

Tools For Living Free

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The Forbidden Truth You Already Possess – Part II

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)

“Uninitiated Souls - They only know by reflection through the karmic fields. And karma obviously distorts things. Now I’ll use an example I always use. Throw a pebble in a clear brook, in a clear stream, in a clear lake then dive to where you think the pebble is. You won’t be at the pebble. If you’re lucky, you’ll be close and maybe you can kind of reach out or take a stroke or two under water and you’ll get there and retrieve it. But you won’t be there. You won’t be direct because the water reflects the light; light is reflected. And we know things through reflection.

“Take Initiation Into The Sound Current, the Soul Knows things *directly* because It’s *directly* There, has the Access to God. The ‘royal forces of the opposition’ - they exist as that strengthener to help you choose other than into the negative polarity.

“Most of us - most Souls - don’t want to possess this dreadful, horrible secret True Knowledge of themSelves because what does It do? It gives them the Power they have always had. They’ve empowered themSelves. They’re Spirit. They’re God. They’re the Light [Of The Most High]. They have access to Spirit.

“‘Wait a second! There’s no separation between me and God?’ ‘Nope!’ ‘There’s no separation between me and the next person?’ ‘Nope!’ It’s in the Oneness of the Holy Spirit, in the Oneness of the Sound Current. That’s Where the Souls are. We’re all One. ‘Oh, yeah, yeah, I heard that in church once, you know; Jesus the Christ, you know. Believe on Him and then we’re in the Oneness.’ No, doesn’t work that way. It’s not a belief. You don’t have to believe on anything. But That’s the Reality that we’re all One. ‘Well, wait a second! If we’re One and I have a judgement on someone or if I’m jealous of someone, you mean I’m going against the Spirit That’s in me, too?’ ‘Yup.’ ‘You mean that’s karma?’ ‘Yeah.’ ‘I’ve separated mySelf from Spirit, from God?’ ‘Yeah.’ ‘You mean I’m Responsible?’ ‘Yeah! sorry to tell you, you’re Responsible.’

“‘Alright, well, I’m just going to be stupid. I’m going to be ignorant. I’m going to make like I’m not Responsible. I can do whatever I want, think whatever I want and it’s a free ride, you know?’

“I mean, it’s so - to me - it’s so spectacularly a part of this that I really have to laugh. I’ll give you an example. The other day a Student came into the Center and this Student was not Present. And there was a Blessing Placed for this Student. But the Student - not being Present - couldn’t Receive. And I decided to share this with the Student. ‘Hey! you know, you’re choosing other than being Present. The Light [Of The Most High] comes for you. It’s here and It’s going to give you a Gift of Great Upliftment and you weren’t present to Receive It’. ‘Alright, but, but, but ... ah, can I get It anyway?’ ‘Well, you know, maybe if you’d been just starting to Study and Walk this Path, yeah, maybe I’ll cut you a break - “rookie mistake” - fine, part of your Learning. But you’ve been at it for a while. That was your deliberate choice. That was your willfulness. You chose other than to be Present, other than to be with the Spirit you *are*. You chose to hang out with karma. That’s your choice.’

“The Teacher doesn’t go, ‘Oh no! you shouldn’t do that!’ and beats you over the head. The Teacher doesn’t call up *The New York Times* and say, ‘hey! run the headline! This Student wasn’t Present’. He doesn’t do that. But The Teacher does Allow you your experience of ‘I chose into karma. I wasn’t Present. When I’m not Present, I’m not Present to Receive the Flow of Spirit to me’ because we Know that the Nature of Spirit is to Give. Our false self, the lower part of us, just wants to take, take, take, take, take. But our Real Nature is to Give. Spirit Gives. God Gives. That’s Its Nature. The Teacher Gives, Supplies. Gives you the Gift of, really, Himself. But we’re not Present because to be Present means that ‘hey! I *am* Worthy of Spirit! I

am Worthy of God! In fact, I *am* That!’

“And we Know that eventually the Soul comes to a Place where the Lover and the Beloved and the Love between Them - They’re all One and the Same. ‘So you mean the Subject and the Object and That Which is “between” Them is all the Same?’ ‘Yup’. It’s all the Same. It’s all One!

“And somehow if we have this Knowledge that we *are* Spirit, we *are* God we feel guilty. We feel like we, quote, ‘shouldn’t have this.’ And guilty, of course, means we’ve done something wrong. And when we feel guilty, we don’t really take ownership of That. We hide It. We don’t ‘fess up. We don’t really, really give ourSelves That.

“Just think if you spent even three hours Consciously - I’ll repeat it: Consciously - Knowing that you decide what emotions you’re going to hold, what thoughts you’re going to hold, that you’re in charge and that they don’t just come upon you and stay there that would make you incredibly Powerful, wouldn’t it? You’d be cleaning up your environment very quickly and things would be very different in there.

“But then also, guess what? You may start to notice, well, I’m acting and behaving and living differently from how other people are. Yeah, that’s right! You are. ‘Oh! then I’m different from other people.’ ‘No.’ You’re exactly the same as other people. The only difference is, guess what? They’ve forgotten Who they *are* and they’re choosing to forget. And that’s OK. They’re still Loved. There’s Unconditional Love for every Soul. Doesn’t make you better if you remember Who you *are*.

