

Tools For Living Free

NUMBER 112 IN THIS ONGOING EDUCATIONAL SERIES

‘WHATEVER’ IT IS - MATTERS

Excerpts from The Satsang “Is Your ‘Whatever’ Your Lever?” (Tape/CD A117)

“... Nothing happens unless it’s (Spiritually) Correct; OK? So, if I say ‘Yea, whatever’ then I have a judgment on the situation; I have a judgment, really, against God - that somehow God made a mistake and it shouldn’t have happened. He shouldn’t have allowed it to happen; OK? And there’s nothing in it for me to learn; there’s nothing in it for me to have balanced; OK?”

“I mean I may not like it, OK, that [Student’s name] went out for a bite, says ‘Oh, Dr. Lane, can I get you something to eat?’ And I say ‘Yea, go ahead, pick up whatever you want.’ She picks up something, I eat it and I get food poisoning; OK? And I’ve got a whole judgment on [Student’s name] or the place where she bought the food or stuff like that; OK? But guess what? For all I know maybe that food poisoning was some kind of mitigation of karma that I had to go through. So, she did me a real good service; she was a part of that, you know. So, thank you [Student’s name]; OK? Or, maybe I just needed to lay low for a few days so that I couldn’t take this trip because if I’d gone on the plane, the plane was gonna crash or it was gonna be delayed for two days or something like that; OK? So, you never know. Or maybe I had to learn to take care of mySelf and maybe I had this inner voice that said ‘You don’t want to eat what [Student’s name] is going to bring to you.’ And I thought ‘Well, you know, let me be nice; I don’t want to seem like I’m not grateful so I’ll say “yes.”’ And I went against my Inner Knowing so I get food poisoning; OK?”

“And we run around with this attitude of ‘Whatever. Nothing really matters; you know, nothing counts for anything’; OK? You know, somebody even called me today - I have ‘Open Hours’ for those of you who don’t know and you can talk to me from this time to that time - and the person called me well after the time. And the first words out of her mouth were: ‘Oh, are you coming to the end of the time?’ And I said ‘Well ...’ And I said to her: ‘Well, no. It’s past the time but you knew that.’ And ‘Yea; well, I was hoping that my watch was fast.’ OK, alright, so yea, it’s convoluted and it’s you know. But even that teeny-weeny thing that was done inside herSelf - that mattered; OK? Because it wasn’t within Integrity; OK? So, yea, it matters. It’s not a ‘whatever’; OK? We’re responsible for our thoughts; we’re responsible for our feelings; we’re responsible for where we place our energy; OK?”

“Now if I get angry at [Student’s name] for a split of a second because she brought me that poisoned food, that’s one thing. But if I keep my anger there so that every time I see [Student’s name] I’m angry, well, then, that’s my separation that I’m building between the Spirit I *am* and What I really *am*; OK? And on top of it, then I also have a separation going between me and [Student’s name] and so I can never have a real encounter with her. There’s always this thing between me and her; OK? And to be honest, as much as I may love [Student’s name], that’s secondary to not wanting to have anything between me and the Spirit I *am*. So, if I just keep that clear; OK?”

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*--From The Satsang “Is Your
‘Whatever’ Your Lever?”
(A117)*

“And you start to appreciate everything and you get to see it in terms of little flowers laid out for you as you walk through your Upliftment. And those are the little Gifts,

the little Gifts, the little Gifts, OK? And if you slough them off by the ‘whatever’s then you’re not allowing yourself these Golden Opportunities.

“OK, it’s as simple as that ...”

Case Study

I sat with the Talk “Is Your ‘Whatever’ Your Lever” and what came to me is that Everything Matters because Everything is God and anything I run “against” that is against the Spirit I am. There is a Process in the Talk in which I’m asked to let something come up and to say “whatever” to it; and, inwardly, this was like taking a knife – doing real violence – inside myself and cutting myself off from God, off from My Teacher, off from the One that we are. It was enough to make me sick – literally. This is how illness does work – it’s really disease – i.e., we’re not “at ease” or with God.

So what’s the answer? First I stay Present. I got Present by reading the Talk so I use the Tools whenever I need to to stay Present. Without Them, I get in that netherland of ‘whatever’. I put this Case Study in the Light Of The Most High like this “Lord, God, send me Your Light! And send this Light to My Teacher!” And I ask the Lord, God to write this for me!! “You write this for me Lord, God!” and I also ask God to “expand time.” There is no time and space so I turn so-called “time” over to the Lord, God and I asked God to do this in what we think of as “ten minutes.” I release any fear that comes up like this “Lord, God, for the Highest Good please take this fear from me!” and I tell myself, “(my name) it’s okay to let it go!” I do the releasing technique as often as I need to. My Teacher points out later on that the very fact that I asked that this be done in “ten minutes” means that I “was probably coming from fear and limitation.” And that I also needed to ask that this be done for the Highest Good. I feel the difference physically - without the limitation I’m free and clear.

