

Tools For Living Free

NUMBER 158 IN THIS EDUCATIONAL SERIES

What Is Loving?

Excerpts from the Satsang "What Is Loving?" Given by Dr. Roger B. Lane (MP3 A3)

"When I decided to give a Talk on 'What Is Loving?' I looked up the word in an etymological dictionary of origins - where does it come from? - ... And it comes from Old English and it means simply, 'Being fit for or Worthy of Love.' And that's really the whole crux of the matter.

"And when I say that I really mean what we in our Consciousness hold because in some fundamental way we don't believe that. ..."

"... And Loving is really, It's a participatory thing. We participate in It. It's not something that we watch, that we observe. We participate in It *actively*. We make choices.

"Let me give you an example! I work with lots of people who are afraid of losing a husband or a wife or losing their job, etc. And they do all sorts of things to manipulate the person or the situation so they can get the intended results that they want. And they're always exhausted. They're always at the mercy of their spouse. They're always at the mercy of their job because they have the power outside of themselves: it's in the job. They honestly believe that the job provides income.

"It's kind of like turning on the water faucet and saying, 'Well, the water facet is the source of the water.' Well, it's not. It's the conductor for it and it gets it to you but if you were to use a water faucet in a next-door apartment, for example, or in another office, in another city, in another country, you'd get water, too.

"So we confuse the very outside situation or the person that we've given over the power to with the Source of That Power. And That Power is really in ourSelves. Let me give you an example of something that I see repeatedly! And it usually happens to be with a lot of females that, if they are afraid or think they cannot make it on their own, they need a husband or a lover or someone out there to emotionally support them, to financially support them. Then they manipulate the situation and the person to get that. What happens is they keep reinforcing the place in themSelves that doesn't think they're good enough. They keep reinforcing their inadequacy. They keep reinforcing their fear so that even if you win, you lose, because if your manipulation works all you've done is put in neon letters, 'I cannot make it mySelf. I am not the Source of my Power.' And that's very different from sharing your life from inside out, from being complete, see.

"And with a lot of men, it's in the situation of a job. You know, when the economy goes to hell guess who makes a fortune? My psychiatrist friends tell me they do very well, you know; they love to see the economy go to hell. Why? A man for some reason hooks up his worth with his wallet and also hooks up his job with the Source of his income.

"Well, that's crazy. Because unless your boss is a counterfeiter he's not the Source of money. He's not making that money for you. Really the Spirit that you *are* is the Source of it and if you can totally Acknowledge your own Power and your own skills regardless of the economy, you'll be able to do fine.

"I used to think we were at the dependency upon the economy. And then in the late 70's it dawned on me. Here we were in an economic situation that some economist even

called a recession and I never saw so many people drive these big fancy cars. And I wondered, 'If they can do it, how come others can't?' I realized just the fact people were doing very well told me there was nothing inherent in the economic situation to make their situation bad. That it was an attitude and people's response. Just like if people go bankrupt in business. You can have an attitude of, 'Oh my God! I've failed.' Or what you can do is say, 'OK, what have I Learned?'

"See, an interesting survey was done and it said that entrepreneurs had gone bankrupt seven times before they made and stayed millionaires. And the ones that were entrepreneurs and did not become millionaires, what was the difference? They stop after two or three times. So it was an attitude approach. And it [ed.'s note: Dr. Lane is referring to persevering and becoming rich] wasn't giving the Power over to the economy or the situation but it was keeping it in themSelves.

"See, so Loving is participatory and It's active. It's active and It's *moment-to-moment*. It's constant.

"Another example of that is, how many of you have gotten angry at somebody? One person, two, three, four, so maybe half. That's a little hard to believe. I'll assume it's that high, alright? (laughter) So you've gotten angry at someone, alright? You have two choices. You can be vitriolic and come out and punch out that person or you can take it as information and come from the Loving 'Spot'.

