

# Tools For Living Free

NUMBER 186 IN THIS EDUCATIONAL SERIES

## Who's In Charge? - Part II

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

"And speaking of Who and What is In Charge, guess what? Guess Who's In Charge? God. It's God's Will That determines everything. And It's our Job to be in Alignment with That. And, of course, the Will is to come on Home, to come on Home. We've separated ourSelves out as Souls from Spirit, from the Lord, God. 'In the beginning was the Word and the Word was with God'. The Sound Current—the very Essence of Spirit, the very Essence of God, That Which God is composed of, as it were—is the Soul *within* us, Same Material. We're created in God's Image. That's What That Is. That's What That means.

"So here we are created in God's Image with the Same Material, as it were, made out of the Sound Current. And by forgetting That and forgetting That and forgetting That we've created the karma that is upon us.

"So the Antidote is to do the opposite of that, Which is Remembrance of Who and What we *are*, Which is the Sound Current, the Spirit That we *are*. And we go 'in and up'—'in' into the Soul Body and 'up', as it were, Vibrationally—Which is the exact opposite of going 'down' into the karmic fields and out, out into the world. We're in the world but not of it. And it's so easy to feel that pressure of being pushed down and out, as it were. But, as an Initiate, we have the Opportunity and the Blessing and the Tools to Work it the other way, not to buy into it. And at *any* moment we can make That Choice. We can *always* make a Choice. Grace *is* Grace. And when the karma is upon us we can feel the weight of the karma. (When) Grace moves in there, there's no density, there's no weight.

"One of the things I love about This Path is that It's not a question of one or the other. When the Eastern religions were founded it was thought, 'oh, no! we really can't have Grace involved with this because people will be lazy. They won't make the effort. So it will have to be effort-based'. And what I love about This Path is It's Both. It's Effort *and* Grace. You make the Effort. Where you going to place your consciousness? With what are you identifying? Spirit? The Light and Sound that you really *are*? The Soul that you *are*? Or with the karmic fields?

"Some of you have told me that you've gotten the sense by watching the political climate—I guess there's been one convention so far—that they have a sense that it's happening on Mars. And what they're really saying is, 'I'm not emotionally involved with that'. Not that there isn't caring, etc. etc. 'I'm not emotionally involved with it. I'm not all caught up with it. I'm Neutral'. And That has to do with Practicing Proper ID. You're not your thoughts. You're not your feelings, etc., where so many of us

are all caught. We're all caught up in our emotions or in our feelings, etc. And we're all part of, really, the great unconsciousness, as it were.

"But as we start to gain in consciousness, guess what? We start to separate out. By the way, I'm not saying anything against the political, reactive people or anything else like that. You can be involved in politics and do it from a clear place as opposed to something that is very emotional. And when I hear people talking about the candidates it's very, very rare that I run across anyone who could talk about the issues as opposed to just having an emotional reaction to that person or to that party or whatever it is. But also where's our focus going to go? To the noise and the outer world? Or to the Spirit *within* us Where the Real Wealth is? The Wealth is inside of us.

"Part of my reason for writing The Human Story was to describe just how Wealthy we *really* are. Not only Where the Worlds Without End are Located and What They're like but so we get a sense of the Richness of us and how incredible we *are* as HUmans. HU—back to HU. That's What reSonates within us. It's HU. That's the First Manifestation of the Lord, God. That's What's In Charge and That's with What we need to Align.

"Because guess what? The game's rigged. It's a completely rigged game, a completely rigged system because sooner or later, guess what? We're all going to Know OurSelves as Soul, as Spirit, because That's Part of the Divine Blueprint That every Soul goes through. How long It takes; how we do It; how we approach It—that's kind of up to us. But we're In Charge of when we wish to have That Alignment take place, of when we wish to Walk and Be That Path. And also when we want to Surrender to the Spirit That we *are*. That's our Choice.

"But my question always is, 'well, how can you be a victim of your own Soul, of your own Spirit, of Who and What you *are*? How can you be a victim of God when you're That? When you *are* God, when you *are* Spirit?' You might want to take a good, good look at That and Understand that 'hey! the Spirit in you: That's What's In Charge'. It's not Me In Charge. I'm not In Charge. I can't get most people, most Initiates, to follow simple Instructions. I'm not In Charge. They're In Charge. They're In Charge of how much they Allow The Teacher/The Master to Work with Them. They're In Charge of That. They're In Charge of Their Own Progression. You're all In Charge of That. You have That Power. I can only do What I'm Allowed to do. You're In Charge of That. Not Me.

"So get this Clear: there's nothing outside of you, nothing outside of you that is running the show. It's *you*. Who's In Charge? Tag! You're It!

**"It's God's  
Will That  
determines  
everything.  
And It's  
our Job  
to be in  
Alignment  
with That."**

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

**Q:** “How can I leave my agenda to God, and still be active and participate? I’m afraid of not knowing what to do next, maybe afraid of experiencing the void of my constant flow of thought. I already have trouble following my own agenda, which normally feels off. Thank you for your help.” - M.R.

