

# Tools For Living Free

NUMBER 152 IN THIS EDUCATIONAL SERIES

## Everything Is An Opportunity To Grow In Love For The Lord, God

Excerpts from the Satsang "God's Will: Will You Or Won't You?" Given by Dr. Roger B. Lane (MP3 A31)

"... And I Teach the Path Of Soul Transcendence for one reason: because It works. I know that It works. It's been demonstrated. Karmic journeys can be completed and you can go Home to God. It works just simply by growing in Love and being with Him *while you're in the body* by doing Spiritual Practices. Nothing arcane, nothing anything; you don't have to do without; you don't have to sit in weird positions; you don't have to stand on one leg for seventeen years; you don't have to do anything other than Love God and follow the Instructions given at the Time of Initiation. Real simple! No big deal and yet we make such a big deal of it in our false self or our lower consciousness. And it protests so much!

"Last week I was talking to someone, and this person had it down. Oh! she was wonderful! She had totally convinced herSelf that some event that was happening in three or four months down the road was going to be impossible, it was going to be a pain in the neck and create all sorts of problems. OK, you see, but the way to live the Truth of Who you *are* is if that is your thought or that's your fear or that's your concern - give it on over to God and tell yourSelf to let it go and be Present with God and wait and see what unfolds! How do you know what's going to happen three or four weeks down the road? Three and half, four months down the road? There is one way of knowing it; if you're able to get on up in the Spirit and can travel the time line, look down and see it, you'll know. But then, of course, you wouldn't be worried and upset about it.

"But guess who's creating what happens? You are. So that makes you Powerful Creators. You're Powerful Creators and the proof of that is you're here, you're in the body. You created the clothing you're wearing, you created having a body, reincarnating. Who's more powerful than that? So you want to blame anybody? It's your 'fault.' And we got the blame game out of the way. Because being here isn't about failure or less good. It's God's Gift to us.

"And the question is do we really want to be smart enough to use It properly? And use it as it was intended and the Purpose is to follow His Direction; to Love and follow His Direction. And His Direction is real simple: going back on Home, returning Home from Whence you came. No great mystery!

"You left Home in your wanderings; you've incarnated time after time and time after time. You're in the desert; you're in Egypt-land; you're in your karma because of why? Because of your decision not to Align yourSelf with God's Will. Fine.

"God gave us Free Will. He gave us Choice. And we've exercised that Choice and we haven't always exercised It wisely, so we've created karma. And the karma is the Opportunity for us to Learn how to Create Positively and Learn to Align up with the Lord,

God. So, we get this Opportunity. And we get this Opportunity to Align up with God's Will. And *each and every moment* we have that Opportunity.

"Do I want to sit here and listen to all those phone rings and seven thousand interruptions going on? No, I don't care to do that. It's annoying; it's rude; it's ridiculous; it's stupid. You know, I don't want to do it. I don't want to be subject to this. It's a pain in the neck. David Letterman wouldn't put up with it. Why should I have to put up with it? So, this is My Opportunity. So, I drop it and I Align mySelf up with God's Will, Which is to be Present and to Bring Forward the Teachings.

"And I use That Opportunity. That's why you're in this world; *each and every moment* you get That Opportunity. And that's a Great Blessing!

"Angry at someone? Yeah, you can keep at it. You can keep at it for years. I tell the story, it's a true story. Someone in this building I lived in - it must have been ten or twelve years - I made some joke at her kid who came around a couple of times for Halloween (in defiance of the building's rule to visit each apartment once) - she's still angry at me. Because I said something to her daughter for coming back around again to the effect, 'Oh, I didn't know you had a sister.' Well, this woman is still annoyed. She did nothing about telling her daughter, 'hey! maybe you shouldn't annoy people more than once on Halloween. ..."

"So, for twelve years, how many moments have there been in twelve years? Millions and millions and billions and billions and trillions and trillions; she's had trillions of Opportunities to let go of it. And sometimes I'll remind her, we'll be in the same elevator - can't get more of a reminder than That - she never says a word to me. ... It's fine with me (if she chooses to hold onto negativity.)

"So we get These Opportunities. We get These Great Opportunities. It's interesting, the kid doesn't talk to me either. Like, 'what do you mean you think I have a sister? You knew it was me the second time'; 'yeah, I knew it was you the second time.' So, these are two people with lots of Opportunities to let go of their stuff. But, they hang onto it. And guess what's going to happen with that stuff? That's karma. That's their creation, they're responsible for it, that's an attachment. The other thing I want to know is why am I so important to these two people that they have to be running their stuff on me, be angry at me for something one of them did? I don't know why I'm so important.

"So when you have lines of energy or lines of attachment out to something or out to a situation, you've made that person or thing more important and you've made it more important than God, then guess what happens? That stands between the Soul and God and you've got separation. You've separated yourSelf from the Lord, God.

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- From the Satsang "God's Will: Will You Or Won't You?" Given by Dr. Roger B. Lane (MP3 A31)

“The false story of the human race is being kicked out of the Garden of Eden, the separation that happened initially. But we caused that by exercising our own willfulness. [Editor’s note: Dr. Lane is referring to our Choice away from Spirit by “covering up” our “nakedness” by creating separation/forgetfulness.] But if you’re honest your will and God’s Will are One and the Same.

“Think about it! What do you want for yourSelf? Health, wealth, happiness? That ain’t no sweat. That’s God’s Will for you, too. You can have that.

“But some part of you also Knows the Truth and Knows Where you came from and Knows What you *are* - that you’re Soul and you’re Spirit. And It remembers That. It remembers That.

