

Tools For Living Free

NUMBER 181 IN THIS EDUCATIONAL SERIES

“Conflict Resolution Made Easy”

Excerpts from the Satsang “Conflict Resolution Made Easy: A Participatory Satsang” Given by Dr. Roger B. Lane (MP3 A321)

“I want to talk a little bit about Conflict Resolution tonight. And I realize that It can be said in one word. And it’s a simple three-letter word and That’s God. You know, there are no conflicts in Spirit. There are no problems in Spirit. ‘The Peace that passeth all understanding’ is in God, in Spirit. But then guess what? God lives in us as us so the Resolution is *within* us. And I’m going to be using a lot of outer examples, as it were, particularly with what’s going on in the world now.

“But I’m going to be strongly, strongly focused on the inner conflicts we have within ourSelves. And, really, that’s where all conflicts originate. They originate within ourSelves and they’re projections onto the world. The difficulties we have in the world, with people, with situations, etc., they’re found within us. That’s the origin. That’s the karma.

“And if we take a look at what’s happening now—we’ll use the college quote ‘protests’. I’m not sure what they’re protesting for. I’m not really sure what they’re protesting against. I know the surface but that doesn’t really seem to be it but let’s take a look at this [ed.’s note: Dr. Lane is referring to the ‘protests’]—because there are some key things that tell us a lot about how to work things, etc.

“If you notice, there is no attempt at bringing forth a solution. It’s basically ‘my side’s right; your side is wrong and your side shouldn’t exist’. But that doesn’t solve anything. That’s just cancellation. And it doesn’t prove anything. We need to go for a solution. And I’m sorry to say there’ve been one, two, occasions where some Initiates were at each others’ throats, so to speak, and they couldn’t solve it and I asked them to do it in front of me. I was there; I wasn’t interfering; I was just an observer kind of like in the next room.

“And on these occasions both of the Participants decided to devolve into the animosity and the reason why they should stand their ground, etc., etc., why the other person did them ‘wrong’, etc. And there was no attempt at going for a solution. There was no attempt.

“And if you look at a lot of how the universities ‘solve’ this issue in quotes, it was either one or two extremes. They were heavy-handed from the beginning or they completely abdicated their responsibilities and so the protesters could just violate the guidelines and the deadlines and all that with impunity. And then at the end

where it got to be too much, too overwhelming, they had to come in with the heavy hitters: you know, hundreds of cops; I don’t know whatever else equipment they use; buses to haul away the arrested ones, etc.

“But if we work things *within* ourSelves we need to respect the lower part of our consciousness, the part of us that’s in protest, as it were, and we need to—at the same time —be the conscious parent. We need to be the parent and we need to provide guidance. We need to provide extreme focus; we need to set the ballpark; we need to set the parameters. And it’s very important. And then we need to have them respect.

“It’s like when you teach a dog how to walk on a leash when the dog’s a puppy, you always have to reinforce it. Same thing with a child. You always have to reinforce the limits because any kid worth its salt and any dog worth its salt—I don’t know about cats but hey! I don’t even know they are leash-able if that’s a word—so you have these dogs and what do they want to do? They’re going to keep testing you, testing you and you need to keep reasserting yourSelf or asserting the limits.

“And it’s really interesting. There are many parents who grow up thinking ‘well, I can’t really discipline my child because it’ll interfere with their creativity’. They have this equation. But the child walks around feeling unloved because there were no limits set and so the kid’s scared because there’s no ballpark. And the child doesn’t know that they’re loved. Has no clue. So it’s important.

“And The Teachings Teach us *Loving Discipline*. But many of us we get into this pattern where we allow our basics to run the roost and then we got to really clamp down so hard. Then, of course, there’s resentment, resistance, etc. ...”

“When we want to solve any kind of conflict we need to determine that the focus is always towards what? Towards the Resolution, towards the solution. It’s not to get into an inner argument of why to keep it going or an outer argument of why you’re ‘right’ and the other person’s ‘wrong’. It’s ‘we’re in this thing together. How can we work it?’

“The protesters in the university—they’re in it together. And it’s so easy to get into the ‘me versus you’ kind of mentality. Or the physical world versus the spiritual world.

“But when
we go to God
with That
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—From the Satsang “Conflict Resolution Made Easy: A Participatory Satsang” Given by Dr. Roger B. Lane (MP3 A321)

“Well, but God’s here. He’s in the world. He’s in you Living as you. ‘I’m in the Father, the Father is in me’. It’s real simple.

