

Tools For Living Free

NUMBER 161 IN THIS EDUCATIONAL SERIES

Living In Your Own Inherent Truth

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

"... we *are* accountable. See? And we *are* accountable not to this patriarchal, mean God. But we *are* accountable to ourSelves, to the Soul That We *are*. And when we 'die' what happens is we're shown what we've created, we're shown our Responsibility to that or to those creations.

"And I've seen Souls when they were passing through after they've dropped the body - they were in shock. They couldn't believe that just because they did x, y and z they would have to be Responsible. And they found out they were Responsible. See? So we *are* Responsible.

"But we're Responsible in a way that's from a Kind and Compassionate God. It's not a God Who is going to strike you down. Everything we do is recorded. It is recorded in the Akashic Records - in the karmic records - but those records don't go before an old, mean judge who is going to sentence you and do all sorts of cruel and unusual punishment to the Soul, etc., etc. It doesn't work that way.

"But what's going to happen is that all this that you've created is part of your karma for future embodiments. And you get to Learn the lessons you need to Learn to bring you into the point of electing, electing to go for The Christed Consciousness in you, Which simply means the Knowledge of your own Divinity. So it's a Kind and Compassionate God. There's no judgment.

"But so many people actually think they're going to get away with something. You're not. And sometimes there's a criminal trial and the person seems to get away with it. You know? In the way of the world, he has, maybe because he was guilty and he hasn't been 'punished'. You know? But, first of all, you don't know that Soul's karma. Second of all, you can rest easy that you're not going to get away with anything. And the Soul in that person is not going to get away with anything. So I can guarantee you there's a justice.

"But many of us walk around not being Responsible. And many times I've gone to the supermarket or the restaurant - they'll give me more change than I'm due and sometimes it's only a penny. And I will point it out and give it back. And, invariably, nine times out of ten, that person will say something to me, 'Ah, you shouldn't have bothered.' Or, 'It's OK.' Or look at me like I'm a nut case for giving the penny back; you know, why am I bothering?

"But I'm bothering for one reason. And it has nothing to do with them. It has nothing to do with being honest. It has nothing to do with being a good little boy and it has nothing to do with being the second coming of Abraham Lincoln. Nothing at all. What it has to do with is, OK, I know that that coin is not due me. I'm not entitled to it. I have no claim on it. It's not mine so I give it back.

"Now I have another way also to play this and I choose not to. I could also play it that ... if I take the coin I'll be creating karma, see? And I don't want to do that so I'll give it back. See, but fear of karma is karma anyway. So I inherently don't take it because it violates the Spirit in me That Knows it's not due me.

"Hey! similarly if you cheat me out of five cents, whether it's intentional or accidental - I know some of the greatest nickel and dime scams in New York City; always see them operating, always see them operating, I always see them operating - I'll point it out to you, too, 'Hey! you owe me a nickel.' 'You owe me a dime!' And the person will always mumble, 'Oh, yeah, it's that scale again; it's that this.' Yeah, I'm sure it is. [ed.'s note: Dr. Lane is being sarcastic here.] So it works both ways, you see?

"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.

"And when you come from that Spot, guess what? You're Free (from that entanglement). Just like you don't have to depend on that meter maid, meter maid's passing or the other person's telling you that the meter maid is really a tough-y. [ed.'s note: Dr. Lane is referring to getting a ticket for parking on a snow emergency route and paying it because 'that is what the situation calls for. It has an inherent 'rightness'.] Or just like when I believe in the value of that book I then don't have to do all sorts of things to manipulate people and situations. [ed.'s note: Dr. Lane is referring to writing a book and having an Inner Knowing that 'it really is helpful to people' and 'is going to reach many people'.] I'm free from all those situations. I'm free from all those people. So I'm Free (from the karma of being dishonest with mySelf about writing the book). And what's made me Free is I'm being Inherently Truthful to the Truth that's *inside* of me.

"So what you need to do is ask yourSelf a real simple question; that is, 'What am I trying to get away with? What am I trying to pull over? What am I trying to get over?' You know? And it's interesting because as I'm saying this I'm sort of filled with a sadness because I was kind of thinking of people that I've seen and they've come to me from one particular ethnic group and they talked about how, as small children, they were

**"We just
express
our own
Divinity.
And our own
Divinity is
connected
to the Flow
of Spirit,
of Who we
are, of That
Which we
are. And
owning up
to It ..."**

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

always inculcated with the sense of how important it was to get over on someone else. That that was of prime importance. And it's interesting, too, because invariably these people would always say, 'Well, if we were taught that we were so great and that we can always get one over and what a great thing it is to do that, how come we always felt badly about ourSelves? And how come I still do today?' Well, but that's why, you see.

"Because you're not resting in the Truth of Who and What you *are* so what you're doing is you're reinforcing the false part of yourSelf. So, of course, you're going to feel bad if you have to work so hard to maintain your quote 'superiority' then that superiority is there because at bottom you feel inferior.

