

Tools for Living Free

NUMBER 14 IN THIS ONGOING EDUCATIONAL SERIES

Loving God Through Imitation

*Excerpts from the Satsang "How Do You Love The Lord?"
presented at Boone, NC during Dr. Lane's National Tour, April-May, 2001*

"Love the Lord, God with all your heart, with all your Soul and all your mind and with all thy strength."
(Mark.12: 30 and Luke 10: 27)

"I'm going to do something I usually do, and that is I'm going to ask a question and then I'm going to give the answer. And the question is 'How do you love the Lord?' What does it mean to love the Lord? All right, let's do a couple of things that it's not. One is that it is not an idea of the Lord, what you think He is or should be or what you're taught. Another thing it's not is any religious teachings about Him, and I use Him non-genderly but very tenderly; it's not to be imputed that He has a penis or has a sex or anything else like that. It's simply to refer to the generative quality of Spirit, of the Creator.

"So it's not the teaching of a Church, it's not the teachings of a religion, it's not the teachings of a temple or a school or anything else like that. That's not what you're to love. Nor is it to love the messenger or messengers. Jesus doesn't care if you venerate Him or not. He didn't come to be worshiped. Mohammed is not a prophet to be venerated; you've missed the point when you venerate the messenger and forget the One who sent Him. So it's not the messenger, either. Although that might very well be a part of the movement towards loving the Creator, but He's not to be put up there and worshiped. Because if you were to do that and that were an accurate thing to do, this guy would still be real. In other words, His body would still be real, He would still be here. Well, He's long since gone, and couldn't care if He was Jesus or Mohammed or anything else like that. But (He) only used that particular embodiment, that particular expression to bring forward the love of the Father for His Creation and vice versa and to bring that movement along.

"So to worship Him is beside the point. Worship the One who sent Him, love the One who sent Him. It's also not a child's view of 'well, I'm a good person and God gave me these toys or these rewards.' So you're not worshiping a bargain-maker.

"But what is it you're worshiping and how do you love God? It's real simple and the answer is that imitation is the sincerest form of flattery. Okay, and what does that mean? And that is that you imitate the Lord. And what does imitate mean? But you follow the original, you follow Him. That doesn't mean that you have to be a beggar, have twelve disciples, eat your last meal, be crucified, be betrayed, get stoned (with stones), or anything else like that. That's not the imitation, but it's the imitation of the Lord by

acting as He does. And how does He act? Real simple: loving, caring, compassionate, non-judgementally, neutrally, caring, and with a focus on one thing which is the ultimate reality or love, or God, or Himself.

"So you love the Lord by not judging yourself, not judging others. You love the Lord by not surrendering or, rather, refusing to surrender to that which is not the Lord's, such as all your fears, all your anxieties, all your worries, all your pains, all the illusions in this field; this field is a field of *maya*. It's constructed that way, it's not real. And you focus yourself as God focuses Himself, which is above the *maya*. Not that He doesn't participate in this field and play in it - it's all play - that's all it is, but He doesn't see a tree and call it the whole forest. The focus is the forest and in order to get a perspective, to get above the forest, you have to get on up there and get the view."

"And you act as the Lord does; how does He do it? Constantly sourcing Himself, regenerating Himself, being that which He is, fulfilling Himself. The Sound fills your Soul, stirs It, wakens It.... And the Sound Current gets to recognize Itself, becomes the Sound, becomes Itself, knows Itself that It always was the Sound, always was God. And that's the focus, that's the Christed Consciousness, God knowing that It's God. God knowing Himself."

"So it's not a question of 'here's my lifetime here, and here's God up there or over there or inside but not outside.' That's not it. It's really a question of 'okay, how can I let God love me? What do I need to do to let God love me?' Once again, I'll answer the question, and the answer is absolutely nothing. Get out of the way of who you think you are and God will love God because that's who has been in your place all along. But because you just occupied that seat, you couldn't see who was sitting there all along with you. You hadn't a clue, you thought it was you but it wasn't, it was God."

"So, really, when you love God you love yourself. You're allowing yourself to be loved and you're allowing you; you to love yourself, not to judge yourself, not to give way to doubt and pain, but really to surrender. In other words, if you're loving God,

How do we
love God?
"Making a choice,
our own volition,
choosing
to be with God,
choosing to drop
the negativity,
choosing to be
present at each
and every
moment.
If you're present
at each
and every
moment,
guess what?
You're with God
because you're
not present with
your thoughts,
you're not
present with
your emotions,
you're not
present
with any
of your karma,
you're just
present within
yourself... and
within you
sits all
of the Lord, God,
all of the Soul."

*From the Open Satsang
"What is 'Tisra Til'?"
Audio TAPE A40*

you're going to have an easy time. If you're giving yourself a hard time, guess what? You're not into loving."