“But they’re Responsible. Because the Great Master, the Brilliant Guy named the Christ, Jesus said, ‘Ignorance of the law is no excuse.’ So guess what? You want to play dumb? Play dumb but you’re still Responsible. In other words, you ain’t getting away with That Responsibility. That’s Your Responsibility.

“And yet somehow we think we shouldn’t have It or we think, ‘Oh, my God! if I have it then I’m like possessed by something.’ You know, by definition, ‘outside of me.’ And so we fight it off; we fight it off; we fight it off. You know?

“Reminds me of a lot of comments I’ve heard Students make about other Students Who Choose to do Service. And they are very dishonest in what they say. They say, ‘Oh! I don’t want to be like x, y and z and do that much Service.’ They say that. But they don’t say the Real Truth - Which I could Accept much more - Which is, you know, ‘I’m really kind of afraid of Being in Devotion, of Loving God. I feel like I’ll be Overshadowed.’

“Well, yeah, you are going to be Overshadowed but guess what? That’s Where the Strength is. You lose yourself with a small ‘s’ to find yourSelf, to find the Spirit That you *are*. It’s Empowering, see?

“But the mind of the lower self loves to have hegemony. It loves to be in charge. It loves to be in charge. And it fights for that; it fights for that; it fights for that.

“It was real interesting to me; there was a great movie that showed some Truths of the life of the Christ, Jesus. It was actually kind of hard to find a theater that would play it because so many people picketed this that theaters were afraid; they basically wouldn’t show it. We found one and went there. The movie demonstrated how Jesus the Christ, in a fit of anger, basically curses out God. And He curses Him out and basically says, ‘why the hell couldn’t you give me all the puzzle at once? Why couldn’t I get all the pieces at once? Why did my Overshadowing take all this time?’ And I’m sitting there going, ‘isn’t this wonderful! Here’s a Christed Consciousness working it exactly the opposite as everybody else would. Almost everybody else would go, ‘how dare you Overshadow me!’ And there’s the Christed Being going, ‘why did It take this long?’ That’s Love and That’s Devotion!

“But we think that we’re going to be overcome and

“And we tend to think that if we embrace the Power that we are and we Surrender to Spirit, to Loving and to Loving Service that we are going to die, we are going to lose ourSelves. No, just the opposite! You’ll find your True Self!”

– From the Satsang
“The Forbidden Truth You
Already Possess: Guilty?
Possessed? On Point? –
A Participatory Satsang”
Given by Dr. Roger B. Lane
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possessed by this foreign entity or something like that because we don't know that in our Consciousness *is* God and *is* Spirit and that's Who and What we *are*. It's not something extraneous to us. It's not foreign. It's not foreign. Just like the body will register something as foreign and go fighting it and it gets the autoimmune system going and you have a disease called cancer. We have a big cancer; we have a spiritual cancer. We have a real spiritual cancer going on that God or Spirit is 'outside.'

"And then we mock it up also that 'God should act this way'; 'should act this way'; 'this should have happened'. We're basically like we're in kindergarten where God has to hand out a lollipop to each and every one of us. It's got to be 'ga-ga, goo-goo' kind of stuff, you know? 'Well, this is good. Ah, this is horrible. I can't believe this; it's just awful.' And we tend to think that if we embrace the Power that we *are* and we Surrender to Spirit, to Loving and to Loving Service that we are going to die, we are going to lose ourSelves. No, just the opposite! You'll find your True Self!

"And The Teachings that I Bring Forth - They Teach us about the ego. The ego's job isn't to obliterate the ego, which is impossible. But the ego's job is to be in Service to Spirit. That's the ego's job. To direct yourSelf.

"And it can be very simple, 'yeah! I have this anger at so-

and-so and, yeah, I have all the reasons why and dot, dot, dot, dot', you go down the line of history and you back it up and it's a great legal document. Except the only court that that's being heard in is the karmic court. You've got more karma. Alright. Yeah, good for you! You've got some more! Good, good for you! Keep creating away from the Spirit you *are*! [ed.'s note: Dr. Lane is being sarcastic.]

"... Well, I'll tell you what! If you need the stuff then you could take it Home. But how come you can't make it Home with this stuff? In other words, Souls go Home to God when the Souls are karmically free to do so. They have to be able to withstand the Frequency to be with God because What does a Soul do in Eternity? Sits in Adoration of the Lord, God. The Christ said, 'I prepare a Place for you on the right hand of God.' Got a Place.

"Cute and beautiful to think if you die you're going to go There. How in the world can you stand It? You won't be able to stand It. But if you've been a Soul That's been Initiated, has Walked the Path and has owned up to the Truth of Who you *are*, Which is, yeah, you *are* Spirit, then you take your Rightful Place alongside and with God."

