

# Tools For Living Free

NUMBER 179 IN THIS EDUCATIONAL SERIES

## “The Alpha And The Omega”

Excerpts from the Satsang “The Alpha And Omega Of Each Day: A Participatory Satsang” Given by Dr. Roger B. Lane (MP3 A185)

“... I want to start by talking about The Alpha And The Omega. What is The Alpha And The Omega? And we know that It’s the Beginning and the End. And What is the Beginning and the End but the Lord, God or the Christ *within*. And the Christ *within* is That Which is in Alignment with the Spirit, with God That you *are*. And It is the Divine Plan put together by the Divine Architect That’s *within* each of us, *within* our own consciousness.

“When we talk of the Christ as a Consciousness we don’t talk—it has nothing to do with—religion other than in the true sense of the word, of ‘religio’, which is linking back to the Source. And, of course, we are linked back to the Source. That’s Who we *are*. ‘In the beginning was the Word and the Word was with God.’ The beginning was the Sound Current and This was with God. God created us out of His Own Spirit or out of the Sound Current. The Sound Current is the Holy Spirit and is That Which is the Essence of the Great Spirit, of the Lord, God.

“So we’re created in His Image. And The Alpha And The Omega is *within* us—the Beginning and the End.

“Of course, there’s no beginning and there’s no end because there’s nothing linear. But because of how the mind works, we say ‘beginning’ and ‘end’. Just like in the beginning we Called in the Light. Now, obviously, we’re not calling in the Light because the Light is *always* Present. But we call It Calling in the Light because It is Our Focusing into This Light. We’re putting our consciousness into This Light.

“So we’re not really Calling in the Light. We’re Calling Our Awareness into the Light to be Present with the Light That is *always* There. And This Light is the Spiritual Light. It’s not the light. You hear people talk all the time, ‘Oh, I work with the light.’ Oh, yeah! that’s nice. But usually it’s the light on the magnetic realms, in the lower frequencies.

“There is a Spiritual Light. And this is a major breakthrough in consciousness and there’s even a recording of It in the Bible. You know, you have this guy, Melchizedek, the High Priest of Salem. He comes and He says, ‘Hey! hola, ¿cómo está? Here I am, folks! You ain’t going to see me again. I’m making a very brief appearance but guess what? I’m telling you that there’s a Frequency coming in that hasn’t been here before. And that’s it, folks! Good-bye. It’s been nice meeting you.’

“And, of course, it has to do with the Christed One, a difference in baptism by water as opposed to Baptism by Fire. So talking about the ritualistic, the rites, etc. and moving into That of Fire, Which, of course, is the Purification, a Spiritual Purification. Alright. Actually there are—the precursor of the Christ in one of His earlier embodiments was Zoroaster—and, of course, you see fire, the Sacred Fire, there.

“But the Spiritual Approach is a Purification Approach symbolized by fire. The Alchemical Process always has fire.

“So The Alpha And The Omega is the Christ *within*, the Divine Plan. And What’s the Divine Plan? It’s the Same for you as It is for Me as It is for the person next to you as It is for the person who lives in the next state, the next country, across the ocean. And That is to Know God and Know yourSelf as Soul, as Spirit and to Love God. And, in the Process, you finish your karmic journeys here.

“That’s the Divine Plan. That’s The Alpha And The Omega.

“You know, we had Christmas recently and I gave a Christmas Satsang and the Essence of That Talk was, you wind up at the end just where you were in the beginning—

with one important difference. Remember, ‘in the beginning was the Word, the Word was with God!’ That’s the Beginning. You’re going to wind up There in the end. Retrace your footsteps, so to speak, back as a Soul and you’re going to wind up There: Back Home with God.

“The difference is you’re taking yourSelf out of the ‘mass’, out of the undifferentiated mass and you’re doing things *consciously*, volitionally, through the exercise of Free Will and Choice because God’s Given you Choice. He’s Given you Free Will.

“We have Free Will. That’s super, super important and extremely Powerful. Do I have to go with all the anger I sometimes feel? No. Do I have to eat all the food I want to eat? No. Do I have to go with not wanting to bother to eat for long periods of time? No. If it’s going to be detrimental to my health? No. Do I have to go long periods of time without drinking water because I don’t want to be bothered? No. ... Do I have to, etc., etc., etc. You get what I’m saying. The ‘have to’s’. See, there are no ‘have to’s’.

“There’s Choice. But—and let me make this clear—if I’m choosing something then I need to do it gladly and without the resentment. So, yeah, ‘I’ve chosen to stay late and work on this project’. ‘Yeah, but I had no choice. The boss would be angry at me if I didn’t’. You had choice. You chose not to allow the boss to get angry at you. You had a choice. ‘Yeah, but if I didn’t stay I’d lose my job.’ You had a choice. You could have lost your job. You could have chosen that.

