

# Tools For Living Free

NUMBER 184 IN THIS EDUCATIONAL SERIES

## Letting Go And Self-Regulation Part II – Loving Yourself

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

"I want to talk a little bit tonight about Letting Go And Self-Regulation. And What do I mean by Self-Regulation?

"Well, Self-Regulation is a lot like R&R. You could either see it as rules and regulation or rest and recreation. And it's all dependent upon the attitude. If it's something you're going to see as external to yourSelf, well, then the lower self—the basic selves—they're going to rise up and shine. And they are going to resist it and they are going to be fighting it and it becomes a struggle. So it's really a bunch of rules that take on the sense of 'you have to follow'.

"Or you could take It in the mature way as an Expression of yourSelf, as a way to *Lovingly* care about yourSelf, *Lovingly* Discipline yourSelf in the Way That The Teachings Teach us, Which is Discipline is Discipleship. We follow—we're following—The Christ.

"And to make it even easier, I said It was 'Self-Regulation'. So that It's the Self, your Self That's doing It as an Expression of Itself. It has Its own Inherent Order.

"So let me give you an example of this! Recently we did a RETREAT. And the RETREAT was all about Being A Nazir. All about Being One Who is *always* On Point. And, of course, if you're really sharp you realize that Being On Point was not just being correct or doing the right thing but It was Being at the Upper Part Of The Third Eye.

"That That's The Point. That Being A Nazir is Someone who doesn't care about 'others' in the sense of their opinions; in the sense of their culture; in the sense of anything else. But gives Its own Priority to the Spirit That They are.

"And is *always* On Point with That. And we had just finished This RETREAT on How To Be A Nazir. And I had a discussion with an Initiate and it was like 'how can I indulge mySelf?' 'How can I be in forgetfulness?' 'How could I be the best anti-Nazir that I could possibly be?' 'How can I pretend I wasn't at the RETREAT?' 'Let me see whom I can fool by pretending I'm not Spirit and I'm not Responsible!'

"And this person went on and on and on and on and on about something that really was a Wonder-ful Opportunity to Let Go, to Lift, to be more in Harmony and Balance.

"And there was such antagonism towards the very Thing that was just a Tool for Upliftment. That this person—don't think I'm exaggerating—wound up saying some of the silliest things I have ever heard in my life. I mean they were truly, truly silly and none of which was required or not required by the things she was responding to. So she wasn't really responding to that. There was something inside.

"And it's interesting because the person wouldn't stop. And before she wound up putting the very thing down, she built herSelf up as knowing a lot better. And then this thing didn't know very much. And then on and on and on and on. And I thought, 'Wow! I'm really sorry this is happening but I'm happy, too.' I was sorry because of all the work that she was putting herSelf through. These were all crystallizations that she had created. Nothing to do with the reality of the situation.

"And when we crystallize and when we persist in things, what happens? We're creating karma. Those crystallizations need to be broken up. And we have to go inward on the lower levels where we've created them and we need to have them broken up. So that's a lot of work.

"And another thing was the lack of Loving herSelf. That she permitted herSelf to just go on and on and on and create all this negativity. Wow! it was really something.

"But the saddest thing was, this person didn't realize all the Love That was here, all the Love That was here. And it was really, really sad. So rather than Let Go And Self-Regulate this person chose to insist and be undisciplined.

"And they are kind of related. Because if you're insisting on your agenda, we need to follow Ed 75 Cent's lyrics: 'Surrender what? Surrender our agenda!' We really need to follow That and Surrender our agenda.

"And if we don't, we're not Loving ourSelves. We're not being Disciples Of The Christ *within*. And we're creating a lot of work and a lot of hardship for ourSelf.

"And when we Let Go we really need to Trust. That's Part of It, too. So Part of Our Discipline, as it were, is going with Our Knowing. 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.

"So, for example, 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 For The Highest Good and you don't need to go and find the source for that to happen so God can Fulfill it.

"You don't need to create the form for that. God's in the world of form. Trust. Trust. And it takes Discipline and it takes the Self-Regulation of going with What you Know. And That's a Loving Act.

"And it has a lot to do with being in Integrity. Self-Regulation has a lot to do with Integrity. And What is Integrity? We Know from The Teachings That It is the Integer, Being in the Oneness, being in Wholeness, etc. And in Our Knowing That we are Spirit, That God Lives in us as us. Real simple.

"And if we create lack and limitation we're not in Self-Regulation. We're choosing into the things of the world and the way of the world. If we're into not Surrendering, not Letting Go and not Trusting, the Whole Process of Whatever The Teacher Brings Forth for you, we're not Trusting, we're not Self-Regulating.

"If we Know, for example, 'hey! The Teachings Teach us that it's really good to be in the Presence of The Teacher because Grace is Grace and things just seem to happen,' well, if you Know That and you've had those experiences then you need to Honor That because you're Honoring yourSelf. You're not Honoring some idea, some construct or anything else like that.

"If you've made a Commitment and you Know how Commitments work and you Know how important It is—not just for you but, really, for all of creation—to keep the Commitment then you need to Honor That. You don't go trying to pull fast ones or going 'no one, nothing's available. Nothing I can do. I'm stuck.' Baloney. Baloney.

"And yet we love to tell ourSelves all sorts of stories.

"And the nice thing about the Job I have is that you're going to be Loved either way. I don't interfere with your choice. I might recommend another choice. I might remind you of What you already Know, of What you've already been Taught. But I'm not going to interfere with your choice. And the Way that I always recommend and point out is the Way of Grace.

"And to make it even easier, I said It was, 'Self-Regulation'. So that It's the Self, your Self That's doing It as an Expression of Itself. It has Its own Inherent Order..."

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

"If you're insisting on your way, well, it's never worked before, probably not going to work now. But you're welcome to it."

