

Tools For Living Free

NUMBER 185 IN THIS EDUCATIONAL SERIES

Who's In Charge?

Excerpts from the Satsang "Who's In Charge?: A Participatory Satsang" Given by Roger B. Lane, Ph.D. (MP3 A324)

"I want to talk a little bit tonight about Who's In Charge? And I can give you a one-word answer and that's 'you'. And I could spell it for you, too. It's y-o-u or H-U. Choice is up to you, as is the approach.

"We know that we may not be able to quote control events but guess Who's In Charge of how we respond to them? We are. We're In Charge of our attitude, our relationship to what's happening. And we're always At Choice. It may not seem that way except it's the simple Truth. We can allow the karma to be upon us or we can Choose into the Spirit That we *are*.

"And if we're a Soul That's un-Initiated Into The Sound Current we still have the option of Choosing other than a negative response or a karmic response into the situation, into the relationship, etc. We have that option. We may not know what's going to take its place. If we are un-Initiated we can't Choose into Spirit because we haven't agreed to have Access to Spirit. We, basically, have agreed to work out our karma and have that vibrational level that we're at karmically be our ceiling. And that's okay. God's patient. But by Choosing other than getting into the negativity, the un-Initiated Soul has a great Opportunity not to pile it on, not to add more karma. So it's kind of working backwards but it's alright. At least, more karma wasn't created.

"But an Initiated Soul—when It takes Initiation—It agrees to move beyond the dual worlds. But we are here in the body and we Know from The Teachings That the Sound Current Emanates out of the Lord, God HimSelf. The Sound Current or the Holy Spirit Emanates out of the Lord, God HimSelf and That Its First Manifestation is HU. And then It travels through all the levels of Spirit. And then when It hits the dual worlds, It splits. When It goes down the Positive Polarity—or That of Spirit—It's called the Sound. When It goes down the negative polarity It's called the Light. The Sound can travel along, obviously, the Positive Polarity but also the negative polarity. The light can only travel along the negative polarity. So when someone says, 'oh, yeah! I work with the light' they mean the magnetic light.

"Initiates work with the Light as well but It's the Spirit or the Sound That's going down the negative polarity. But also Initiated Souls have the option to Choose into the Positive Polarity. They can Choose other than and have Access to Spirit while un-Initiated Souls can't Choose into Spirit because They haven't agreed to That. It would be like being forced to do surgery when you haven't even gone to medical school. You haven't

given yourSelf That Permission, That Training. And that's okay.

"But un-Initiated Souls, while they don't have That Access to Spirit because It hasn't been part of their agreement, guess what? They can have fulfilled a portion of their karma or they can, as it were, Choose other than that and not create additional karma.

"So we're always At Choice. We're always In Charge. It's not like *The New York Times* is going to go 'hey, you! Mira! ¿Que pasa? What's the matter with you? Pay attention! Look! Don't you know you have This Choice?' It's not going to do that. But the Spirit in us *always* is being "Homeopathic", as it were. It's *always* vibrating as and with Itself so that It's *always* going to draw you to That because That's Who and What you *are*. You *are* Spirit and you have That Choice.

"So there goes victimhood. We can't be a victim. And so many of us say, 'well, I don't like what's happening to me' or 'I don't like the situation I'm in'. But who created the situation? You did if for no other reason than that's the ballpark in which you're going to get your Learning.

"And who created the need for That Learning? Well, you did. So in a way you're doubly Responsible. And you're doubly In Charge. You're In Charge of your response to the situation, your relationship to it and you're responsible for the relationship itself.

"So being annoyed and angry at it—it's just a way of making God wrong, making yourSelf wrong. And practicing false identity. Because everything—if you're an Initiated Soul—is Given to you by God/The Master—Whatever you want to call It—for Your Upliftment and Growth.

"And, yeah, there's Grace so it can be worked many, many ways, according to what's for the Highest Good and what The Master decides is most beneficial for you. That's how It works. But also, guess what? We flip flop in Our Understanding of it, too. We think it's something we have to endure or go through or something against us when, in reality, it's something for us. It's all part of our Lifting and Growing and our Upvibration Pattern, our Upvibration Pattern.

"So That means we're Responsible. We're Responsible. And, of course, we're Accountable. Obviously, we're Accountable because there's karma. Look at yourSelf! You're proof that you're Accountable because you wouldn't be here—with the extremely rare exception of being on a Mission for Spirit—you

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wouldn't be here if there weren't things you have to Learn here. If there weren't some karma here.

"And many of us, we tend to take a very short view of things. 'Well, I'm this person'. 'I'm that person'. 'I'm this person'. 'I'm that person'. But you don't know the karma that's pushing that person, that that person is allowing to push them.

