

Tools for Living Free

NUMBER 35 IN THIS ONGOING EDUCATIONAL SERIES

Sacrificing 'The Sacrifice'

From the TAPE, "How To Sacrifice 'The Sacrifice'" (TAPE No. V9)

"We talked about the incredible power of choice; that regardless of what our history is, regardless of all the momentum that's behind a way of being or thinking or feeling we can choose at any moment to drop that. We can choose to sacrifice that... And so many people walk around with 'Oh, that's my karma. There's nothing I can do.' Well, that is bologna. There is something that each person can do and that is choose - choose the positive polarity - choose to sacrifice that which we are in our false identity... Sacrifice what we think we are. Sacrifice what our history and our frames of reference in time and space tell us that we are."

"What we need to do is to simply focus on the Spirit that we are; rest in that - remember! Keep confirming It! Keep moving to That! Keep aligning with That! And evil (negativity) feeds on itself and guess what? If you don't feed it, it's going to drop off. Okay? And when I say evil I'm talking about all the negativity that we talked about all along that negative axis. And when we focus into that we're doing battle, we're struggling with it and there's no need to struggle with that. So, I say that the sacrifice includes the sacrifice of the ego's doing battle with that.

Also, another reason for the sacrifice is, very simply, the nature of reality... Your body and your senses rest in that world. However, that's not who we truly are. Because if that were so when the body does what the body does, which is, namely, that it's going to die, then that's it for us. But that's not it for us. That's a materialistic point of view: this is all we are. But the real truth is that we *are* the Spirit. And the Spirit is unipolar - it is One. It is the Spirit or the Lord, God or whatever you want to call It. And that exists on Its axis, so to speak, and we all, and reality, revolves, around this reality of this unipolarity of existence that is unmanifested and, as it were, hidden. Okay,

now, this is crucial. Where's It hidden? It's not hidden in a bank account. It's not hidden in a spouse. It's not hidden in the perfect car... But where is It hidden? It's hidden within the material. And it is our job, indeed, our quest as human beings to move into this Reality of that we are the Spirit and to allow the Hidden One to reveal Itself to us - the Spirit that we are."

"Now, when I say the word 'sacrifice' so many people think that they're going to have to let go of a good thing - 'Oh, my God, I'm going to have to sacrifice what I love, what I like.' Well, no one's asking you to do that. I'm asking you to do just the opposite. I'm asking you to sacrifice anything having to do with a false identity, anything which doesn't further you in supporting yourSelf in understanding the Spirit that you are. And I'm also asking you to sacrifice that which keeps your attachments going and your angers and your hurts and your resentments. I'm asking you to give them up. See, because at each moment we are free and at each moment we can choose to let go or to hang on. And it's a *moment-by-moment choice*.

"So, when we sacrifice what we're really talking about is the sacrifice of the ego or that part of us that's bound in time and space - the part of us, for example, that would think that we are this form or that I think I'm Roger B. Lane, Ph.D. and that I'm x years old and that I do this and I do that and that's who I am. But if that were who I am then I wouldn't be able to be here tonight for the simple reason that I would be dead. Because there's something that animates me and there's something that animates you. And that is the Soul or the Spirit that we are."

"Now, I think one thing (that) is key once again is: move immediately into the Spirit and sacrifice everything that isn't. And, yeah, doubt is going to come up, fear is going to come

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*From the TAPE
"Living The Truth"
(TAPE No. V9)*

up, pain is going to come up, separation is going to come up, not knowing what's going to happen... We need to sacrifice that. We need to live in the Integrity of the Oneness and just reaffirm that we are that Spirit and we don't

have to battle against the negativity... We're really talking about living in Peace, the Peace that 'passeth all understanding,' when we're aligned within ourSelves, with the Spirit that we are."

Case Study

A lot has happened since I agreed to do this case study on sacrifice. When I lined up to do the case study a learning was set up for me by My Teacher. Watching the Audio TAPE "How To Sacrifice 'The Sacrifice'", I understood the importance of letting go of how I feel things in my life "should" happen. It's funny because, up until the course of events that transpired in my life over the last two weeks, I would probably have said "I don't run agendas and I pretty much take things as they come." The learning I've had over the two weeks as well as the from the TAPE showed me to drop the idea that I have mastered something. From now on, if and when I have an area of my life mastered, I'll let God tell me.

My mother had been in poor health for some time and recently her health deteriorated even more. It became necessary for her to go to a specialized hospital far from home to run various tests. This lasted about a week and, during this time, I visited her daily; I made it my priority. After an important operation had been completed she went home. The day after she was sent home, I was in my car finishing my errands, and trying to make a decision to take the ride to visit my mother or go home. I was exhausted from the past week's events and felt she was fine so I decided to go home and relax for the evening. The next day she was rushed back to the hospital where she passed away. I was very angry with myself for the decision not to visit her the day before. I felt a wave of blame, guilt and, most of all, a feeling of being incomplete. "I was supposed to see her again!"

Try This ...

"I want you to get nice and quiet. And I want you to visualize yourSelf that, just like you put on the clothing you are wearing now, your Soul has put on the body that you're wearing now. All of you are wearing bodies or you wouldn't be here because that's the ticket to this realm - it's a body. Now what I also want you to do is, hopefully, in a few days you'll take off your clothes and change them, and similarly I'd like for you to see yourSelf, the Soul that you are, getting out of your clothing and that clothing is

I had thought about my mother's passing for a long time and realized I had had an agenda with this. "It was supposed to happen differently!" I had demanded inside myself. I chose to sacrifice all these feelings, and give them over to God by saying, "Lord, God, send me Your Light! Take away my agenda, these thoughts and feelings, and replace them with Your Love! For the Highest Good, please let me see the Spiritual Truth in this situation." In perfect time I was shown the Truth through an inner knowing. I was there for her in the hospital when she passed. I was there the entire week before and, most importantly, I was always there for her Spiritually. What I mean by this is I saw her as a beautiful Soul in the body of my mom; she is always in my prayers and I shared with her on many occasions the true meaning of life. We were given life for one reason only - to grow in love of God and to know Him directly. This is possible only through the Gift of Initiation into the Sound Current (the Holy Spirit).

During this time I have done a lot of work with My Teacher. My Teacher has given me the direct experience of how, if a member of a family lives his/her life for its True purpose, the whole family is shown Grace because of that Soul. By my choice to be an Initiate of the Light of the Most High and Loving God, many Blessings are extended to all Souls, especially those closest to me. This is the greatest gift of all: the Gift of God. Sacrificing "the sacrifice", I am able to see the truth of my role as a son. I am so very grateful for this.

your body. Now, you're not dead, and I want you to just ask yourself the simple question, "Are you the clothing you wear, are you the body, or are you the Soul that is using the clothing, using the body for its purposes?" And if you're a Soul using the body for its purposes, what are its purposes? Why is it putting on this body? What is it doing in a body?"

from the Satsang "God's Will: Will You Or Won't You?" (TAPE A31)

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, "For the Highest Good, Lord, God, send me Your Light!"
2. Allow - without judgement - any negative thoughts and feelings of hurt, pain, doubt, separation come up for you.
3. Say inside yourSelf, "Lord, God, for the Highest Good, take this negativity!"
4. Tell yourSelf, "it's okay to let it go."
5. Ask God to show you the Truth of your being here by saying "Lord, God, for the Highest Good, take my false identity and move me into the Truth of the Spirit I am."
6. Practice sacrificing 'the sacrifice' by requesting the priceless Gift of Initiation into the Sound Current by contacting any Regional Center.

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

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