

Tools For Living Free

NUMBER 160 IN THIS EDUCATIONAL SERIES

What Are You Trying To Get Away With?

Excerpts from the Satsang "What Are You Trying To Get Away With?" Given by Dr. Roger B. Lane (MP3 A10)

"The other week I had to go up into another state and we parked the car on an incline and there was a hill and it accommodated about three cars. Then there was the bottom of the hill, which all had metered parking. The three cars on the slope had no meter at all and all the cars on the top of the hill - actually, where it had gone flat again - had meters. And the street was a long street and you couldn't see the sign. And, as I was pulling into my spot this lady parked behind me at the meter and she got out and went tearing to wherever she was going to. And I thought, 'That's interesting!' And about two minutes later, as I was getting out of my car - I sort of like to futz around in my car a little bit before I get out - she came running back and said, 'Oh, the lady across the street where I was going to said that the meter person was a real tough cookie and so I should put money into the meter.'

"And so I congratulated her on that 'really great idea' and I thought, well, you know, we all have to come to the point where we do that kind of thing because it's inherently correct. Not because somebody is going to tell on you, not because you're going to get a ticket if you don't. But that's what the situation calls for. It has an inherent 'rightness'. You're parked at a meter, OK. You put money in the meter. And it's really simple. There's none of this, 'Oh, maybe I won't get caught' or 'I'm from another state and so it doesn't matter what's going to happen.' Alright.

"So the correctness of it. And Spirit being Spirit, It really forced me to be Responsible, too, because we came back, oh, I guess in about two hours and twenty minutes and 'lo and behold, I had a ticket on my car. And I looked around and I thought, 'Why do I have a ticket on my car? I'm not at a meter? Why would I have it?' And I looked at the ticket again and I see, oh, two-hour limit on parking. And I go, 'Oh, and where's that?' And because I was parked on the slope of the hill I couldn't see over the apex of it and to the very end of the street from where I was so there was no way of knowing there was a sign there, let alone what the sign said. And I got a ticket. Well, this is really interesting! And then the car in front of me got a ticket. And she was coming back to her car just as we were getting into ours and she didn't know why she had gotten a ticket either. So I explained it to her and just asked her, 'Would you stand right by your car and see if you can even see the sign?' And even though she was parked ahead of me she couldn't see it either.

"So part of my Consciousness had a real field day, as that part will always do. It goes, 'How were we supposed to see the sign? And I wasn't at a meter and this is all a trap and I don't even know if it's a hill; probably, the city built it up and made a hill and they're pulling a couple hundred dollars a day from these three spots, you know? And I don't think that's right. And blah, blah, blah, blah.' But the Spirit in me knew. Well, wait a second now! It was my Responsibility to go check, to go walk to the end of the street. Because I didn't, we crossed it diagonally, we were on the other

side of the street and we didn't even look at the sign. OK. And that was my Responsibility after I had parked. After I got the ticket I did do that. OK. And I saw that, in reality, the hours posted for the two-hour parking were not the same as on the ticket so that most likely I could have gotten out of it on a technicality, OK. That they hadn't given the right sign. But I paid the ticket because I was inherently Responsible for knowing that there was two-hour parking.

"Now I have no idea how they knew we were there for more than two hours. I'm used to where they mark the tire. There was no mark on the tire. There was simply something on the ticket that said first notice at the time it was ticketed and if it was more than two hours you got your ticket. Hey, they got their money. Bingo! OK. And I was fascinated by all the kinds of ways that that false part of me tried to get out of the ticket. It wouldn't take Responsibility, 'I wasn't at a meter. How did I know? I couldn't see it. It was designed that way.' And maybe all that stuff is true and all that stuff doesn't matter. See?

"So there's a part in us that does all that stuff. Not just with parking tickets but probably with everything. And to me the bottom line of all this stuff is being Responsible for Who you *are*. Knowing that you *are* The Light Of The Most High and owning up to That. And when you don't own That, when you don't take That into yourSelf guess what happens? You allow the other parts of yourSelf to run all these excuses, all these B.S. things, bluh, bluh, bluh, bluh, bluh, bluh, bluh.

