

Tools For Living Free

NUMBER 157 IN THIS EDUCATIONAL SERIES

“The Truth, Five Saboteurs, The Con Man And You: A Participatory Satsang” Part III Of Three Parts From This Talk The Con Man And You

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

“And these five saboteurs [ed.’s note: Dr. Lane is referring to doubt, fear, unworthiness, painful entanglements and separation from the Spirit we *are*], they all work together. But they’re interesting. You know, the place we have in the country - the next town over - maybe two miles away, during the second world war the Coast Guard patrolled there on a foggy night, foggy late afternoon, foggy night. A Coast Guardsman thought he saw something on the beach, something happening but he couldn’t quite make it out. So he went back to the Coast Guard station and told them he suspected there was some activity and they told him you’ve probably been doing your ‘elbow exercises’ [ed.’s note: Dr. Lane is referring to drinking alcohol] a little too much. And he said, ‘no, I haven’t been doing my elbow exercises at all.’ And they said, ‘well, you know, it’s a foggy night. I’m sure you just didn’t see anything.’ So they didn’t check it out until the next morning when it was kind of clear. And sure enough, ‘lo and behold, right in the spot where he thought he saw something happening they discovered five Nazi uniforms. And what had happened was that five Nazis came off a submarine, landed on shore, buried their uniforms and caught the train into New York City where they did get captured and they got summarily shot on the spot, four of them. And they found that they had the blueprints for the power plant, for Con Ed facilities, and they were going to blow them up. That’s what their mission was. But these saboteurs: they had a life of their own, see? They weren’t dependent on us.

“But the five saboteurs in our life, they’re totally dependent upon our giving them life and our choosing into them. And our believing that stuff and our focus there and our reinforcing them. So we’re the ones who are animating them. We’re the ones who say, ‘Hey! wait a second! that’s not something in the mirror. That’s real.’ And we persist in their reality. We persist in their reality. These saboteurs: we give them life.

“And as we give them life it’s all taking place with the other character in this play, the ‘Con Man.’ And who’s the con man? But death. Death is the con man. And it seems like, yes, we do quote ‘die.’ We have a finite existence. And we are this bodily form. And we know it’s going to come to an end. We may not want it to.

“You know, if you watch QVC and all those kinds of stations selling products, they’re selling the fountain

of youth. All these beauty things and everything else like that. Or you’ll use the expression that’s found in some cultures, ‘until a hundred and twenty’. A hundred and twenty years is not very much. But that’s what our body is going to live if we’re Blessed to live one hundred and twenty years. But that’s our body. And that’s not Who we *are*: The Soul, the Spirit in us, That’s Eternal. See? That’s Eternal. And isn’t it a kick that God located the Eternal, the Infinite, in finite existence in the world of form? That’s the paradox; that’s the paradox.

“And the Consciousness gets confused. It gets confused. It identifies with the world of form so It identifies with the body. You know, It identifies with its thoughts and with its emotions. And I’ve been to some funerals in my life and I’ve had people die in my arms, etc. I’ve never once seen a Soul in a dead body, let alone in the ground. So that’s not who we are. But if we identify with ‘death’, which is the ego’s identification, then guess what? We have the assertion of ourSelves against Spirit, against Who we *are* and we just go on, we push on. We build monuments to ourSelves. We quote ‘accomplish’ all sorts of things. We leave our markers before we leave the earth, etc., etc.

“So our focus is always on that level. And we walk around pretending that the Christ, Jesus didn’t say what He said. That He never said to, ‘Store your treasures in Heaven.’ Not in this world. To put the Focus on your Spiritual Growth and on your Spiritual Progression and Learn to live in the Spiritual Heavens *inside* yourSelf, in your Father’s House! Instead we put the focus on the things of the world.

“And the paradox with that is we can have more of the things of the world if we Know we’re in the world but not of the world. If our Focus is the Spiritual Focus. Then we’re not attached. If we’re not attached, these things come to us. We’re also told not to have worry, that ‘sufficient unto the day are worries thereof’. We go around worrying, worrying, worrying. We don’t live in Trust. We don’t live in Abundance of a God Who is with us and Knows us. And inside ourSelves where are we hanging out? See.

“And remember those saboteurs on the stage of your life - they’re dependent on you. They can’t exist without you. You have to give them life. You have to give the con man life. So it’s all about where are you going to Focus? And we have the Power of Choice.

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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)

That's our Focus: to Choose to be Present with Spirit, with God, with the Loving God or not. To Choose to be Present or not.

