

Tools For Living Free

NUMBER 91 IN THIS ONGOING EDUCATIONAL SERIES

Be With God - Now!

Excerpts from the Satsang "How About Now?" (TAPE/ CD A52)

"You get a rare opportunity because the Talk is all about being present... But I'm really talking about being present inside ourSelves and what that means - and, also, I think the one thing that has always not startled - not amazed me because nothing really does - but the one thing that I guess I'm always fascinated by is the extent to which the Human Consciousness will go to avoid Itself and Its responsibility."

"And last week or two weeks ago I had the real pleasure of presiding at a ceremony of two students, two Initiates, two Ministers and it really was a special occasion and it was a Blessed occasion... One lady came up to me and she was somewhere-and it's hard to gauge but probably-somewhere in her late seventies or early eighties, and she said, 'That was a fantastic ceremony; thank you.' And I said, 'Well, thank you; I really appreciate it and I hope it will be more than a ceremony to you because during the ceremony we talked about the individual's responsibility to know yourSelf and be responsible for the Spirit you are and to nurture That.' And that was part of what the couple getting married had wanted to share-that they were involved in helping Souls do it. But it was a framework of it was the Soul's responsibility to know Itself and to know the Spirit that It is. So, I said, 'I hope it will be more than just a ceremony and that you'll take it to heart and act on it.' And she said, 'Well, yes, but I have my work in the world.' ...Then I realized what had happened...that's what we do- we think that our work in this world is the business of all sorts of stuff other than being responsible for our Spiritual growth and development-why we are here-because that is the purpose of human life. God gave us this life to come to know Him - real simple - away from dogma, away from belief, and just to experience Him and to know Him directly as a Soul, as the Spirit we are and there's a way to do that. This woman said, 'Well, thanks again,' and turned around and walked away. Well, she didn't fool me and she didn't fool herSelf because eventually she's going to know that her work in the world is to know the Spirit she is and That is-it may not be in this body that she was wearing, it may not be in the next one, but sooner or later-she'll hit on it because that's why she'll keep reincarnating until she comes to know that and follows That..."

"...So that was one of the ways that the Consciousness has of not being present, of 'oh no, I'm too busy; I've got other things to do.'"

"Another way is the guilt. You know, 'well, if I'm doing this, shouldn't I be helping others instead?' or 'how will others benefit?' Because the whole Christian idea is to go help your fellow man. Of course, the real Truth is if you are working on your Spiritual Progression, what you're doing is you're allowing the Spirit that you are to lift and grow within you and what that does is that then

makes it easier for other Souls to do That as well because the forcefield around the planet-the negative polarity-whatever you want to call it, has one less Soul that's adhering to it and has one Soul that's moving beyond it. Well, that makes it easier for other Souls. So, it's real easy to do exactly what we quote, 'think we shouldn't be doing.' We think we shouldn't be selfish and devote ourSelves to Spiritual pursuits. But, really-in reality-we're doing it to benefit all because we're all One..."

"And some of us also love agendas. We just love agendas..."

"I see this a lot also with people working quote 'their careers or businesses' - they will honestly forget that they *are* Spirit, that they *are* supplied, and that the Spirit in them is the same as the Spirit that *is* God, the Great Spirit. And so they go and they do things to go get money, as if there is this thing called 'money' and it's outside of themSelves. And they do all these game plans and have all these rationalizations and these manufacturings of things to do in order to get the 'x' result instead of just being present with the Spirit that they are and, from there, allowing It to flow-doing what they have to do but neutrally instead of doing it in order to get results. And once they do it to get results then what they've set up is 'this thing is outside of me-so I have to do "x,y,z", to make this happen'-so it's always outside of them. Well, good luck! And, of course, it never works-what they're doing.

"That's another way that I've noticed that people don't give themSelves what they need to give themSelves, which is the Spirit they are. And the Spirit that we are - It's not something strange; It's not something esoteric; It's not something only a few have the privilege of doing. It's the greatest democracy; It's open to all..."