“So, we have choice. And the choice is what? It’s kind of like the motto of New Hampshire, isn’t it, Which is ‘Live Free or Die’. I love that motto because that’s what we do. *Each moment* we have That Choice to live free or die [ed’s note: Dr. Lane is speaking relative to the karma upon us as we as Souls can only ‘live free’ when we are Established in the Soul Realm.] We choose into karma, we’ve died. ... that’s why it’s very interesting but Spiritually it’s called—coming into this world is called ‘death’. And we’re here in this ‘valley of death’ so that we can come into —through the Spiritual Process of Initiation Into The Sound Current—Eternal Life.

“And I love, I love when people couch their fears of Knowing God. I love when people protect their consciousness against change, against giving up karma, against going Home by saying, ‘Oh, you know, that’s one approach. It’s all equally valid.’

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“Or, better yet, people who think this whole system of karma and reincarnation makes us less important. ‘Well, then, there’s nothing for me to do. I’m not important. You can’t tell me my actions (in this life) don’t mean anything, blah, blah, blah, blah.’ You know?

“It’s real interesting to me because it’s exactly the opposite. You *are* very important. What you do *is* very important. What you think *is* very important. What you allow into your consciousness and what you hold onto *are* very, very important. There’s no more important Being in the System than you. ‘Man shall have Dominion over all things.’ Not in power and control: ‘Well, let me invade your country.’ ‘You shouldn’t have an atomic bomb.’ ‘You shouldn’t have a nuclear weapon.’ ‘You shouldn’t have missiles. Only we can have missiles.’ ‘Yeah, I can come into your country and kidnap your president and stop him from holding his elected office but boy! if you dare hold any of my citizens hostage I’m going to have to launch a military strike.’ You know, we get

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– From the Satsang “The Alpha And Omega Of Each Day: A Participatory Satsang” Given by Dr. Roger B. Lane (MP3 A185)

all this kind of craziness going: dominion, control, power.

“But it’s a reflection of what we do internally: trying to control others, trying to control situations, etc. We don’t have to do any of that stuff. The Power is in Surrender. And What are you Surrendering to but the Spirit inside of you, the Christ *within*. The Christ *within* is The Alpha And The Omega.

“So don’t you think the beginning and the end of each day needs to be in Alignment with Surrender? And an Acknowledgement of the Spirit you *are*? Yeah. We *are* Soul. We *are* Spirit. We’re charged with the Responsibility of Our Destiny: Our Inheritance, Our Divine Inheritance, and Coming into That. ‘That Which I do you, too, shall do,’ said the One Known as the Christ, Jesus. ‘You mean I

can’t just have you on a cross and worship you and think I’ll just believe on you and I’ll be OK?’ ‘No, I said, ‘you, too, shall do It.’ ‘Oh, you mean I’m going to get crucified?’ Nah, that’s old hat now. Only one Easter per customer. Forget it. We’re not doing that again.

“But, we are doing What was Demonstrated, Which is letting go of the ego upon which we are crucified. We’re crucified in the ego and we go into the Soul Body and we go into the Resurrection Process or the Spiritual Initiation and Fulfillment of Knowing ourSelves as Soul, as Spirit, as One with God.

“So That’s The Alpha, That’s The Omega: One with God, Beginning and the End the Same. ...”

## CASE STUDY

I recently had one of the most powerful experiences that I’ve ever had as an Initiate Of The Sound Current On The Path Of Soul Transcendence.

I was walking down the street and saw a man sitting on the ground with a paper cup in front of him.

There are many people on the streets of New York who sit on sidewalks with cups in front of them—and I often put money in the cups.

But this time I chose to “walk on by ...”—to borrow from the old Dionne Warwick song—which I actually “heard” inside mySelf. In that instant, I knew that I was doing violence to mySelf; That, as My Teacher Teaches, we are One Spirit and that what I do affects All. It felt like a weight on my heart; really, like knives criss-crossed over it.

I turned around; consciously slowed the “rush” I had allowed mySelf to be in; went to the bank to get twenty one’s; came back and put money in the cup.

The only reason that I did This Giving and had This important Experience and Learning as a result is that I have seen and continue to see My Teacher Do This Giving repeatedly. It is from My Teacher that I have Learned that This Giving is “very important”—to quote My Teacher *exactly*—as well as to go get twenty one’s, preferably in advance, so that I have them on hand. Every detail is taken from My Teacher’s Sacred Example.

This time the Experience was One That I have had when doing Loving Service—I’m *immediately* at God. I’m in the Oneness.