“And That’s the part of you that gets uncomfortable because some part of you has a Recognition that you *are* Spirit. And you do whatever you can to deny That.

You make believe that you’re really the body, the mind or the emotions and that those things are real. That’s what you do - you pretend all that stuff. You pretend it. Well, if it’s real what happens when you die? What do you take with you? What do you take with you back Home to God? When you get There, you can only take the Soul that you *are*.

“But that Soul can only go to the Lord, God when It’s done That *while It’s in the body*. And the only way to do that *while It’s in the body* is to follow His Direction and to Align your will with God’s Will. And that Will is to Know Him. And how do You Know Him? You Know Him *directly* through taking Initiation Into His Path, Into The Sound Current. Real simple! God’s Will is to Know Him *directly*. How do you Know Him *directly*? Taking Initiation Into His Path, Into The Sound Current, Into The Sound Current or the Holy Spirit, Which is What God is - the Word. That’s All.”

## Case Study

The Teachings brought forward by Dr. Lane, My Spiritual Teacher, Teach us that we use everything to Lift and to Grow! And that everything is an Opportunity to Strengthen ourSelves as the Spirit we *are*! What may outwardly seem “mundane” is anything but! Everything is a Sacred Opportunity brought forward by the Lord, God/My Teacher for Joy and we partake in the Joyous Journey of Growing in Love for the Lord, God by Honoring these Opportunities as the Gifts they are!

Here’s one example: I was recently asked to help someone, who is also a friend, by booking a roundtrip flight for this person. Sounds easy enough! But like all Opportunities I had lots of opportunity to move into negativity; for instance, when I had almost finished booking the flights online, this person, who was on the phone with me and was confirming each step as I went along, said that he had to get off the phone and that he would call me back later. Some negativity came up: “Oh, great! Now I’ll have to start over!” Instead of persisting in it, I Chose to Align mySelf with the Spirit I *am*, with God’s Will. A real no-brainer!

But then, during the editing phase of this Case Study, My Teacher asked me “did you say anything? If not, why not?” I discovered that had I shared what came up for me there may not have been any anger at all; this person would have known where I was coming from, which is important; and he would have learned that by getting off the line we could easily lose the great low fare we were just about to book! As to “why not?” the answer is fear, which was of speaking up (a pattern, up until now”.) I was attached to the “opinions” of others or whatever their “choice” happened to be in the “moment”; had I been fully Present I believe I would have come from my Truth.

As an Initiate Of The Sound Current On The Path

Of Soul Transcendence, I have direct access to the Lord, God *while I’m in the body*, as My Teacher explains in this *Tools For Living Free*! I Align with the Lord, God by using the Sacred Meditation Technique Taught at the time of Initiation!

I also used the Two-Part Release Technique, as explained by Dr. Lane in this Tool. When negativity came up, I called in the Light Of The Most High: “For the Highest Good Lord, God, send me Your Light!” Then I asked the Lord, God for the Highest Good to take any negativity from me! I told mySelf, “it’s OK to let it go!” You can also ask the Lord, God to Focus you into the Spirit you *are*! And please visit [cosmostree.org](http://cosmostree.org) at “Resources” for *Tools For Living Free* #16 and #87 on Being Present! “Work” Them by sitting quietly, reading Them and Allowing the Upliftment!

Later on, when my friend and I were back on the phone, I was sharing some information with him about checking bags, airport arrival times, etc. when that same negative part of me – the false self - kicked in with “well, why doesn’t he know this?” Again, I used this negativity as a springboard to Lift by Aligning mySelf with the Spirit I *am* by Choosing to Be Present! On rereading this, some anger is coming up behind this query and I am using the Two-Part Release Technique now to let it go!

I did this over and over again as needed. No judgments on mySelf for what was coming up! Simply the over and over again-ness of Applying the Alignment Process as Taught by My Teacher.

Once the flights were booked, I shared with my friend that I had used this “outer” booking situation as an Opportunity to Lift; and that I was in Joy the whole time! And I thanked him and thanked him again for giving me this Beautiful Opportunity to Lift and Grow. I had much Learning! Wow!

## Try This ...

“So when you have lines of energy or lines of attachment out to something or out to a situation, you’ve made that person or thing more important and you’ve made it more important than God, then guess what happens? That stands between the Soul and God and you’ve got separation. You’ve separated yourSelf from the Lord, God. ...” – *From the Satsang “God’s Will: Will You Or Won’t You?” Given by Dr. Roger B. Lane (MP3 A31)*

Now, take a moment and allow a situation or person in your life that you have made more important than the Truth of Who You *are*, Which is Spirit, come up! Now, using the Two-Part Release Technique, ask the Lord, God to take this negativity from you and tell yourSelf, “(your name), it’s OK to let it go!” And let it go! Over and over again if necessary!

## 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 – an Opportunity – arise in which you have, up until now, chosen away from Aligning your will with God’s Will, with Growing in Love for Him.

3. Now, inside yourSelf, ask the Lord, God to take this separation from you!

4. Tell yourSelf, “(your name), it’s OK to let it go!”

5. Now, ask the Lord, God to strengthen you in Love for the Lord, God! And in the Choice to use this life for Its Purpose, Which is to Love Him!

6. Fulfill your Purpose here by requesting Initiation Into the Sound Current On The Path Of Soul Transcendence now by either contacting the New York City Home Center at 212-828-0464; emailing [info@spiritcentral.org](mailto:info@spiritcentral.org); or contacting any Regional Center!

7. 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!

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