"And why do you have to feel inferior? Why do you have to feel superior? Why not just feel like you? You know? And the effort that goes into maintaining our positions, you see?"

"And it's real interesting, too, that with a lot of criminals who overtly in a criminal way try to get away with something many times what happens is they set something up to get caught. And the thing about our Consciousness is we don't have to do that, we don't have set up anything to get caught because we catch ourSelves every time.

"There's a part of us that really does know that we're settling for something that isn't the best. That

we're settling for a feeling, a thought, an emotion that doesn't verify the Spirit that we *are*. You see? And so we feel less than good about ourSelves and that's really, really sad on one level. On another level it's a great Opportunity. It's really a Blessing to feel lousy because then you can turn it around and go, 'Ah, okay, I'm going to Lift. What do I have to do?' We use everything to Lift and Grow from.

"And then when you start moving into that then you're not trying to get away with anything. And that's what's important. ...

"And just to kind of finish up and put it in perspective: nobody gets away with anything. Or to put it in terms of how The Teachings work it, to put it positively, every Soul *is* Responsible and we're going to get all the time we need to come into That. And that time is called re-embodiment. See and our Learning is called karma. And That's all there is to it. There's no charge: it's not good; it's not bad. That's just how the system works. And God in His Infinite Mercy makes sure we'll have enough time to get it, to be Responsible.

"And Responsible means 'the ability to Respond to The Spirit that we *are*.'

"And it's really that simple.

"And we'll stop with that."

Case Study

My Teacher, Dr. Lane Instructs me often to live in my Truth.

So, as I read the Talk Titled "What Are You Trying To Get Away With?", I realized that, up until now, I have often placed this precious prescription for life outside mySelf; and, in so doing, it became a "chore"; a "have to"; something "forced upon me" or "happening to me", as Dr. Lane explains in this Talk, referring to choosing to be a victim. I chose to manifest powerlessness.

I am anything but. I *am* Spirit. I *am* God. I *am* Powerful. In this case, thanks to the Growth and Upliftment I had received by reading the Talk, I took the power back from "out there" – people and situations - and placed It "in there" in Alignment with my Inherent Truth.

My Knowing as I read and worked this Sacred Tool was the same as That for all Souls - that the Purpose of this life and what we are doing here in bodies is to come to Know ourSelves as Spirit, as Soul. There is One Truth and This is It. Thus, anything whatsoever that I can do to support mySelf in this Proper Identification as Spirit I am doing That: Open Hours, the semi-weekly times when My Teacher is available to all for Spiritual Counseling; private sessions with My Teacher; Classes through the Seminary Division of the Center For Religion And Advanced Spiritual Studies; Listening to My Teacher's many Satsangs/Talks; Meditation Of The Light Of The Most High; Meditation For Health And Well-Being; Sunday Program; The Teachings Study Group; Events at the Home Center. Each One, I Know, is a Sacred Opportunity to "mega-Lift", to help me regain my Freedom, which I can only do here on this planet, in a body.

Up until now, I was "trying to get away with"

lying, which, I've Learned, is choosing away from the Inherent Truth that I *am* Spirit by pretending that the Truth and the Inner Work/Eternal Vigilance to maintain that Focus is "forced" on me from "out there."

I also Know that I did so because I didn't want to do the Inner Work, an important part of Which is educating my basic selves. Being "outside" is a signal that my "basics" – that part of me that brings forward my karmic patterns – are doing their job, which is to keep the karma going so I keep reincarnating. My job - as I well know and for which I am responsible - is to stop and educate them by giving them Loving direction into the immediate action, which is being Present; encouragement and, as needed, reassurance that "we're okay. Everything is fine now." As My Teacher Instructs, there are Four Rules of educating our basics – known as Self-Talk – and in addition to keeping it present and giving direction and encouragement I also keep it positive.

Dr. Lane says something else in this Talk that struck me vis-a-vie living my Inherent Truth; that, for example, if someone chooses to write a book and has the Knowing that it "will really help people" and will reach many people he or she needs to stay in that Truth.

And so it goes that while I was working with this Talk I "got" "inwardly" that my Truth is to write a book titled "Sessions with My Teacher" in which I share the Sacred and Powerful Learning I have received during many years of private sessions with Dr. Lane and that doing so will help many Souls. I had committed to doing this years ago but because I had placed it "outside" of me, it remained an "idea" and felt like a chore instead of the Honor and Blessing that it is. And the expression of the Spirit I *am* that It is.

Try This ...

"So what you need to do is ask yourSelf a real simple question; that is, 'What am I trying to get away with? What am I trying to pull over? What am I trying to get over?' – 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 not been "Living In Your Own Inherent Truth."

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

4. Tell yourSelf, "(your name), it's okay 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/Dr. Lane often!

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

Cosmos Tree, Inc.
a nonprofit, educational foundation
229 East 85th St. - #1347
New York, NY 10028
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 2020. Soundly, Inc.,
New York, NY