Case Study

During the Initiates' RETREAT 2020 Our Teacher, Dr. Roger B. Lane, Instructed Participants to read the entire Transcript of the Satsang, "The Forbidden Truth You Already Possess: Guilty? Possessed? On Point? - A Participatory Satsang".

When I read It at that time, one paragraph *really* stood out:

"And then we mock it up also that 'God should act this way', 'should act this way,' 'this should have happened.' We're basically like we're in kindergarten where God has to hand out a lollipop to each and every one of us. It's got to be 'ga-ga, goo-goo' kind of stuff, you know? 'Well, this is good. Ah, this is horrible. I can't believe this; it's just awful.' And we tend to think that if we embrace the Power that we *are* and we Surrender to Spirit, to Loving and to Loving Service that we are going to die, we are going to lose ourSelves. No, just the opposite! You'll find your True Self!"

When I reread the Satsang for this Case Study the same paragraph stood out. I understood more deeply that when I recently asked mySelf, "How could God do this to me?" - in this case, a client had agreed to purchase a couple of services and then changed her mind - and then: "What a horrible thing to do to me; and right now when I *really* need this money!" I was using the negativity/karma to avoid doing my part; that is, as Taught by My Teacher, being an adult by objectively taking the Learning: "OK. I need to make more sales calls." And "a deal isn't a deal until the contract is signed", which it wasn't. And, yes, as My Teacher so Lovingly explained to me, I had been focusing on "big hits" - this was a \$60,000 purchase - and had totally forgotten the everyday goals of the company. I needed to have a consistent everyday business practice so I didn't always have to "go for the big hits."

I Learned that what I do outwardly is a reflection of my inner focus: I need to be consistent in the Only Business I'm in, as My Teacher has Taught me, Which is Loving God, Which I do by Focusing into Spirit; and from There it's easy to be consistent in whatever my body does "in the world."

I Learned far more deeply that the work to be in that Magnificent goo-free zone of the Spirit I *am* is the Inner Work - to be Present *each moment*, to practice Eternal Vigilance. As an Initiate, That's It! That's the Big Surrender, *moment-to-moment*. Everything else is handled. The Teachings Teach us That. That's taking care of Business, as My Teacher has Taught me.

I see clearly now that this was a beautiful and perfect-for-me Opportunity to Surrender; to discover that this situation was brought forward by the Lord, God for my Growth and Upliftment; and, as My Teacher Teaches, that the situation *is* the Lord, God. What an Opportunity to be Neutral!

I have a deeper understanding, too, of just how Powerful Co-Creation with the Lord, God is. As the Co-Creator, I'm that Powerful,

really! I Co-Create my preference(s) and leave the results to God. No judgements or stories. "This is going to happen"; "that is going to happen"; all part of a "veil of ego" I allow - up until now - so that I as ego can be in control when, in fact, I've been "had" by the basic selves, which bring forward my karmic patterns.

Co-Creation is key and I do It like this: "Lord, God send me your Light and send this Light to My Teacher! Lord, God, for the Highest Good please [fill in my preference.]" I let go. I leave the results to God. No stories or control. I Surrender and Surrender again.

I let go over and over again. To support mySelf in this I use the Two-Part Release like this: "For the Highest Good Lord, God send me Your Light!" Then: "Lord, God, for the Highest Good please take anything that separates me from the Spirit I *am* now!" I tell mySelf, "it's OK to let it go!" I let it go.

My increased Learning is to just do it as often as needed. I also Learned more deeply that I can immediately Surrender negativity, including "franticness" (versus choosing to persist in it by "studying" it).

Then there's the "do my part" outwardly part. The Teaching that came to me first on reading the Satsang paragraph was Nintendo, Which, as Taught by My Teacher is "work your buns off and leave the results to God."

As noted above, That is the Inner Work to be Present and practice Eternal Vigilance, Which includes doing Self-Talk to educate that basic self that doesn't want to work, etc., often by giving it direction like this: "basics, come present! I need your cooperation and energy to [fill in the action for which I need their support, etc./ their energy]. Thank you and keep up the good work with this! I Love you!" As Instructed I use the Four Rules of Self-Talk as shown here - in addition to direction, keep it present, positive and encourage.

For this Case Study I applied direction to a client meeting where I was doing some coaching. I realized through this Study, too, that I was caught on results! I hadn't Co-Created my preferences! So I did That for this client project overall and I used the Release to let go of fear and doubt that came up.

It's also key to give the basic selves reassurance like this: "basics, come present! We are fine and everything is OK now! Let's keep up the good work we're doing with [what doing and need their support with/energy for]. I love you very much! Thank you!"

When I do the Five Parts that I've been Taught - really One Teaching - Practice Eternal Vigilance, Co-Creating preferences with the Lord, God for the Highest Good; Self-Talk; the Two-Part Release and Nintendo as needed - I feel like I'm just "doing stuff" in the world. It all feels the same. Client meeting or something else. I'm with the Lord, God living as One Spirit while my body just "does what the body does," as My Teacher has said to me many times.

It really is that simple, as My Teacher states.

Try This ...

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

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, have a situation or relationship come up in which, up until now, you have been persisting in negativity!
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!

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