"We have an election coming up and, God! you can feel all that palpable stuff going on with it. So much involved with it. And that involves Choice. But *each moment* of our life we have Choice that has much more meaning and affects our life much more than even a presidential election. And we get to have that Choice many, many, many times. Many, many, many times a

day. Where are you going to Focus? Are you going to go with your negativity, your fear? Are you going to go with your doubt? Are you going to go with your pain? Are you going to go with your unworthiness? Are you going to go with your ego assertion? Or are you going to Surrender into Love?

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

Case Study

Yesterday, I asked someone to help out at a Program I was hosting by putting a new water bottle in the water dispenser. The bottle is very heavy so I asked someone who looked strong to me. Then, as I watched this person lift the bottle, I realized that this person was having a really tough time doing it. Then, afterwards, as he was bending down to clean up some water that had spilled behind the dispenser, he was grunting out loud the way people do with overexertion.

It all happened so quickly that there wasn't much I could do although I kept offering to help but I Knew I was being shown something(s).

First, I received a Powerful reinforcement that I am Inherently Worthy – we all are, including this Soul. There is nothing for me to prove or to earn. And the Only Strength is as the Spirit I *am*. Here is this person who sometimes comes to the Programs in a sleeveless tank top that shows off bulging biceps. The Focus into Spirit is the Strength, I Knew.

I saw something else – pride. Did this person need help or to say that he was unable to do this at this time? I had offered to help many times but no matter how often I offered, this person never responded. Perhaps, he was caught on pride. As My Teacher Teaches, pride separates us from the Spirit we *are*! Boy! have I, up until now, persisted in pride, thus making it "real" as My Teacher explains negativity in this Powerful *Tools For Living Free*. And I've suffered as I believe this person may have also. I have made pride god when it came to borrowing money or even a pair of gloves – instead of Neutrally asking for what I prefer and Knowing I'm Worthy. And letting go of any judgments I have by using the Two-Part Release Technique (see below). This person had had a medical procedure not that long ago and maybe he needed to say "no" to me or ask for help.

I also saw, as My Teacher Teaches, "I've never seen a judgment that wasn't based on ignorance." I had had, at least a while back, a judgment on this

person regarding the bicep baring; and I also had run assumptions regarding what he could and couldn't do because of it. And I had "thought" I had let go of the judgment a long time ago. This was a Powerful reminder that Inner Work needs to be constant. The Two-Part Release; working with my basics (see below).

And Being Present. As an Initiate, I am Present by Chanting My Tones *exactly* as Taught at the Time Of Initiation. If you are reading This and are not an Initiate, keep the focus inside yourSelf.

I was Present in that moment of bottle lifting and its aftermath and I was moved into Empathy. I saw, too, that I can share this Learning with this person; let him Know he is Inherently Worthy; that the Strength is in Who we *are*. Nothing to do but Focus There.

The key steps for me – and for all Souls – are these: Let go of judgments using the Two-Part Release by calling in the Light Of the Most High: "Lord, God, send me Your Light! For the Highest Good Lord, God, please take any attachments including assumptions and the pattern of pride from me!" Tell yourSelf "(your name) it's OK to let them go!" I realized that I need to use this Technique again now and as often as needed without "judgment" on how often or when anything comes up, including this same judgment once again.

I also direct my basic selves – the part of me that brings forward my karmic patterns - like this: "basics come present! I need your cooperation and energy to be Present now so we are in Peace and Joy – no matter what [fill in name of this person] does or says." I can share this with this person as appropriate, too, including how to sign up for the all-important Everyday Evolution I Class in which this Self-Talk is Taught, the next time It is offered.

Most important from this outpicturing was being Present and doing the Inner Work. And from there comes the Empathy and the steps in the world.

This is What I've Learned from My Teacher.

Try This ...

"But *each moment* of our life we have Choice that has much more meaning and affects our life much more than even a presidential election. And we get to have that Choice many, many, many times. Many, many, many times a day. Where are you going to Focus? Are you going to go with your negativity, your fear? Are you going to go with your doubt? Are you going to go with your pain? Are you going to go with your unworthiness? Are you going to go with your ego assertion? Or are you going to Surrender into Love?" – *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, up until now, you "go around worrying, worrying, worrying." – *Quote from the Satsang "The Truth, Five Saboteurs, The Con Man And You: A Participatory Satsang" (MP3 A133)*
3. Now, inside yourSelf, say "For the Highest Good Lord, God, please take this worry 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!

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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

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