

Tools For Living Free

NUMBER 79 IN THIS ONGOING EDUCATIONAL SERIES

MORE ON LOVE

excerpts from the 1979 Inspirational Talk by Dr. Roger B. Lane, "More On Love"

"I want to speak now on, once again, on Love. I spoke the first time about the transmission of Love, Love pouring down through all of God's Universe, from God through to you. And then speak about the acceptance of Love and accepting Love and being able to receive Love. And what that means individually, (it) means accepting yourSelf, seeing that you're all OK. And becoming responsible..."

"Now I want to talk about a thing that is very obvious, so obvious that it really doesn't need to be said, if things were going accordingly. And that's the obvious fact that God is Love, but you are Love, too. And that the Love that is flowing from God through God, from the Universe, through the Universe, into you is really you. (ed. note: According to the Teachings, the Universe is *not* synonymous with the Lord, God.) And that God *manifests* as you. And you're each an individual aspect of the Creator. God is manifesting you constantly, constantly, constantly. And you are the same as God. Your Infinite Self (the Soul) is one and the same.

"And we spoke about the Blessed moment when you're united in the Divine Marriage, the alchemical marriage, the alchemical union. The union that every mystic seeks, truly seeks, the yoga seeks. That's what yoga is — union. And the union with your Divine Self. And it's really an act of Grace that's going to perform the deed, and do the final act with that union. And it's the perfectibility and your own perfectibility and uniting with that. And uniting with your own Essence and making yourSelf Light and becoming that.

"And you are That Which You Are (aware that you are). And you are That

which emanated you, which creates you. And you are your own creation. And you are the Creator manifesting through you. And God is constantly, constantly creating you and all you have to do is be quiet, listen to your own silence. And in the Silence you'll hear your own mantra. And this is the mantra, this is the sound of the Divine, Divinity's sound, symphony within you creating you, making you. But at the same time guarding you, guiding you, teaching you. And at the same time it's like you're making a telephone call and you're on the other end, and you're at the receiver, and you're going to pick up the call. Constantly, constantly, constantly talking to yourSelf, to your own Essence, to your own Self.

"And this is the Self's way of talking to you through the Universe, through your own mantram, through your own sound. And They laugh and They play constantly, constantly, constantly dancing about, whirling about.

"But you *are* that Love. So to be able to accept yourSelf is to be able to accept Love, is to be able to accept God, because you are God. You're all an aspect of the Creator, all an aspect of the Creator."

"... As you grow towards your own Light and then become your own Light you'll see that the Light that was growing in you is God's Light. But you'll also see that the Light that you *are*, and that you're perceiving, is really your own Divinity, your own Self, and the Infinite Self that lives deep within you."

"...And What you're chasing, and What you're running after is your own Essence, is your own Divinity, is your own Godness. And it's all *within* you. Don't run after it, just open to It. Open to yourSelf and

"... And along with the transmission of Love one has to bow, as it were, towards the Love in order to receive It. One bows towards the wind, one stays up in the wind. One resists the wind and gets blown about. One bows towards the wind and the winds carry you and they'll carry the flow to you and from you."

*—From the 1979
Inspirational Talk
by Dr. Roger B. Lane.
"More On Love"*

just see the splendor, and the Love, and the Peace that waits there for you.”

“And the striving for all, all mystics, all true yogis, all true seekers, is after one thing, and that’s the complete union with the Father. With the Essence, with themSelves, and with their own Divinity. And the seeking comes, and it comes and it comes. And after a while you learn a very important thing, that there’s no need to search, and to seek. That God is everywhere. And you *are* God. And you catch on after a long time, some-

times, to the fact that what you’re running after and what you’re trying to chase is really yourSelf and your own Essence.”

“...But faith is sitting here in a spot where you can’t see a chair, knowing that there is a chair there. Because in point of fact this is a chair, it just chooses to arrange its molecules differently from the chair. But if you have faith and you know that this is a chair, and that alone will cause the molecules to construe and act as a chair for you. And that is true with everything... And that man through his own Divine nature causes form to happen according to man’s will - man’s will, which is Divine.”