"And it may take the form of - I know in some groups where they may ask you to Tithe - the response goes, 'Well, if I Tithe there won't be enough, OK, for my bills.' And I think that's really interesting because you're using the way of the world and imposing it on Spirit and you're denying something that you Know. That there's an Upliftment there for you and that there's a reason why there's Tithing. And there's also a reason for you to Lift from, you're going to Lift beyond all that stuff. And when you don't own that, when you insist on the framework of the world, that's what you get. Just like if I had insisted on the framework of the world, most likely I would have won the fight over the ticket. It wasn't marked properly and there was a sign different from the ticket. And the excuses would have won out.

"And it's also, I've noticed like the whole disease process is treated like that. The whole way medicine is done. It's like there's this disease and it comes upon you and there's no Responsibility. See? Now I'm not blaming people for their illnesses and disease - that's not it. But it's not something foreign to you, it's something that's been a creation of yours karmically. And That there's a Responsibility.

"And everybody that I know kind of walks around with some bad experiences with doctors of all kinds, not just medical doctors, but all kinds of doctors. But I want to know, why are you putting the power there? You have the Power. Use them because there's knowledge there and there's assistance there! Let them help you!

**"And to
me the
bottom
line of
all this
stuff is
being
Responsible
for Who
you are."**

- From the Satsang "What Are You Trying To Get Away With?" Given by Dr. Roger B. Lane (MP3 A10)

“But, instead, we have it wired up that we have to let them do it for us and to us. See, and things are ‘done to’ us. Like I got this ticket, ‘It was done to me. It was done to me. It just happened.’ Well, it didn’t just happen. OK. I created it. I didn’t make that effort to walk up on that hill, walk on that side of the street and go all the way down there and look at the sign.

“And, this is kind of also what we do in our lives in the way of how we perceive our relationship with ourSelf and, really, with God because it’s all about our Relationship with God. That unless we tow the line we’re going to be punished and the fear keeps us in line. And whether it’s the fear of punishment or the fear of reincarnating, you know, or fear of transmigrating [ed.’s note: Our Teacher Teaches that it is an error in consciousness, the validity of which was invalidated by the Christ, Jesus] and all that stuff

we’re in deep trouble. And it’s always fear.”

“And the sad thing for me is when a person is trying to get away with something, he or she is cheating himSelf or herSelf out of something. If you’re trying to get away with not being Responsible then you’re cheating yourSelf out of the affirmation that you *are* The Light. That you *are* The Spirit. And what you’ve done is you’ve reinforced just the opposite. That’s not a good way of working this world. You’re free to but I wouldn’t suggest you do that.

“A good way of working this world is What’s your Truth, What’s Inherent for you; work It with the situation! Not out of fear that something is going to happen if you don’t. Not out of terror, not out of fear or alienating anybody but your own Inherent Truth.”

Dear Cosmos Tree

Q.: “Is Spirit more important while alive or after life?” (Translated from the Spanish) – E.Z.

Dear E.Z.: 1) Spirit is Who and What we *are*; 2) Our Purpose – and the Gift of this life – is to Come to Know ourSelves as That; 3) Initiation Into The Sound Current on the Path Of Soul Transcendence is the Way Brought Forward by the Lord, God to come to Know Him directly *while you’re in the body*; 4) As Dr. Lane has Taught, the only way to come to Know ourSelves as the Spirit we *are* is in a body; 5) Spirit or God or the Sound Current is the Only Reality; there is no “more” or “less” important; 6) If you are an Initiate Of The Sound Current, your job is to be Present with the Lord, God/Spirit by living The Teachings *exactly* as Taught by Our Teacher, Dr. Lane; this means Practicing Proper ID/Eternal Vigilance; 7) Call in the Light Of The Most High like this: “For the Highest Good, Lord God send me Your Light!” Ask the Lord, God for the Highest Good to take anything that stands between you and the Spirit you *are*!” Tell yourSelf “(your name), it’s OK to let it go!” Please read carefully and apply as Instructed Dr. Lane’s Response below; 8) You can always ask the Lord, God for Clarity and Guidance like this: call in the Light Of The Most High (see #7 above), then say “For the Highest Good, Lord, God, please send me Clarity and Guidance on [fill in].”

