

# Tools For Living Free

NUMBER 149 IN THIS EDUCATIONAL SERIES

## Simple, Simple Prescriptions From God's Drug Store

Excerpts from "The Democratization Of Consciousness – Part IV: Implication, Dedication, And Prescription" (MP3 A85)

Given by Dr. Roger B. Lane

"And the best thing you can do for the Group known as Humanity is to get on and do your Spiritual Progression. Take care of the Spirit you *are* because then, as it were, you are helping to build a critical mass of Souls, of Spirit, Who have entered into the Reality of Spirit and are living It! And so the karmic mud - the *maya* ... - all the kind of fog that is on this planet gets a little bit less, gets lifted a little bit because you have been Responsible and you are Lifting yourSelf. And that's the Prescription!

"And the New Paradigm is that this is a group situation. That we are all in it together. And it is not about 'us versus them' or 'I'm Spiritual and you're not!' You know, so many of us do that. It is not about that.

"And it is about being mindful: 'I'm placing this energy in my Consciousness. This is the negativity I'm choosing to run and I'm really, really going to stay with it!' The Mindfulness of Knowing, [ed.'s note: Dr. Lane is referring to being aware of the Mind of God and not the psychological process] 'Hey! Wait a second I'm not alone on this planet. They are all Souls here'.

"And just like we *are* One in Spirit It's just One Consciousness in the Spirit. It is not my Consciousness and I can hold the negativity and it is just me. Well, it is not that. It is that in the Spiritual Reality many things - an infinite number of things - can occupy one space. In the physical only one thing can occupy one space. Only one person can occupy that chair, another person occupies that chair, etc. Spiritually, that is not true. Spiritually everything is contained in that. So that your Consciousness and all Consciousnesses are contained in you or, at least, in the Spirit that is within your Consciousness. And you affect all of It.

"And those who can see Spiritually: you may be able to see to whom someone gives negativity; you can very much see, as it were, the auric field around someone being ruffled and being disturbed, really disturbed. But because we are here in the physical and we are kind of asleep - 'kind of' being kind - we're really asleep, being dead [ed.'s note: Dr. Lane is referring to Hu-mankind.]

"We don't realize we are the creator of this negativity and by Spiritual Law it is going to come back to us. And God's System is so well designed (that) it may be fifty lifetimes, as it were, before you are at the effect of that and see, 'Hey! I created that'."

"But we are all living here - and this is important! - in the lower worlds, we are all living in the cosmic mirror. In other words, there are all these distortions and we can't tell what is real and what is not real. We don't know. In other words, if I think God - and this has been through my karma, let's just say, as a Soul - 'Oh! I was with the ancient Israelites marching through the desert so I know that God is just one mean guy: He's the meanest God in the valley; He has to be because He had to defeat all the other gods of all the other tribes that we ran into.' So I have this thought, 'God is a real patriarchal God; He's a really tough guy.' That's my thought. It gets projected out there into my Consciousness. And in the mirror, as it were, I get to see that thought. And that thought is 'Oh! God is a real patriarchal God; He is really tough. There is almost nothing I can do to please Him.'

"And now because I'm asleep and under karma I don't know that I've created that thought and I don't know that I'm seeing that thought in a mirror. So I get to see that

and I think it is real. I don't realize it is my own creation. So we all live here under our own creations, as it were, in our own creations. And we think that they are real. And we mistake our thoughts and our feelings for Reality.

"But we have been given a Way.

"And when we did the Meditation (Of The Light Of The Most High) you may have had a moment or two of rising above that. And there is a Way. And the Spirit is *always* Present.

"I want to leave you with just some very Simple, Simple Prescriptions, as it were, from God's Drug Store. It is natural; there are no side effects and you don't have to pay for these Prescriptions other than with your karma. And that is that you *are* Responsible for your creations. You are Responsible to Know God. You need to live in Love, Which is 'letting go of volition every time'. Letting go of volition every time! Letting go of your agenda, your thoughts, your feelings.

"And the Power is in Surrender. Isn't that what we are Learning as a Group? You know we have gone into another country, invaded it, etc., etc. and we think that is power and we see what a nightmare it has turned out to be. But the Spiritual Reality is different; it's letting go. Letting go and letting go of the negativity. Letting go of the thought forms. Letting go of the emotions. Letting go of the illusion of 'death', that there is such a thing as 'death'. Letting go of that great illusion. Letting go of the separation that we have created. And just being with God *at each moment*. And there is Individual Responsibility in this Group and with this Group Focus. And in your lives you really need to be focused on 'how can I help the Group?', 'how can I help everyone's Progression?'.

