

Tools For Living Free

NUMBER 164 IN THIS EDUCATIONAL SERIES

Would You Like Another Drop Of Honey?

Excerpts from the Satsang "Would You Like Another Drop Of Honey?" Given by Dr. Roger B. Lane (MP3 A81)

"What sustains us is the Spiritual Body. And this is not poetry. I'm not being literate and I'm not being cute. And I'm not being scholarly other than as a Scholar of the Soul. I'm not being anything but being descriptive and I'm just telling you how it is.

"But the Spirit inside of you is dripping the Sweet Nectar and the Soul goes to that Nectar and that's how the Soul is sustained and some of you may have had that experience as Initiates Of The Sound Current of having that Drop Of Honey fed to you, fed to the Soul and then another Drop and then another Drop. And then another Drop, you see?

"And the thing about the Drops Of Honey is that It's not forced upon you. And that if Your Consciousness isn't in Alignment with the Spirit, with God That you *are* it's running your negativity. Just like the other day somebody asked me about an event and I said, 'Go ahead and go do it!' And they just entered into this whole fear pattern. 'Oh, it couldn't happen; it couldn't happen; it couldn't happen'. Well, why waste my time asking me a question and then running your stuff?

"But this is what most people do. Most Souls, you know, They will quest to the Light on some level, have some awareness towards It, OK. But then the false self takes over, you see. And the false self is real shrewd. And what the false self does is it will mock every single attempt you make to taste that Honey. It will mock it."

"But one of the things about This Honey is that once you've tasted only one Drop of the Nectar - literally, of God, That *is* God - you Thirst for It forever and forever and forever and you will persevere and persevere and endure through all things for That Nectar. And, once again, this isn't poetry or alliteration or anything else like that. It's a description of the Spiritual Reality. It can be called Manna from Heaven.

"But in the subtle body and in subtle form That's how the Soul is fed and nourished. And here on this planet, which, you know, we sit and go, 'God! I can't believe that's happening. Oh! I am so upset about what's happening in the world.' 'What are you doing about it?' 'I'm sitting here being upset!' 'Well, that's great!' 'And I can't believe this president. I can't believe that and I can't believe what they do'. 'Why not? Why not?' 'I'm getting really upset and I'm getting really hot and bothered.'

"Why? I mean It's already been preordained - the Destiny of the planet. What the hell are you getting upset about? It's a foregone conclusion. Spiritually, it's already happened and now we'll just Fulfill ourSelves through this world.'

"It's already ordained. It's already happened. How long it takes - that's a variable, OK, because we all have Free Will. And we have Free Will with Where we're going to place our Consciousness, OK. And it

wouldn't be much of a revelation to say that anger can kill you. And it wouldn't be much of a revelation to say that you can get cancer real quickly from a bout of anger. It wouldn't be much of a revelation to say that your diseases are exactly that. They're dis-ease, that you haven't dropped into the Place That is called, 'the Peace that passeth all understanding' Where the ease is. That's how you ease on down the road. You drop back into the Spirit inside of you and you sit There and you're fed the Honey."

"And so we're busy with the mental body and we're busy and we're busy. 'I didn't know the Soul's in us.' 'I didn't know we have One.' 'I thought God was up there', you know."

"Yeah, you get Lifted but in a five-story building letting the elevator take you to the third floor is not that spectacular a feat, OK. 'You mean I have to get Lifted?' Eventually. 'You mean I have to Know mySelf as Spirit?' Eventually. 'You mean I can't use reference points in this world?' No. 'You mean I'm going to go before God one day?' Yeah. ..."

"But you can't do That [ed.'s note: Dr. Lane is referring to being with God] if you don't Know that there's Honey sustaining you and you're Nurtured and Cared For. And when you think of this Thing called HUMAN life with all Its trials and tribulations and seeming difficulties, underneath it all there's a sweetness in HUMAN life and What's the sweetness? For some people it's a sneeze. [Someone sneezed] But for most people it might very well be That Inner 'Connection' with the Spirit they *are* and with the Sound Current or with the Holy Spirit inside of themSelves and their moments of utter Surrender and utter Peace and Where they've been at One and usually It comes upon them when they least expect It."

"But the foundation is *within* us and the more we build that strength based on a Drop Of Honey, one Drop, another Drop, another Drop, another Drop then (the more) we have a foundation of the Attunement to the Spirit we *are* and being fed and being sustained regardless of what our spouses are doing; regardless of anything out in the world; regardless of what people think. ..."

"... when we stay in the Spirit, then guess what? Then we're Supported and we're Nourished and we're taken care of and That's all you need in this world. A

**"But the
Spirit in us
can see.
And It can
see our
Responsibility
and what
we have to
Learn and
what we've
created."**

— From the Satsang "Would You Like Another Drop Of Honey?"

Given by Dr. Roger B. Lane
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Drop Of Honey. And I offer anyone who wants to give it a shot that ability, that Opportunity to taste the sweet Honey and to come to Know It and to build Its Foundation in you and to build your foundation in It and to Strengthen yourSelf and to come to Know yourSelf as Spirit, as Eternal, as the Immortal Beings that you *are*, as Soul as Spirit, as someone who knows the body and all that goes with it winds up in the grave.

“But the Soul you *are* goes to God, goes to the Spirit you *are* and Knows and - this is crucial! - that It goes through Grace *while you're in the body* now. And that's the Honey: being with God, being with the Spirit you *are while you're in the body*.

Dear Cosmos Tree

Q: What do I do about karmic patterns, especially in a stressful time now during COVID? - E.K.