From That Place, I Know that it’s no accident that the Soul in the person now facing me says “God Bless you”.

I Know it’s God’s money; that Everything is His, as My Teacher also Teaches.

I am sharing this experience because when I read the Full Transcript of the Talk “The Alpha And Omega Of Each Day: A Participatory Satsang” for this Case Study, the following stood out to me:

“Be honest with yourSelf. How many interactions have you had today with people that honestly reflected that simple Truth of the Christ *within*, of the Spirit *within*, that the Same God is in you That’s in the Being next to you? How many of you have had those interactions?”

As I write this, I Bless this Soul for this Magnificent Opportunity by sending It the Light Of The Most High and Healings. I Call in the Light Of The Most High first by saying “Lord, God, for the Highest Good send me Your Light!”

I also let this Case Study be a reminder to consciously put whatever I am doing into the Light Of The Most High for the Highest Good and to direct my basics—the part of me that brings forward my karmic patterns—into the action like this: “basics, please come present! I need your cooperation

and energy to [fill in action; for instance, going to the bank or to give to people on the street]”; thank them and ask them to keep up the good work supporting me in this.

I noticed that after I did the latter before heading out another time, any resistance to giving was gone; I put money in the first cup I saw, which was being held by a person who broke out in a big smile and put his hand on his heart.

Then, after I had finished this Case Study and turned It in to My Teacher, Who also Serves as the Advisor to the Newsletter, My Teacher asked me “why just give one’s?” and I knew I was holding on. Up until now, I was resisting giving larger denominations, even when I had them with me—and buying food for people on the street as well—because I didn’t want to spend more than a few one’s. The solution was Self-Talk: Call in in the Light Of The Most High as noted above and direct my basics to support me in being generous with people on the street starting now and thank them. I may also need to specifically direct my basics to give [name the amount] to the person in front of me now right before I’m putting money in the cup and to support me in going to the bank now to get [name denomination] when I’m heading to the bank. I always use the Four Rules of Self-Talk: keep it present; positive; give direction and encouragement.

The experience of doing This is one of knowing that the Opportunity is for me. There is no difference between a one-, five-, ten-, twenty-, or one-hundred-dollar bill. It’s all God’s. As I write this, I experience the Nature of Spirit, Which is to Give, as Dr. Lane also Teaches. It’s the basics that want to hold on. If fear comes up, I do the Two-Part release by Calling in the Light; and asking the Lord, God, for the Highest Good to take anything that separates me from the Spirit I *am* and tell mySelf, “it’s OK to let it go!” And let go!

This is a pretty big step for me.

I realize, too, the importance of attitude. If my attitude is “doing good”, forget it. The “rushing” that I had allowed was my choice into false ID with time and space, with the things of the world instead of Properly Identifying mySelf as the Spirit I *am*. The false self only wants to take, as My Teacher Teaches. Spirit Gives, as My Teacher has Taught me.

“Give - Then Give Some More” is the Title of a Talk Given by Dr. Lane That I absolutely Love because It so brilliantly Teaches The Nature of Spirit That I’m immediately Expressing from That Place of Giving. Please Give This Talk to yourSelf by going to [cosmostree.org](http://cosmostree.org); clicking on shop/download in the upper righthand corner; and, once on the next page, putting the Talk number, A053, in the search box on the upper right. Please also give yourSelf *Tools For Living Free* #18, Titled “Living By Giving”, Which is comprised of Excerpts from This Talk.

## TRY THIS ...

“I thought I’d start by having you do some work for a change. Extend my vacation. So what I’d like to do is, I’ll start, obviously, by Calling in The Light Of The Most High. And I’m just going to ask you two questions. Maybe I’ll ask you some more but initially I’m going to ask you two questions and whatever comes, comes. So ‘Lord, God, send us Your Light and we put this time together into Your Light for the Highest Good.’ ‘How do you start your day?’ [Pause] ‘How do you end your day?’ [Pause] ‘How would you like to start and end your day?’ [Pause] And one more question. ‘What do you need to do to start and end your day as you would like to?’ [Pause] Now when you can bring your consciousness back here.”

– From the Satsang “The Alpha And Omega Of Each Day: A Participatory Satsang” Given by Dr. Roger B. Lane (MP3 A185)

## 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 bring forward a situation that you are trying to control or one where you are trying to control others;

3. Now, ask the Lord, God, for the Highest Good, to take anything that separates you from the Spirit you *are*;

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

5. Do this as often as necessary! As Dr. Lane Teaches in “The Alpha And Omega of Each Day: A Participatory Satsang”, “The Power is in Surrender.”

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](mailto:info@spiritcentral.org) or contacting any Regional Center.

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