"Underneath it all, underneath our tremendous amount of delaying tactics is fear; we have this fear of God and we don't feel worthy. We don't feel worthy of God and that's the whole thing. But if you don't feel worthy of God, what you're really saying is God is not worthy of you. You got a funny kind of inflation running, so we need to drop that. We need to, at least, put it aside and put aside the fear of God. How many of you are afraid to do anything and you go 'okay, I'm afraid but I'm still going to do it'? You may overcome the fear, you may put the fear on the side, you may push away the fear, whatever you have to do, but you made a decision to go do it. Similarly, we need to go do it *now*..."

"And the Sound Current or the Holy Spirit is within us and It lies dormant and we've forgotten who we are because we've exercised all our choices and exercised our free will and we've created this separation. We've chosen away from God and with every choice, rather than enforcing and re-enforcing and strengthening the Spirit we are, It's

"There's no real thing as time-it's a construct psychologically. There's that concept, but there's no such thing as time.

But in the Present - right now is going on *all* of Eternity.

All what you call the past, call the future-it all meets now. And that's the nexus: **now**.

So you want what's Eternal?

It's in **now**.
Oops, you just missed it! You get a chance again. But you have to choose;

you have to choose."

*Excerpts from the Satsang
"How About Now?"
(TAPE/ CD A52)*

gone to sleep some more, and some more, and some more, and some more. So we're here in the body because we've been asleep. When are you going to wake up? Because right now the alarm clock has rung; it's rung and you're at choice. You're at choice to sleep through it, you're at choice to reschedule that alarm clock and make it ring ten years later or twenty years later. You're at choice to just sort of lie there in bed and do nothing or to get up now and actively participate.

"There's no real thing as time-it's a construct psychologically-there's that concept, but there's no such thing as time. But in the Present - right now is going on all of Eternity. All what you call the past, call the future-it all meets *now*. And that's the nexus: now. So you want what's Eternal? It's in now. Oops, you just missed it! You

"Dear Cosmos Tree"

Q. During the past year I have lost two members of my family. One of the beliefs that has consoled me during my mourning has been the hope that I will be reunited with them. The idea of reincarnation answers many questions concerning suffering and injustice in the world; however, the thought of not recognizing my loved ones in the next life is troubling. How will I know my family members in the next life? - L.I.

Dear L.I.: 1. Call in the Light of the Most High like this: "Lord, God, for the Highest Good, send me Your Light!"; ask God to take anything that separates you from the Spirit you *are* like this: "Lord, God, for the Highest Good, please take anything that stands between me and the Spirit I am!"; tell yourself, "(your name) it's okay to let it go!;" do this as often as you need to. 2. From this Place of God (see 1), know that "beliefs" and "hope" separate you from the Spirit you *are*; Spirit is *right here, right now* - You are It! You *are* God! There is no need to "hope" (read: reach) for anything and/or to "believe" in anything; 3. As for reincarnation answering questions about the world, The Teachings of the Path of Soul Transcendence, which is what Dr. Lane brings forward, teach us to stay Present with Who we *are*, which is Spirit (do 1 above). By way of loving explanation - "reincarnate" is what we do when we create away from God; the result is lifetime after lifetime (read: body after body) until we learn that we *are* Free, we *are* Spirit - why not get It now?!!. Moreover, the best we can do for others (read: the world) is to lift and grow as Spirit - it is our only Purpose here; and from this Place all else manifests - and that manifestation is the only Gift we give others; 4. Do 1 again; while I appreciate your "desire" to "recognize" your family in the "next life," that "wish" is an attachment and it is those attachments (see 3) that keep us reincarnating lifetime after lifetime; The Teachings teach us to let go of our attachments (again, 1 above is a great surrender exercise!) and to keep our focus in Spirit. From this Place we *are* Free. 5. The Teachings teach us that Everything is neutral and is for our Highest Good, which is the Highest Good of All. So Bless them! And Bless the situation! - which is a beautiful opportunity for you to lift and grow into the Spirit you *are*. And know this, too: we are Eternal! There is no such thing as "death." 6. Help yourself by doing some Self-Talk: reassure yourself by telling yourself "I'm fine and okay now"; 7. Take Initiation into the Path of Soul Transcendence - the way to fully know yourself as the Spirit you *are* - *while still in the body*. If you need help of any kind, do call Dr. Lane for Open Hour and/or a private session(s). As Dr. Lane has often said, being Spiritual doesn't mean you can't have feelings, etc.; it just means that we don't place our focus there; we *always* practice keeping our focus at God.

