

Tools For Living Free

NUMBER 183 IN THIS EDUCATIONAL SERIES

“Letting Go And Self-Regulation”

Excerpts from the Satsang “Letting Go And Self-Regulation: A Participatory Satsang” Given by Roger B. Lane, Ph.D. (MP3 A316)

“And why not make it easy on yourSelf? Why not do the Self-Regulatory Method? Look! It comes up that that desperado that stepped on my foot; it’s not like I’m a robot and anger didn’t come up or I didn’t want to slug him, etc. But I had Self-Regulation and I didn’t enter into it and I didn’t enter into something mentally like ‘Oh! I should have blah, blah’ and ‘I should have.’ I don’t dwell on it.

“It’s like a lot of Initiates [Of The Sound Current On The Path Of Soul Transcendence] when they call in for Open Hour or so and I say, ‘OK, let’s do the Two-Part Release Process and we will just Let it Go!’ ‘Oh, no! I want to ...’ and they’ll go on for five minutes, ten minutes. Or sometimes they won’t even say, ‘no, no, no.’ They’ll just discard what was said.

“And without the Self-Regulation that’s a lot of what we do. We continue with our negativity when we’ve had the Opportunity to give it up. Self-Regulation is a *Loving Act*. It’s an Act of Kindness to yourSelf. It’s not being hard on yourSelf.

“It’s kind of like when you diet. You can see your dieting as deprivation. And, of course, that’s probably why most diets don’t work. People just don’t really work with their basic selves, etc. and get their cooperation. So they don’t work and it’s going to be seen as deprivation. And a lot of us within our consciousness we really think, ‘hey! if we’re not indulgent, indulging in our emotional outbursts or our mental masturbation or constant brooding or thinking, we’re deprived. We’re just deprived.’

“And sometimes we’re deprived of our companionship, ‘hey! that’s my companion, all that negativity.’ Sometimes we feel deprived of our habitual responses. And without that, ‘God! what am I if not my habits? You know? Without the same old, same old, same old what am I?’

“Well, if you’re Self-Regulating, you Know That you’re Spirit. And you’re willing to Let it Go. And even if you don’t know what replaces it, that’s okay and you Know That you’re safe and you Know That you’re Protected and you know That you’re Loved.

“And when we Practice Self-Regulation we Know the Truth of Spirit, That Spirit Loves us; That we’re Loved Unconditionally. And the Christed Consciousness is *within* us.

“And isn’t that Part of the Christed Consciousness?

To Love Unconditionally, in an Unconditional manner, to Love Unconditionally? That’s Part of the Christed Consciousness.

“And when we Practice Self-Regulation That’s What we’re doing. We’re moving into and Being at the Christed Consciousness and we’re Loving and we’re in our Integrity. We’re At One with Spirit. And That’s What we Let Go into.

“So when we think about Letting Go and What are we Letting Go into, the answer is real simple. We’re Letting Go into ourSelves. We’re Letting Go into God/Spirit. God Lives in us as us. We’re Letting Go into ourSelves. We’re Letting Go to ourSelves.

“It’s just another Opportunity to Be ourSelves.

“And we Know as we Walk This Path, What happens? But the Object of our search—God—the Subject of our search—ourSelves or the Soul that we *are*—and the Love quote ‘between’ Them we realize and we come to Know that they’re One and The Same.

“And when we Let Go and we Self-Regulate, That’s What we come to realize: That we *are* Letting Go into ourSelves.

“But if we choose to Let Go and not Self-Regulate and not move into the Christed Consciousness and not come from the Divine Self but from the false self then we are letting go into negativity. Into karma. But that’s not Letting Go, Letting God.

“And when we Self-Regulate and we move into the Divine Self That we *are*, That’s Letting God. It’s real simple.

“So I enCourage you, really, to Practice Eternal Vigilance. And that when you’re Letting Go monitor yourSelf; be Vigilant and see that your Choice is into the Spirit That you *are*!

“We can’t, you know—there’s a book out and, coincidentally, I happen to be mentioned in that book; years ago there was a book out called You Can’t Afford the Luxury of a Negative Thought—we really can’t afford the luxury and the indulgence of running our negativity and running our negativity and running our negativity. Because we pay a big price for that. And that price is we’ve separated ourSelves from Spirit. We’ve created a lot of crystallizations that we are karmically responsible for and we’ve created lifetimes. And we’ve done violence to the Spirit that we *are*.

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and I Self-

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– From the Satsang “Letting Go And Self-Regulation: A Participatory Satsang” Given by Roger B. Lane, Ph.D. (MP3 A316)

“*Ahimsa* is a very, very profound Truth. It’s very profound. It’s more than just not hurting a bug. It’s more than just not swatting away an insect. It’s more than just not eating a living vegetable or root vegetable or something like that. But *Ahimsa* goes to the Core of Foundation, Core of Spirit. It goes through the Inner Worlds into all that God’s Created.

“And we’re Powerful. We’re at the Apex of Creation and we affect It all.