"That's the way of karma. And I Trust. I'm in the Knowing that Spirit Lives in Me as Me. God Lives in Me as Me; That the Consciousness That I Hold is Valid and True and *is* of God and is God. I Know That. And because I Know That, I also Know that it's okay, you choose to do it your way, the karmic way, you'll get your Learning, too."

"I just want to give you an easier way. But it's your choice. And Self-Regulation, *being* True to yourSelf is the easier way. And it may not seem necessarily that It is the easiest way, 'Oh, my God! I've got to do so much to make it happen.' Well, you may want to take a look at that, too. You don't have to 'make it happen'. All you have to do is give it priority within yourSelf. Co-CREATE with God and you're on your way."

"You may think it's the quicker way. Well, yeah, maybe in terms of immediate time it's quicker. But in terms of incarnations, it's a lot, a lot slower. But that's okay, too. Right?"

There's no time. God's patient anyway even if there were time. So take your time!

"But I prefer if you take the *lestoil* way. But that's my preference. And what I've Learned is to Love you enough to let you have it your way if that's what you want. Because it's not your way or my way. That's a needless struggle. And a lot of you have set it up that way. 'Oh, I'm not going to do it that way, blah, blah, blah.' And you're in the struggle because we're still thinking of Spirit and the Guidelines as something extraneous, something outside ourSelves, something imposed upon ourSelves but They're not. It's The Teacher's Wisdom, Spirit's Wisdom to make things easier for yourSelf because He's just like you. And the only difference is you don't Know That yet. And you're coming into that Knowing and that's fine."

"But why not take advantage of That? 'Yeah, This is the Way'. It's Lovingly Suggested you do This because It's a Protected Way. It's easier, etc. And It will save you a lot of heartbreak."

## 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, refused to Surrender your agenda.

3. Now, ask the Lord, God for the Highest Good to take your agenda from you!

4. Tell yourSelf "(your name) it's OK to Let it Go!" And Let it Go!

5. Now, ask the Lord, God for the Highest Good to take the entire pattern of insisting on your agenda from you!

6. Tell yourSelf "(your name) it's OK to Let it Go!" And Let it Go! Do this exercise as often as needed!

7. Now, ask the Lord, God for the Highest Good to give you the experience of God's Agenda. Simply stay quiet and Allow It.

8. 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.

9. 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](http://cosmostree.org) at "Resources". For further information contact:

Cosmos Tree, Inc.  
a nonprofit, educational foundation  
229 East 85 St. #1347  
New York, NY 10028  
212.828.0464  
email: [info@cosmostree.org](mailto:info@cosmostree.org)  
Web site: [cosmostree.org](http://cosmostree.org)

*Tools For Living Free*  
is published by Soundly, Inc.  
Any distribution or reproduction  
of this publication without  
written permission is prohibited.  
Copyright 2026. Soundly, Inc.,  
New York, NY

## Dear Cosmos Tree

**Q:** "Sometimes I am so in AWE of Who and What I am—Soul/Spirit and in my daily life I have the experience of being blasted with Light. I Know I am to be in the world, but not of it. However, sometimes I become so AWestruck in my daily life that I am not present walking down the street or having a conversation. How can I be AWestruck and Present in my everyday life?" – L.S.

**Dear L.S.:** 1) As it appears from your question that you are an Initiate Of The Sound Current On The Path Of Soul Transcendence, Be Present by following the Meditation Technique Taught at the Time Of Initiation; as Taught by Our Teacher, keep Returning to the Upper Part Of The Third Eye. "That's The Point," as Dr. Lane Teaches in This *Tools For Living Free*; 2) Practice Eternal Vigilance as Taught by Our Teacher; 3) As Our Teacher recently said, "Perfect Practice makes Perfect"; 4) Eternal Vigilance includes Loving Self-Talk like this, as My Teacher Lovingly Suggested to this writer: "basics, come present! I need your cooperation and energy to support me in Calling In the Light Of The Most High; Chanting My Tones and doing the Divine Walk" to Focus on the Flow of Spirit and Be Present; 5) Co-CREATE with the Lord, God like this: "Lord, God, send me Your Light! For the Highest Good, Lord, God, my preference is to be AWestruck and Present in my everyday life! Please Co-CREATE This with me!" Leave the results to God! 6) Remember that It's God's Life (versus "my everyday life"); Surrender your agenda by doing the Two-Part Release Technique like this: "Lord, God, send me Your Light! Lord, God, for the Highest Good please take anything that separates me from the Spirit I am and Being Present!" Tell yourSelf, "It's OK to Let It Go!" 7) A personal note from this writer: I have Practiced the Presence of God/Giraffe Consciousness/Proper ID and had far less interest in conversing with others, preferring to just stay quiet, which for me is amazing.

**To Reinforce Your Learning:** 1. Beginner: *Tools For Living Free* #16 "Being Present In The Moment"; #93 "Surrender Everything"; #146 "What Is Discipline?"; #175 "Be A Nazir!: A How-To Manual"; Intermediate: Attend Meditation Of The Light Of The Most High at the Home Center if you live within 50 miles or, if you live more than 50 miles away, via teleconference; place yourSelf in the Physical Presence of The Teacher often; Advanced: The Master's Degree Program available through the Seminary Division of Center For Religion And Advanced Spiritual Studies.

## Try This ...

"Or you could take It [Self-Regulation] in the mature way as an Expression of yourSelf, as a way to *Lovingly* care about yourSelf, *Lovingly* Discipline yourSelf in the Way that The Teachings Teach us, Which is Discipline is Discipleship. We follow—we're following—The Christ. ..." – From the Satsang "Letting Go And Self-Regulation: A Participatory Satsang" Given by Roger B. Lane, Ph.D. (MP3 A316)