

Tools For Living Free

NUMBER 162 IN THIS EDUCATIONAL SERIES

The Forbidden Truth You Already Possess

Excerpts from the Satsang "The Forbidden Truth You Already Possess: Guilty? Possessed? On Point? – A Participatory Satsang" Given by Dr. Roger B. Lane (MP3 A265)

"I want to talk a little bit about Something within our Consciousness that is really prohibited for us to have. We do have It. We do possess It. And yet It is something that comes with a great taboo. I've alluded to It. I've addressed It a little bit in little pieces along the way but I really want to devote a Satsang, Which is Spiritual Instruction, to It.

"You have a choice. And the choice is, you can regard This as a nice intellectual lecture, you know, like you're at some college or university and yeah! it's a topic. Or, if you're real smart, you'll see it for What It is, Which is a description of a Living Reality and Something that is within the Consciousness and exists in Spirit and that we, as Souls, as Spirit, must deal with. And That is presented to us and is Something that we need to - well, I was going to say, conquer and vanquish but that's the ego's way - achieve sovereignty over or have sovereignty over. And what is this I'm talking about? What I'm talking about is this great taboo about Knowing Who and What we *are*."

"And there is something in Spirit - I call it and it's been called the 'royal forces of the opposition', the negative forces, as it were. They're not bad; they're not evil or anything else like that that people reduce it to. But they're designed to hold you to the negative polarity. They're designed to ensure that you keep coming and coming and coming in your incarnational patterns. That you're here, OK? 'You're deaf, dumb, blind and stupid and you ain't going nowhere and that's our job!'"

"And we know from the Teachings that I Bring Forth and the Truth of Spirit that God extends HimSelf through the Holy Spirit or the Sound Current. And He goes through the worlds of Spirit and then, as He enters the dual worlds, It splits. The Sound Current splits, as it were. And then It goes along the negative polarity - where It's known as the Light - and It goes along the Positive Polarity - Where It's known as the Sound. And, obviously, if you live in the dual worlds there are these two polarities: negative and positive. That's what gives manifested life. You have these polarities.

"The negative forces - their job is to hold you there. To hold you to the negative pole. But, if you notice something that was said - the Sound Current - guess what? It can extend 'down' the negative polarity. It can go down the magnetic pole. The magnetic light cannot go 'down' the Spiritual Pole or the Positive Pole. But God can operate along the negative pathways.

"So this is a part of God's System, as it were: 'the negative forces of the opposition'. They are here to hold you there. Your job that you get supported in, strengthened in and equipped through Initiation Into The Sound Current or Into The Holy Spirit is for you to guess what? Focus into the Positive Polarity. Because through Initiation you're given access into the Positive Polarity, into Spirit. You have *direct access* to God. ..."

"And it's really important even in a *moment-to-moment* exercising of this Choice that we be On Point. Not out of fear: 'Oh my God! if I have this negative thought; I'm never going to go Home' or 'oh my God! the Teacher's going to think. ...' None of that nonsense. It's a Loving Path. It's not a fear-based Path. The planet is fear-based. It's all based on fear, lack and limitation instead of the Abundance of Being with Spirit.

"You know, I had a conversation the other day with a dear old person. And he was talking about how he had given

his life to helping others, etc. And now he and his wife - they were just able to live on Social Security. They had no pension. They had their own business, etc. They had no benefits, nothing. And yet, there was a part of him - he was kind of Spiritually inclined - who knew that he would be OK. You know? And I encouraged him in going with that and giving up the worry because he had also made some comment about all the stupid things in his life that he'd worried about and it was all fruitless worry. You know, it didn't produce anything. So, I helped him build on that.

"Well, then why worry about being Supplied? God takes care of the animals in the field. He's going to take care of you. He is taking care of you. And he was smart enough to recognize that.

"So, there's also a Trust that comes into play. And most of us don't Trust our Knowing. We Know. And we don't Trust It. Because It's different from perhaps the common perception, perhaps the perception or 'knowing' of a loved one or anything else like that. But what are you doing comparing your Knowing with the knowing of someone who's involved in the karmic fields? Why are you listening to the person swear the pebble is in the brook over there when you know, wait a second! that that knowledge is based on reflection. I have a clear shot [ed.'s note: Dr. Lane is referring to Direct *Knowing*] and I Know where it is and it's over here. It's not there.

"And we need to have the Strength to Trust our Knowing and to Trust ourSelves. And in the little everyday things of choosing to go with this emotion or that emotion or this thought or that thought and Choosing to give it up. Even if we don't know what's going to take its place. We need to give it up. We need to be On Point. We need to be On Point.

"You know - it was real interesting - I did some research into what does it mean when they say, 'Jesus the Nazarene'? Obviously, the first instinct is, 'well, that's obvious! that just means Jesus, the One from Nazareth but something told me there was more to it. So I decided to research it and research it and I really found what I was looking for. And it had to do with being very precise, very On Point. We need to be On Point."

