

Tools For Living Free

NUMBER 67 IN THIS ONGOING EDUCATIONAL SERIES

"CREATING THE LIFE YOU TRULY WANT"

excerpts from *The Money Workbook*, permission granted by the author, Dr. Roger B. Lane

"Just because it has not happened yet does not mean it has not happened.

"In the past five years, movies and books have portrayed an awareness of dimensions and events beyond the 'normal' range of consciousness. The parameters of the brain/mind are being constantly expanded as science and medicine begin to understand its true nature. A leading daily newspaper featured an article exploring science's changing perception of the brain: it was no longer viewed as reaching complete growth as one completes the teenage years but, in the brains of those people who were in their eighties and nineties, the brain was documented as growing nerve networks expanding outward. When the environment for people this age was not a stimulating one, growth of the brain corresponded and there was no expansion of the nerve network to incorporate and understand new and complex things in its world. Medicine and science have confirmed an age-old axiom: ***now is the perfect time to change.***

"Knowing that we are responsible for the world we live in and that we create it, how can we create it to our advantage and to that of others? Two very important tools are visualization and programming.

"In visualization we see exactly what it is we want. If it is a better job, what does it look like? What are the duties involved? What is the environment like? Your co-workers? What is the salary you wish? The benefits? Vacation and sick leave? How far do you want to commute? See the office clearly, even to the color of the carpet and the walls or whatever is necessary to assist you in creating the feeling you want at the job! See your workers as supportive and helpful. If you wish a certain salary, see your employer joyfully giving it to you in grateful recognition of your abilities. See every aspect of your work situation in this light. If you are self-employed, you can create what you would like from this same neutral space as if you were an employee. This serves to take the stress and strain out of your work that may have resulted because of your personal and emotional attachments.

"Whether you are self-employed or not, you may also wish to take the part of your employer and

visualize his/her needs. Perhaps a production assistant is needed? An administrator? A person with skill or expertise in a certain area? See your employees' needs and wishes. If you are prepared to fulfill them, a curious thing happens. Those wishes and wants you 'saw' as an employee automatically are fulfilled when you fulfill those of the employer with love and devotion and from the integrity of your being. If you are going to complete the tasks being angry and resentful it is best not to do them. When you see your work as an opportunity given to you by your employer to progress and to grow, and not as a shackle, you willingly fulfill each other's wishes.

"Beyond the dimensions which can be ascertained by the physical apparatus of the body lies one in which our wishes are heard and supplied to us. It acts much as a suction tube does: what goes in one end comes out the other. Therefore, it is very important what you put into this end of the tube for you receive whatever you have placed in it. This "tube" supplies our wishes much as oxygen is supplied. As we can create responsibly or irresponsibly and we are, in either case, responsible for our creations, it is best to create only what is truly needed by us. If you create being a movie star or being an outstanding athlete, have you also created being happy in that career? Having the proper guidance and financial advice and acumen? If I want a car, have I insured having the money to pay for its maintenance and loan payments? I could easily create having a car without creating the wherewithal to be able to keep it past the time the first payment is due. Therefore, ***it is best to create responsibly.***

"As the 'tube' functions impersonally and puts out what you put in, you need to be careful as to how your wishes are worded. For example, if you want someone to give you a free ice cream, you might express it as an 'ice cream on the house.' Do not be surprised if it comes back to you in a situation where you are sitting on the top of a house eating ice cream or even having to lick it off a house instead of a cone. When you program be as specific as possible. Do not just write down that you want a good job that pays well. Write down the exact amount that you want and all the things that would make it a good job. Leave out nothing. As you write each one continue the visualization process so that you are both writing and seeing your creation.

"When you expand your Consciousness and let go of lack and limitation you find that the world has expanded with you. Actually, it's just waiting for you to discover it's as big as you would ever want it to be."

--From *The Money Workbook*, permission lovingly granted by the author, Dr. Roger B. Lane

"There is no need to wait until you have the program perfect. Continue writing and revising until every last detail is provided. ...

"To safeguard further against creating irresponsibly, it is wise to begin the list by writing and then saying 'For the Highest Good of All.' This insures that if you create getting a car you have the money to pay for it. Or, if you program for money, that it would not come because your Uncle Harry was killed. It is a built-in protection. It also protects you the other way. If something is not supplied, it is because it is the 'highest good' that it is not. If the car you programmed does not materialize it is because you might very well not be able to afford its upkeep and it would create a strain in your life or, perhaps, because of your driving skills or lack thereof, the citizenry is being protected.