**Dear M.R.:** 1) If you are an Initiate Of The Sound Current On The Path Of Soul Transcendence, be Present *moment-to-moment* by Chanting Your Tones—the Meditation Technique Taught at the Time Of Initiation; 2) Do the Two-Part Release Technique like this: “Lord, God send me Your Light! Lord, God, for the Highest Good, please take anything that stands between me and the Spirit I am [you can also be specific; for instance, ‘please take any fear’]” and tell yourself “(your name) it’s okay to let it go!” Do as often as needed; 3) Work with your basic selves—the part of you that brings forward your karmic patterns—by using the Four Rules of Self-Talk: keep it present; positive; give direction and encouragement; for example, “basics come present! I need your cooperation and energy to support me in being Present now so we’re always in Peace and in Joy. Thank you and keep up the great work supporting me in This.”; reassure your basics that “we’re fine and safe and okay now”; 4) Work with the Light Of The Most High by Calling It in (see 2 above) for every meeting, personal or otherwise and situation; put the day into the Light for the Highest Good; 5) Co-Create with Spirit by Calling In the Light (see 2 above) and then asking the Lord, God, for the Highest Good, for your preference; be sure to let go and to practice TAR: Trust Allow Receive; 6) You can also ask the Lord, God, for the Highest Good, for Clarity and Guidance including on question(s) you may have; 7) An Important Teaching is Surrender! “Surrender Your Agenda!”; when we are Present/Practicing Proper ID, we’re Surrendering to ourselves/the Spirit we are, as Dr. Lane Teaches. As Our Teacher also Teaches, God’s Agenda for us is much better than our own. Give It to yourself by Living as an Initiate.

**To Reinforce Your Learning:** 1. Beginner: *Tools For Living Free* #7 “Practicing Eternal Vigilance”; #16 “Being Present In The Moment”; #31 “Using Surrender To Advance”; #93 “Surrender Everything!”; #136 “The Surrender To Grace—Knowing You’re Okay”; Intermediate: Attend Meditation Of The Light Of The Most High regularly in person at the Home Center if you live within 50 miles or, if you live more than 50 miles away, via teleconference; give yourself Open Hour regularly; Everyday Evolution I Class; Everyday Evolution II Class; TAR Clinic; The Checklist For Daily Living (Initiate-only Tool); Advanced: The Master’s

Degree Program available through the Seminary Division of Center For Religion And Advanced Spiritual Studies.

**Dr. Lane adds:** Dear M.R. - Thank you for This Opportunity to be of Service.

You have a very good start on the answer to your question. As you state, you already have trouble following your agenda and it normally “feels off”. As you have this feedback system available to you, you then proceed to the answer, to which you are on the edge. The answer, as you state, is God’s Agenda but you do not Know how you can Actively Participate in This. This is because you have separated yourself from the Spirit you are and need to Practice Proper ID, as the Question Editor suggests

The Teachings Teach us That the mind creates problems that it can then “solve” in order to maintain its hegemony; by your focusing on these “problems” your focus does not go to the Spirit you are and the mind takes charge. But—and this is a big but—it can only do so if you Allow it to do so.

As The Teachings Of The Path Of Soul Transcendence Teach us, the Journey Of The Soul is from fear of God to Love of God. In your Journey, M.R., you are Progressing into Knowing yourself as Soul, as Spirit. You have the Courage to see the Face of God in and as yourself.

You also have the Tools—some of Which are among the excellent Suggestions by our Question Editor—as well as all the assistance you need: Satsangs, Classes, Open Hours, Meditations via teleconference, RETREATS and being in the Physical Presence of The Teacher, to name a few. I also Suggest you Listen to the recent Satsang detailing how to Actively Participate in the life the Lord, God has Given you; It is Titled “How To Participate In Life: A Participatory Satsang” and is MP3 A339.

As you also state, you are, perhaps, afraid of “experiencing the void” of your “constant flow of thoughts”. Just as in the Meditation and Focusing Technique of Simran and Dhyana—What the world calls Meditation—you are to Focus above your thoughts and feelings so it is not a question of not having any or stopping them, which only serves to engage yourself—but, rather, to be Focused on the Spirit you are. In the Spirit, there are no “voids”; all is Spirit so there are no voids of your constant thoughts to experience; you simply experience them if you choose to stay focused in the lower world in which thoughts dwell; that is, on the mental realm.

Please Know, M.R., That The Teacher is *always* with you and lives *within* you as Spirit. You are simply Surrendering to The Spirit you are, to yourself.

You are engaged in a very exciting Journey!

I Hold you in My Heart, M.R.

## Try This ...

“And I hear so many Initiates saying ‘I can’t wait to get off the planet. I don’t like it here.’ Well, it’s just another attachment. And who cares whether you like it here or not. You Chose to come. It’s too late now. Maybe you need to change your relationship to it and your Choice of how you see it. And see it for what a Blessed Opportunity It really is.” - 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 take anything that stands between you and seeing the life the Lord, God has Given you as a Blessed Opportunity! [Pause] Now, 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 being on this planet is a Sacred and Blessed Opportunity! [Pause] Keep this in the forefront as you go about the Sacred Day the Lord, God has Given you!

### 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 for the Highest Good to take any blame and/or other judgments that you have allowed to separate you from the Spirit you are.
3. Tell yourself “(your name) it’s OK to Let it Go!” And Let it Go!
4. Repeat the above as often as need be.
5. Now, ask the Lord, God for the Highest Good to give you the experience of Surrendering to the Spirit you are. This is the “Antidote”!
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](mailto:info@spiritcentral.org) or contacting any Regional Center.

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