

Tools For Living Free

NUMBER 176 IN THIS EDUCATIONAL SERIES

Be A Nazir!: A How-To Manual - Part II Being On Point

Excerpts from the Satsang "What Does 'Jesus The Nazarene' Mean?: Meaning and Application" (A087)

"Now, as Students of the Sound Current, Initiates Of The Sound Current, we obviously don't dwell in mountain caves; we're not cut off from the community, etc., and we're not involved with rituals at all. But What we are involved with is the Priority. And the Priority of What? Of That Oneness with God, That Attunement and Being On Point.

"So a Nazir is Someone who has That, and, for example, let's say, makes a Commitment, never violates That Commitment, Honors That Commitment because (the Nazir) Understands That *It is* Spirit and that That Same Spirit—Indwelling Spirit—is in all. And to violate a Commitment is to violate the Spirit and to separate itSelf from Spirit. So It goes against the vow, It goes against the Promise, see?

"And a Nazir is Someone who's made a vow. Yeah, it's an outer vow but there's an inner vow. And there's an Inner Promise and It holds ItSelf to That Promise.

"Jesus The Christ was not permitted to not be On Point. He was not permitted to allow His Consciousness—He never allowed His Consciousness—to stray from the At-One-ment and the Attunement. He never allowed That.

"And even when we take the famous scene in the temple when He gets all hot and bothered and annoyed at the money lenders there's a Spiritual Purpose being Fulfilled there. And it was a violation of the Sacredness of the Temple and of the Service, really. And the Christ, Jesus saw the Service as an Inner Service. And It was Service to God, Service to the Creator, Service to the Consciousness and It was a Dedication to This.

"Dedication to the Spirit that He *is* and to the Oneness and to the Christed Consciousness. That's why He's a Nazir; That's why He's Jesus The Nazarene.

"And isn't it really amazing that here comes this Guy out of a whole Jewish tradition, beat the rabbis at their own game: remember when He was asked to quote all these things and was put to the test and sure enough, He more than passed the test?

"Here's this Guy coming out of this religion that was all laws. Do you want me to ask my pet question? 'How many laws were there? Or how many seeds are there in a pomegranate?' OK. '613.' So, this whole religion of laws and here comes this Guy, This Master Who says, 'who the hell cares about these laws? Who cares about all these laws? There's just two Laws: to Love God with all Your Heart and all Your Soul and all Your Might and to Love your neighbor as yourSelf. That Fulfills the Law'.

"And He was doing something very incredible because the laws and the Fulfillment of the laws were to ensure that, if you Fulfilled them, well then, you'd get into heaven, you know? Well, if we have three Guidelines here you can rest assured that almost every one of you will violate all of Them or pretend you don't know Them or come up with some excuse or whatever, you know.

"So He knew that 613—ain't too many people going to do that, you know. And He didn't want just a few Souls to be able to enter into Heaven. He wasn't an elitist. But He wanted to give everyone a chance. So let's make it Two Laws. And let's have It easily Fulfilled. And let's not be hypocrites so let's not have a law that says you have to wash your hands, you know, before you eat and say prayers before you eat and then defile things with your hands. Or hold negative thoughts or have all these laws of hygiene and then out of your mouth comes things that go against people, that damn the Lord, etc. Let's not be hypocritical! We don't need those laws. All we need

is Love of God. Think of It. That's the Nazir in Him, That's the Focus. That's the Focus. And Love your neighbor as yourSelf.

"Now this is crucial! And I've talked a lot of times about, what's in your consciousness is in the next person's consciousness and we're all in this together and we're all One. Jesus is telling you, 'Hey! Wait a second now! You need to Practice Eternal Vigilance because if you're going to hold or allow—and so many of you are so indulgent. You are; you're so indulgent; you let yourSelf really enter into that negativity and have and keep going around and around without any regard for anybody or for the simple Truth That you hold the same consciousness as the person next to you and as everybody else and you're placing it in their consciousness too; you're placing that negativity in that consciousness—and He's telling you, 'cut it out. Love your neighbor as yourSelf. Love God with all Your Heart and all Your Soul and all Your Might because That's Who you *are* and Love your neighbor as yourSelf'. Well, if you are God, well, so is your neighbor.

"So if you're holding that stuff there or entering into it, well guess what? Guess what you're doing? You're violating that contract. You made a vow and you're violating that contract.

"Now He wasn't a fool, you know, and He wasn't a ga-ga-goo-goo person and He wasn't a do-gooder. And He understood human nature. So there must be something in What He's saying and there must be something in It that makes it easier to do What He's saying than it is to follow all the machinations of your negativity.

"And He's talking about, you have a choice. 613 laws, well, they represent the karmic laws. Do you want to live in karma or do you want to live in Grace? Because just like you know ain't nobody really going to follow the 613 laws and make it into heaven, ain't nobody can live under karma and make it Home Spiritually.

