

Tools for Living Free

NUMBER 46 IN THIS ONGOING EDUCATIONAL SERIES

You've Got The Power!

excerpts from the Satsang "Who's The Boss?" (TAPE No. A58)

"Okay, I want to talk a little bit tonight about 'Who's The Boss?'...Now, even to my eyes I pick up that you're wearing a physical body. All of you have physical bodies. Well, that's proof that you're in charge because guess what? You're the one that decided to have this particular embodiment. And I don't even mean that negatively. No. But, the way it works is that the Soul met with - whether it's a karmic master or your Spiritual Master - and it was decided when and how you would take embodiment and you had the final say so - so you agreed. And you agreed to have the parents you had. You agreed to a whole bunch of things. So, on that level you're in charge. That's very important. You have total control of your life."

"But, it works on all these levels. See, we have this point in our Consciousness and we call it the basic self. ...And that part of our Consciousness - the lower self - is the part that really doesn't want 'to know from nothing.' Doesn't want to know from Spirit; doesn't want to know that you are Spirit and it doesn't want to know that you're loved and cared about. And it sure doesn't want to know that you're responsible for your own Spiritual Progression... Okay, but that same part of yourself - not that it's a psychological two-year-old or child - but it has that kind of level of nonawareness of being present and of what's going on. Would you let the basic self or the lower part of your Consciousness drive your vehicle? You'd probably have to think about it and if you're honest you'd probably say 'yeah, I do all the time.'"

See, and we forget that we're the boss of the lower consciousness. But not only are we the boss but we're entrusted with that responsibility. But, it's not like we're the boss and you have to really beat the hell out of that kid or really be a real, just harsh disciplinarian. No. But you have to lovingly guide and discipline that part of yourself."

"See, but the interesting thing is the only way we can really know and be in charge of ourselves, of our own inner environment, of being the boss is what? If we honestly recognize God's Will and we align ourselves into that Will. We allow that. See, and the whole thing on the Cross - and the Resurrection is a demonstration of that - the individual will gets crucified and gets united with God's Will, letting go into God's Will. So, the power is in just the opposite of what the Westerners think - *the power is in surrender*. We surrender to God. We do God's Will. Okay, what is God's Will? But to know Him and Love Him and go Home to Him. That's it, folks. Real simple."

"And we have this thing that if I let go unto God I'm not in charge. Well, first of all who do you think you are? You know? *God lives in you as you*. So, if you let go into God guess what you're letting go into? The Spirit you are. But we tend to mock it up in these hierarchical structures - power and control and all that kind of crazy stuff. You know? And you look at the world and you kind of see that played out. Who's got power? Who's got control? Meanwhile, they've been had. And they're being had by their own karmic creations... You've given yourself over already to reincarnational patterns. And that's fine but know that's what you're doing."

"Now, the Path of Soul Transcendence that I work with - I'm not interested in reincarnation. Okay? All we teach is loving God and knowing Him *directly*. And how do we do this? We do this *moment-to-moment*. We make a choice. God gave us free will. God gave us free will. We have a choice. So I could choose to drop the anger I'm feeling. I could choose to drop the hurt, the pain."

"And I love all these people who celebrate the holidays and they have no clue that the Spirit that they're celebrating is inside of them. And that it's not a historical event. God's not historical. That would be like saying you're historical. Well, yeah,

"Well, actually, let me just quote the words of an unknown poet but a wise poet. They are 'laugh and be happy as your Father in Heaven is' ... And some of you have had tremendous experiences where you're really dancing inside yourself with the Spirit you are. And it surpasses everything. Be present! Be with God! Choose! Exercise your responsibility to let go of anything that separates you from God, from the Spirit you are! And just live in that Joy!"

From the Questions and Answers following the Satsang "Who's The Boss?" (TAPE No. A58)

the part of you that's wearing that thing called a body, that's historical, in a sense. You're here in time and space. But the Spirit that you are isn't historical. It's Eternal. See, and the real truth is that when the Soul has attained in the Inner Worlds of Spirit Its completion here as a Soul which means that It has fulfilled Its karmic journeys and It's entered a certain place in the Inner Worlds - and It can still be in the body (*Editor's note: Dr. Lane is being ironic here as the only way for the Soul to complete Its karmic journeys is to be in the body; hence, the worth of this Gift of Life*), by the way - the karmic record is clear. There's no evidence the Soul was ever here in the body. So, really, the historical part isn't really too valid."

