

# Tools For Living Free

NUMBER 150 IN THIS EDUCATIONAL SERIES

## Individual Responsibility With And In A Group Focus

*Excerpts from the Satsang "The Democratization Of Consciousness – Part IV: Implication, Dedication, and Prescription" Given by Dr. Roger B. Lane (MP3 A85)*

"And the important thing to realize is that we have this Responsibility to go Home to God; go Home inside ourSelves, the Spirit we are. There is a Way. We have a Responsibility to Know ourSelves as Soul.

"And that this is a Group. We are in a Group. It is interesting that we have some people here who claim to be devoted to Service, and they are doing Service and they are doing It in a Group situation. It seems to boil down to so much individual effort. Well the individual will do It, and then another individual will do It and then other individuals are not doing It, and others are having to make up the slack. I haven't yet seen a Group Focus. You see, it is Individual Responsibility With And In A Group Focus. The Group Focus is how can we get this done; we have a Group goal, this is our goal as a Group. This is our goal as a Group. How can we get that done and how can I help you get it done?

"Some of you guys are real smart; what you will do is you won't do anything. And then you will say, 'I need help, I need help; I need the group to really help me!' Well, that is not because there is not the Individual Responsibility. There needs to be the Individual Responsibility. And we are in this together. We are in this thing called life together."

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"Someone told me the other day they were curious about what lineage I come from. What Spiritual Lineage do I come from? Well, I come from the same Lineage you come from. I come from God. Same Lineage, folks!

"You're kidding yourSelf if you don't acknowledge That. You're kidding yourSelf if you place someone above you. Because if you place someone above you, you are setting them up for a fall. And That is part of taking Responsibility. [ed.'s note: Dr. Lane is referring to Acknowledging your Spiritual Lineage.]

"The Consciousness is so tricky. Hu-man Consciousness is so tricky that you could take what I said and go 'Well! See we don't need a teacher because no one is above!' Well, OK good luck getting out of the karmic minefields. And that is what we've done. We've placed God 'above' and we are 'down' here. And the reason for that is because of our blindness and the blind spot in us. So It gets projected 'outward' and 'up'. Once we start taking that Responsibility *within* ourSelves and claiming That then things get to be equal. I was going to say 'more equal' but I know that is grammatically incorrect. So I will say 'more nearly equal' and that will probably confuse the hell out of you. So I will just say equal.

"So we get to be equal. And It's God in you in this Relationship. And It's God in you playing all the time. Then you get to realize, 'Wait a second! The Love for God and the Love from God and the Love between us - It's One and the Same. See, there is no separation!' And That's a glorious day!

"One of the great tragedies of life - and it happens literally every second - is when we make a decision

based on other people's definition of what success is, whether in work, in health, in relationships or in anything. And we give over to that rather than to the Truth of the Spirit we are.

"But the New Paradigm demands that we know That, we Fulfill That and we come from That. And that we live in Peace. Not peace that is going to come because 'my tanks are bigger than your tanks' or you are afraid to go against my tanks or that we agree not to fight. That's not Peace. But Peace comes when each of us is Centered around the Spirit we are. Then we have Peace. I have no need to dominate you. And you need to do the progression of - I always use this example - throwing someone under a train. Would you throw someone under the train because you can get away with it? Then you realize you can't get away with it so you don't throw someone in front of a train because you are afraid you are going to get caught and go to jail, so you don't do it. And then you progress to where you innately don't do it. It never even enters your Consciousness because you are Spirit and you Know the Soul in the next person is Spirit.

"But the next person is Spirit and when you go against anyone you are going against yourSelf. When you go against someone that's Spirit. That's Spirit! And you are going against yourSelf and you've created another separation between yourSelf and God. And that's why the Prescription is to be very mindful of It, that we are here as One. And that we have Individual Responsibility With And In This Group Focus.