"But there's a Way. So the Christ is talking about Commitment. Talking about the Commitment to the Christed Consciousness. And I really urge you to make That in the forefront, every day, every moment and take a look at what you're running. Are you running it? Fine, it passes through you, fine. But are you keeping it there? Are you insisting? Are you feeding it? That's not OK."

"So The Christ is asking us to place our Focus into Our Commitment. He's asking us to be a Nazir. ... You don't have to have ritual objects. You don't have to walk around going, 'Am I Christian? Am I Jewish?' Well, no. You're a Soul. You see. And He's also asking us to Focus. He's asking us to Focus Our Commitment and our lives into That.

"And many of us we get scared. You know: 'Oh my God! That means I can't enjoy my life'. Well, The Teachings Teach us two things: the Purpose of life is two-fold and the first part is, to Know yourSelf as Spirit, as God, *while you're in the body*. And the second thing is to enjoy the life that God gave you. It's His Gift to you.

"Now, obviously, as a Soul starts Progressing some of the confusion that the Soul has goes. It starts to Lift. All the kinds of things that would pull the Soul into the world by and by start to move off of that Soul. The attachments go. The magnetic quality of those pulls go. And the Soul doesn't get as confused by form, by the forms inhabiting the world. It's a world of form. And as the Soul starts to Know Itself, It goes to Itself, It recognizes Itself more.

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— From the Satsang
"What Does 'Jesus The
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Meaning And Application"
Given by Dr. Roger B. Lane
(MP3 A087)

“And It starts to go into the Formless or Attune towards the Formless, towards That Which is beyond form, beyond the world of form. To Itself.

“And That was the point of a Nazir’s life, was to point Its Consciousness and go always in That Direction. And everything was Consecrated to That.

“But the Consecration, interestingly enough, was practiced and found in daily life. See. Many of us spend all our time, ‘Oh, God up there! There are big miracles, big miracles, big miracles’. Well, what about the fact that you’re sitting here; you’re breathing; you can see; you can hear; there’s various amounts of intelligence, you know, operating, that sort of thing? But even beyond that there’s That Eternal Part. There’s the Soul, there’s the Spirit That is of the Sound Current, That is of the Holy Spirit just like God.

“And That’s within Us. What about That Miracle? See. What about That Miracle? And we’re asked to make That Commitment. And It’s in the everydayness. It’s in paying attention to our thoughts and feelings. It’s in, what do we

Allow? You know, we wouldn’t put poison into our bodies but we do that with our thoughts and our feelings. We do that with what we hold against each other. We do that with the patterns we insist on running. But a Nazir is Committed to the Oneness. And anything that separates Itself, It lets go of.

“And it’s important. This is done in daily life. You’re not asked to be in a cave. You’re not asked to go to the top of a mountain. You’re not asked to do any ascetic practices or anything else like that. But it’s from your everydayness and your interactions with yourSelf and with others. That’s crucial.”

“As you can tell, ain’t nothing in the world out there is going to do it. ... Well, it’s up to us and That’s Our Responsibility and That’s Our Privilege.

“And God gave everyone the Christed Consciousness. It’s *within* each of us and It lies asleep. It’s Awakened at the Time Of Initiation and It’s up to you.

“It’s up to you to exercise That.

“And we’ll stop with That.”

Dear Cosmos Tree

Q: What do The Teachings say about trauma? As a Student On The Path Of Soul Transcendence I stand under The Teachings and the Spirit I *am* and I know there is no trauma in Spirit. In every situation whether I am Present or upset I use the Resources generously available to me as an Initiate Of The Light Of The Most High and They help me instantly. Often, however, I have physical sensations that can be emotional - that psychologically could be attributed to trauma - that feel very different and I am not sure how to approach them. For instance, around my family I can feel very overwhelmed. They often talk to me all at the same time, which feels like someone poking directly into my nervous system; and once aroused it seems to take hours to dissipate. As the experience is taking place I’m always surprised by how Chanting My Tones, doing Self-Talk or doing a Release Process does not seem to help me get Present the way They do in every other context. Usually it is after a good night’s sleep when I feel my body back to normal and calm down from such agitation. – V.I.

Dear V.I.: 1) Yes! There is no “trauma” in Spirit. Stay Present/Practice Proper ID by constantly Returning to the Upper Part Of The Third Eye! 2) As The Teachings Teach, use everything to Lift and to Grow—including “trauma”; 3) Use the Two-Part Release Technique: Call in the Light Of The Most High: “Lord, God, send me Your Light!” and ask the Lord, God for the Highest Good to please take the “trauma” and/or any judgments and/or stories around it/the “psychology” of it/ what “should” happen, etc., and tell yourSelf “it’s OK to let it go!” Do as often as need be; 4) Do Self-Talk to educate your basic selves—the part of you that brings forward your karmic patterns—by using the Four Rules: Keep it present; positive; give direction and encouragement; for instance, inside yourSelf say, “basics, come present! Everything’s OK. I need your cooperation and energy to support me in [direct them into the action at the moment; for instance, being Present] and thank them for their “good work supporting me in This!”; The Teachings Teach us Self-Talk is the Solution to feeling “overwhelmed”; 5) Co-Create with the Lord, God by Calling in the Light (see 3 above) and ask for your preference for the Highest Good; for instance, that the “trauma” be taken from me now!”; Let Go. Let God!; 6) You may prefer to ask family member(s) to speak to you in the way you prefer; 7) Follow The Teacher’s Instructions below *exactly* and otherwise as well!!

