

Tools For Living Free

NUMBER 178 IN THIS EDUCATIONAL SERIES

“Living The Guidelines – Part II” (MP3 A310)

*Excerpts from the Satsang “Living The Guidelines: Inexpedient? Impositional? Actualization?” –
A Participatory Satsang” Given by Dr. Roger B. Lane (MP3 A310)*

“We, obviously, do a lot of Work Working with Forcefields. They’re not to be violated. You need to be in Accord with Them. It’s not a question of Setting Up something and then going against the Guidelines or going against the Forcefield because it’s not convenient for you or because it seems like you didn’t choose It. But you can always and are *always* free to Choose into It. Choose into It. Choose into It.

“Those are the Guidelines. They’re Set Up on This Path (Of Soul Transcendence) for a simple reason: that They’re found to be the Way to make your trip, your Walk down the Path, through the Path and as the Path as easy as possible. And it’s also Set Up that when you Follow Them and Work with Them, you’re in a complete Attunement and It helps to Actualize you, whether It’s ‘I have to listen to Satsang’ or ‘I need to do this’ or ‘I need to do that’ you move from, ‘oh, OK,’ grudgingly doing, ‘alright, I’ll do it, OK’ to ‘OK. I’ll be kind of neutral about It’ to actually being pulled towards It. If you are paying attention and if you haven’t done Your Simran and Dhyana early in the day, you’re going to find yourSelf dragged back to It. Dragged back to It. It’s got Its Own Pull because the Spirit in you wants to go There; wants to go There; wants to go There.

“And That’s the Whole Point of the Guidelines. It helps you Touch Into the Spirit you *are* and, at the same time, It helps the Spirit you *are* be the Spirit That you *are* [ed.’s note: Dr. Lane is referring to helping you Manifest as the Spirit you *are* as you Touch into The Spirit you *are*.]

“And it’s not a question, once again, of is it convenient? Is it expedient? No. It’s a question of Love and Respect for The Teachings, for the Forcefield, for the Guidelines, for the Spirit you *are*. It’s all about you and Loving yourSelf.

“See, and I realized I got pretty upset at that person doing Service who had an Agreement that It would be done x, y and z and this person decided just to ignore It and do It a completely other way. And the upset wasn’t ‘oh! you didn’t Follow the Guidelines’. What upset me was to see in black and white the blatant disrespect she had for herSelf, the disrespect she had for herSelf as Spirit and the complete ignoring of Who and What she is. There was no Integrity there. There was just complete false identification, trapped in time and space, etc., complete forgetfulness.

“You know, but behind the forgetfulness is a memory somewhere and we’re always free to Choose. If you’re an Initiated Soul That Access to Spirit is always Present with you. The Teacher’s *always* Present with you. The Choice is *always* there for you to make.

“And I just hated to see that person sell herSelf short. And sell herSelf, really, selling herSelf out. She

just sold out to the moment, to whatever feeling or thought was passing through.

“And we Know from The Teachings that if you identify with your thoughts or your feelings you take them as reality and when you take them as reality then that’s what creates the karma and that’s what sets up your cycle of reincarnational patterns. And, yeah, you have Free Choice.

“But isn’t it nice that you have Choice! You can Choose into Spirit or choose into karma. You’re not fated to just be bound by karma because as Initiates you have That Access to Spirit so take advantage of It! Use It!

“Yeah, and I realize this may play into a lot of having to be Eternally Vigilant. Yeah, that’s fine!

“You can be Eternally Vigilant. Not out of ‘oh, my God! I may screw up. I may make a mistake’. That’s not within the ballpark of The Reality of This Path. It’s ‘oh, OK, yeah, I’ll Practice Eternal Vigilance because I’m Spirit and Spirit is *always* in Its Integrity. And, yeah, I’m Choosing to Manifest That’.

“It’s real simple. Choosing to Manifest That.

“And That’s really the Whole Point and Purpose of the Guidelines and What They’re there for.

“So I Lovingly Suggest you be real, real smart and give the Guidelines to yourSelf. Honor Them because by Honoring Them you’re Honoring yourSelf as Spirit, as Soul!

“They’re Something That’s a part of you. They *are* you. They help you Express as That. They’re not imposed.

