

Tools For Living Free

NUMBER 154 IN THIS EDUCATIONAL SERIES

Are You Fearing And Tearing Or Caring And Sharing?

Excerpts from the Satsang "Are You Fearing And Tearing Or Caring And Sharing?" Given by Dr. Roger B. Lane (MP3 A68)

"You know, people are real good at it [Dr. Lane is referring to "lack consciousness"]. They can create working a lower-paying job rather than a higher-paying job just to feed it. Just to say 'See, I'm working and I can't pay all the bills.' I've seen that done time and time again. Then it gets to be so real. Or 'I'm afraid of this person. What's going to happen when I speak to them?' - and all in tears and all upset. And we get all beside ourSelves.

"But what are we really afraid of? Aren't we all afraid of the same thing? Death and dying? I mean, really, isn't that somewhere in the background of everything that goes on - death and dying? And then when we realize and come to know - well, there ain't no such thing and that we *are* this Powerful, Eternal Self and that we even create our own embodiments if we choose to ignore That - that's how Powerful we *are*. Then guess what? We get afraid of That Power and we get afraid of that Knowledge and we sit in fear with That. And there's a great taboo in this world about Knowing that Truth, about Knowing that you *are* That Powerful.

"I've been to parts of this country - believe it or not, in the twentieth century, twenty-first century - and been told straight out 'Well, I can't be God; that's blasphemous!' or 'I can't think I'm God; that's blasphemous!' Well, hell, I think it's more blasphemous to think that the Christ, Jesus was a big, fat, liar. You know? He's the One that said it. 'That Which is in Me is in you, too.'

"So, the Christed Consciousness is in you as It is in Me, that Which I can do, you can do, only more so. Wow! So, there it is. We have the Christed Consciousness; That Attunement, that at-One-ment with God.

"Okay, but guess what? If you're Attuning and you're at One with God how can you sit in fear? Because fear can't exist in Spirit. Fear doesn't exist in Spirit. But we all have fear. And we're all Spirit - so how does that jive? Because God's a smart cookie and He put all this stuff along the negative polarity so that we can Lift from it. And fear is one of those things."

"See - and it's interesting - I've never seen fear and Abundance go together - because Abundance has to do with being in God's Heart, in the Consciousness of God. And I've never seen them go together. And I've never seen fear and prosperity go together. I've seen fear and a lot of money come together but that's not prosperity, that's just a lot of money. And how that's worked - out of that fear pattern - is usually what That Being, what That Soul is using to Lift and to Grow. At least one of the things.

"So, the Remedy's always the same. The Remedy is to go to God or, at least, drop the negativity and invite the Spirit that you *are* to come forward. ..."

"And so many of us sit in our fear that we're not good enough and we can't do it. And the real Truth is God put your ass here. And if God put your ass here,

well, hell, that's good enough for me. So, you're fine. I mean you're of the Same Material, you're of the Holy Spirit, the Sound Current - whatever you want to call It - that God is. 'In the Beginning was the Word.' You're of the Sound; so you're good enough. So, what are you really afraid of? Are you really afraid of the simple Truth that you *are* the Spirit, that you *are* the Sound?

"We all have emotions, we all have thoughts and we believe them and they seem real. And I'm not going to get into it now but just the way the Consciousness is set up, It's set up that those emotions and those thoughts can look very, very real and feel very, very real. But inside of us we have a choice to buy it or not to buy it. If the world were real it would be Your Home. It's not Your Home. The Spirit inside of you is Your Home. God is Your Home. That's Where you're going to end up when your Journey as a Soul is over with [ed.'s note: While God is Present in the negative worlds, Dr. Lane is referring to the Journey of the Soul in the karmic fields and, through the Gift Of Initiation Into The Sound Current, Returning to the Soul Realm, no longer subject to karma and reincarnation.] And if God can ensure that you're going to make it Home to Him, then guess what? What are you afraid of?

"See, if God gave you life are you actually going to be hurt? Are you going to be in lack? Are you going to be in limitation? Are you going to be in fear or pain and doubt? No. But you can be. You have the choice. You can exercise your Free Will. But that's a real contraction. And I'm here to Suggest Caring and Sharing both internally and externally. Caring and Sharing with the God *within* you, the Spirit with you, the real Feast *within* you. And then going out from That 'Spot' and Caring and Sharing.

"So, many of you, you're like sitting there in your own little world and hope that it parallels another world and then hope that that parallel world will impinge and intrude on your world. But parallel lines don't meet. Parallel worlds don't meet. Did you ever see kids do parallel play in a playground? They'll play right next to each other. But they don't interact. See? And when we're contracted that's what we do.

"But, I'm here to Suggest we get into Caring and Sharing, Which is going out in the world from the Godpoint, living inside and living from 'inside out' and not being run by our thoughts, our emotions, our fears, but being in the world from the Place of Loving, Caring and Sharing. And that's really the simple Truth."

"... Because the Christ takes care of all of us; that's the Job of the Christ, that's what the Office is all about. Everybody's fine. You're fine. And we're the ones separating ourSelves out from God, from the Spirit we *are*, from the Truth.

"But there's a real simple directive from an Unknown Poet and it says, 'Laugh and be Happy as your Father in Heaven is!' Well, do That! And let's not have the response that that Unknown Poet was wise enough

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to put in that poem, which is 'Oh, no! I'm a Judeo-Christian' - which is buying into all the garbage of our culture, and all our lack and all our fear and buying into the Crucifixion instead of the Resurrection.