"So I think it's important to know that the imitation that I'm speaking of isn't for you to imitate the life of Jesus or the life of Mohammed or anything else like that, or Moses or whatever your religion is, that's not it and that's not God either. But it's to follow in your heart, to turn inside, to make yourself literally into that image that you've always been, which is of the Lord. And then you'll discover that, unlike the Cartier watch that sells for twenty dollars on the street and is really a knock-off that won't operate in two months, that you are, in fact, the original; you're It. You are the Creator Himself."

"So loving Him is to be in that place, letting God be God. If you're giving yourself a hard time, stop. If you're giving anybody else a hard time, stop. If you're judging yourself, stop. If you're not loving yourself, stop. If you're not focused on God, stop. If you got a separation going between your work and your Spiritual work or life and God, stop. You're not at God and if you're not at God, then the guy who's been living in your house all along doesn't get honored because you don't know He's there.

"The other part of that is that you're an honored guest in the Lord's House. You are all honored guests, you're sitting there right now. So when you live in the Lord's House, you always have to do as the host does, you can't impose your stuff on your host. You just can't.

"So that's what you do when you live in God's House, you follow the Host and you do as He does.

And this Guy's the Host of Hosts. He fills your table to overflowing, He keeps supplying it, and all He does is just love you to death. He doesn't charge you a thing, He doesn't care if you have Visa or Mastercard or American Express. He never sends you a bill and somehow He does fine. And He keeps supplying you and all He wants you to do is live in His House."

"So when you love God, you live in His House. You act like He does, you are just open to the love that you are and you act that way. And you live in kindness and compassion, caring with only one focus, how to constantly, constantly, constantly have that love flow, have the Sound flow, have God flow, have your own nature flow and fill all of Creation. Because that's it, see? and God is in all things, so everything you do affects all of Creation. All of Creation, I guarantee you, down to the finest atom, sub-atom or whatever they are called these days.

"And you're responsible. And the nice thing about God is He's kind of a cool guy, He gives you all the time you need, all the chances you need, doesn't judge you, doesn't call you names, shows you how to do it, wishes you good luck, keeps showing you, keeps telling you, keeps reminding you, keeps letting you fall down, pick yourself up, keeps letting you fall down, pick yourself up and He doesn't care. And all He does while you do this is love you, He loves you, He just keeps loving. So that's what you've got to do, you just got to keep loving. It's real simple. So how do you love the Lord? You just act like Him, you live in His House, you act as He does, you do what He does, you love Him like He loves you and then you discover that the guy you've been loving is you. And isn't that a hoot!"

Try This

"Get nice and quiet, and sit with your arms uncrossed and legs. We call in the Light by saying 'Lord, God send us your Light, we ask for perfect protection and your Grace.' What I'd like for you to do first is just let go of all thoughts, all considerations, all the ways you think you have to do or whatever you have to do to reach God. Just put them aside, let them go. And now

just allow God to be here with you. Allow God's love and His Grace just to move through you, through all areas of your being, your Soul, your thoughts, your mind, your emotions, your lower consciousness, all parts of your consciousness."

*This excerpt is from the audio TAPE:
"What is Twaji?" Audio TAPE A37*

Case Study

I have been wondering about life lately. And about death. It seems that some people spend their entire lives chasing after physical health and prosperity in this world. And in this quest there is no rest because physical health and our bodies do not last - they pass away. But what is lasting now in this life and after this life? And when is the time to make the choice to focus on That Which Always Is? Someone very close to me is sick and I see this person wishing to be well physically and doing all that the doctors say. I see this person desperate for health.

I also see the events of the World Trade Center, the war and the anthrax scare raising questions of health, purpose and safety. And in all this, the sickness and the war - people are looking outside themselves for a solution, for the doctors to fix it or the army or some great big God up there in the sky somewhere - as though there is something wrong and

this shouldn't be happening. When the real question we need to ask is - how can I use this to lift and grow?

Because it is not the situation that is the real issue. The real issue and opportunity is the way we choose to respond. And true health and true peace is found within each and every one of us by our choice to love God. What we hold within and how we hold it is what makes the difference. And living in health and peace within ourselves is reflected in the world.

What I find in my life is that all these "seemingly" huge problems have a simple remedy. At each moment I choose to be with only those thoughts and feelings within myself which are kind and loving; I choose to accept where I am and what is happening and I ask God to show me how I can use this situation to lift and grow. By doing this I am loving myself. By doing this I am loving God.

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 by saying "Lord, God send me your Light".
2. Say: "Lord, God lift and clear any judgement, criticism and separation within me."
3. Say: "Lord, God move me now into loving, caring, non-judgement, and compassion for myself and others."
4. Allow yourself to be loved by God and to love God by being present - letting go of any negative thoughts or emotions, bringing your consciousness to this moment - and allowing God's Love to flow inside of you.
5. Treat yourself as God treats you: forgiving yourself, loving yourself and accepting yourself.
6. Loving yourself is loving God.

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