Case Study

“Dear Cosmos Tree”

Q. Over the past few months my job dissolved, my home changed and my boyfriend moved to another city. After grieving I am ready for rebirth, new decisions and taking action to co-creating my life now. However, the direction isn’t clear inside me. How do I best ask Spirit to guide me? How do I know when to act, when to trust, when to release, when to surrender and when to just be? - R.U.

Dear R. U.:

1. Begin by Calling in the Light of the Most High like this: “Lord, God send me Your Light!”; 2. Ask God to take anything that stands between you and the Spirit you *are* like this: “For the Highest Good, Lord, God, please take anything that stands between me and the Spirit I am!” then tell yourSelf, “(your name) it’s okay to let it go!”; use this releasing technique as often as necessary; 3. Ask Spirit to guide you by asking God for clarity and guidance like this: “Lord, God send me your Light! For the Highest Good, Lord, God, please send me clarity and guidance on [fill in what you would like guidance and clarity on]; then tell yourSelf, “(your name) it’s okay to let it go!” 4. Know that by doing the above processes, you are co-creating with God; there is no separation between “my life” and God; 5. Know, too, that God hears you; trust and allow the process by staying present; you can do this by practicing Giraffe Consciousness or the *moment-to-moment* focus on the Godpoint within; this is the same thing as being Eternally Vigilant; 6. Know that the only plan is God’s plan or allowing the alignment of your will with God’s Will; you don’t need to know “when to act; when to trust,” etc.; you only need to stay present with yourSelf *each-and-every* moment.

To Reinforce Your Learning: 1. Beginner: Meditate daily *exactly* as taught by Dr. Lane; read the *Tools For Living Free* “Being Present in the Moment;” “Prac-

ticing Eternal Vigilance”; 2. Intermediate: spend as much time as you can at your local Center attending Meditations; Video Showings; Talks; being in the presence of Our Teacher; and in the company of Initiates of the Light of the Most High; if you need their support, ask for it; 3. Advanced: 1, 2 and request the Gift of Initiation into the Path of Soul Transcendence by calling your nearest Regional Center.

Dr. Lane adds:

Dear R.U. - Congratulations! You have given yourSelf an impossible task on this level: “perfection.” It seems that your fear of mistakes is running you and so you believe that if you find the “perfect” recipe everything will be okay. But this is not “perfection” nor is it Spirit-centered.

What God asks you and all of us to do is to know yourSelf as Spirit and love Him, which, since He lives inside of you as you, means loving yourSelf. This comes from the experiences you have inside yourSelf and “out” in the world, when used correctly; namely to lift and grow. You seem to have forgotten that you are *not* alone.

While you have developed quite a program for yourSelf of things you can do to get the “perfect” outcome, I lovingly suggest that you ask, as suggested, for clarity and guidance and that you trust and allow God’s Kindness and Compassion to guide you and co-create as best as you can, knowing His Loving Corrections are with you. If you are an Initiate of the Light of the Most High, your focus into Spirit accentuates this.

Please know that you are in the body to have Spiritual Experiences so that you can know yourSelf as Soul and, thus, fulfill the purpose of human life. This may not look like a perfect picture in the world but trust and love yourSelf, R.U., as you journey through this world.

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. Say inside yourSelf, “Lord, God, for the Highest Good take anything that stands between me and mySelf or my own Essence.”
3. Tell yourSelf, “(your name) it’s okay to let it go!”
4. Be in this Sacred Place of Love inside yourSelf by repeating the surrender process above as often as you need to.
5. To know yourSelf as Love, to open to yourSelf/your own Essence, call any Regional Center and request the priceless Gift of Initiation into the Path of Soul Transcendence!

For further information or to request other titles in this series or to send a question to “Dear Cosmos Tree” contact:

Cosmos Tree, Inc.
a nonprofit, educational foundation
1461A First Ave. - #182
New York, NY 10021
212-828-0464
email: spiritcentral@yahoo.com
website: www.cosmostree.org

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