

Tools For Living Free

NUMBER 102 IN THIS ONGOING EDUCATIONAL SERIES

Power: The Knowledge of Peace, Surrender to the Self

excerpts from *The Money Workbook* - permission lovingly granted by the author, Roger Bruce Lane, Ph.D.

“MUCH OF THIS BOOK [*The Money Workbook*] HAS BEEN DEVOTED TO DISCOVERING THE POWER THAT IS WITHIN US, the power to create our lives from our thoughts and desires, the ability to choose where we wish to focus and to create a positive environment both in the world and within ourselves. We have seen the importance of such qualities as gratitude and acceptance and the simple fact that ‘*attitude equals outcome.*’ We have learned the skills of visualization and programming to assist us in making a better life for us and a better world for everyone. We have seen that negative ‘concerns’ such as worry, doubt, confusion, and fear do not have to be our concern as we focus away from these areas and choose to go into positivity. We have learned that we cannot be a ‘victim’ of our own thoughts and feelings and desires unless we have decided somewhere within ourselves to be one for we know now that we have power over our thoughts and desires and feelings.

“The thoughts and feelings and desires may not change in and of themselves. We may still have those negative thoughts about ourselves and, consequently, others and we may also have the same feelings. They seem to come and go. What changes for us is our relationship to them. Do we believe them or identify with them? Do we become them? Most of us have been graced with two arms. Do we walk around seeing ourselves as an arm? We are aware of them and realize their function and call upon them when they are needed, but it is highly unlikely that when a friend calls you up he or she says, ‘Hey, Arm, how are you doing?’ We just do not have that as our identity.

“*The same is true for those negative thoughts and feelings. They are not you. You may be aware of them, but they are not your identity. For example, no one is an alcoholic. You are expressing alcoholism. This book has shown you that you simply*

focus away from what you thought you were and your feelings, and start creating the real you. Actually, you reflect the real you as the ‘real’ one was created perfectly.

If you have negative conditions in your body and your mind, you have a firsthand experience of just how powerful you are. Like most things, power can be used negatively and positively. You simply used it negatively and you are witnessing the results of that creation.

“*So be wise and use positively the power to create conditions in your mind and body that you want.* Notice I said ‘create conditions in your mind and body that you want.’ They are not things that you happened to be stuck with, a victim of ‘blind fate.’ That makes you pretty powerful, for it makes you the creator of your own fate. I know this goes very much against the grain of what we have been taught to be true and of what we hold to be so, whether consciously or unconsciously. The Judeo-Christian culture of the Western world, and probably the Eastern half as well, is still being run from the myth of our expulsion from the Garden of Eden because of having eaten of its forbidden fruit. What this means psychologically for the human race is that we still see ourselves as being such sinners that we have been removed from the Source of life and are separate and remain so until we repent. This myth makes us feel like a ‘bad’ person and also a powerless one, as we are no longer hooked up with the Infinite but have been expelled for our crimes to wander alone in the desert. This sense of separation, of lack, leaves us feeling adrift and powerless and without purpose in the world.

“Nothing is further from the Truth. We are not powerless, not without purpose, but, as long as we perpetuate this illusion of separation, we persist in this. The truth is the opposite. *We are powerful. We have the power to create our lives and the world around us and we have the power to use positively this power if we choose to do so.*”

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“Dear Cosmos Tree”

Q. How do I ask Spirit for help in finding the perfect job? How do I put it in The Light, wait in the knowing, and let it go? - N.R.

1. Begin by calling in the Light of the Most High like this: “Lord, God, send me Your Light!”; 2. Ask the Lord, God for what you want like this: “For the Highest Good, Lord, God, send me [fill in what you want – i.e., “perfect job,” etc.]; 3. Ask the Lord, God for clarity and guidance like this: “Lord, God, for the Highest Good, please send me clarity and guidance on [fill in – i.e., “what I need to do to find the perfect job now” or “how I can best work finding the perfect job”]; 4. Let it go by telling yourSelf: “(your name) It’s okay to let it go!!!”; 5. Surrender judgments/worry/doubt you may have around this by saying: “Lord, God, for the Highest Good, please take any negativity/judgments from me!!!” and tell yourSelf “(your name) It’s okay to let it go!!!” Do this as often as necessary; 6. Attend Meditations in your area; your reference to “wait in the knowing” may indeed refer to a part of the Concluding Process that is read aloud after each Meditation Of The Light Of The Most High at Cosmos Tree Centers – in this Sacred Process, we are given the opportunity to ask the Lord, God/Spirit for Clarity and Guidance after which we are told to “actively wait, resting in the Knowing that the Lord, God hears and supplies...”; see steps 3 and 4; know that your real job is to surrender your agenda and then surrender some more, all the while keeping your focus on Spirit (with a capital “S”) as you’ve likely been taught at Meditation – in other words, to stay clear. As Dr. Lane has often said, “Everything else takes care of itself.”