"And being On Point means owning up to, 'yeah, I do Know This Truth; I do Know we're all in the Oneness. I do Know that, yeah, it may look like you're sitting there, you're sitting there, you're sitting there but really, we're all sitting together in the Oneness of the Holy Spirit, in the Sound Current as Souls. It's just one big, big, big Ocean of Love and Mercy and That's What we're swimming in. That's Where we're Living, That's Where we're sitting, That's Where we *are*.'"

"And those 'opposition forces': boy! they'll help you. They'll help you. [ed.'s note: Dr. Lane is being sarcastic.] But then the Spirit in you won't be mocked. The Spirit will not be mocked. And, eventually, however many lifetimes it takes - take all the time you need! God's patient; you're Loved Unconditionally.

"The Christ: That's Unconditional Love. The Teacher Loves you Unconditionally. You know, if you were to ask me, 'why do I Love so-and-so and so-and-so' I couldn't tell you. No reason to Love you, if you want to take it down to that level. No reason to Love you. Your personality - I don't care for. You never make me any great cookies or cakes or bring me anything or do anything valid. I never see you say

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a kind word. I never see you be nice to anybody else. Too much for you to even replace a bottle of water, you know? I don't know why I Love you. But that's the whole point, isn't it? That's exactly the point. We're not that. And as Soul and as Spirit, yeah, we *are* Loved and we *are* Loved Unconditionally. We're Loved Unconditionally.

"This is also about also Proper Identification. Yeah, we practice Proper Identification - identifying ourSelves as Soul, as Spirit. And then to have the Courage to be On Point. And to Know It is not something extraneous to us. We're not possessed. We're not guilty. We're not doing anything wrong. We're actually Fulfilling the Spirit That we are and our Spiritual Responsibility, Which is to Know ourSelves as Soul, as Spirit, Vibrationally. Because What Completes the karmic journey is the ability to be Present with God *while we're in the body. While we're in the body.*

"And That's the thing you ain't supposed to Know. You ain't supposed to Know That you can be with God *while you're in the body.* But I'll tell you That. I'm happy to tell you That. Not only am I happy to tell you That, I'm happy to give you the Initiation so that you can do That and Fulfill your Destiny. It's the Destiny of all Souls.

Dear Cosmos Tree

Q: "Up until now, I have been afraid of my power and chosen to subdue, quiet it, or run from it. How can I live in my integrity and in line with my tremendous power as Spirit? - L.S.

Dear L.S.: 1) If you are an Initiate Of The Sound Current On The Path Of Soul Transcendence stay Present/more nearly Present by constantly Chanting Your Tones; practicing Eternal Vigilance and practicing Proper Identification of yourSelf as Spirit, as Soul; 2) Do the Two-Part Release Technique often! 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!"; 3) Work with your basic selves, the part of you that brings forward your karmic patterns, by using the Four Rules of Self-Talk: keep it present; positive; keep yourSelf encouraged; give yourSelf direction. Using the Four Rules, be sure to give yourSelf reassurance that "I'm OK. Everything is fine." (see *Tools For Living Free* #17); 4) Stay in God's System! This is God's life and a Precious Opportunity Given to you to Fulfill Its Purpose, Which is coming to Know yourSelf as Spirit, as Soul. If you need Clarity and Guidance, call in the Light (see 2 above) and ask the Lord, God for the Highest Good for Clarity and Guidance on [fill in]! If you have a preference, Co-Create it with the Lord, God by calling in the Light (see 2 above) and ask the Lord, God, for the Highest Good for [fill in your preference]; 5) Living In Integrity, according to The Teachings, is living as the Spirit you *are!* Surrender to Spirit!; 6) As The Teachings Teach, the Power is in Choice and in Surrender! 7) If you are an Initiate, from that "Place" of being Present/more nearly Present, listen to yourSelf, express yourSelf; you are yourSelf! All that doubt that comes up? Let it go! That's the lower self doing its job! As the Teachings Teach, the only power it has is what we give it. As Spirit, you're The Power! Stay in Your Integrity! Do It, L.S.! Put together a ToolKit of Power Tools and Work Them! See section right below!

To Reinforce Your Learning: 1. Beginner: *A Baker's Dozen: Tools For Daily Living; Tools For Living Free: "Being Present In The Moment" (#16); "Practicing Eternal Vigilance" (#7); "Living The Truth" (#34); "Living In Integrity" (#66); "Learning To Listen To Yourself" (#42); "The Power Of Positive Self-Talk" (#17); "The Point Of Power" (#95); "You've Got The Power" (#46); "Give Your Garbage To God" (#126); "Doubt And Its Antidote" (#155);* 2. Intermediate: Meditation Of The Light Of The Most High; Meditation For Health And Well-Being; *Everyday Evolution I;* 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 L.S. - Welcome to the club! This club's membership is extremely large as it includes almost all Souls on this planet.

