

# Tools For Living Free

NUMBER 167 IN THIS EDUCATIONAL SERIES

## Are You Being Generous? - Part II

*Excerpts from the Satsang "Are You Being Generous?" Given by Dr. Roger B. Lane (MP3 A59)*

"... And the meaning, the two meanings of Generous that I knew was that it had to do with magnanimous, being magnanimous and with giving. But the one meaning that I really didn't know was the first meaning and it was an archaic meaning but I thought, 'Well, hell! that's exactly the point of it all.' And it had to do with high born. And I took it to mean, it doesn't mean if [Student] were to scratch himself and start to bleed the blood would be blue. It wasn't that. But that we are High Born.

"We are born of The Spirit. And It's all connected with That. Because if we stay in touch with the Spirit then we Express That Nature. What is That Nature? Giving. Not what am I going to get out of this? What am I going to get out of this? What's in it for me? What's in it for me?"

"What's in it for you is what's in it for everybody: a plot, a coffin, etc. and a few tears. That's what's in it for you. Not very impressive.

"And you see, if you take that perspective, it's not a morbid perspective; it's just a practical, real perspective of, 'Hey! there's got to be more than just that! And we got to be more than just that! I've got to be more than my thoughts; I have to be more than my feelings; I have to be more than my agenda and I have to be more than my issues. There's something more.'

"And if you could come from That Spot then you can start being Generous to yourself. And if you have that perspective then somehow the thoughts you have, the feelings you have, etc., they don't seem that big; they don't seem that awesome; and they don't seem that burdensome.

"Now, when we Walk The Path Of Soul Transcendence all we do is just Love God *directly*. That's All we do. Beyond thought, beyond feeling and we give ourselves That. And I know this is - it's practice.

"And I know some of you have been given great Gifts and you've spat in the face of the Giver or you've refused the Gift or you've done all sorts of things. ... it's all connected with Accepting the simple fact that you *are* Spirit and Giving from that Spot.

"And somehow there's something in the human Consciousness that makes it wrong to know this terrible secret. And being Generous has to do with Giving yourself The Secret. Because there's a tremendous taboo against This. It's real; you're not supposed to know This, you're not supposed to know that you and God *are* One and the Same. That is taboo.

"And you're not supposed to know that you have an Opportunity in this lifetime to go Home to God, to finish your karmic journeys and go Home to God. You're not supposed to know That.

"And you're not supposed to know that you can escape the pull of the reincarnational patterns and get out of the prison of matter. You're not supposed to know that and, if you do know That, there's something in your Consciousness that will throw it out, that will dismiss it, that will make it wrong. You won't even

hear it. And then you go 'round and 'round and 'round and 'round again in the cycle of birth and death.

"And when you're Generous what you do is you give yourself the taboo. You give yourself, 'OK, Yeah! I Know This. I Know This. I Know This'. And the way the system is set up in Hu-man life is we're really not supposed to know This unless, of course, we are.

"But God put It in here so it's OK to know It. And *each moment* that I decide to Allow something other than my thoughts, something other than my feelings, something other than my agenda to come forward is a moment that I've let the Spirit win, that I've let It be victorious, that I've let It really Generate me because, ultimately, being Generous has to do with Generating and What Generates you. Well, try living for a few minutes without the Spirit you *are*, assuming that you could do it. You can't live without It.

"So That Which Generates you *is* the Spirit. Your being Generous with yourself has to do with Acknowledging that you're Spirit. And God's given us an Opportunity to know Him and the Way to know Him is through Initiation Into The Sound Current and also now through the Dispensation of Walking The Path Of Soul Transcendence. That's just the way it is. OK.

"Being Generous means to be aware of That Responsibility. And we have the ability to Respond, Which means, guess what? We're always at Choice, Which means we have Power; Which means we're not just programmed morons. We have the ability to Respond. Well, that's something. That's something!"

"And it all has to do with Loving yourself. Loving yourself enough to give yourself the Best. Loving yourself enough to give yourself God. That's being Generous! That's What Generates you. And when you hold a judgment against yourself, when you're being unkind to yourself, when you're full of doubt, pain and hurt be Generous! Give to yourself the Spirit you *are*!"

"If you've got 20 bucks in your pocket give the 20 bucks away and see what happens! Be Generous! But you can't do That, you can't be Generous externally unless you're Generous internally, unless you're at Spirit. Otherwise, you're in lack, limitation and hurt. And the world is full of that; that's what makes the world go 'round.