"And so when Jesus the Christ said 'Love your neighbor as yourSelf' as the second part of Loving God - 'Love God with all your Heart, all your Soul and Love your neighbor as yourSelf' - He was talking the Truth. Because you can't Love your neighbor unless you Love God, unless you Love yourSelf as That Spirit, as God. Then you recognize that your neighbor is That, too; whether or not they manifest It - that is something else.

"Last time I shared the story of going to the beach and there was this religious group, and I guess they were having a service. And they were really obnoxious about it. They choose to have it at the part of the beach that everybody had to pass through. And they were hooked up to these loud speakers and all that kind of stuff. So you couldn't go anywhere. You couldn't even go on the decks around there and relax without being bombarded by their stuff. So I was kind of annoyed because I like to go to the ocean and see how my waves are doing. And I couldn't really enjoy it.

"And I had a moment of feeling angry. And then the Spirit told me to drop back inside mySelf and just be with the that Spirit I am. And I did That. And I got to just see all those people as Souls manifesting the way they were manifesting and it was fine. And all my being annoyed was gone. And I was free because I had enslaved mySelf by having a judgment on them and being angry and by choosing to stay angry at them - that's my enslavement. And I put mySelf in bondage. That's where the Individual Responsibility comes in.

**"The Group Focus is how can we get this done; we have a Group goal, this is our goal as a Group."**

*-- From the Satsang "The Democratization Of Consciousness – Part IV: Implication, Dedication, and Prescription" (MP3 A85)*

And also that group doesn't need my negativity - they got enough of it; they don't need mine.

"And one of the worst things we are doing is there is so much hatred and anger towards our President, towards our government; that's a really stupid thing to do. You don't have to agree with that stuff. I don't agree with it. But we put out the anger and negativity. First of all, it comes back to us as creators, by Spiritual law. And then it also affects all things. So how do you

expect the very person you're aiming this negativity at to start getting a little bit of sense in his head? It's counterproductive. It doesn't do any good. It makes things more difficult.

"So that is the Individual Responsibility With And In A Group Focus. And That's the Key. And It's all based on your Love of the Spirit you *are* and of God, and of your willingness inside yourSelf to be with That and hold with That."

## Case Study

In the Satsang (Spiritual Instruction) given by My Teacher, Dr. Roger B. Lane, entitled "The Democratization Of Consciousness – Part IV: Implication, Dedication, And Prescription" I was struck by the following paragraph, in which My Teacher gives the example of a religious group that took over a part of a beach that "everybody has to pass through". My Teacher – outwardly, anyway – "couldn't really enjoy it", the "it" referring to the beach as My Teacher "likes to go to the ocean and see how my waves are doing". Here's the paragraph:

"I had a moment of feeling angry. And then the Spirit told me to drop back inside mySelf and just be with the Spirit that I *am*. And I did That. And I got to just see all those people as Souls manifesting the way They were manifesting and it was fine. And all my being annoyed was gone. And I was Free because I had enslaved mySelf by having a judgment on them and being angry and by choosing to stay angry at them – that's my enslavement. And I put mySelf in bondage. That's Where the Individual Responsibility comes in. And also that group doesn't need my negativity - they got enough of it - they don't need mine."

My Teacher was specifically sharing an example of an "outer situation" that is in this *Tools For Living Free* of a religious group that took over a part of the beach that "everybody had to pass through". That outer situation, I Know, could be anything whatsoever; whatever that situation is, it's a Gift from the Lord, God/My Teacher, a Gift to Lift! That's my Learning from this example.

I was on the phone to the New York State Department of Taxation And Finance right after I had read this paragraph – and re-read it. I have an installment plan; and I was calling to ask for an extension on this month's payment.

Once I read the Talk and the Excerpts in this *Tools For Living Free* in particular, I Knew that the representative was, in Reality, a Soul; that we are One and the Same Spirit. We Hu-mans are in this thing called life together, as My Teacher says. We are the Group of the Group Focus. What I run affects us all. It is paramount, I Knew, that I drop negativity. Drop it! Drop it! Drop it! And Be Present by dropping inside mySelf into the Soul Body and practicing the Meditation Technique Taught at the Time of Initiation Into The Sound Current.