And I direct my basic selves, the part of me that brings forward my karmic patterns – i.e., the “whatever” lever – by directing them into the action (writing the Case Study); I thank them for their cooperation and learning; I give them encouragement.

So God is writing this – or Motor-ivating me. I’ve seen from this Talk that when I’m Present and I make the conscious decision to be “open” inside of myself and then make some other key choices – i.e., to listen to myself (I’m still in process on this but sometimes it feels like a deeper understanding of my “inner wants” – i.e., I really do want to be Present and to listen to myself versus allowing myself to get pulled out by some “outward” desire).

I also put situations in my life (really God’s Life) into the Light Of The Most High. I’m in process on this which means that sometimes I skip putting them into the Light of the Most High (a ‘whatever’) but I’m meeting with someone today and I put it into the Light Of The Most High. I’m also late to the meeting so I ask God to take any lines of energy to our meeting earlier (we started ten minutes late) and I tell myself “it’s okay to let it go!!” I am open so I see that I have a pattern of being late for appointments; I also see that this is a ‘whatever’ to myself – a ‘f-u’ to myself and to the Soul with Whom I’m meeting. I choose to forgive myself by saying “I forgive myself for judging myself for being late for appointments” and tell myself “it’s okay to let it go!” Inside myself I practice the Meditation technique that I use throughout the day and that was taught at the Time of Initiation. This is the Focus and It helps me stay Focused.

So I’m clear through my own choice to stay Clear. Then I have my meeting. Suddenly it seems like I’m automatically becoming someone else – I’m listening to what the other person is saying; I’m interested in learning whatever (different whatever!) I can from this exchange; I’m totally respectful of this Soul; in other words, I’m Present. And from here, I know that this Life is like One Big Game Board set up by the Lord, God through His Love for my Learning. And boy did I learn! To be on time for appointments; to be open; to stay Present; and all that outer stuff, too – in this case about “the business” of what we were discussing. And I noticed how well things went and how enthusiastic this Soul was. My Teacher once told me that all any child really needs is for someone to listen to them; listening is listening to the Music of the Sound Current inside of me; That is the Only Listening.

My Only Business Is God – and anything away from That is a ‘whatever.’ So whatever you do – take Initiation into the Sound Current on the Path of Soul Transcendence and come to know yourself as Spirit, as Soul. That’s our Purpose here. And all those situations - they’ll Light Up like a World of little Gifts, little Gifts, little Gifts as Our Teacher beautifully says in this Talk.

Try This ...

Call in the Light of the Most High like this: “Lord, God, send me Your Light! And send the Light Of The Most High to Dr. Lane!”

Now, for the Highest Good, let a situation arise in which you have a “a judgment, really, against God - that somehow God made a mistake and it shouldn’t have happened. He shouldn’t have allowed it to happen. ...”

Now, when you get this, ask the Lord, God to give you the direct experience of God’s Love and God’s Caring in presenting this to you and to

show you what the Learning is for you.

You may see that the “situation” itself suddenly vanishes and all that’s there is Peace and that the Only Learning is to stay Present/Clear within yourself.

Do this Process as often as you need to to stay Clear - and in Peace.

--Quotes are from The Satsang “Is Your ‘Whatever’ Your Lever”(Tape/CD A117)

Step-by-Step

Here’s A Quick Reference List To Use For Daily Practice:

1. Call in the Light of the Most High by saying, “Lord, God send me your Light!”

2. Inside yourself allow a situation to come up in which you have been running ‘whatever’ in your life.

3. Say, “Lord, God please take the ‘whatever’ from me and allow me to be fully present with the Spirit I am!”

4. Then tell yourself, “(your name) it’s okay to let it go!”

5. Ask the Lord, God to give you any Clarity and Guidance that you need in order to Love yourself enough to give yourself the Best, Which is God!!

6. Request information on, and attend, Meditations, Classes, Workshops and Video Showings at the Cosmos Tree Home Center and/or Regional Centers!

7. To realize your Freedom, call any Regional Center and request the Priceless Gift of Initiation into the Sound Current on the Path of Soul Transcendence!

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