“And the interesting thing is, this person—if it hadn’t been intervened with—the action that she took out of expediency, well, guess what? It would have resulted in a lot more time being taken to get That Upvibration because It would have gone through the karmic fields. And once you make that choice, It may not be in your present incarnation. That’s Your Choice.

“You will—as, part of My Job as The Teacher—is to make sure you get the Upliftment, the Upvibration that you need and, yeah, I do offer the Way of Grace but out of Love and Kindness you were given Free Choice and I Respect and Honor That so you can Choose which way you’re going to get the Upvibration, Upliftment—karmically or through Grace.

“But Know that what you think may be expedient for you at the moment may be the long way! And that’s fine but just know that. There’s no time but you may want to know that.

“And the Guidelines, like everything else on This Path, are ultimately designed for us to Love God, Love the Spirit we *are*, Love the Soul and *be* That Love. So the Guidelines are both a Tool to assist you in That and a Point of Expression as well.

**“Let yourSelf
have the
experience of
using Them
(The Guidelines)
as a Surrender
Point, Surrender
Point, Surrender
Point, Surrender
Point until you
come into the
Knowing that
‘Tag, You’re It’
and then you
Express from
That Place.”**

*– From the Satsang
“Living The Guidelines:
Inexpedient? Impositional?
Actualization?” – A
Participatory Satsang”
Given by Dr. Roger B. Lane
(MP3 A310)*

“So I Lovingly Suggest Follow the Guidelines. Live the Guidelines and Be the Guidelines no matter how difficult at the time it may seem; no matter how time consuming it may seem; no matter how inexpedient They may seem; no matter how impositional They may seem. Follow the Guidelines!

“Let yourSelf have the experience of using Them as a Surrender Point, Surrender Point, Surrender Point, Surrender Point until you come into the Knowing that ‘Tag, You’re It’ and then you Express from That Place.

“It’s really that simple!
“We’ll stop with that.”

Dear Cosmos Tree

Q: I know that the real “me” is the Spirit/Soul that I *am*, but as someone who is now “middle-aged” I have started to see physical signs of aging (gray hairs, wrinkles, stiff joints, etc.) and there is a part of me that is sad to lose my youth. How can I more easily let go of any attachments I may have to youth and, in general, my time here on this planet—and move more fully into Proper Identification? – A.B.

Dear A.B.: 1) One of the first things that My Teacher, Dr. Lane, Taught me in response to a comment about “age” is that “there is no such thing as aging”. I remember This all the time! We are Eternal! Please Remember This; 2) Let go of any judgments you have on so-called “aging”—this is “good”; this is “bad”; 3) Use the Two-Part Release to do that by Calling in the Light Of The Most High by saying, “Lord, God, send us your Light! For the Highest Good, Lord, God, please take anything that stands between me and the Spirit I *am* now!” Tell yourSelf, “it’s OK to let it go! 4) The Power is the Power to Choose, as Dr. Lane Teaches often; Choose into Spirit; Keep Returning; Proper ID is Proper ID—give It to yourSelf *each and every moment*; 5) As Dr. Lane Teaches, thoughts and feelings may come up; for instance, sadness. It’s when we identify with them/persist in them that we create attachments and reincarnational patterns. Use the Two-Part Release to let go or simply Keep Returning to the Upper Part Of The Third Eye no matter what. Use the Tools; the Meditation For Health And Well-Being done daily is a Powerful Gift to yourSelf; use the many Acceptance Tools including the Talks Given by Dr. Lane Titled “Acceptance: The Key To Your Heart” (MP3 A34) and “Acceptance: Are You Applying It Equally? – A Participatory Satsang” (MP3 A305); *Tools For Living Free* “Acceptance: All That You Are” and “Self-Acceptance”; V4 from the Video/DVD Series *Understanding The Spirit You Are* Given by Dr. Lane Titled “The Twin Towers Of Acceptance And Gratitude” and the Acceptance Clinic Taught by Dr. Lane; 6) Do Self-Talk—to be Present by saying “basics, come present! I need your cooperation and energy to support me in being Present so we’re always in Peace and Joy! Thank you and let’s keep up the good work doing this!” This writer did Self-Talk to line up with being beautiful; since then all so-called “older people” look beautiful to me. The Key, though, as you know, is Proper ID!