Dear E.K.: 1) As Dr. Lane, My Spiritual Teacher, Teaches we don't need to do anything “about the karma”. Our Focus is on Loving God! 2) If you have attended a Meditation Of The Light Of The Most High use the Technique Taught inside yourSelf as you go about the day the Lord, God has given you: Put situations/relationships into the Light Of The Most High for the Highest Good like this: “Lord, God, send me Your Light! For the Highest Good, Lord, God, please place [fill in situation/relationship] into Your Light for the Highest Good! Let go! Do This by practicing TAR -Trusting/Allowing/Receiving; using the Two-Part Release Technique (see #4 below) as needed and by using the Technique in #1; 3) Ask the Lord, God for what you prefer by calling in the Light Of The Most High (see #2 above); say inside yourSelf, “Lord, God, for the Highest Good, my preference is [fill it in; for instance, that “everything be easy and effortless during this ‘time’ of COVID. Please Co-Create this with me!”]; 4) If negativity comes up use the Two-Part Release Technique by calling in the Light Of The Most High (see #2 above); say, “For the Highest Good, Lord, God, please take this negativity from me!”; tell yourSelf “(your name) it's OK to let it go!” Do as often as needed; 5) Ask the Lord, God for Clarity and Guidance by calling in the Light Of The Most High (#2 above); say, “For the Highest Good, Lord, God, please send me Clarity and Guidance on [fill in]!”; 6) As My Teacher has Taught me, “stress” is negativity that is outside of me that I have chosen to take “inside”; there is no such thing as a “stressful time” other than what you choose to create/allow inside yourSelf; 7) Work with your basics – the part of us that brings forward our karmic patterns - by using the Four Rules of Self-Talk: keep it Present; Positive; give Direction and Encouragement; reassure your basics that “you're fine and OK now”; thank/appreciate them for their cooperation; when talking to your basics, call in the Light Of The Most High inside yourSelf first (#2 above), saying, “basics, come present!” Using something you are doing (an action) as an example, say: “I need your cooperation and energy to [fill in action]. Thank you and let's keep up the good work we're doing [fill in action]!” 8) Know you are Worthy of the Spirit You *are*.

To Reinforce Your Learning: 1. Beginner: Dr. Lane's Book, *A Baker's Dozen: Tools For Daily Living; Tools For Living Free*: “Using The Tool Of Choice” (#1); “The

“Because the simple Truth is ... you can't do anything to separate yourSelf from God but you can live as long as you want to pretending that what I just said ain't so. It's your choice and you'll get lots of support in the world for your choice.

“But I'm suggesting you try ‘Taster's Choice’, you know, tastes real good - this Honey. Give It to yourSelf! Give It a shot! What have you got to lose? Your bondage? Your chains?”

And the simple Truth is that we are created free and, Hu-mans being hu-mans, we're afraid of this Truth and we're afraid of the Power.

“But it's our Responsibility to live in this Freedom.

“And I offer That to you.”

Power Of Letting Go”(#2); “Practicing Eternal Vigilance” (#7); “How To Create Wisely” (#8); “You Are Worthy Of Abundance!” (#11); “Being Present In The Moment” (#16); “The Power Of Positive *Self-Talk* (#17); “Excuses, Excuses - Let's Be Done With Them!” (#44); “Meditation On The Path of Soul Transcendence” (#55); “The Divine Plan And You” (#94); “Coming To Know YourSelf As Spirit” (#117); Intermediate: Meditation; Meditation For Health And Well-Being; Everyday Evolution 1 Class (please take this Class the next time it is offered re: working with your basics!); Advanced: 1, 2 and if you haven't already, request Initiation into the Sound Current On The Path Of Soul Transcendence!

Dr. Lane adds: Dear E.K.: Regardless of COVID or whether the Soul is Initiated Into The Sound Current or not, the Soul is presented with Its karma for one Purpose and one Purpose only: to Learn karmic lessons from the Opportunities presented to It to do so.

Karma has – so to speak – been given a bad rap. It is not something to be gotten rid of and/or regarded as something in the way but, rather, as a Blessed Opportunity for the Soul's Learning as It continues Its karmic journey.

Please note that the above pertains to one's fate karma – the karma assigned to your present lifetime – and the day-to-day karma created in your present lifetime that is assigned to be handled in the same one. It does not apply to the day-to-day karma that is assigned to future lifetimes nor to the stored karma – the karma assigned to future embodiments. Nor does it pertain to the original karma of God's having initially given us the experience of being in a body as Soul.

If you are an Initiate Of The Sound Current your day-to-day karma and stored karma – karma assigned to future lifetimes – are handled differently from that of those Souls under the lords of karma, which uninitiated Souls are.

The Path Of Soul Transcendence that I am Blessed to Bring Forth does not focus upon nor teach karma. Our Focus is on Knowing OurSelves as Soul, as Spirit and Loving God by following *exactly* the Master's Instructions imparted at the Time of Initiation.

The Soul on this Path needs to let go and Surrender Its agendas as It Learns to Trust and ALWAYS return to the Spirit It is.

I Lovingly Suggest you do the same, dear E.K., according to your understanding.

Thank you for This Opportunity to be of Service.

I hold you in My Heart.

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 or a relationship to come up where, up until now, you've allowed yourSelf to run your negativity.

3. Now, inside yourSelf, say “For the Highest Good Lord, God, please take this negativity, this separation from the Spirit I *am*, from me!”

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!

For other titles in this series go to cosmostree.org at “Resources”. For further information contact:

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Try This ...

“So the key to living this life is really Acceptance. You don't have to like it but Accept it. ‘Yeah, this happened. I may not know the cause but I know I'm at the affect of it and maybe this happened as a Blessing.’ ...” – *From the Satsang “Would You Like Another Drop Of Honey?” Given by Dr. Roger. B. Lane*