"The fear, the hurt, the agony, the pain - yeah, that's nice but it ain't the Truth. Why live it?"

"So, when you find yourSelf contracted in your daily life take a moment, do the Process [Dr.Lane is referring to the Try This Exercise below] ... and get free of that and keep working to get free of that! Okay, and sooner or later you'll discover that the fear was an Opportunity and the tear was an Opportunity. But be smart enough to take the Opportunity.

"But don't wait to go out in the world! Go out in the world where you're at! You don't have to identify with all the hurt, the fear, the pain. You don't have to wait until it's all Lifted and gone. Go to the Godpoint within you and, yeah, you can be dis-identified with the negativity and be identified with the Spirit you *are*. And that Frequency goes out there into the world and It influences those around you. And It has a Power all Its own.

"Now, if I told you you were hallucinating you would think you were pretty off, pretty disturbed. And if I told you you're doing what everybody else does you would think you're normal because we play the

'numbers game' here. You know, 'so many people do it: therefore, it must be right' or 'this group is small, maybe there's something not right about it.' And 'that group is so big maybe there's something right about it.' But, if I told you that you're doing something that's so normal but it's a hallucination you may want to think about that because that's what fear is. Yeah, it's normal and it's a hallucination. It doesn't exist. ..."

"And just to conclude - there's someone to this day who is so grateful because we spoke to her about her kid's applying to college. And they were afraid to apply to this college because it cost so much money and we said 'Go ahead! Do it anyway!' And they did. And they got in. And they got grants and loans and aids and somehow they got through. And the parent to this day thanks us because it opened up her Consciousness. Chose away from lack, from limitation! There's nothing real out there, folks; that's the bottom line. There's nothing real out there. The only thing real is inside yourSelf, in the Spirit you *are*. So, why settle for less than that Reality? Alright.

"We'll stop with that."

Case Study

I recently learned that several years ago, when I was having financial "problems" and my family declined to help me, a sibling was given a six-figure sum from the family inheritance. My first reaction was resentment as I re-visited several years of lack and limitation that I had created for mySelf.

I quickly stopped ruminating by attending to the basic selves, which are part of the false self and that bring forth karmic patterns. First, I reassured mySelf inside mySelf: "That is all past and it is over. I am fine; and I have everything that I need right now."

Next, I did the Two-Part Release Process several times like this: "Lord, God, send me Your Light! For the Highest Good, Lord, God please Lift, clear and transmute my resentment, anger, pain and negativity!" Then I told mySelf: "[My name], let it go! It's okay to let it go."

That night, as several negative thoughts and feelings surfaced, I did the Two-Part Release Process again many times, and was met by an Action of Grace: When I awoke the next morning, I had Accepted the "situation", although I still didn't like it. I reminded mySelf that God is and was in my situation as He is in every situation. I continued doing the Release Process whenever negativity arose. Two days later, while speaking with My Teacher, Dr. Lane, I realized I was Free of the "situation"; and it no longer even mattered.

That same week, after some very old pain resurfaced, I composed an email to My Teacher asking for My Teacher's Help, which was my way of placing my Consciousness with the Lord, God at that moment. I also had the alternative of saying inside oneSelf: "For the Highest Good, Lord, God, send me your Light, and Bless me to be Present with You!"

Before I had even sent the email, I received an influx of Love and Light and Peace. I realized that when I am in That Spiritual Consciousness, I *am* That Love. As an expression of That Love, I send the Light Of The Most High to my family: "Lord, God, send me Your Light! For the Highest Good, Lord, God, please send the Light Of The Most High to my family!" To help me remain free of negativity, I place the Christed Light between me and my family by saying inside mySelf: "Lord, God, send me your Light! For the Highest Good, Lord, God, please place the Christed Light between me and my family!"

In the Satsang "Are You Fearing And Tearing Or Sharing And Caring", Dr. Lane suggests "Caring and Sharing with the God *within* you, the Spirit *within* you ... And then going out from that Spot and Sharing and Caring". I am grateful for this Opportunity to share my experiences, which have deepened my Understanding that all Solutions emanate from the Sound Current (the "Holy Spirit"), and that I can not feel like a victim of circumstance when I hold a Loving Consciousness. Living as a Sound Current Initiate in the Master's Grace, I have come to Know mySelf as Eternal, as Soul; and I am Uplifted from karmic pain into Love. I reinforce my Spiritual Focus by doing the Two-Part Release Process, Which is Graced; by studying and applying the Teachings; and by doing the Spiritual Practice given to me at the Time of Initiation.

I strongly encourage readers who are not Sound Current Initiates to request Initiation and to claim the Love and Freedom that the Teachings Teach is their Divine Right and Inheritance. As stated in the Teachings, all Souls are of the Sound Current; therefore, All Souls *are* Inherently Worthy.

Try This ...

"Let's take a moment now! Why don't we just get nice and quiet! And 'Lord, God, send us Your Light!' And inside yourSelf ask the Lord, God to take whatever fear or fears you may have. [Pause] Now, tell yourSelf - whatever your name is or however you call yourSelf - it's okay, and then your name, to let it go." - *From the Satsang "Are You Fearing And Tearing Or Caring And Sharing?" Given by Dr. Roger B. Lane (MP3 A68)*

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, allow a person, relationship and/or situation to come up around which you've allowed a lot of fear. Let it be a real whopper!
3. Now, inside yourSelf, ask the Lord, God to take this separation from the Spirit you *are* from you now!
4. Tell yourSelf, "(your name), it's OK to let it go!"
5. 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; or contacting any Regional Center!
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!

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