"And it starts with you. It starts with choosing not to enter into negativity or Choosing to be with the Spirit. That doesn't mean not to have a negative thought or anything like that or not to have a negative emotion. They are going to come upon you. That's fine! We are talking about Choosing to stay there. And that is our Responsibility. And making Choices and making conscious Choices. And Choosing to Love. Choosing to be with the Spirit we *are*. Choosing to Love. Choosing to Give. Choosing to Give.

"See, the Spirit Gives. And the false self in us wants to know 'what is in it for me? What is my reward?' And when we come from the Spirit we *are* we Know that by Giving we are coming from the Spirit. By Giving we enter into Spiritual Economics, Which is 'Hey! We Give and we get more;' just by Giving It is replenished. And then some.

"And many of you walk around holding onto your thoughts, your feelings, your money, your job, your this; this is the most precious thing in the world. You Know that Giving to other people and being there for other people, etc., etc. and you just won't do it.

"But the Way of Spirit is to Give and you won't do It. Not because you are mean and selfish but because you are 'stupid'. And stupid means you are under karma. And who hasn't been stupid? And how do you think I got so smart? I have been pretty 'stupid' for a long time. And there is nothing bad about being 'stupid'. But I have the wit to know I am being 'stupid'. And that is OK

"So you want to be smart! And you want to Know 'Hey! I *am* Spirit and it is my Responsibility to come

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from That both within and, as a manifestation, without. And it is my Responsibility to see where I place my Consciousness. It's my Responsibility to help the Group. It's my Responsibility not to give up and place and worship something outside mySelf, in however subtle way it is, but to know that the Spirit is *inside* of me."

"That is my job. My job is to constantly remind you, 'Hey! It's in you'. That is why some of you get furious at me. Because I don't let you walk around thinking, 'Oh! It's me! It's me!' [ed.'s note: Dr. Lane is referring to Himself.]

Well it is not me. Yeah, it's me and it's you, too. And I keep saying 'Hey It's you, too, kiddo.' It's in you. I am just like you only more so. That's the only difference."

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"Eternal Vigilance; Practicing Love – letting go of volition every time; Individual Responsibility with and in a Group Focus; Initiation Into The Sound Current. It's real simple. It's all laid out!

"And we'll stop with that."

## Dear Cosmos Tree

**Q:** With regard to relating to others, how do I become more open and "inviting" - i.e., easy to talk to, people feel more comfortable with me; not defensive, closed off, distant or "hard to break through"? - S.B.

**Dear S.B.:** 1) Call in the Light Of The Most High by saying "Lord, God, send me Your Light!"; 2) Ask the Lord, God for what you want: "Lord, God, for the Highest Good my preference is [fill in what you want – i.e., to be more open and have people relate to you easily, etc.];" 3) Ask the Lord, God to take anything that stands between you and the Spirit you *are* by saying: "Lord, God, for the Highest Good please take anything that separates me and from the Spirit I *am*!" 4) Be Present by Focusing into Spirit and Know that the Only Relationship is with yourSelf/the Spirit you *are*. Dr. Lane Teaches in *Tools For Living Free* #86 that "the best way to be open is to be Present"; This *Tool* says it all! Please read It!; 5) You may need to have your basics - the part of you that brings forward your karmic patterns - come present by saying inside yourSelf "basics come present!" This writer used to consider herSelf "shy" until Dr. Lane explained that her basics needed to come forward!; 6) Keep the Focus on Spirit as noted (there is no "reward" in going "outside" of yourSelf – i.e., to act a certain way to please others, etc.); 7) If you have a judgment on yourSelf (for example, not being "more open", etc.) please do the Two-Part Release Technique like this: call in the Light Of The Most High as noted in #1 above; then ask the Lord, God to take the judgments from you and tell yourSelf, "(your name), it's OK to let them go!"; 8) Choose! Just Choose consciously to be open when you are with others! As Dr. Lane Teaches in *TFLF* #86: be open to the Learning and to however the Lord, God sends It to you, including through your interactions with others. And stay Centered! 9) If you haven't yet requested Initiation Into The Sound Current, do so as Initiation gives you *direct access* to yourSelf/The Spirit you *are*.

