

# Tools For Living Free

NUMBER 113 IN THIS ONGOING EDUCATIONAL SERIES

## How Much You Love God Is How Far You're Going **“And then He**

*Excerpts from The Satsang “You Are Worthy” (Tape/CD A5)*

“I don't usually quote the Bible mainly because I don't know that much about it. And, mainly, because I'm not much of a fundamentalist. But it says right in the beginning, 'In the Beginning was the Word, and the Word was with God.' The Word has to do with the Holy Spirit, has to do with that the Holy Spirit was with God, and guess what? It's with you also. Because the Christ, Jesus said what? What did he say? But He said, 'That which I am you are, too, and that which I do, you'll do even more, and the Mind which is in Me'- meaning God Consciousness - 'is in you.'

“So we are told that That is indeed What and Who we *are*. That's our Heritage, as it were, but we're not supposed to know This. We're supposed to feel ashamed if we do know it. We're supposed to feel worthless, not good enough, and here's this thing called God that we're trying to 'reach'.

“And how do we 'reach' Him? If you take a look at what some of your conceptions are, you reach It by what? You reach It by Self-abdication; by atonement in the negative sense; by contrition; by living in fear of creating karma. In a lot of the Eastern religions, you find the whole transmigration idea going on: that unless you behave and act accordingly you're going to come back as a bug or as an ant and work down the scale and that's going to be your punishment.

“It's interesting, even in the Eastern religions which don't have a god, there is still punishment going on, fear and punishment. And in the religions which do have a god, you have the same kind of god. It's all fear and punishment.

“Then along comes someone like the Christ - and I don't mean Christianity - but I mean the One Who was Jesus Who said, 'Well, wait a second now! Hold on! Hold on! Let's see! I'm coming from a field that has all these laws we have to do in order to, maybe, perhaps, win the Kingdom of Heaven.' And 'I'm going to change that playing field; I'm going to say that there's Compassion, that there's Mercy and there's God's Grace.'

“And guess what happens to Him? He's killed. Now, why is He killed? It is part of the Divine Plan. It also has to do with that the Human Consciousness cannot really absorb that what He is saying is that you're okay. He's saying that you don't have to live in sin, and 'sin' is just another word for karma. That you can choose to live in Grace, to be Free, to move into Forgiveness, Love and Compassion. And then He says probably the most revolutionary thing of all. He says that how much you Love God is how far you're going. All you have to do is Love God. Then He adds the second part: love your neighbor as yourSelf. And if you're

God, then you relate to each other as God.

“And, also, there's a perverted part of me that likes to think that He was goofing on us all. You know, treat everyone like us, like we are. So we see ourSelves as so terrible that we'll treat each other terribly. That we don't recognize our Essential Nature. ...”

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“A lot of religions and a lot of Spiritual thought says we're here because we've fallen. But that's not true. We haven't fallen; we're here to get experiences of ourSelves as Soul, and we're given those opportunities to recognize ourSelves. And we re-cognize ourSelves and it's *moment-to-moment*. ...”

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“... Yeah, it is true that you better watch all that stuff [ed's note: Dr. Lane is referring to 'every thought and every action'], but that doesn't have to be the focus. What the focus can be on is Loving yourSelf more. Knowing you are worthy of God's Love, of the Lord, God's Love and that indeed you are That. And as you start to grow in That, you'll automatically let go of karma, or, at least, not create anymore for yourSelf.

“So we don't have to live in a fear pattern and that's a biggy. It's important for us to know as humans that we don't have to live in fear. If you take a look at it you see it in all these fields of action; fear of 'oh, my God! what's going to happen if I get sick?' 'What's going to happen if I don't get this job?' 'What's going to happen if I don't get this money?' etc., etc.; 'What's going to happen if I don't look this way?'; 'If I don't act like this?'; 'If I don't marry Suzy Q or Peter or whatever?'; 'What's going to happen?' And (when) we all live in fear then we try to control. And that doesn't do us any good. So, then, we walk around with a projection; we project it onto God; we're afraid of God.”

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“And what is needed is real simple. And that is we have to rise above time and space. We have to let the ego, as it were, be crucified and come into the Resurrection. And what's the Resurrection? It doesn't happen when you die. I mean people think they are going to die and go to heaven; yeah, that is correct. But it's not the 'heaven' they think that it will be. It's the 'heaven' that they've created with their own thoughts and with their own actions because you can't go any higher in frequency other than the one that you lived at. So if you were burning at thirty watts, you're not going to go to one-hundred watts in 'Lotus Land.' You're not going to do that. Simply because the Soul couldn't tolerate it and It's not prepared.

“The Resurrection is that every moment process of moving on into the Spirit, into the Soul [ed.'s note: Dr. Lane is referring to living in the Soul Body as the first step in this Process begun at the Time Of Initiation into the Sound Current on the Path Of Soul Transcendence.] And

**“And then He  
(the Christ,  
Jesus)  
says  
probably  
the most  
revolutionary  
thing  
of all.  
He says that  
how much  
you  
Love God  
is how far  
you're  
going.  
All you have  
to do is  
Love God.  
Then He  
adds the  
second part:  
Love your  
neighbor as  
yourSelf”**

*--From The Satsang “You Are Worthy” (A5)*

there is a Way that has been taught since Day One. That Way is actually called the Sound Current or the Sound, the Holy Spirit, the Lord, God and That's the Path. There is a Path to know your Identity as the Spirit and to Love the Lord, God and to move into greater and greater loving on a daily and a *moment-to-moment* basis."

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"But the real Truth is that all of Creation is geared with His Love and to His Love. Now, these may be words but just let these words encourage you to move into that Knowing and the Direct Experience because there is a Way of *Directly* Knowing the Lord, God and Knowing your Heritage. And you're Worthy of that Knowledge and You're Worthy of receiving Your Inheritance."