To Reinforce Your Learning: 1. Beginner: Read *Tools for Living Free*: "Dealing With 'Death'"; "Being Present"; 2. Take the Class "Three To Help You Be Free"; come to

get a chance again. But you have to choose... And you need to decide where you're going to place your focus. And it takes love of yourself. It takes nurturing to give yourself the Gift of Initiation and using It, of being able to actively nurture the Spirit you are. And if you don't wish to give yourself that Gift - that's fine - but do some Trainings, do some Workshops, do whatever you need to learn to live in the Light of the Most High that you are. At least, learn to live without creating karma! Learn to live karma-free! Learn to live in the Joy of Who and What you are. The Teachings that I'm involved with, the Path of Soul Transcendence, these Teachings-the Teachings of the Path of Soul Transcendence-they're real neat because they don't care about karma-couldn't care less about karma... Each moment we can choose into the Spirit that we are; we can choose..."

Meditation at your nearest Center; take Everyday Evolution I. 3. Most of all, take Initiation into the Path of Soul Transcendence, the only way to come to know yourself as Spirit - *while still in the body*.

Dr. Lane adds: Dear L.I. - I am sorry for your "loss," and lovingly suggest you do all the mourning you feel that you need to.

Proper Identification with "What" these two family members are as well as What you are is helpful during this period and beyond. They, like you, are Souls, which had been housed in a body as a Gift from God in order to come to know Him - the purpose of Human Life. Jesus The Christ said that "That which is in Me is in you, too;" this means the Christed Consciousness. This Consciousness - which is in everyone - MUST be fulfilled. When The Christ, Jesus said "no one comes to the Father except through Me" He was talking about this Consciousness - Christianity hadn't been founded yet by Paul - the Consciousness of our will and God's Will being One and the same.

What is God's Will but to have us know ourselves as Spirit, as Soul and complete our karmic journeys here? How is this done? As the Christ, Jesus taught us when He said He was "the Word made manifest." The Word - or the Sound Current or Holy Spirit - is the way to fulfill our destinies on this planet as the Souls we are and the Soul must be awakened to this through the Gift of Initiation - this is the "narrow gate that leads to Eternal Life." Then you will re-cognize yourself - know again - that you are Spirit, Soul and that God lives within you.

L.I., you do not need to wait until the next life to "re-cognize" these former family members. Know yourself as Spirit, as Soul and you know - recognize - them. As God lives in us as us and as God is everywhere then the Souls that were with you are with you *now* as part of the Body of God. We are commanded by the Christ, Jesus to "let the dead bury the dead!"; which means those who believe in the illusion of death and are "dead" - even though they are in bodies - because they do not know themselves can be occupied with the Soul-less bodies of the dead for you come into Life by Initiation into the Sound Current or Word.

Then you will know that ALL is One and that the Souls that were members of "your" family belong only to themselves and to God and choose to re-incarnate as family members in fulfillment of karma. Our only family, L.I., is the Family of Souls, which comprises the Body of God.

You may wish to be in gratitude for their lives and the opportunities they gave you to fulfill your karma and to take for yourself some of the endearing qualities that these Souls demonstrated while they were with you in the family unit. Part of the Blessing of the life that God has given us is that we share this life with loved ones.

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 any fear of or resistance to You that I may have!"
3. Tell yourself, "(name), it's okay to let it go!"
4. Tell yourself, "From now on I am devoting myself to the Spirit I am."
5. Say inside yourself, "Dear God, Bless me to know and be with you *now*!"
6. Choose to be 100% present with God now by contacting any Regional Center and requesting Initiation into the Path of Soul Transcendence.

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