To Reinforce Your Learning: 1. Beginner: *Tools For Living Free*: #1 “Using The Tool Of Choice”; #12 “Taking Responsibility: Tag You’re It”; #16 “Being Present In The Moment”; #53 “Why Not Do It Now?”; #66 “Living In Integrity”; #82 “Living As An Initiate Of The Light Of The Most High”; the blog at cosmostree.org titled “There’s No Such Thing As Aging” (6/6/2021); Intermediate: Meditation Of The Light Of The Most High at least once a week in-person at the Home Center if you live within 50 miles or, if you live more than 50 miles away, either in-person or via teleconference; Meditation For Health And Well-Being; Giraffe Consciousness Clinic; Integrity Clinic; Eternal Vigilance Clinic; Advanced: Everyday Evolution II; The Master’s Degree Program available through

the Seminary Division of Center For Religion And Advanced Spiritual Studies.

Dr. Lane adds: Dear A.B.: Thank you, Dear A.B., for an excellent question and the Opportunity to be of Service.

When you take care of a baby you’re immediately present for them and for what is needed at that moment without any thought about yourSelf and about what the baby looked like yesterday and will look like tomorrow.

Similarly, when you enjoy the beauty of a flower or a forest or something in nature there is no attachment to the past or future of nature but, rather, you are in the present with it. Nothing more. Nothing less.

The Teachings Of The Path Of Soul Transcendence Teach us that God is in the present and *is* the present and that we can only be Present with God and as God when Present with ourSelves as Spirit, as Soul. We Know from The Teachings that time and space do not exist and that God is the *only* Reality. Why identify with the housing for the Soul rather than with Proper ID?

To help Strengthen us in Proper ID—Knowing ourSelves as Soul, as Spirit—rather than as our body that houses the Soul there are many Tools, a few of Which have been shared above by our Questions Editor.

In addition, why not use your reverie about your “lost youth” as a Strengtheners?

Every time you engage in it, treat it as a signal to re-Focus. Simple.

Also, The Teachings Bring Forth the Teaching of Acceptance. When we Accept we have no judgments or regrets even though it may not be your preference. It may not be your preference to have aching joints or hair that is graying but if we accept it we are letting go of the resistance to change and enabling us to enjoy *each* stage of Life God has Given us and to be Present with and as the Spirit we *are*.

The Buddha taught that the only constant is change. I would like to state that the only constant is God/Spirit/The Master—The Immutable One.

You may wish to practice being present with the beauty of a flower or of an animal or being completely present with enjoying the food—the taste, smell, texture, etc.—that you are eating or the beverage you are drinking. This will help assist your mind in being still.

Of course, the easiest approach, if you are an Initiate On The Path of Soul Transcendence, is to do Simran and Dhyana—the Meditation Technique Taught At The Time of Initiation—*exactly* as Taught. We Know That the mind is going to do what it always does, which is to be busy solving the “problems” it has created and that it is of the lower worlds and can not go to Spirit and That its job is to Serve Spirit. As the Soul Progresses Spiritually, you’re more nearly Present and the pull of the magnetic quality of the mind is easily overshadowed as you are with God/Spirit/The Master on the Level on Which you are and are in Proper ID.

Dear A.B., please keep me abreast of your progress in this area.

Apply This ...

“But isn’t it nice that you have Choice! You can Choose into Spirit or choose into karma. You’re not fated to just be bound by karma because as Initiates you have That Access to Spirit so take advantage of It! Use It!

“Yeah, and I realize this may play into a lot of having to be Eternally Vigilant. Yeah, that’s fine!

“You can be Eternally Vigilant. Not out of ‘oh, my God! I may screw up. I may make a mistake’. That’s not within the ballpark of The Reality of This Path. It’s ‘oh, OK, yeah, I’ll Practice Eternal Vigilance because I’m Spirit and Spirit is *always* in Its Integrity. And, yeah, I’m Choosing to Manifest That’.” – From The Satsang “Living The Guidelines: Inexpedient? Impositional? Actualization?” – A Participatory Satsang Given by Dr. Roger B. Lane (MP3 A310)

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, for the Highest Good, to give you the experience of Following the Guidelines—and then do your part, too;

3. Now, ask the Lord, God for the Highest Good to take anything that stands between you and Following the Guidelines;

4. Now, tell yourSelf, “(your name) it’s OK to let it go!”

5. Now, take a moment inside yourSelf to Commit/ReCommit to Being in Alignment with the Guidelines;

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.

7. 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.

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

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