## Dear Cosmos Tree

**Q.** My husband and I have an eight-month-old child. How do you choose the best life for your child? Where you live; the community; the kind of people the child hangs out with; a backyard or no backyard; the country; the city? Do they really matter in terms of my child's development and having a good life? There are so many options and I'm afraid I'll make the wrong decision and my child will turn out to be a delinquent. At the same time, I know as an Initiate that they don't really matter. How do I incorporate real decisions with knowing that none matter and I'm an Initiate and I have a Spiritual Life? How can I stay Spirit-centered while making those decisions that I know affect others - my child; my husband - as well as myself? When it affects others, is it the same or does it change? A. B.

**Dear A.B.** 1. Call in the Light of the Most High inside yourSelf by saying, "Lord, God, Send me Your Light!"; 2. Co-create with the Lord, God by asking 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/insight(s) regarding what to do in this situation(s)]! Be sure to tell yourSelf "(your name) it's okay to let it go!" (leave the results to God!); 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., a situation in general/any "part" of it, etc.]; 4. 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; 5. Surrender judgments/worry/doubt you may have around this "outward" situation by saying: "Lord, God, for the Highest Good, please take any negativity/judgments from me [this includes the "fear" about the "wrong" decision]!" and tell yourSelf "(your name) It's okay to let it go!" Do this as often as necessary; 6. Stay Present/Practice Giraffe Consciousness [As Our Teacher writes, "Keep your focus on the Lord, God as you go through your business in the world"]; as an Initiate of the Sound Current on the Path of Soul Transcendence you can be with God *while you're in the body(!!!)*; if you are not an Initiate, request Initiation *Now*. This is crucial - we're here to Love, God and be with Him; that's It; 7. Direct your basic selves into the action(s) you desire and give them updates by using Self-talk as taught; keep yourSelf encouraged/reassured by telling yourSelf "we're fine and okay and safe now!"; 8. A key Teaching is that "the best thing you can do for anyone is your Spiritual Progression *exactly* as taught"; do That and you will give your child the best life; 9. Yes, the Only Reality is God but that doesn't mean that your decisions don't matter. Place Your Focus at God (follow 1-8 above) and everything is handled; as Our Teacher has said, "Loving the Lord, God is the Answer To All Your Questions"; 10. The Teachings also teach us to do our part (i.e., any research into the best place to live, etc); God in His Love, Compassion and Mercy accommodates many choice points (when you're in "right" or "wrong" you're in duality/karma; if you're "chewing" on all those "options," it's a sign of the mind); again, love yourSelf enough to follow 1-8; 11. Be Neutral - i.e., take what comes up for you as information then just do your part; 11. Remember, too, that The Teachings teach us that we're All One - what you do affects your child and your husband and All of Creation.

**To Reinforce Your Learning:** 1. Beginner: read the *Tools For Living Free*, "How To Run Your Business/Your Life Spiritually"; "The Power of Positive Self-Talk"; "Using The Tool Of Choice"; "Family 'Problems': Why? What? And How?"; watch the Video/DVD "The False Self vs. True Self" Game" and "How to Sacrifice 'The Sacrifice'"; 2. Intermediate: Meditation; Meditation For Health And Well-Being; The Money Workbook (now also available as an e-book on Amazon.com); Open Hour and/or private Session with The Teacher; 3. Advanced: 1, 2 and request Initiation into the Path of Soul Transcendence.

### Dr. Lane adds:

You will find the answer yourSelf to your question simply by asking yourSelf to define "best life." We know that The Teachings teach us that we are on this earth to give ourSelves the best, which is the Lord, God.

Your concerns in your question do not address this but are concerned with the externals of community, friends, backyard and the like. While these are important they do not give priority to the Purpose of Human Life, Which is, as The Teachings teach us, to know ourSelf as Soul, as Spirit and, in this Process, go to Completion.

The Teachings also teach us that all levels need to be fulfilled; accordingly, so do those externals of this planet. What is the best way to fulfill this? Make the most informed decisions after asking the Light of the Most High for Clarity and Guidance; put your decision into the Light of the Most High; and neutrally - not from a place of fear and/or worry - re-evaluate periodically; and Trust in the Lord, God.

Co-creating with the Lord, God the exoteric life of your child by informing the Lord, God that "I am creating the best life for my child (name); and moving upon this; please co-create it with me!" brings in the Spiritual Forcefield.

I Lovingly Suggest that you also move forward with how you can really provide the "best life" for your child by deciding on the Spiritual Education and "Viewpoint" you wish to provide, remembering that the child is the housing for the Soul within and that This Soul is in the body known as your child because It is attracted to the Spiritual Frequency of the Soul within you and has come to fulfill Its Purpose and you have a major role in This. Responsibility, as The Teachings teach us, is the ability to respond to Spirit and This is the reason for your child's birth. So prioritize accordingly.

I also Lovingly Suggest that you apply the above to decision-making in all areas of the life the Lord, God has given you so this life flows easier and appropriately to Its Purpose.

AB, Trust, Allow and Receive! Know also that if you are an Initiate of the Light of the Most High on the Path of Soul Transcendence the Grace of the Master extends to family members as well.

## Try This ...

"What I'd like you to do is just do an experiment. Live one week without having to prove anything to anybody

about your own Worth. And, secondarily, see if you can move into God's Love."

--From the Satsang "You Are Worthy"

## Step-by-Step

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 are "trying to reach" God or to prove that you are worthy.

3. Say, "Lord, God please take this negativity from me and allow me to be fully present with the Spirit I *am* and to know that I *am* Inherently Worthy!"

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 CRASS/Cosmos Tree Home Center and/or at 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!

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

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