"So, you got to make the part of you

that's Eternal the boss or the part of you that knows you're Eternal the boss. Because if you ride those thoughts and feelings you're going to do 'yo-yo consciousness' ... So, being the boss means you take responsibility. You know that you are Eternal. You come from that spot. And lastly, it means stop looking for the great big miracle that you're all looking for in some way. The miracle is you're alive. The miracle is in the moment. And if you do the homework and choose to let go of a negative thought or feeling or an emotion or something that drives you - you let go of that and allow the Spirit to take Its place - that's a miracle, that's a great miracle. And the fact that you're here and breathing - that's a miracle. And God gave you life, that's an amazing miracle, an amazing gift. He gave you life. And He gave you an opportunity to know Him and to Love Him."

Case Study

I had wanted to leave my job for a long time - many years, actually. I struggled with these feelings. I judged mySelf for wanting to leave. I blamed mySelf for not being good enough or "far enough along" Spiritually to leave. I felt victimized and powerless - as though I had to stay in this job for the money or for the approval from outside. Then, one day, through working with My Teacher and a direct learning that I had from Spirit I realized that it was okay to quit my job; that I could just quit; that I didn't have to give any validity to the guilt or the shame but that I could just give mySelf what it was that I wanted. I, also, realized that I didn't need anyone's approval or anything else from out in the world to come forward to make this okay - I could just make it okay with me. And I did. I gave mySelf permission to quit and I quit.

This was a tremendous step for me. What I realized here is that I have the power. I choose *each and every moment* what to buy into, to what to give my energy over. I realized that, up until now, I have spent a lot of time acting out of fear or worry instead of surrendering all that and being who I am and who I want to be. I have been so busy trying to please others that I wasn't allowing mySelf to be pleased, that I wasn't allowing mySelf to receive that which I was asking God to bring forward for me. The remedy for me is when I feel these feelings of fear, worry, feeling unloved or unworthy I call in the Light of the

Most High for the Highest Good and I ask God to take it. I tell mySelf, "it's okay to let it go." I then direct mySelf to be entirely present with Spirit. I am present when I am in the moment unconditionally, by doing the process that I just mentioned I then receive the Spiritual Energy Flow that is constantly here for me but that I receive when I let go of my agenda and am entirely present.

This translates for me into an even greater understanding and awareness of my relationship with the Spirit I am. God is here for me at *each and every moment*, breathing me, living me, supplying me, loving me and it's up to me what to buy into - the fear, doubt, worry, concern, separation or into my power of acknowledging the Spirit I am and allowing mySelf to be given to.

From learnings I have had listening to many TAPES given by Dr. Roger Lane, in particular the Video TAPE "What Do We Do On The Path Of Soul Transcendence?", I am coming to accept that what I need to do with my life is Love God and be with Him. I do this by listening to mySelf and honoring what is true for me. I, also, do this by exercising my power to Love God and Receive His Love because without God I would be stuck in my fear, hurt, pain, agenda - in my karma. But with God I am free to exercise my choice. And my choice in every situation is the same - to be with God and Love Him with all my Heart, all My Soul and all My Might. This is truly living in the power that *I am*.

Try This ...

"...get nice and quiet. And what I want you to do is real simple. Just ask yourSelf that question: 'Who's the boss?' Okay, and now I'm going to feed you the answer. All right, but what I'd like you to do is just sort of point to yourSelf and tap your chest. Okay? Once is

fine. And it's - I am. Go ahead tell yourSelf that. Yeah, because that's the answer. That's who the boss is. You guys are the boss."

- From the TAPE "Who's The Boss?" (A58)

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. Acknowledge that you are more than your thoughts and your feelings by saying inside yourSelf, "Lord, God for the Highest Good, please take any upset or negativity that I may be experiencing!"
3. Tell yourSelf "it's okay to let it go."
4. Tell yourSelf, "The Spirit in me is the Power Source. The Living God hears and supplies me. I am worthy to receive."
5. You are in charge of where you place your focus. Exercise your power by choosing to know yourSelf as the Spirit you are by contacting any Center and requesting Initiation into the Path of Soul Transcendence.

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

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