I Chose to drop the fear that had come up before I picked up the phone by doing the Two-Part Release Technique like this: "For the Highest Good Lord, God, send me Your Light!" Then, I said inside mySelf, "Lord, God, for the Highest Good please take anything that stands between me and the Spirit I *am*!" I told mySelf, "It's OK to let it go!" I did this several times as needed, including while I was waiting for someone to pick up!

I had already put the situation into the Light Of the Most High by calling in the Light [Of the Most High] as noted above; and then Co-Creating what I prefer with the Lord, God like this: "For the Highest Good Lord,

God, please Co-Create with me calling the New York State Department Of Taxation And Finance and having them give me an extension on my installment plan now from today's due date to this date next month."

I had also directed my basic selves, the part of me that brings forward my karmic patterns, into the action like this: "For the Highest Good Lord, God, send me Your Light!" As Taught by My Teacher, the next step is to say inside mySelf: "I need your cooperation and energy to call the state tax department now and to be Present while we're doing it! Thank you and keep up the good work with this!"

I reassured my basics that "We're fine and OK and safe now. I love you. Let's stay Present so we are living in Peace and in Joy no matter what!"

To stay Present, I continued to practice the Meditation Technique Taught at the Time of Initiation. I also used this *Tools For Living Free* as a Tool to help me stay Focused.

When Kyle from the tax department was on the line, I "experienced" him as a Soul; of us as One Spirit. I felt Joyous and ended up telling him that we are One and that we are in this together. Saying That felt exciting to me.

Kyle, as a non-Initiate, responded from a different level, yet no matter I could feel the Love. He laughed and said 'Yes! I am so glad you got the information you needed! I pay taxes, too, and I know how confusing it can be sometimes!'

I responded: "Well, my tax dollars went to good use with you! We're in this together!" I said the first part because Kyle had been so kind that I felt like I had gotten my money's worth!

Kyle had told me that there was nothing for me to do. Everything was fine and OK. I had until the next month to pay this no matter – but he was glad I had called.

After hanging up, I felt a deep Respect for this Soul. I understood that by Serving mySelf, I was Serving others. The byproduct was important: I, as a Minister Of The Light And Sound Of The Lord, God had made it possible for a non-Initiate to touch into the Light Of The Most High, Which alters this Soul's karma forever.

The phone rang and a client paid me exactly what I needed to pay an invoice that was far more important to me. Then another client called and paid me more money. These were, I Knew, Gifts of Grace from My Teacher/The Lord, God. From then on, there was a continual Flow of funds, including exactly what I needed to pay this tax bill "on time", per Kyle's input.

As My Teacher Teaches in this Talk, our Job is to Be Present with Spirit. To do that Fully through *direct access* to Spirit/ourSelves one has to take Initiation Into The Sound Current, Which as My Teacher also Teaches, we all will do eventually. If you're reading this now and have not yet requested Initiation, my Loving suggestion is to do it now and live *each moment* in the Peace and the Joy that is our Nature. We are all here to come to Know ourSelves as Spirit, as Soul, as My Teacher Teaches in this Talk.

## Try This ...

"One of the great tragedies of life - and it happens literally every second - is when we make a decision based on other people's definition of what success is, whether in work, in health, in relationships or in anything. And we give over to that rather than to the Truth of the Spirit we *are*.

"But the New Paradigm demands that we know That, we Fulfill That and we come from That. And that we live in Peace. ..." – From the Satsang "The Democratization Of Consciousness – Part IV: Implication, Dedication, and Prescription" Given by Dr. Roger B. Lane (MP3 A85)

## Step-by-Step

### Here's A Quick Reference List To Use 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 you have not been of Loving Service to yourSelf and, as a byproduct, to others/ to the Group! Just let it come up!

3. Now, just stay quiet and Allow the Lord, God to give you the experience of Loving Service, of Serving yourSelf and, as a byproduct, others/the Group!

4. As often as needed, ask the Lord, God for the Highest Good to give you the experience of Being Present!

5. 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!

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

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

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