"So I want to extend This Opportunity for you - this is going to be hard - you're going to be asked to be Generous. You're going to be asked, you are being asked to open up the Present of Spirit, to give It to yourself.

"Sounds like a pretty nice God to me That wants you to have That Present, Who wants you to know Him, come Home to Him and Live with Him forever. And gives you the Opportunity called this life to do That. Pretty spectacular!"

"So can you Accept His Kindness, His Grace and His Generosity? Can you Accept the Spirit you *are*?"

"Well I'm addressing the Part of you that can.

"We'll stop with That."

"And it all  
has to do  
with Loving  
yourself.  
Loving  
yourself  
enough to give  
yourself the  
Best. Loving  
yourself  
enough to give  
yourself God.  
That's being  
Generous!"

— From the Satsang "Are You Being Generous?" Given by Dr. Roger B. Lane (MP3 A59)

I read the Talk “Are You Being Generous?” and I’m surprised by what came up for me.

What came up is that I’ve been Generous with mySelf and it’s time for me to Acknowledge That. Up until now, though, I have often allowed anger and resentment to get in the way of giving mySelf the Magnificent Offerings Brought Forward by Dr. Lane, by way of Cosmos Tree and Center For Religion And Advanced Spiritual Studies (CRASS), Who is My Spiritual Teacher. I have created a separation between Service – Serving mySelf by giving the Offerings to mySelf – and the things I do in the world.

So I run how busy I am and how can I possibly get to the Center to partake of God’s Bounty, of the Sacred Growth and Upliftment.

I’ve also allowed taking things personally to get in the way – “getting caught on the opinions of others” – which blocks the Flow. Including how some approach these Magnificent Offerings from the Lord, God, which is often to put their agendas first. Then I get angry as if my Choice to give mySelf These Blessings 100% of the time is somehow in the way of that in-the-world agenda of mine, which is any focus away from Spirit such as ‘I just want to be like everyone else!’ I’m afraid to be different by following Our Teacher’s Instruction to give these Offerings to mySelf – and other Instructions at the Center, too – and to stay in That Truth! As My Teacher Teaches, basic selves – the part of me that brings forward my karmic patterns – love to be like everyone else.

This also means acknowledging what comes up for me – for instance, feelings of anger or resentment and giving up the habitual pattern of trying to be perfect in the world. Honesty is part of Generosity, too. As My Teacher Teaches, the only Perfection is in Spirit and That’s Where the Focus needs to be.

So I give mySelf the Blessing of the Two-Part Release Technique by calling in the Light Of The Most High like this: “Lord, God send me Your Light! For the Highest Good, Lord, God, please take anything (the negativity) that separates me from the Spirit I am!” I tell mySelf “it’s OK to let it go!” I do that! I do it as often as necessary!

I educate my basic selves - the part of me that brings forward by karmic patterns - by saying “basics, come present! I need your cooperation and energy to support me in being Present! Thank you and keep up the good work supporting me in being Present!”

This also means Acknowledging how much I Love the Home Center – The Home in this world of Our Beloved Teacher – and every Offering! And the Blessing of the Guidelines set up for Being There – no matter what anyone says or does. No wonder, then, that, up until now – minus all the above acknowledgements within mySelf and outwardly - that I somehow felt like I didn’t exist, as if I were “in the background”.

Time to step up!

I’ve been Generous with mySelf by giving mySelf the Meditations Of The Light Of The Most High and the Meditations For Health and Well Being offered by Cosmos Tree; the Classes and Clinics offered by the Center For Religion And Advanced Spiritual Studies; the Master of Divinity Program also offered by CRASS.

I’ve been Generous with mySelf by giving mySelf All of Them without “parsing” Them: “Oh, yeah, it’s Monday! I can squeeze It in”; “oh no! I’m busy. It’s Tuesday!” - because I prefer to have the Growth and Upliftment. I’m writing this Case Study because I prefer to have the Growth and Upliftment. When the Opportunity arose to contribute an Initiate-only question to the Dear Cosmos Tree column that appears in *Tools For Living Free* every other issue, I asked the Lord, God for the Highest Good to send me a question and I submitted it! I was Generous with mySelf!

I have private sessions with My Teacher – for my Growth and Upliftment.

I take the initiative, too. For instance, I requested – and was Given - the Sacred Blessing of very Special “Consultations” with My Teacher during Which the financial or business situations that I have going on “in the world” are used for my Growth and Upliftment. I “confided” in My Teacher not that long ago that I had really requested these weekly “sessions” to speed up my Spiritual Progression. And boy! has It. Thank you, Dear Teacher!