"For example, I'm walking down the street. ... a big, 300-hundred pound desperado just smacks right into me. My approach is one of anger, initially. So I have a choice. I'm at choice. I could use that anger and lunge at that 300-pound desperado or I could use it as information. And the information could be, 'You know, I'm going to be more careful and pay more attention and not daydream when I'm walking on the streets of New York.' Or if I am always around that 300-hundred pound desperado, I'm going to set limits. For example, 'Wear bells when you come within 100 yards of me! Shout, scream, do anything so I know you're there!' So I used the information.

"The thing about it is really that I'm Free. See, because if I give over to anger, to not Loving then guess what? I'm hooked into the negativity. I'm hooking into anger. And I'm hooked into the person or situation that I don't care about, that I don't want to be involved with.

"And then I have a lot of resentment, 'I can't believe that guy bumped into me! Doesn't he know I once gave a Talk in New York City? Doesn't he know?' And I can be full of anger and resentment and then what have I done? I keep sending out, re-sending, the anger and the negativity. So I'm all involved with this 300-hundred pound desperado that I don't want to be involved with.

"Or when my wife asks me, do I want to do this? And I'll say, 'No, but I'll do it.' I make a Choice. And I Choose to move into doing it. Instead of, 'Yeah, I'll do it' and resent it all the way and before you know it I've tripped over mySelf, chipped my tooth and broken my ankle. Because that's what happens.

"See, many of us, particularly in our relationships, we're really unfair. We're unfair to the people we're involved with because we're unfair to ourSelves. And how are we unfair?"

"And

when

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– From the Satsang
"What Is Loving?" Given
by Dr. Roger B. Lane
(MP3 A3)

See, if I were to say, 'Well, would you come with me to the Knicks game?' And you say, 'Yeah, OK' and you can't stand being there. And I'm sitting next to you and I feel your anger; I feel your resentment and then I feel the mustard that's squirted all over me; and then I feel the soda that's dripping on me.

"And that's what so many of us do. We feel that we have to go and do things for someone to like us or care about us or we're going to jeopardize the relationship. And then you walk around enslaved to it, enslaved in that relationship. ... That's not Loving. That's not Loving to the other person but that's not Loving to yourSelf.

"So Loving really means that you have a Choice to constantly Choose your responses and let go of the negative emotions that you're feeling like, 'Oh my God! they're not going to like me if I don't go' or 'Oh my God! I won't be OK; I can't live without him.'

"And it doesn't matter what level it's on. It could have

the load of karmic history since you were created. And you can still Choose to not be involved with that history. Or you can have a whole 30-year relationship and a whole way of relating and having responses and you can think, 'My God! if I change guess what's going to happen? They're going to be angry at me or we're going to have a new relationship that they're not going to like.' Well, yeah, but then you find out who your friends are but you give them also an Opportunity to Learn and Grow.

"And I see this with spouses all the time. That when one spouse changes the other is really, really, really threatened. And some of them go, as they say in French, 'bat guano'. Totally crazy because they feel scared. The relationship is put on a new level and they have to come up with a way of relating. But that's what's asked of you if you are coming from a Loving place. You need to Allow others their Freedom."

Dear Cosmos Tree

Q: My two teen-age boys don't listen to me. How can I communicate better with them? – C.C.

