

Tools for Living Free

NUMBER 25 IN THIS ONGOING EDUCATIONAL SERIES

Using the Tool of Prayer

Excerpts and Quote from the Satsang, "God: The Answer To All Your Prayers" (TAPE No. A46) by Dr. Roger B. Lane

"I want to talk a little bit tonight on God: The Answer To All Your Prayers but really God's Prayer and man's prayer being really one and the same. And it's interesting when we think about praying we usually think 'well, I'll pray to God and I'll ask for what I want.' And that's fine and that's good and we have that stacked up a lot of times; pray! But I like to think of pray and play as the same thing, playing with God, praying with God and we're just hanging out with the Lord, God inside ourselves. And if you ask yourself a simple question, 'what is God's Prayer for us?' the answer is real simple: *it's that we love Him, serve Him, live with Him, be with Him while we're in the body.* So our prayer is the counterpoint to that.

"And our counterpoint is what? 'How can I love you better, serve you more, etc.?' Be with you each and every moment - that's the Power, that's the Glory, as it were. So that these two prayers, as it were - we're treating them separate just for the sake of this talk - these two prayers mesh and they're really the same thing and our counterpoint is what? But to be the answer to God's Prayer, and just as God is the answer to our prayer, we're the answer to His Prayer. His Prayer is what? That we love Him, serve Him, be with Him inside ourselves *each and every moment.* And we come to know Him - that's His Prayer for us. And He needs us to complete Himself. He goes to completion in us. So our prayer is 'how can we assist You in Your Completion?' And we know we assist God by what? Loving Him, Serving Him, Choosing the Spirit we are, letting go of doubt, fear, pain, oppression each and every moment. So that's the counterpoint and it serves God's Purpose and Prayer, too. They mesh and they are one and the same."

"Underneath it all we want to be seen by God, we want to be known by God, we want to be cared for and we want to what? Get rid of the pain and separation."

"Many times we approach like beggars. And let me suggest something, a really positive way of working (it) is to approach God in the fullness of your being as a co-creator and with being responsible."

"My prayer is also a way of focusing my own attention to God."

"So that puts me on notice I'm doing this with God. Then it also puts me on notice that if I'm holding onto a set way of 'it's got to come like this, and this is how it's going to come and this is the only way it's permitted' guess what? I'm willing to back off that and I'm willing to have it be worked another way."

"I'm ready to surrender that and I'm ready ... but I'm not fixated on it.... So I'm saying, 'Okay, God, I'm putting myself on notice and I'm willing to back off my point and I'm also willing - see, I put it in the Light for the Highest Good - I'm willing for it to come in Your time and I'm willing to have it come in Your way and I'm willing to work it. I'm willing to do my part.

"So I'm having an experience of what? Surrendering my agenda. That's invaluable; I'm surrendering my stuff and I'm giving it over and I'm open and I'm flexible. That leaves me open to Spirit. In other words, I'm surrendering my will and giving it over to God."

"When you're praying, in terms of asking, take a look at what you're asking, how you're asking, and take a look at your insistence. Because what I find a lot and hear a lot in working with people is insisting it come this way or insisting that it come in this time frame. It doesn't have to. But if you're walking this Path you need to remember something: that it's going to come when it's for your Highest Good and in perfect timing. You may not like the timing; in my life I've never liked the timing but, in retrospect, I'm really glad it came when it came because guess what? I would have been cheated out of the learning and I would have had to have gotten the learning because I'm responsible to get my learning that I need here. I would have had to have gotten my learning another way and a lot harder."

"You have to trust the timing: the karma got cleared. Many times we think (when) we haven't gotten something, God has deserted us. Many times we have gotten something and we think, 'oh, that's wonderful and it makes us right'; it doesn't make us right at all or it doesn't make us better than (another). It just means that we received this, the timing was okay and it was fine. And the interesting thing is a lot of times I see that all that is needed to bring a prayer into fruition is basically a behavioral change."

"So you have to be flexible. And you have to come with a combination of working it inwardly because that's where it is. God is inside of you. He's praying you, as it were, and He's playing you, you know, just like a great violinist plays the instrument. Well, God is playing your instrument and He's vibrating you. The Spirit that you are is being vibrated and He's playing you. And that Vibration is there for you to align with and It comes all about with prayer."

"... we're here for our Learning. All your prayers - whether they're asking for things, whether they're seemingly fulfilled or not fulfilled-they're fulfilled.

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And the fulfillment is what? You don't get it, you let go, you grow, you wrestle with Spirit, yourself, etc., etc. All the time you're dealing with God. And, eventually, you get to a point of just letting go and trusting inside. But co-creation is very important."

"You have to do your share, you've got to do your part."

"God is immediate, that He is in the world and you have to do your share, your part."

