

Tools For Living Free

NUMBER 180 IN THIS EDUCATIONAL SERIES

“The Alpha And Omega Of Each Day”: A How-To Manual

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

“So shouldn’t we spend each day ... Remembering The Alpha And The Omega, That we *are* Spirit, That we *are* God, That we *are* the Christ *within*? 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?”

“So start the day with That Alignment Process. And I can suggest a way to start the day: Calling in the Light Of The Most High: ‘Lord, God, send me Your Light and send This Light ahead of me!’ And you may also want to ask for Spiritual Protection so put the Christed Light—ask that ‘the Christed Light go—between you and everyone you encounter that day.’

“And That’s not to separate you from others. It’s just the opposite because when we do That, That ensures that only the Highest Frequencies pass between you two. And because we do live on a negative planet—not a bad planet, just negatively charged—we may want to protect ourSelves from the negativity that is here. So we may also want to ask that ‘a purple candle be placed in our solar plexus, all for the Highest Good.’ And that you ask that ‘everyone you meet that day be Uplifted and Upvibrated for the Highest Good’ because we Know that we’re Transmitters. Human Beings and the human body is set up to be a Transmitter. We’re Transmitting these Frequencies. And where we place our consciousness is what we’re going to Transmit.

“And then at the end of the day, you want to do a Blameless Inventory. ‘Was I with God?’ ‘How was my day?’ ‘Did I Express the Spirit *within*?’ And then see when you didn’t and what you needed to do to do That. And then ask God to Give you the Learning and the Strength so that you can do That the next day so that the day you had becomes a Learning Opportunity, becomes an Opportunity to step up more the next day, etc., etc. without blaming yourSelf.

“And watch out in terms of if you were running a lot of negativity inside yourSelf. And this is distinct from people who are very abusive and are very violent, basically, because they don’t care and they don’t make the effort to do the Inner Work, to Let it Go, to get distance from it and so they just spit it out on everybody. Of course, it comes back to them. But that’s what’s called psychic violence. They’re perpetuating violence. So I’m not talking about those people.

“I’m talking about if you’re running a lot of negativity inside yourSelf, you may be releasing stuff, a lot of stuff. You may be clearing, having stuff moved through you from all sorts of lifetimes. You don’t want to judge it. But you do want to use it as a Strengthened even if it’s to know ‘hey! all this negativity that I was going through, my consciousness was with God despite it. I practiced Giraffe Consciousness. I was only being Nourished by God while all this other stuff is going on.’

“And, many of us: we just get into all that negativity and we take it for real and we go on and on and on about it instead of it’s just something passing through.

“So we need to start our day in Alignment; the end of the day evaluate how we did during the day and use it to Lift and Grow and have The Omega of that day—the end of that day—be just like The Alpha—the beginning.

“But what about all that time, as it were, between The Alpha And The Omega? ‘Oh, I can get away with anything as long as I do these two things.’ Uh-uh. No. It’s Alpha And Omega at *each moment*. ‘Am I in Alignment?’ ‘Am I

Expressing the Spirit *within*?’ etc. You know, they say you can’t afford the luxury of a negative thought. And we know it takes roughly 22 positive thoughts to replace that negative one. So just think—you’re working 22 times harder when you enter into negativity in order to have that be cleared. Why even entertain those thoughts? They can pass through you. But why entertain them if I Know I’m Spirit and if I Know that the only thing I can take before God is my Love of God and That’s the Purpose of human life and I’m going to wind up There anyway?”

“You know, I went to a funeral this past weekend. Well, I mean I loved the person dearly and I would have loved for this person to have Completed This Being’s karmic journeys here just because the priest said she was going to meet Jesus, you know? And I would have loved for that Being to have Completed That Being’s journey. But That didn’t happen. That just didn’t happen.

“Was that being Responsible? Is it set up that sooner or later that That Being will go and Complete itSelf? Yes. Is the only Way That’s possible through The Path [ed.’s note: Dr. Lane is referring to a Sound Current Path] laid out by the Lord, God Himself where you Walk This Path Home? Where you retrace your footsteps? Where you wind up at the end Where you were at the beginning? And the only Way to do That is to exercise That Responsibility as we were Taught? Yup. ‘You mean if I go to church on Sunday, synagogue on Saturday, mosque on Friday, I don’t know where atheists go but wherever they go, that would do the trick?’ No. Sorry, it doesn’t do the trick. ‘But they say it does.’ They say it does and you can have lifetime after lifetime after lifetime finding out if it’s true or if it’s not true.

“So why not spend *each moment* that God Gives you in Alignment with God or Allowing yourSelf to be brought back into Alignment, into Conscious Awareness, into the exercise of your Free Will because the Christed Consciousness is when you’re in Alignment with God’s Will.

“Until then we’re just slaves. We’re slaves to our illusions that we’ve created—of bondage, of fear, of pain, of separation. But if I’m in The Alpha and if I’m in The Omega, I’m Living My Freedom. That’s My State anyway. I’m in Joyous Freedom of Who and What I *am*. Pretty neat! Pretty neat! ‘You mean all I have to do is Surrender my stuff and Allow the Action of the Holy Spirit or of the Sound Current?’ Yeah, That’s It. ‘You mean I don’t have to do any rituals?’ ‘I don’t have to read any books?’ ‘I don’t have to be any great scholar of anything?’ Yeah, I mean that. ‘You mean all I have to do is Follow The Teachings *exactly* as Taught with a Loving Heart?’ Yeah, basically that’s It! (Here Dr. Lane is specifically addressing Initiates On The Path Of Soul Transcendence.)