"Visualize as you program and program as you visualize. These are the keys to your creation. Attitude is what makes it open or not."

"Do you feel good enough as a person to receive? Are you worthwhile or do you attach all sorts of strings to the gift? Did you feel that if you receive, no one should know it so that you hide your abun-

Case Study

An area of my life with which I have been struggling lately is my son's night waking. He is ten-months-old and has always awoken during the night. For the past month and a half he has been waking up more frequently and has not wanted to go back to sleep without me sleeping with him. I have gone through every emotion in these early morning hours – from compassion, to exhaustion, to anger, to depression.

After reading these exercises from The Money Workbook, I saw the situation in a different light – as an opportunity to progress and grow. Up until now, I had been so focused in my agenda of what I wanted to happen at night; namely, to sleep, that a part of mySelf was so up in arms over the disruption to my plan that I couldn't see straight.

I have been through many situations that I knew were for my learning and growth but, somehow, when it came to this particular situation - I thought that it was just a mistake, not something from which I am to lift and grow. I know from the Teachings of the Path of Soul Transcendence that *all* of life is an opportunity to lift and grow and be with God. Hence, *every* situation is that gift – not just the ones that are convenient for me.

Applying this new perspective takes Eternal Vigilance—constant, constant self-talk. Just like I want for

Try This ...

An area in my life that I am not happy with, and choose to change is _____.

The way I want things to be is _____.

for the Highest Good of All.

dance? Did you think it would be taken away? Were you suspicious or were you open to receive? Did you believe in your creation or was it something which bears no fruit? Does the reality of what you are creating alter and change your view of the world or is it still the same? Do you believe in and know your power or are you still living as an alien in a hostile environment?"

"Knowing and allowing the fact that the universe is benevolent to be central in your consciousness is the key to 'Attitude.' Maintaining and re-enforcing this knowing by returning to it enables you to increase greatly your 'Outcome.' This enables you to be open to receiving and not closed. If you are walking around and living your life from the belief that it is a hostile world which does not give you the time of day, the world acts accordingly and its gifts and the ones you programmed for lie just a quarter of an inch away from your outstretched hands. The Universe does not make you a liar."

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my son to know that he is okay and safe and loved and be able to sleep through the night. I need to communicate with mySelf that I am okay and safe and loved and that it's okay not to sleep through the night. I do this by saying, "Lord, God send me Your Light! Take my agenda! Please make up the difference for whatever I feel that I'm missing right now." I then tell mySelf, "It's okay to let it go. It's okay to take care of my son right now. Be present! We're okay. I love you." With this new information I am able to let go of my agenda and be entirely present. Being entirely present I, surprisingly, even have enjoyed the situation. How wonderful that my son loves me so much that he wants to sleep curled up against me with his arms around me. How wonderful that when he wakes up in the morning he smiles at me with the biggest brightest smile I've ever seen.

Seeing this opportunity, too, as a Blessing for my freedom, I am present to receive these Gifts that are in the moment. Gifts like being with my son and giving and receiving love; and being with God inside mySelf, neutrally, free and clear. Gifts that I didn't plan for and Gifts that I wouldn't have received had I not surrendered. So, for me creating the life I truly want has to do with asking God for what I want, but then to let go and see *each and every situation* as a Gift from God now to grow and be with Him.

Write it in the present tense. Be generous with yourself. If you are programming for a new residence, for example, be precise and ask for all you want; if you want a patio, put it in; or if you want a particular area, amount of mortgage or rent, or the neighbors to have certain qualities, put in every detail. —adapted from The Money Workbook, permission granted by the author, Dr. Roger B. Lane

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. Visualize and Program for the life you want by following the "Try This" Exercise (below, at left).
3. Give your creation to God by saying, "Lord, God, Bless my creation. I place it into Your Hands for the Highest Good."
4. Tell yourSelf, "(your name)" it's okay to let it go!"
5. Exercise your ultimate power as creator and allow your will to align with God's Will by calling any Regional Center and requesting the priceless Gift of Initiation into the Sound Current.

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

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