**To Reinforce Your Learning:** 1. Beginner: *Tools For Living Free* "Are You Open Or 'Whatever'?" and "Being Present"; Being in the Presence of Dr. Lane by coming to the New York City Home Center; Intermediate: Meditation Of The Light Of The Most High; Meditation For Health And Well-Being; Everyday Evolution I Class; Relationships Class; Advanced: 1, 2 and request Initiation Into The Sound Current On The Path Of Soul Transcendence!

**Dr. Lane adds:** Dear S.B. - In addition to the recommendations listed above, I Lovingly Suggest you change your approach to this seeming "problem". As the Teachings Of The Path Of Soul Transcendence Teach us, we make our own "reality". You seeking love and acceptance from others is the projection of this "reality" onto others when it is really you who needs to be more Loving and Accepting of yourSelf.

How do you do this? Choice! Choose to be more Loving and Accepting of yourSelf! Instead of judging yourSelf Accept it! Acceptance doesn't mean you need to like it but rather to be Neutral towards it. Paradoxically, this makes it easier to change the part(s) of yourSelf you do not like.

Also, as recommended, do the Two-Part Release Technique as described above to let go of any past judgements as they come up into your awareness. God has already "judged" you and found you Worthy of Hu-man life and Habitation of Himself as the Soul *within* you. Your trying to prove God wrong just leads to misery – including depression, as you are "depressing" or pushing down the Spirit you *are*.

I also Lovingly Suggest you practice Proper Identification – that you *are* Spirit, *are* Soul and that S.B. is the housing for the Lord, God. Initiation Into The Sound Current – or Holy Spirit – is God's Way of your Knowing Him and yourSelf and helps you Fulfill this Suggestion. Short of This, I Lovingly Suggest that you mentally tell yourSelf Who and What you REALLY *are* and then see if the judgements you hold stack up against your Properly Identifying yourSelf as Soul, as Spirit.

Worry and concern need to be treated the same way. The Teachings Teach us that worry is the handmaiden of doubt and that doubt is the "king" of the mental realm. Do the Two-Part Release Technique as described above!

In addition to the Fulfillment of yourSelf as Soul, as Spirit, rather than doing things so that others may accept you, fulfill your own interests with enthusiasm and you will meet people whose interests jive with yours.

Acceptance, S.B., is the "First Law of Spirit" so Accept yourSelf as you are now and through all your Growth and Development!

The simple Truth is that you are good enough for the Lord, God.

What more do you want of yourSelf, S.B.?

## Try This ...

"See, and it is important to Know that Spirit *is*; well, if you are inside with the Spirit you are filled with Joy and with Peace and real Power."

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"And now what we are doing in the world is we are going out there and we are thrusting against others.

"But this is no different from when we have a thought or when we have an emotion or when we have negativity and we go out there with it. And we are choosing not to ask ourSelves, 'Okay, Is this something I want my loved one to have in his or her Consciousness?' 'Is this something I want My Teacher to hold?' 'Is this something I want my child to hold in his or her Consciousness?' And so many of us, we don't do that and we affect all that stuff and we go out there with the negativity. And we are running it against ourSelves. And all of Spirit is affected by it because we are all Spirit.

"And you have chaos theory: if a butterfly flaps its wings in Australia it will cause a hurricane in Alaska. Hurricanes don't just happen. They are manifestations of what we do inside ourSelves. And an energy gets created and we have an autonomous creation that has to be handled outside." – From "*The Democratization Of Consciousness – Part IV: Implication, Dedication, And Prescription*" (MP3 A85)

## Step-by-Step

### Here's A Quick Reference For Daily Practice:

1. Call in the Light Of The Most High by saying, "For the Highest Good Lord, God, send me Your Light!"

2. Now, let a situation arise in which, up until now, you've persisted in a lot of negativity. Allow yourSelf to really "get into it"!

3. Now, ask the Lord, God for the Highest Good to take this negativity from you!"

4. Tell yourSelf, "(your name), it's OK to let it go!" Really let go!

5. Now, ask the Lord, God to give you the *direct experience* of Loving yourSelf/Giving yourSelf the Spirit you *are*!

6. Gain Spiritual Strength by attending Classes; Meditations; Meditations For Health And Well-Being; and by placing yourSelf in the Presence of The Teacher/ Dr. Lane often!

7. Request Initiation Into The Sound Current On The Path Of Soul Transcendence by contacting the Home Center or any Regional Center.

To read other Titles in this Series, visit [cosmostree.org](http://cosmostree.org).

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