“‘Nah, it can’t be that easy.’ Well, The Alpha And The Omega: the Same Thing. So you’re becoming What you *are*. You’re just Being What you *are*—The Christ *within*; the Christed Consciousness; the Oneness with God.

“What a Wonder-ful way to spend the day! In Alignment, in Attunement, in Awareness of That and Its Expression. And Its Expression. Remember ‘Love is Letting Go of Volition Every Time.’

“Watch what you think what form love takes. ‘Yeah, my husband doesn’t want me to do x, y and z so I won’t do it. Boy! that’s love.’ Nah, not really. May not be. ‘Boy! doing x, y and z when I was asked, that was love.’ Only if you let go of the resentment with it and made it your choice. ‘Boy! I did

**“So shouldn’t
we spend each
day doing That
(Practicing
The Alpha
And Omega
consciously)?
Reminding
ourSelves?
Remembering
The Alpha And
The Omega, That
we are Spirit,
That we are God,
That we are the
Christ *within*?”**

– From the Satsang
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so much Service. I do more than anybody.' Well, that in and of itself is not Love. You've compared yourSelf to others and that's by definition separation.

"We all live in the Oneness of the Holy Spirit. And 'did I do Service and how can I do more?' And 'how can I do it with a happy heart?' And 'how can I help others?' And 'what's asked of me?' And 'what's the situation?' And 'how can I be of most use in this situation?' Not 'Oh! it annoys me. It should be this way. That person acted that way.' 'Oh, Dr. Lane, I can't believe that the person was wearing purple and they know I get upset. How can I do Service?'"

"That's not The Alpha and that's not The Omega. Personally, I like purple Myself. I had an uncle who only wore purple ties. And once I tried to pick out a birthday present, give him another purple tie, and we actually had to have his daughter along, my cousin, (and ask) 'what shade of purple didn't he already have as a tie?' You know. We spent hours. I just love purple.

"So we can use anything to allow ourSelves to come out of This Alignment, the Christ *within*.

"So we want to begin the day with the prayer: Calling in the Light, sending It ahead, asking for the Spiritual Protection;

Dear Cosmos Tree

Q: As I take on new "challenges" in life such as starting a business or saving for a house I've noticed that there are times when fear of "not having enough (lack of something)" comes up. This can be something as small as an unexpected \$200 charge or larger expense that occurs. These feelings are usually paired with fear of failure. Knowing that I'm always supplied and have abundance, how can I more easily let go of the attachment to money, success and fear of failure? – K.D.

Dear K.D.: 1) The Teachings Teach us that "challenges" are Opportunities; 2) Use everything to Lift, as The Teachings Of The Path Of Soul Transcendence Teach, including feelings that come up; for instance, by using the Two-Part Release Technique like this: "Lord, God, for the Highest Good send me Your Light!" then "Lord, God please take anything (this can be specific; for instance asking the Lord, God to take "the pattern of fear of failure" or the attachment to money or any judgments you may have on how "fast" or "easy" the process is "supposed" to be, etc.) that separates me from the Spirit I *am*" and tell yourSelf "it's OK to let it go!" Do as often as you need to; 3) Use everything to Lift by being Present; if you are an Initiate, Place your Focus at God by going to the Upper Part of the Third Eye and keep Returning; 4) You may want to do Self-Talk, too, by asking your basics—the part of you that brings forward your karmic patterns—to "come present!" and direct them into the action at the moment (it can be in supporting you in being Present) and then thank them for "supporting you in That".

To Reinforce Your Learning: 1. Beginner: Do the Meditation For Health And Well-Being regularly (the MP3 is available at cosmostree.org and can be put on your phone); Work The Money Workbook; read *Tools For Living Free* #1 "Using The Tool Of Choice"; #11 "You Are Worthy Of Abundance"; #16 "Being Present In The Moment"; #30 "The Antidote To Fear"; #74 "You Are Worthy"; #93 "Surrender Everything"; #132 "The Wealth is Inside Of You"; Intermediate: Attend the Meditation Of The Light Of The Most High 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; Advanced: Everyday Evolution II; The Master's Degree Program available through the Seminary Division of Center For Religion And Advanced Spiritual Studies.

Apply This ...

"And then at the end of the day, you want to do a Blame-less Inventory. 'Was I with God?' 'How was my day?' 'Did I Express the Spirit *within*?' And then see when you didn't and what you needed to do to do That. And then ask God to Give you the Learning and the Strength so that you can do That the next day so that the day you had becomes a Learning Opportunity, becomes an Opportunity to step up more the next day, etc., etc. without blaming yourSelf." – from the *Satsang "The Alpha And Omega of Each Day: A Participatory Satsang" Given by Dr. Roger B. Lane (MP3 A185)*

end the day by taking inventory, Blame-less Inventory, of how you did that day, how you stayed with the Christed Consciousness *within*, the Spirit *within*; how you Expressed from That Spot; what you could do better; what you could do differently the next day to be with God *within*. And then that whole day to be aware of the Oneness with you and the Lord, God.

"It's really that simple.

"We're created to Know That. Surely, we have the equipment to Know That. It's going to be *within*. It's not going to be through any regimented approach, through any set of rules, through any set of rituals or anything else.

"It's found *within*. And That's the True Religion: Religion, the linking up, going back to the Source. That's Where the Living Waters are, That's Where the Nourishment is.

"And I encourage you to Live The Alpha And The Omega by giving yourSelf This Alpha And Omega Of Each Day and also your day *is* The Alpha And The Omega in Full Knowledge and Conscious Awareness of yourSelf as Soul, as Spirit and as the Depository of the Divine.

"And we'll stop with That."

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 bring forward a situation in which you are blaming yourSelf or someone else;

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 the above as often as need be!

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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