

Tools For Living Free

NUMBER 108 IN THIS ONGOING EDUCATIONAL SERIES

“EXACTLY” WHAT’S THE POINT?

Excerpts from the Satsang “‘Exactly’ What’s The Point?” (Tape/CD A86)

“... So why is it that I’m always saying, ‘*exactly* as taught’? And you need to do ‘*exactly* as taught’? Basically because God won’t be mocked. O.K. In other words, If you make an Agreement with yourSelf, O.K., and then you don’t follow it, the Spirit inside of you knows that. And It holds you responsible, O.K. Also when you sit in Meditation, O.K., there is a Way to be with the Spirit and there’s a prescribed Way. And you need to do it *exactly* that Way. If you do it your way, well, then you get to have what you’ve always had doing it your way, which is lifetime after lifetime after lifetime of karma. You get to do it your way, O.K. So when we talk about *exactly* we know the Truth of ‘Wide is the Way but narrow is the Gate that leads to Eternal Life.’

“But people are interesting; you know, they’re fascinating. If you can get away with it you will, O.K. So you may know that ‘well, if I don’t do all the courses I won’t graduate’ or ‘if I don’t do *exactly* what I’m told to do I won’t get my license’; ‘I won’t be a professional’ or whatever and you won’t take a chance with that, O.K. If you know there are lots of cops on the road you may not take a chance on speeding that day, O.K. But, O.K., anything we can get away with we’ll try; we’ll give it a shot, you know, and we can rationalize anything. Humans can rationalize anything and we’ll make it okay to do that, O.K. And so it’s okay not to follow the Spiritual Instruction; it’s okay not to do the Contract; it’s okay not to do this; I’ll do Meditation my way because duh, duh, duh, duh, duh and then you’ll bring in all sorts of reference points. And I’ve even had discussions with people who bring in reference points from the past and then they’ll say, ‘And I know this isn’t so’ and then they’ll use it as a reference point *exactly* as if it were so. It kind of gets looped in there, you know? Things get a little warped and yet we persist. O.K.

"And there is one Way and there’s a Way Home. And that’s the Way of the Christ or of the merging of your will and God’s Will. And there’s a Way to do this. And there’s a Science with it, O.K. That’s the Way. If something else had worked it would be part of The Teachings. So *exactly* is the point because that gets you to that point. There’s no other way. Sorry. There’s no other way. You know all roads may lead to Rome

but once you get to Rome, how you going to get to God? You see. And it’s O.K. to choose to not follow It *exactly* but know that’s what you’re doing. And then what you’re doing is, ‘O.K. I’m deciding to be The Teacher.’ O.K. And then by definition I get to live under the law of karma and I have to then go through it in the physical and I abdicate Grace. And guess what? You’re gonna come to the point through your own digression, through your own process, through making yourSelf the Teacher and doing it your way. You’re gonna come to that very point - it may not be in the same lifetime - but you’ll come to that very point that you were told how to be on and could have been on if you had followed The Teachings *exactly*. So it will just prove the veracity of The Teachings and it will prove the veracity of the Instructions.”

“... But, why not live in Grace? Why not make it easy upon yourSelf and follow the Instructions? It’s the Prescription. And so many of you, you know, you get fascinated by your own thoughts, by your own feelings, by your own diarrhea and then you insist on it and you’ll just go with it, you know. But what you need to do is *exactly* apply The Teachings. So, for example, if you have a Satsang on how we’re all in this thing called life together, how there’s all an Agreement and how the paradigm is individual responsibility with and in a group situation then, guess what? You start to exercise that. ...”

“... But it does call for Eternal Vigilance and it does call for Love and it does call for having Integrity with yourSelf and with the Spirit that you *are* and knowing yourSelf as Spirit, O.K.”

“And The Teacher wants to make it easy for you. But you have to do it *exactly* His Way, see. ... He teaches out of the Spirit or out of the Soul that He *is* and from That, He gives. And He knows. And that’s The Teacher – (It) is the Soul (Present with Him) and That’s Your Teacher. Your Teacher is the Soul.”

“... when you give up your resistance and you give up that pseudo-independence or thinking you’re separate, etc. you get to find out that the Exactitude of The Teachings and that Umbrella and doing it the Way of Spirit - that Spirit’s Way *is* your Way and that your Way *is* Spirit’s. And you’re One and the Same.”

“... I really suggest you do your life *exactly* as instructed. That there’s nothing to fight. That you be mindful of The Teachings. And that you follow *exactly* ‘cause That’s your Grace.”

--From the Satsang
“‘Exactly’ What’s The Point?”
(Tape/CD A86)

"... I really suggest you do your life *exactly* as instructed. That there's nothing to fight. That you be mindful of The Teachings. And that you follow

exactly 'cause That's your Grace. That's the Protection. That's the ease of it all. And That's the Blessing."