Dear C.C.: 1) Co-Create your preference by calling in the Light Of The Most High inside yourSelf by saying, "For the Highest Good, Lord, God, send me Your Light! Then: "For the Highest Good, Lord, God, please Co-Create with me [fill in your preference; for instance, that my two teen-age boys listen to me and/or that we communicate well with each other!]" Let go; Trust. Allow. Receive; 2) If negativity comes up – anger and/or struggle, for instance, or insistence and/or expectation that they act a certain way – use the Two-Part Release Technique by calling in the Light Of The Most High inside yourSelf (see #1 above) then: "For the Highest Good, Lord, God, please take this negativity from me!" and tell yourSelf "(your name) it's OK to let it go!" Do as often as needed! 3) Ask the Lord, God for Clarity and Guidance by calling in the Light Of The Most High (see #1 above); say inside yourSelf, "For the Highest Good, Lord, God, please send me Clarity and Guidance on [fill in; for instance, how to best communicate with my two teen-age boys]; 4) Practice Acceptance! Ask yourSelf why do your boys *have to* listen to you! Then move into Acceptance of the situation by asking the Lord, God, for the Highest Good, to take any lack of Acceptance from you; tell yourSelf, "it's OK to let it go!" And let it go! Ask the Lord, God, for the Highest Good, to move you into Acceptance! 5) Learn to Listen to yourSelf by taking Initiation Into The Sound Current and following the Spiritual Practices *exactly* as Taught by Our Teacher, Dr. Lane. Live as the Spirit you *are*/Love, God and from There go about your business in the world! As Dr. Lane Teaches, This is "the Best thing you can do for anyone!"

To Reinforce Your Learning: 1. Beginner: *Tools For Living Free*: #42 "Learning To Listen To YourSelf"; #3 "Acceptance: All That We Are"; #2 "The Power Of Letting Go"; #16 "Being Present In The Moment"; #94 "The Divine Plan And You"; #77 "Are You Giving YourSelf The Best?"; #72 "Family 'Problems': What, Why And How"; #117 "Coming To Know YourSelf As Spirit"; #81 "Self-Acceptance"; #96 "The Family Solution"; Intermediate: Meditation; Meditation For Health And Well-Being; Everyday Evolution 1 Class; Relationships Class; 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 C.C.: Thank you for the Opportunity

to be of Service.

In order for you to communicate "better" with your teen-age boys you need to, as the Question Editor implies, be Neutral in the communication you have with your sons. Being Neutral means that you express what you need to express without any attachment to the results or to the response to it.

From your question it seems that your approach is ego-based and, thus, revolves around power and control and is focused outside of yourSelf onto people and/or situations. It is predicated on the mistaken belief that you will feel better when the person/situation changes as you wish it to. In reality, it simply creates attachment and makes you a victim of your own making.

From the above it is easy to see that communication has to do with "communing" with the Spirit you *are*. When you practice Proper ID then your communication is sharing of thoughts and feelings that are unconditioned and of the Love that is behind them. This is known as "honest communication".

I am sure you are aware that your sons pick up on your inner demands against them and, in their stages of development to define themselves as individuals, resist these demands.

You can see that this type of communication produces attachments or karma and is also counterproductive. Productive communication is your sharing yourSelf in an unguarded, goal-free manner. A good example of this is to share your preference for what you wish your son or sons to do rather than telling them what to do.

Also, instead of feeling hurt and then angry because you have translated their not doing what you wish as disrespect or not caring or loving towards you see them as individuals free to make their own choices and you as offering the guidance – which they are free to take or leave – they need to do so. You are helping them to make decisions as adults when you act this way.

What is important is that you keep yourSelf clear of anger, hurt, resentment and mistranslations of the actions of others. This can be done by the Two-Part Release Technique suggested by the Question Editor.

I also wish to add that the way to Practice Proper ID – to know yourSelf as Soul, as Spirit – is to take Initiation Into The Sound Current. As you get Clearer and Clearer and Neutral you find that your communication does, too.

Within in the next six months please let me know how your communication improves!

I hold you and yours in My Heart, dear C.C.

Try This ...

"And I'm going to pull rank here for a moment and I'm going to give you some Homework that you're welcome to do. And I know that you're going to be good, Responsible Students like you always are. Sure, right? And that is I just want you to pick two or three or four situations when you would respond negatively and just alter the response and Choose to drop it and respond Positively or Neutrally." – From the Satsang "What Is Loving?" Given by Dr. Roger B. Lane (MP3 A3)

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 have been manipulating someone out of a fear that they won't like you.

3. Now, inside yourSelf, say "For the Highest Good Lord, God, please take any attachments I have to the opinions of others from me!"

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