It really has been sped up.

Up until now, I didn’t Acknowledge my part. This Generosity. Thus, the “surprise” at the start. Now I stand “tall” and Acknowledge that I am super, super important. I’m the One who Chooses to use the Releasing Technique; to be Present; to make the Sacred Offerings the Priority. It doesn’t happen without me! As My Teacher Teaches, God does it with me, not for me! These are My Choices!

Moreover, in these “Consultations” – My Teacher Calls these Sacred “sessions” Lane Consulting - boy! have I done the Inner Work That is part of This Gift! That’s Key and the Key, all at once! My Teacher’s Focus in these Sessions is always my living as the Spirit I am; Loving God and Growing in That Love and Devotion. That’s What is happening thanks to My Generosity towards mySelf. And That of My Teacher.

For instance, in one of these recent “Consultations”, My Teacher asked me to mail mySelf a letter giving mySelf Permission to surpass my family. I did that and received this letter the other day and, as I write this, I can feel the Forcefield with it, the Gift of God’s Power and Extension into this world, Which is my Power as I Allow It, Which I am. That’s my part and Its Super Important.

As I write this, I feel like I’ve gone to the next level in the life the Lord, God has given me – I’ve been keeping mySelf “small” and it’s time to Be Big as an Expression of the Spirit that I am. Doesn’t get bigger than That! That means giving to mySelf so if I have a business I give that to mySelf versus holding mySelf back as I’ve done up until now. The same applies to The Teachings that My Teacher brings forward and to taking care of mySelf physically, too, and to doing creative “projects” that I prefer to do.

Today is also the day after the Precious Gift of the Sunday Program and The Teachings Study Group offered monthly by Cosmos Tree; really, by My Teacher. I’m still In That ForceField. Allowing It. Allowing the Growth and Upliftment.

That’s because I Chose to be Generous with mySelf by scheduling this magnificent Case Study Service today, Monday, when the habitual thing would have been, “oh, it’s a so-called ‘work day’ so I’ll do my ‘business’ in the world.” I’m Receiving That Growth and Upliftment right now. Totally. Not secondarily to something else or doing something “out there” and feeling like I’ve chosen to “break” My Focus upon the Gift of the Forcefield.

I know as I write this that my only Business is God and God is What I am so I’m being mySelf by giving mySelf the Gift of this Growth and Upliftment.

Yesterday, after That Magnificent Program and Study Group, I knew that I needed to stay in That ForceField so I scheduled reading This Talk on Generosity. I did my part to Receive the Gift of the Growth and Upliftment by being Generous with mySelf.

I knew in advance that the habitual thing to do was to schedule something that’s due that I’m writing business-wise in the world – so I scheduled This Work. That’s Generosity! The rest fell into place.

As I sit here – and yesterday, too (there’s no time and space in Spirit) – I have an Inner Excitement that words can’t explain. It’s Joy – continuous, continuous, continuous Joy. Which is, as I’ve been Taught by My Teacher, the Nature of Spirit.

I’m Allowing It. That’s Important Work. And That’s Generosity.

I am Trusting and Receiving It, too!

### 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, ask the Lord, God for the Highest Good to bring forward a situation/ relationship where you have been unkind to yourSelf.

3. Tell yourSelf, “(your name), it’s OK to let it go!”

4. Now, “... Allow ... something other than your agenda to come forward”. Allow Spirit to take its place! That’s being Generous! – quoted section is from the Satsang “Are You Being Generous?” by Dr. Roger B. Lane (MP3 A59)

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](http://cosmostree.org) at “Resources”. For further information contact:

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## Try This ...

“So being Generous means, ‘OK, I’m cutting mySelf a break here; I may be scared, I may not even understand and I may not even know what’s going to take the place even if for a second I Choose to give up my negativity but I’m going to do it.’ That’s being Generous! That’s Giving yourSelf the Present.” -- from the Satsang “Are You Being Generous” Given by Dr. Roger B. Lane (MP3 A59)

Now, Call in the Light Of The Most High by saying inside yourSelf, “Lord, God, send me Your Light!” Now. Allow a situation or relationship to come forward where you “may be scared”, where you may not ‘know what’s going to take its place’ if you let the fear go.” [Pause] Now, tell yourSelf “(your name) it’s OK to let all that go!” Let it go! Do as often as needed!