”. For further information contact:

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