"So there's co-creation that goes on all the time, co-creation. Which means that we're responsible. Which means that we need to focus into what It is we're seeking and wanting, be flexible at the same time, be open, and also take the responsibility for our actions and surrender our agendas."

"So this is all the stuff that comes up: we make God wrong, we make ourselves wrong, we find fault etc., etc. And guess what? We didn't co-create, and when we are co-creating and part of our responsibility is to do our part—we do it neutrally and we do it with a loving heart. You know that's why, invariably, I always look at that nice little painted sign in the frame there that says 'Are You Serving With a Loving Heart?'. That's important, it helps keep me on track, makes me ask myself that question. And even if the answer is yes, I'll still ask myself, 'okay, and how can

I serve with an even bigger loving heart?' So it helps keep me on track, but that's my co-creation. See, that's my co-creation. I'm doing my share and I'm completing myself; in the process of completing myself, I helping to complete God."

"But underneath that prayer is God. In other words, it's His choice, it's His action, it's His need fulfilled through me and that's important. So I'm lining up but I'm letting whatever it is that I'm lining up with be God's expression. How many of you now be honest - how many of you when you pray, you go between two extreme feelings of you're not going to get it or you're not heard and, on the other side, you'd better get it immediately?"

"... let God decide how He's going to work the continuum. Your responsibility is just to work co-creation. You're co-creators with God, you have responsibility."

"And you have a responsibility to guess what? To allow God to be present in your life *each and every moment*. That's really the answer to your prayer, whatever the prayer is. If you take a look at what are you really praying for and when you dissect it - underneath it all - that's what you're really praying for. You're praying for God to be present with you in your life at *each and every moment*."

Case Study

Last week I was very stressed out. I felt as though I had too much to do - I had something very time consuming scheduled for every day of the week. I didn't think I could do it. The first moment I realized this I prayed, "Lord, God for the Highest Good send me a solution for my schedule this week. Send me all the time I need to take care of myself and to relax and have fun."

No sooner had my prayer been said then I began to let run all the worry, upset, anger, etc. which I had associated with the situation. I later realized that I had allowed the upset to predominate my inner environment because I did not trust that God was handling it and I did not stay centered in myself. I made several attempts to lighten my load - by asking for help, trying to change around my schedule - none of it worked. It had the effect of making me feel even worse because I was focused in the upset and, at every turn, I was not getting the results that I wanted. Well, finally I let it all go. After days and days of being crazy with it, I accepted my situation and I accepted my schedule. I refocused and just decided to go with the Joy and

Peace that are present inside of me by being with God. As my week progressed a few things happened - in the days that I did have things to do time seemed to be freed up so I had the time I needed to relax. Then on what I thought would be my busiest day all the things I had to do got canceled. Now, if anyone had asked me what I thought I needed to do for the week the thing that got canceled would have been on the top of my list but as I had let go inside myself I just allowed and accepted the situation that God had brought forward for me and the relief that I had asked for. All my squirming and insisting and all the emotions that went along with it didn't get me anywhere.

I realized prayer is a commitment. It is a commitment on my part to give over the worry to God and let God handle it. And it is a commitment on God's part as He holds me totally and completely in Love and Devotion. He knows what I need and always fulfills me even better than I could fulfill myself.

(Editor's Note: Letting go is just one aspect of prayer. For further study listen to Audio TAPE No. 27, "Prayer: What It Is, How To Pray, And How To Receive The Response."

Try This ...

"Get quiet and uncross your arms and your legs. Just say inside yourself, 'Lord God send me Your Light'. And take a moment and ask for clarity and guidance on any situation you're in, whether it's work, whether it's a relationship, whether it's money, whether it's whatever that you're in a tizzy about. But don't sit there and try to get the answer. Allow the answer to come. It may come now..., it may come in a dream, it may come in a flash, it may come in many ways. But if you ask for clarity and guidance you need to be responsible and commit to giving up the dilemma, so when it comes around again say, 'Wait a second, we're not getting into that, we've already asked for clarity and guidance.' Just give it up and monitor yourself in Eternal Vigilance."

From the Audio Tape, 'Freedom is Just Another Word for God' (TAPE A23)

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, "Lord, God, send me Your Light."
2. Consciously choose to focus into the Spirit you are by saying, "Lord, God, lift and clear any doubt, fear, oppression or any agenda I have. It's okay, [your name], to let it go."
3. Focus your attention on God by saying in prayer, "Lord, God how can I love You and serve You?" and "For the Highest Good Lord, God move me into trust inside myself."
4. Be a responsible co-creator by allowing Spirit to guide your actions and by accepting God's Perfect Timing.
5. Allow God to be present in your life each and every moment by asking for Initiation into the Path of Soul Transcendence — that is God's Prayer for you.

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