You are Blessed to Know that you *are* Powerful and that the Power lies in yourSelf as Spirit. These are, in fact, tremendous Insights you have.

How to convert these Insights into your everyday life?

Simply, Choose to do so!

Please remember that the Journey of a Soul throughout Its history - throughout all Its incarnations - is from fear of God to Love of God. Throughout History HU-mans have chosen into what the story of Adam and Eve covering their nakedness in the Garden represents - shame. Shame means that we do not perceive ourSelves as measuring up to the "ideal"; in this case, God.

"You see, the difference between fate and Destiny is fate is ego-bound and that you're just bound by your karmic choices. But through Initiation and, by the way, mankind's Destiny - all of mankind's Destiny - is that we are all going Home to God sooner or later because That's What the Great Architect has built into His Plan. We're all going Home. We're all Completing our karmic journeys.

"And that's the Destiny of every Soul sooner or later. But your Destiny this lifetime - if you Choose - is to be in the body and be with God *at the same time*, Living in That Oneness and going to Completion. What an incredible Gift! God's Love. He's with us all the time. That's not the issue. The issue is are we with Him in our Consciousness?

"And in order to do That we have to move into the Resurrection Process. Most of us live in the crucifixion. We identify with time and space and our thoughts and our worries and our concerns and we're 'crucified'. We need to move into the Resurrection, into the Soul Body and Being with God. That's the Forbidden Secret. That's the taboo!

"But guess what? Perhaps, this is an even greater secret. Just between you and me: that taboo is illusionary.

"Alright. And we'll stop with that."

But the story of Adam and Eve in the Garden is incomplete; most of us are not aware that there is second tree in this Garden - the Tree of Knowledge.

Just as there is a second tree in the Garden there is another identity you have - one as Soul, as Spirit. Just as improperly identifying yourSelf as "L.S." results in feeling unworthy - covering up your nakedness in the Garden - before God practicing Proper Identification - Knowing that you *are* Soul, *are* Spirit - results in Knowing you *are* Worthy.

The Teachings Of The Path Of Soul Transcendence That I am Honored to bring forth Teach us that we are *Inherently* Worthy as the Lord, God lives within us as us.

If you are an Initiate Of The Light Of The Most High On This Path Of Soul Transcendence and, thus, have *Direct Access* to Spirit and to the Positive Polarity then you as Soul are presented with many Opportunities to Choose into the Positive Polarity as you Lift and Grow during your Spiritual Progression in the world of duality. You may wish to read *Tools For Living Free* #31: "Using Surrender To Advance".

As we are Instructed when the eye is single, the body is a "light." This means to keep our Focus single - on God - by Focusing on the Upper Part Of The Third Eye and the karma that results in our current incarnation is burned.

We have created this karma in our previous incarnations because of our fear and this has resulted in our separation from the Spirit we *are*.

As an Initiate on this Path, the karma you have created assigned to future lifetimes is burned by the Master to ease the way for you to Go to Completion in the body you are presently occupying. This Spiritual Action is One of Grace; you do not need to earn It or prove yourSelf worthy. I Lovingly Suggest you follow the Master's lead: Know you *are* Worthy of being with God while wearing a physical body as you *are*, in Truth, Spirit.

Also, follow the example of the Master in Knowing that you *are* One with the Lord, God and that the separation is illusionary. By following the Spiritual Instructions *exactly* as Given by the Master you move into and live the Christed Consciousness: your will and God's Will are One and the Same.

By Walking This Path that I am Blessed to Share the Soul has the Opportunity to Regain Its Freedom. To be Home with God - to enter into Eternal Life - the Soul gives up the attachments It has created out of forgetting *It is* Soul and becomes One with the Lord, God - Its Original "starting point."

As an Initiate on this Path you have many Tools to assist you in Allowing yourSelf to be moved from the negative polarity to the Positive Polarity; among These are *Tools For Living Free*; Classes; Satsangs; Meditations Of The Light Of The Most High and For Health And Well-Being; RETREAT; a Picture of the Master.

By Choosing to Focus into the Spirit you *are* you are Allowing the Spiritual Action of Grace. This is Where the Power *is*. As The Teachings Of The Path Of Soul Transcendence Teach us the Power is in the Surrender to This.

Living in Integrity *is* living in Surrender and as the Spirit you *are*. I enCourage you in this miraculous Journey Of The Soul.

I also Lovingly enCourage you to be Kind and patient and Compassionate towards yourSelf and "Others" as you journey from fear of God to Love of God and to Love God/yourSelf in every "step" of the way.

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 in which, up until now, you have not Known you are Supplied."

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 now requesting Initiation Into the Sound Current On The Path Of Soul Transcendence 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:

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