To Reinforce your Learning: 1. Beginner: listen to the Tape/CD “What Is Loving?”; “Prayer: What It is, How To Pray And How To Receive The Response”; read the *Tools For Living Free* “How To Run A Business (Your Life) Spiritually”; 2. Intermediate: take the Everyday Evolution 1 Class; attend Meditations and Meditations For Health And Well-Being in your area; watch the Video/DVD “The Foundation for Understanding That You Are The Spirit” and, if you are in the New York area, attend the Sunday Program, which includes a Video Tape and Discussion from the Series, “Understanding The Spirit You Are” by Dr. Roger B. Lane.

At any point for your Learning that you are Soul, take Initiation into the Path of Soul Transcendence if the Soul with you has not been initiated into the Sound Current on the Path of Soul Transcendence.

Dr. Lane adds:

Dear N.R. – I will answer your questions in reverse order, much like layers of an onion are peeled. According to the Teachings I bring forth, N.R., one puts it into the Light of the Most High; lets it go and then waits in the KNOWING. This means that you follow steps 1-2 as above and then let it go as per step 4 above. It is important that you let it go and rest in the KNOWING that the Lord, God hears and supplies. It is through the Spiritual Form of the Master that the Lord, God “hears” you, N.R.

Then, according to the Teachings, you wait and rest in this KNOWING. This is an active process, resembling the relaxed watchfulness of an animal when it hears a sound. It is not an attitude of resignation – “oh, well, I’ll see what happens” but rather one of eager anticipation and interest. Waiting, N.R., is an ACTIVE process during which one does not try to obtain or manipulate “results”; that is for the Lord, God.

During this time you may wish to make a list of your skills and proclivities and areas that you enjoy and make a list of the jobs in these areas. Then on a sheet of paper for each list the “pluses” and “minuses” for each and see which one(s) is(are) more to your liking. Then (re)visit Chapter 16 of *The Money Workbook* by this author and visualize and program. Remember to do this for the Highest Good.

Please know, N.R., that there is no “perfect” job, just as there is no perfection on this level outside of That Which is the Soul present with you. There is a job that best matches what is discussed above – skills, proclivities and enjoyment and interest.

Please be aware that your real work here is the same for you as for everyone else: to come to know yourSelf as Spirit, as Soul and to go to Completion here.

Give your best to both “jobs”, N.R. and experience deep satisfaction.

Please know, N.R., I have also placed your job into the Light of the Most High.

Try This ...

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THE “BEING A POWERFUL PERSON” EXERCISE

Three areas of my life that until now I have not been able to change are

1. _____
2. _____
3. _____

Using those areas, grant yourself the power to change them positively. In your best handwriting, complete the following phrases:

1. I grant myself the power to _____

2. I grant myself the power to _____

3. I grant myself the power to _____

Step-by-Step

Here’s a quick reference list for daily practice.

Please refer to the articles for complete information.

1. Call in the Light of the Most High by saying, “For the Highest Good, Lord, God, send me Your Light!”

2. Say inside yourSelf, “Lord, God, for the Highest Good take anything that I’m allowing to stand between me and You!”

3. Tell yourSelf, “(your name) it’s okay to let it go!”

4. Be in this Sacred Place of Service inside yourSelf by repeating the surrender process above as often as you need.

5. To know yourSelf as the Spirit you *are* - which is the only way to truly Serve yourSelf and Others - call any Regional Center and request the priceless Gift of Initiation into the Sound Current on the Path of Soul Transcendence!

For further information or to request other titles in this series contact:

Cosmos Tree, Inc.

a nonprofit, educational foundation

1461A First Ave. - #182
New York, NY 10075

212-828-0464

email:spiritcentral@yahoo.com

websites:www.cosmostree.org

www.spiritcentral.org

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