“The Christ said, ‘Tag! You’re It!’ We’re It! We have That Responsibility. It’s an Awesome Responsibility in that It’s Full of Awe. Not awful but Awesome. You know, by the way, awful used to mean ‘in awe’. And God *is* Awesome and we *are* That and we *are* Awesome and we have This Awesome Responsibility to come together *within* ourSelves and with others. ...”

“But whether we’re working things inwardly or outwardly, what’s really important is the Practice of Proper ID because—think about it!—all the conflict that we have and the continuation of it—it’s all based

on misidentification. You think you’re this person. You think you have this set of beliefs and that you are these beliefs. You think you are from this country, from this nation; you think you are of this religion and etc., etc., etc. All things of the lower world. All body identified. It’s everything your body identifies with. ...”

“But when we go to God with That Knowledge of ourSelves as Soul, as Spirit no conflict exists. We’re At One. We’re at Peace. So when we work things inwardly within ourSelves or we work things outwardly it’s important to always do That: Knowing that we’re Soul, Knowing that we’re Spirit; move our consciousness or Allow our consciousness to be moved to God and Live and operate from That Place. ...”

CASE STUDY

For a while now I’ve felt a “protest” within me—a conflict between how my life currently is and how I think it “should” be. There’s a part of me that, like a child having a temper tantrum, has, up until now, been stomping its feet and pouting about not getting what it wants.

After reading My Teacher’s Full Transcript of the Talk, “Conflict Resolution Made Easy: A Participatory Satsang,” I was struck by My Teacher’s saying, “But if we work things within ourSelves we need to respect the lower part of our consciousness, the part of us that’s in protest, as it were, and we need to at the same time be the conscious parent. We need to be the parent and we need to provide guidance.”

Dr. Lane later in the Talk elaborates working with the part of us that’s in protest by saying, “we’re acknowledging the power they do have, the energy they do have *and and* we decide what purpose it’s going for. That’s crucial! We decide the focus.”

For me, this was a realization of how I have not on many occasions been the “parent” to my lower consciousness and that I needed to Apply “*Loving Discipline*.”

As an Initiate, I have been Taught that part of *Loving Discipline* is doing Self-Talk. This is when we decide the Focus we’d like and *Lovingly* tell our lower consciousness—or “basics”—what it is we are doing at that moment. So, when I feel that part of me digging its heels in and pounding its fist, I can say to mySelf, “Basics, come forward! I need you to be in Acceptance of where we are now (or be Grateful for our current

life/or be calm—or whatever it is I think I need at that moment!)” I then thank the basics for their cooperation and for supporting me in staying Present. Anyone can use this technique for any situation in life where they feel that “protest” and would like to move into cooperation.

In addition to Self-Talk, Co-Creating with the Lord, God is another Tool I use to *Lovingly* Guide mySelf and to move the Focus from the protest to the solution. Co-Creating is working with Spirit to create the life that you want! If, for example, I think my life should include more of some quality —like romance or material goods—I can ask Spirit for that experience now by first Calling In the Light Of The Most High like this, “Lord, God, send me Your Light!” Then, I ask for what I want like this, “For the Highest Good, Lord, God, please give me the experience now of romance and deep Love, within mySelf!” The final step in Co-Creation is letting it all go by giving it to Spirit. I do this by saying to mySelf, “[my name] it’s OK to let it go!”

Dr. Lane adds in the Talk that we have, “the Opportunity at *each moment*, as it were, to make Peace.” I think this is really crucial because my experience of the “protest” is that it has come up more than once. So, even though I may do the Inner Work as Instructed above, that Opportunity to “make Peace” with mySelf is available *each moment* and may need to be taken again and again.

And that’s OK! As My Teacher says, “Trust in the Process.”

TRY THIS ...

“So, I’d like to take a moment. And I’d like for you just—whatever comes up for you comes up for you—to let a conflict arise or that you’re dealing with, etc.! It could be an inner one, it could be an outer one, doesn’t matter. Just let it come up! [Pause] Now, just give it to God. Let it go! Give up holding onto it and let it go! [Pause] And you may find it’s scary to be free (of it). Just let it go! Now, let another conflict come up! [Pause] Now give it to God and let it go! [Pause] And lastly, let a third conflict come up, inner or outer. Go to God and let it go! [Pause] OK. ...” – From the Satsang “*Conflict Resolution Made Easy: A Participatory Satsang*” (A321)

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 have, up until now, created conflict;
3. Now, ask the Lord, God, for the Highest Good, to take this negativity from you!
4. Tell yourSelf “(your name) it’s OK to let it go!” And let it go! Do this exercise as often as needed!
5. Stay quiet and ask the Lord, God, for the Highest Good to Give you the Solution.
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.

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