To Reinforce Your Learning: 1. Beginner: *Tools For Living Free*: “The Divine Plan And You”; “Coming To Know YourSelf As Spirit”; Intermediate: Meditation Of The Light Of The Most High; Meditation For Health And Well-Being; *The Red Book Clinic* (if you are an Initiate); 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 E.Z. – Thank you for the Opportunity to be Of Service.

In Reality, your question cannot be answered because the Spirit you describe as being “alive” and then having an “after life” does NOT exist.

Spirit is *always* alive. The Soul *within* is *always* alive whether It is in a body or not.

Your question reflects the confusion of being in the body and falsely identifying this as “life” and afterwards as “death”.

Spiritually, it is just the opposite. Coming into a body is

referred to as “death”. We know from the teachings of many ancient civilizations – including that of Ancient Egypt - that rebirth – like a phoenix – rises out of its ashes.

The Christ, Jesus Demonstrated this Resurrection Process.

It is by going into the Soul Body and Being with God that we are Resurrected from “death”. This “death” is the Crucifixion of being bound by time and space or coming into a physical body. Being with God by being able to be in the Soul Body *while in a physical body* is accomplished through Initiation Into The Sound Current or Holy Spirit. By following *exactly* the Instructions Imparted at the Time of Initiation, the Soul is given the Opportunity to complete Its karmic journeys and go to Completion and enter into Eternal Life, no longer subject to karma and reincarnation.

The Teachings that I am Honored to Bring Forth do not focus on Completion and breaking this wheel of life and death but simply on Loving God. It is by following *exactly* the Spiritual Instructions Given at the Time of Initiation that we Grow in this Love.

Just as a Soul Initiated Into The Sound Current or Holy Spirit discovers that the Soul, God and the Love “between” Them is One and the Same so, too, does It discover that the seeming separation between being in a body and being in Spirit does not exist but merely appears to be so because of the illusory nature of the karmic fields.

It is not a question of what is more important but rather one of function or purpose. Just as in a baseball game we do not consider the baseball’s being more important when it is pitched or hit or fielded but, rather, view it as having different functions dependent upon whether it is being pitched, hit or fielded, so, too, we need to view the Soul and Its Opportunity and Fulfillment dependent upon whether It is in a body or not. Just as the baseball is always the baseball regardless of in what part of the game it is being used, the Soul is *always* the Soul, whether in the world of form or not.

I Lovingly refer you to the Satsang of Spiritual Instruction Given on December 4, 2019. The Purpose of being in a body is Discussed for the Blessing It is: the Opportunity for the Soul to take Initiation Into the Sound Current and Love God and, as a byproduct of following the Master’s Instruction at the Time of Initiation, go to Completion.

I Lovingly Suggest, dear E.Z., that you do the same and discover the Truth of What has been described.

I hold you in My Heart, dear E.Z.

Try This ...

“So in your own life, just on a daily basis, I’m going to ask you to select once a day an emotion that you know gets you in trouble. It can be, for example, anger; it can be resentment; it can be guilt; it can be shame; and stay with that for a while and see what that does. And it’s interesting, as I say ‘those emotions’ I’m having an experience of just the energy with all those things. The energy field that lies around all those emotions. And I feel mySelf having to really struggle back into Who and What I *am*. So that stuff doesn’t serve me. Not that that stuff won’t come up but if I persist in it that’s my choice and I’m trying to get away with something.” - *From the Satsang “What Are You Trying To Get Away With?” Given by Dr. Roger B. Lane (MP3 A10)*

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 or a relationship to come up in which, up until now, you have been trying to get away with something.

3. Now, inside yourSelf say “For the Highest Good Lord, God, please take this negativity from me!” If “trying to get away with something” has been a pattern, instead say, “For the Highest Good Lord, God, please take this pattern of trying to get away with some or many thing(s) from me!”

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 often!

For other titles in this series go to cosmostree.org at “Resources”. For further information contact:

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