To Reinforce Your Learning: 1. Beginner: *Tools For Living Free* #16 “Being Present In The Moment”; #82 “Living As An Initiate Of The Light Of The Most High”; #92 “Fight? Or Forgive And Forget?”; #93 “Surrender Everything!”; #120 “The No-History Lesson”; Intermediate: If an Initiate Of The Light Of The Most High On The Path Of Soul Transcendence do Your Spiritual Practice *exactly* as Taught; Meditation For Health And Well-Being; Everyday Evolution I and II; Relationships; Advanced: Giraffe Consciousness Clinic; Integrity Clinic; Eternal Vigilance Clinic.

Apply This ...

“... And we’re asked to make that Commitment. And It’s in the everydayness. It’s in paying attention to our thoughts and feelings. It’s in, what do we Allow? You know, we wouldn’t put poison into our bodies but we do that with our thoughts and our feelings. We do that with what we hold against each other. We do that with the patterns we insist on running. But a Nazir is Committed to the Oneness. And anything that separates Itself, It lets go of.” – From The Satsang “What Does ‘Jesus The Nazarene’ Mean?: Meaning And Application” Given by Roger B. Lane, Ph.D. (MP3 A087)

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 ask the Lord, God to take any negativity, that, up until now, you’ve insisted on running against yourSelf and/or “others”;
3. Now, tell yourSelf, “(your name) it’s OK to let it go!”
4. Use this Two-Part Release Technique anytime negativity comes up. You can also ask the Lord, God, for the Highest Good, to take anything that separates you from the Spirit you *are* and tell yourSelf to let it go! And 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 placing yourSelf in the Presence of The Teacher by attending Classes; Clinics; Meditation Of The Light Of The Most High; Meditation For Health And Well-Being and Satsang as Our Teacher is Present for nearly all these Events.

For other *Tools For Living Free* Titles go to cosmostree.org at “Resources”. For further information contact:

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Dr. Lane adds: Dear V.I. –

This question contains its own answer; namely, that the question isn’t real. As you Know and, as stated in the question, there is no trauma in Spirit. Yet you insist on this “problem” and that it is so unusual that even a Spiritual Approach such as Self-Talk or a Release Process does not seem to work.

As The Teachings Teach us, the mind loves to create a “problem” that it can “solve” and, thus, continue to be in charge of you and to keep you involved in other than Your Spiritual Progression and Reality if you allow it to do so.

You are allowing yourSelf to be victimized by this, V.I. By determining your interactions and reactions are psychological you are entering into the worlds below the Soul Realm and into false identity as ego. As such, things are related to in terms of power and control, time and space—including past reference points—rather than as the Spirit you *are*.

You seem to be having these interactions with family based upon past reference points and from the points of view of a basic self—the part of your Consciousness bringing forth karmic patterns—and from that as a child when your interactions may have felt overwhelming and out of control and you were fearful.

This pattern continues to operate until you give yourSelf an update and be willing to be in charge of your Consciousness, whether or not you are with your family, rather than have a basic or childhood memories be in charge.

Talking all at once is a psychic attack and can be overwhelming. I Lovingly Suggest that you Call in the Light Of The Most High before each interaction; let go of all past reference points; instruct yourSelf to interact as the V.I. you are now; put the interaction in to This Light and proceed accordingly. You may also wish to put out Suggestion #6 by our Question Editor, to tell your family how you wish them to speak to you.

If you need to use Tools during and after interactions with your family please be sure to get *entirely* Present as Spirit respects you and your creations and the fear and sense that it is happening again—that is created and Allows you to keep them around and, thus, the Tools do not seem to be Effective in this situation.

This demonstrates what a powerful Creator you are. I Lovingly Suggest you use This constructively and create along the Positive Polarity.

Your “question” begets a question I have for you, V.I. Why are you willing within yourSelf to be victimized by “understanding” what is going on in you by seeking explanations that are other than Understanding The Spirit you *are* and traumatizing yourSelf by deserting the Spirit you *are* rather than “standing under”—support yourSelf—as the Spirit you *are*?

Just as the “trauma” in your “question” disappears by next morning so, too, will these effects disappear as you create and Understand—“stand under”—and Support yourSelf as the Spirit you *are*, in Alignment with What you Know yourSelf to be; in other words, by being in Integrity.

I also Lovingly Suggest you Listen to the Satsang “What Do I Do If It Happens Again?: A Participatory Satsang” (A164).

Please, V.I., let me know how you are Progressing with Understanding and, thus, Supporting yourSelf as the Spirit you *are*.