

Tools For Living Free

NUMBER 159 IN THIS EDUCATIONAL SERIES

What Is Loving? - Part II

Excerpts from the Satsang "What Is Loving?" Given by Dr. Roger B. Lane (MP3 A3)

"In the Cosmos Tree we're Learning that people are free to respond as they want to respond from their own agenda. And that's OK and we are going to Love them anyway because it's their right to be and do what they need to do. That's fine! There's no need to control. There's no need to do anything about it and - and this is key - it's no reflection on us.

"See? And many of us: we're trained on mishearing. Our ears don't work. For example, if someone were to ask me, 'Will you come to the basketball game with me?' and I said, 'No.' Most likely they would hear it as a rejection, that I don't like them. OK. But all that's true is I don't want to go to the basketball game. That's all that's true. And the real reason is that I'm jealous of anybody who has a better jump shot than me. Which is everybody.

"So you also have to check it out. You have to check it out! You have to see if how you are translating is the reality. And we all come from homes where we were treated in a certain way and we all thought that how we were treated was a statement about us. And, really, it's not. It's not a statement about us. It's really a statement about our parents. It's really a statement about our parents or about the one who treated us like that and they projected onto us.

"But when we're kids we're not able to discriminate; we're not able to discern. We don't know that it's really their stuff. We think it has to do with us. You got a 97 on a test and your parent says to you, 'Well, how come you didn't get a 100?' And you translate it as, 'I'm a dummy.' So what will happen is you'll either be a tremendous overachiever or you'll be in rebellion and say, 'Screw this! I'll never measure up.' And we really think that our inability to get a 100 had everything to do with us. And now it's our job as we become more conscious and we become adults to realize, 'Hey! that was my parent, my parent's own frustration or his own perfection or need for perfection. He couldn't or she couldn't stand when he got a 97. Whatever her dynamics or his dynamics were, they need to get a 100 so they couldn't accept a 97. And I'm OK with a 97. That's pretty good!'

"And we always have this struggle going on inside of us based on how we've misheard: Are we good enough? Are we not good enough? Are we going to please? Are we not going to please?

"And when we move into 'What Is Loving?' guess what happens? There's no struggle in Love. There goes rhythm and blues; there goes most of the great rock and roll songs of the 60's. You know, without the tremendous pain that goes with love. But when you move into 'What Is Loving?' there isn't any of that. You Choose, you actively Choose to Know that you're OK. And That, That's Your Responsibility. And it really starts with Self-Acceptance.

"See, I always thought that the statement, 'To love your neighbor as yourSelf,' was a brilliant bit of psychology in a real cynical way. And to me it said, 'well, how can you Love your neighbor because look at how you Love yourSelf.' You're not going to be able to stand your neighbors because you can't stand yourSelf. See, and that's true.

"And Loving ourSelves starts with Acceptance. Doesn't mean we have to like that part. It means we have to Accept it. And when we Accept it guess what happens? A paradoxical thing happens. We can change that part much quicker because if we don't like it and we have a judgment on it, guess what? We're stuck with the judgment. We've got a crystallization going so then we have to deal with the crystallization. And it doesn't work when we do that. But if we can Accept the part that we don't like, make it OK, then we don't have to deal with our judgment and it makes it easier.

"For example, I think I'm underweight so I have two choices. Somebody is thinking, 'Is He kidding?' Nah. I'm underweight and I have two choices to this approach. And the approach is I can have a judgment on mySelf or I can Accept it. And the judgment, 'What's the matter with me?' And 'how come ...' And 'how come ...' And keep laying trips on mySelf, 'What's the matter with me? Etc. etc.' Then I have to deal with that and, in addition to that, I have to gain weight.

"See, and we really suggest you do the easy way, the lazy person's approach and that is lay off the judgments because if I can Accept just how underweight I am all I have to do is deal with gaining weight. I don't have to deal with the judgments. See, and that's crucial and when we move into 'What Is Loving?' It's an active thing we do within ourSelves where we actively Choose to forego judgments. Judgments are key because judgments are exactly what's going to stop you from the Spiritual Reality that you are. Because it is set up that that's the *block*."

"... Loving ourSelves also means having the courage to let go of whatever history you have, whatever frame of reference you have, whatever way of relating you have that doesn't work for you. And you have to look at it objectively, 'Do I want to continue this? Does this work for me? Do I like to treat mySelf this way? Do I like to treat mySelf as I've been treated?' You really have to take a look at that. And see there's another thing about judgments, too."

"... we have a tendency to think that we've been mistreated or life has done us dirt. And we lay all sorts of judgments on how life has worked for us. And that's

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one of the things we need to let go of, too, when we talk about Actively Participating. Actively Participating in Loving. We work It Positively. Alright.

“And, see - this is kind of a dangerous thing to say - but when we actively Love guess what disappears? Being a victim. We cannot be a victim if we are actively Loving. If we’re being Responsible to ourSelves we cannot be a victim because we cannot be at the mercy of anything or anyone. Or if we are we use that for our Learning and we don’t judge ourSelves for having that experience. See?