(To be continued)

DEAR COSMOS TREE

Q. I sometimes wonder if I am REALLY doing Giraffe Consciousness (as The Teachings state: "Keep your focus on God as your body walks through this life!"), and staying neutral or just avoiding what I need to do outwardly in a situation by doing Giraffe Consciousness, sending the Light Of The Most High, being neutral, etc.? If I am doing those things, is that enough? I believe I need to check if I still have an attachment, fear, judgment, etc. That would tell me I'm avoiding, looking the other way, instead of releasing and letting go, letting God. Are there other ways for me to know? – B.T.

1. Our Beloved Teacher often tells the "ski story": Our Teacher was skiing, gliding beautifully down the slope when all of a sudden Our Teacher chose to "check" inside Himself "how am I doing?" and guess what? The skis started to separate and Our Teacher had a near-fall. Naturally, Our Teacher took the Learning. Now it's your turn, B.T. It seems from your question that you are "outside" yourSelf "looking" to see if you have "an attachment, etc" or "if I am ... doing Giraffe Consciousness" when all you need to do is stay Present – "It really is that simple!" as Our Teacher often says; 2. Stay Present by practicing the Meditation Technique taught at the time of Initiation or at your nearest Center at Meditation of the Light Of The Most High and/or read the section on "Being Present" in *The Money Workbook* (www.themoneyworkbook.org) which instructs you to simply tell yourSelf "Be here!" etc. as often as need be; 3. Direct your basic selves – the part(s) of us that bring forward our karmic patterns (and that are having what appears to be a "field day" with you) – "to stay present" – also be sure to give them encouragement and keep them updated on what you are doing now; 4. As for "what I need to do outwardly" – according to The Teachings brought forward by Our Teacher, "Everything is inside. Everything" so all you really need to do is stay Present; from this Place you receive your next step(s); 5. If you do need help regarding what steps to take, work with the Light Of The Most High; "sending the Light Of The Most High" is a beautiful Gift you are giving yourSelf and others. From your question, it seems as though you may be also trying to "control" others and/or an outward situation by "sending them the Light Of The Most High," etc.; you also need to call in the Light Of The Most High like this: "Lord, God, send me Your Light!"; 6. 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., help regarding what to do in this outward situation, etc!]"; 7. 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., this outward "situation, etc!"]"; 8. Let it go by telling yourSelf: "(your name) It's okay to let it go!" Do this as often as need be; if you are still "chewing" on something "outward" that is a sign that you need to let it go some more; 9. Surrender judgments/worry/doubt you may have around this "outward" situation, etc. 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; 10. Know that your real job is to Surrender your Agenda. From your question, it appears that you are trying to "control" something; you'll never "win" because as The Teachings teach us there is nothing to "win"/you'll also get to do it your way instead of God's Way, which is another word for karma so Surrender some more, and some more, all the while keeping your focus on Spirit; in other words, stay clear. As Dr. Lane has often said, "Everything else takes care of itself"; 11. Finally, there is "no other way for you to 'know'" other than Love God and Love God some more which involves the *Direct Knowing* of yourSelf as Spirit. If you are an Initiate, you already Know this; if not, choose to request the Precious Gift of Initiation into the Sound Current on the Path of Soul Transcendence – *Now!*

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* "Being Present In The Moment!"; attend Meditations at your nearest Center!; 2. Intermediate: take the Everyday Evolution 1 Class; watch the Video/DVD "Giraffe Consciousness" and "What Do We Do On The Path Of Soul Transcendence?" from the Series, "Understanding The Spirit You Are" by Dr. Roger B. Lane and visit the New York Home Center! Be in the Presence of Our Teacher! Attend the Sunday Program, which includes a Video/Discussion; and Meditation Of The Light Of The Most High!; attend Spiritual Spa, where you can attend up to five programs in a single week with the assistance of a personal Growth Guide (It also includes private sessions with the Growth Guide); 3. 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 B.T. – There is not much to add to the above other than for you to note that it is the mind just doing what the mind does: creating a "problem" – in this case, are you doing it correctly? – and then "solving" a "problem" that does not exist. It does this so that you can be present with reincarnational patterns and not with Spirit.

But where are you in this? Staying Present is the solution. Rest assured that the Spirit will have you practicing "Giraffe Consciousness" until you have mastered It; you do not need to worry if you are doing It right.

I Lovingly suggest that you be alert to this m.o. of the mind and use it to be determined to be with Spirit and choose, accordingly, into being Present with the Lord, God inside of you.

While it may be a terrible thing to waste a mind it is deadly to allow the mind to waste your energy and derail your focus from being entirely Present with the Lord, God inside of you.

Step-by-Step

Here's a quick reference list for daily practice.

1. Call in the Light of the Most High by saying, "Lord, God send me your Light!"
2. Inside yourSelf, allow an agreement or commitment that you made and didn't fulfill to come up.
3. Say, "Lord, God please take any and all resistance from me to being *exactly* on point!"
4. Then tell yourSelf, "(your name) it's okay to let it go and be *exactly* on point!"
5. If the resistance returns take a moment to Lovingly repeat the process above. Be sure to tell yourSelf to let it go!!
6. Request information on and attend Meditations, Classes and Workshops, and Video Showings.
7. To realize your Freedom, call any Regional Center and request the Gift of Initiation into the Path of Soul Transcendence.

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