"I remember a long time ago when I was off visiting some colleges that my son was thinking of going to—a whole bunch of kids were playing these medieval games; you know, jousting and playing with maces and all that kind of stuff. And some of them were even majoring in medieval studies, you know, and they were kind of like the butt of a lot of jokes. Right? But I took a look and well, of course, there's a lot of the karma that's upon them this

lifetime that comes from exactly then. They may not be aware of it. There's no conscious awareness of it, etc., etc., because, obviously, they're identified with just who they are in this time, this present time.

"But when you come to Know That you're Soul and Spirit, then you're taking the longer view, the longer view of things. And Practicing Proper Identification of yourSelf as Soul. So if you're sitting around going 'why do I have to go through this and what's in it for me?' well, you need to go through it because it's going to move you into or, at least, It's the Opportunity to be moved into—Wholeness and Oneness as the Spirit you *are*, Knowing yourSelf as Soul as Spirit and Swimming in the Ocean of Love and Mercy—the Whole Purpose of this Life.

CASE STUDY

What stood out to me after reading the written Transcript of the Talk "Who's In Charge?: A Participatory Satsang" is The Power Of Choice. As Dr. Lane Teaches in This Talk, "Tag! You're It!" *Each and every moment* I'm at Choice as to where I place my focus.

Up until now, I haven't finished a lot of things—be it a big project or a promise to mySelf to file papers or an agreement to take photographs of two Sacred Books and then to frame those photographs. I'd start and then at some point I'd stop. I took the photographs; meticulously color-corrected them; put the best ones in a folder and purchased two beautiful gold frames. Then I put the folder and the unopened boxes of frames on a shelf where they sat for six years.

As an Initiate Of The Sound Current On The Path Of Soul Transcendence, I have *direct* Access to Spirit 24/7. It's my job to place my Focus at God. As I practiced Abundance Consciousness—Placing my consciousness at God—this week, I experienced living in a judgment-free zone. When fear came up, I was actually able to simply Return to That Spot and that was that.

What I realized is that in order for me to finish anything I need to be Present and do Self-Talk. I need to tell my basic selves—the part of me that brings forward my karmic patterns—what I'm doing and I need to do It using the Four Rules of Self-Talk, Which are to keep it Present; Positive; give Direction and Encouragement.

In this case, I Called In The Light Of The Most High and Co-Created my preference with the Lord, God like this: "Lord, God, send me Your Light and send This Light to My Teacher! For the Highest Good, Lord, God, please bring forward whatever is needed for me to finish things starting now! If I need any Clarity and Guidance, please send That to me, too!"

I did Self-Talk by first Calling In The Light (see paragraph above) then saying inside mySelf, "basics, come present! I need your cooperation and energy to support me in framing the photographs of the Blue Book and the Red Book now. Thank you and keep up the good work doing this!"

As soon as I finished educating my basics by giving them direction, I began to finish the framing. I was literally Led to place the two Sacred photographs into beautiful gold frames. And the filing that had piled up is basically done.

And, without lines of energy out to completing what are really inner agreements, I was suddenly able to breathe better; my entire lower abdomen relaxed.

As My Teacher Teaches, working with my basics Allows the Flow of Spirit from the basics to the conscious self; without that Choice to be Present and do Self-Talk, as My Teacher also Teaches, I am not Giving mySelf Access to Spirit.

It's up to me to do Self-Talk and thus to Live Abundantly in and as the Spiritual Flow.

TRY THIS ...

"So being annoyed and angry at it - it's just a way of making God wrong, making yourSelf wrong. And practicing false identity. Because everything—if you're an Initiated Soul—is Given to you by God/The Master—Whatever you want to call It—for your Upliftment and Growth.

"... We think it's something we have to endure or go through or something against us when, in reality, it's something for us. It's all part of our Lifting and Growing and our Upvibration Pattern, our Upvibration Pattern." — *From the Satsang "Who's In Charge?: A Participatory Satsang" Given by Roger B. Lane, Ph.D. (MP3 A324)*

Let's begin by Calling in the Light Of The Most High: Lord, God, send me Your Light! Now ask the Lord, God for the Highest Good to please bring forward a situation where you, up until now, believe that what is brought forward for you is "against you". [Pause] Now, ask the Lord, God to take this negativity from you! Tell yourSelf, "it's OK to Let it Go!" [Pause] Now, ask the Lord, God for the Highest Good to Give you the experience of knowing that everything that is Given to you is a Sacred Opportunity! [Pause] Keep This in the forefront as you go about the Sacred Day the Lord, God has Given you!

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 about which, up until now, you have been annoyed and angry.

3. Now, ask the Lord, God for the Highest Good to take this negativity—this separation—from you!

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

5. 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.

6. 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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