“And also another thing about Loving is that there is always, always, always a need for Eternal Vigilance. You work It, you work It *constantly*.

“And there are many Levels of this beast. You get finely Attuned and more finely Attuned and more finely Attuned and you work It. See?

“And I think the bottom line of it all is: how much do we Love ourSelves? How Worthy do we think we are? Because there’s something in us as people that’s been placed there that is the big illusion of separation. . . .”

“But we’re Created in His Image, Which means that we are of the Same Spiritual Reality and of the Same Spiritual Material as the Lord, God. That’s our Nature. Not because I say so or not because - well, I don’t know if the church says it or any religion - but because It really is so. That’s our Nature. OK. That’s

Who we *are*. ‘In the beginning was the Word and the Word was with God.’ That’s Who we really *are*. That’s a simple statement. We haven’t understood the Truth of That yet but the real Truth is that we *are* the Spirit That the Lord, God is. Then how can we be no good? How can we be inadequate? How can we not measure up?

“And, you know, we’re Accepted just as we are. We’re fine. We’re Forgiven before we even ask. The problem is we don’t Forgive ourSelves. We’re constantly, constantly, constantly giving ourSelves the business. And that’s what we need to let go of. We need to let go of the judgment. We need to let go of the hurt. We need to let go of pain.

“And it’s constant. In my own life I’ve been letting go of hurt from a situation that’s gone on for a long, long, long, long time. And every time that comes up for me I don’t judge it. I don’t think I shouldn’t have that response because it goes with the territory [ed’s note: Dr. Lane is referring to being in the body].

“But I’m going to use it to Lift. And I’m going to be at Choice. And it’s important to know that we have a Choice. We do not have to run negative emotions. We do not have to run fear. We do not have to run hurt. We don’t have to run judgments. We don’t have to do any of that stuff. We can Choose Love. And whom is the Love for? It’s for us.”

Case Study

In the past few weeks there has been a lot of change and a lot of excitement in my life. Experiences such as starting a new job; traveling for a vacation; a car accident; health concerns and more had me turning this way and that. Each of these situations would be enough on its own to entice my emotions to react but I did not experience these situations solo! There were many other players in these situations such as my spouse; my parents; my children, etc. who all brought their own “stuff” into the situation and with that “stuff” lots of thoughts, emotions, and reactions themselves. The overall experience for me was as if, one day out of the blue, I had jumped into a sticky, messy, swirling pot of stew. What was very amazing about it, however, is that through it all I managed to stay “clean” from the swirling vortex around me. I know I was able to accomplish that through the Act of Loving.

In the Talk “What Is Loving?” my Dear Teacher, Dr. Lane, defines What is “Loving” and how one Chooses to do It. Two key points that stood out for me while studying this Talk was that Loving is active - It is choosing to stay Present - and that Loving is an Inward experience - the Loving emanates from me and is for me.

During my weeks of upheaval, there were many moments where fear or a feeling of agitation and stress would begin to take hold. Each time that happened

I would *actively* remind mySelf to stay Present and to Trust in Spirit. I would do the Two-Part Release Technique to let go of the fear like this, “For the Highest Good, Lord, God, send me Your Light! Please take from me any fear or anger (stress, sadness, etc.) I have about this situation!” I would then tell mySelf “(my name), let it go!” As Dr. Lane Teaches, active means *moment-to-moment*. Each time I felt fear, each time I felt anger, each time I felt sadness - I would use this Tool to release, release, release it all!

During my interactions with the various players there were many moments I felt unappreciated or not respected. In these moments I would practice Inner Loving through Self-Talk like this, “Basics, come forward! Basics, we are OK! I need you to relax and know that you are Loved! Thank you for your Loving Cooperation!” This Self-Talk was also useful anytime I felt “down” about anything that was coming my way. Like the Two-Part Release Technique, I used this Tool on repeat, as often as I needed.

It probably comes as no surprise that through the act of Loving mySelf, of actively Focusing into the Spirit I *am* and using the Tools I have been given as a Sound Current Initiate On The Path Of Soul Transcendence, the outcome of each “crazy” situation was “best case scenario” and I could not be more grateful.

Try This ...

“And we always have this struggle going on inside of us based on how we’ve misheard. Are we good enough? Are we not good enough? Are we going to please? Are we not going to please? And when we move into ‘What Is Loving?’ guess what happens? There’s no struggle in Love.” – From the Satsang “What Is Loving?” Given by Dr. Roger B. Lane (MP3 A3)

Now, call in the Light Of The Most High like this: “Lord, God send me Your Light!” Ask the Lord, God, for the Highest Good to take any struggle that you have created. [Pause] Now, tell yourSelf “(your name), it’s OK to let it go!” And be sure to let it go! Repeat as often as needed.

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 situation to come up that, up until now, you have not been Accepting!
3. Now, inside yourSelf, say “For the Highest Good Lord, God, please take this lack of Acceptance from me!”
4. Tell yourSelf, “(your name), it’s OK to let it go!”
5. Now, inside yourSelf, ask the Lord, God to move you into Acceptance!
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; 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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