“But you can ask yourSelf a real simple question, ‘When do you feel better? When you’re indulging yourSelf or when you’re Self-Regulating?’ You know? It’s kind of like with food. If you indulge yourSelves in a lot of the food that you love but you know is not good for you, you don’t feel so good. It can whack you out for quite a while.

CASE STUDY

A recent decision I made in my life changed my financial situation. This resulted in my savings account being depleted, my monthly expenses increasing, and now responsible for managing all of my personal finances (something I had never been responsible for in my life).

At first, adjusting to this financial change was a challenge. I felt resistance within mySelf, and a lot of negativity came up—including nonsensical, silly thoughts and irrational fear. For example, I recently had a large expense and, after the merchant had run the credit card, I “freaked out.” I immediately texted a Fellow Initiate and said, “I am almost in debt!” To which she replied, “Be Grateful! It sounds like you aren’t in debt now.” Which was true. I wasn’t in debt, and so it was silly for me to be upset about being in debt.

I was reminded of this resistance and silliness as I read My Teacher’s Talk, “Letting Go And Self-Regulation: A Participatory Satsang,” Where My Teacher, Dr. Roger B. Lane, talks about how letting go of the resistance and allowing mySelf to move away from the path of fear is an act of Loving towards mySelf. If I create “lack and limitation” (as in, “I’m in debt!”), then I am not in “Self-Regulation.”

Dr. Lane says that engaging in the negativity we “pay an awful price” when we don’t Self-Regulate. It is ironic how allowing mySelf to be upset about having large expenses is an “expensive” choice. Knowing this helped me to move more quickly into Self-Regulation. I did It by doing Self-Talk—a Technique Dr. Lane has Taught me about working with the basic selves, the part of me that brings forth karmic patterns. For this particular situation, I said to mySelf: “Basics, come forward! We are OK. We are safe. We have all the funds we need right now to pay for these expenses. I need you to be calm. Thank you for your loving cooperation!”

I updated My Teacher about my financial situation and shared how, while the expenses have been miraculously all paid for, I haven’t had extra to save. My Teacher (of

“And it’s tempting to be negative. I mean, I’m tempted many times Myself. Really tempted. ‘Oh, man! I’d love to.’ I’ve fallen victim, I’m sure, to that. But I realize that it’s a heavy price to pay and I don’t feel good. And I pay an awful price for that. And it’s not okay.

“So I Self-Regulate and I Self-Regulate and I Self-Regulate. But, really, in a Joyous Way. All I’m really doing is Expressing as the Spirit I *am*.

“And That’s What I enCourage you to do. Let Go! Self-Regulate! From the Place of Loving yourSelf, from the Place of Kindness. And from also Knowing how you affect all of creation.

“Talk about being an Environmentalist! That’s the ultimate in being an Environmentalist!

“And we’ll stop with That.”

course!) stated the same Teaching as my Initiate friend – GRATITUDE, for what I am able to afford, and KNOWING that the situation I am in now is not forever. With My Teacher’s Direction I re-Focused into Spirit and was able to see how Supplied I am and thanked the Lord, God for the many Blessings.

Dr. Lane says outright in the “Letting Go...” Talk, “... if you’re going to Co-Create and ask God to replace money then you need to rest in the Knowing that your request has been heard. You put it into the Light Of The Most High for the Highest Good and you don’t need to go and find the source for that to happen...” So, yes, maybe I don’t have all the extra funds I prefer to have to build up my savings account, but I can Co-Create for it. I do that by saying, “Lord, God, for the Highest Good, please send me extra funds so that I may contribute monthly to my savings account. Thank you!” And then, as My Teacher says, I rest in the Knowing that I have been heard.

Letting Go and Self-Regulation is about Discipline and Trust. It’s also about Knowing the True Source. For example, if I see the source of my income as my employer and my employer has told all the employees there will be no raises this year, I could conclude that my salary will not increase. But, as Dr. Lane says in the Talk, “We Know What and Who the Source is. We Know it all comes from God. We Know That the Spirit is *within*. We Know That *we are* That. And That *we are* Supplied.” If I come from That Knowing and Proper Identification as the Spirit that I *am*, I can Trust That if my income/revenue needs to increase for the Highest Good, then it will—however Spirit deems it necessary to do so.

So, while my financial situation may not be my preferred situation right now, I remain Focused in Spirit, Knowing that “Self-Regulation is a *Loving* Act. It’s an Act of Kindness to yourSelf,” Which is a luxury I can afford.

TRY THIS ...

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“And it’s tempting to be negative. I mean, I’m tempted many times Myself. Really tempted. ‘Oh, man! I’d love to.’ I’ve fallen victim, I’m sure, to that. But I realize that it’s a heavy price to pay and I don’t feel good. And I pay an awful price for that. And it’s not okay. ...” – From the Satsang “Letting Go And Self-Regulation: A Participatory Satsang” Given by Roger B. Lane, Ph.D. (MP3 A316)

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, allowed yourSelf to indulge in negativity;
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 take the pattern of indulging in negativity from you now!
6. Tell yourSelf, “(your name) it’s OK to Let it Go!” And Let it Go! Repeat as often as needed!
7. 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;
8. 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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