

Tools For Living Free

NUMBER 131 IN THIS EDUCATIONAL SERIES

Do Nothing. Do No Thing.

Exerpts from the Satsang "What Do I Have To Do To Be Perfect, Lord?" (CD/MP3 A18)

“In the beginning was the Word’ - that means that we are One with the Source of all things, the Lord, God and the Sound Current. The Sound Current is just another word for the Holy Spirit or the Lord, God. And this Sound Current is in us. It was put there by the Lord, God in the very Beginning and we’ve forgotten that. We’ve forgotten our Nature and we’ve exercised our will in forgetfulness. So, we’ve forgotten we’ve created our karma. But The Teachings teach us that that’s not the focus. That the Focus is on the Light Of The Most High that we *are* and we just move into That. We move into That; we reinforce That in us; and It really comes about by taking Initiation [into the Sound Current On The Path Of Soul Transcendence] and by exercising choice.”

“When we wake up to our True Nature, guess what? It becomes inherently impossible to dwell there [ed.’s note: Dr. Lane is referring to negativity] unless you actively choose to violate yourSelf, to go against the Spirit that you *are*. Because once we’ve tasted this Divine Light we want to stay ‘There’. It’s going to go and see our Loved One. We’re going to see our Beloved and we’re ‘There’ and we hang ‘There’ and we adore that ‘Spot’ and we adore ‘That.’

“Then when we move off of It and choose to enter into negativity it’s painful; it hurts and it sets in motion this terrible yearning and also this terrible Learning. The Learning is ‘Hey! You don’t need to do that’ and we’re Responsible for our creations. So, what has to happen? What has to happen? Well, because you’re the Creator and you’ve got Responsibility you’ve got to come back and work that creation. That has to be cleared up. So, the real irony is that if you choose to enter negativity you have to do something about it. You have to do something about it. You have to clear it up. You’re karmically responsible. So you re-embody, you re-embody; you’re at the effects of your karma.

“Now, I’m not particularly lazy, but I do like to work smart and I like to work well. I like to work fast so I like to do ‘No-thing’. I like to Focus on the Light Of The Most High and I don’t have to do anything about it. Unlike if I focus on negativity, I’m going to have to do something about it because part of my Consciousness goes out to that creation and I’m caught and I’m involved and that’s an attachment. That attachment is what pulls my Soul back down through these lower levels to another embodiment. I

don’t even have to be concerned about that because The Teachings teach us, ‘Laugh and be Happy as Your Father in Heaven is’ which means be the Light that you *are* and Receive. We have to do nothing but Receive.

“It’s hard for us to understand this because we’re so trained in this world - in a grasping kind of a way – [that] we’re separate from the world; we have to grab from it; we have to take from it; we have to struggle against it; takes a lot of effort to get anywhere. Well, yeah, it does take effort to get anywhere. It’s like the Myth of Sisyphus because you’re just going ‘round and ‘round and ‘round, not really going anywhere.

“So why bother and why not do nothing? Do ‘No-thing’! See, and we’re so trained in the West in linear thinking [that] I’m going to reach this goal. God’s out here and we have to do all this to get to God. That’s a baloney story. As long as God is ‘out’ there, then we need intermediaries between us and God out there to help bridge the gap. But there’s no gap. See, it’s tag and It’s in us and that’s the biggest joke of all because we don’t get It because the joke is on us. And we don’t want to get It because we have to be Responsible. And if we’re Responsible for God being inside of us then we have to nurture that Spot; it’s a Garden and we have to take care of It; we have to water It; we have to make sure the flowers are OK; we have to take the weeds away and make sure It gets plenty of Light. We have to make sure the soil is OK and nourished; we have to nourish It and nourish It and nourish It.

“We don’t get re-enforcement from this world to do that. We don’t get it. We get re-enforcements for being really angry, really annoyed, building monuments, doing all kinds of stuff out there. We don’t get re-enforcement for building the Spiritual House within. In this world, we don’t get it. Then because we don’t get it we think it is going to be such an effort; it’s going to be so hard. But it’s not; it’s so easy and that’s the thing that makes it hard. That it’s so easy that the mind won’t permit that. Because the mind by its nature loves to keep busy; loves to keep active; loves to do a whole lot of things. It goes: bupabupabupa and keeps busy and does a whole lot. It hates when it’s not in charge.”

“I know how difficult it is to do ‘No-thing’ because when I mySelf was told that That was really the secret of all life: ‘do nothing; just place yourSelf where the Spirit is, place yourSelf inside of yourSelf, let yourSelf

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*--From the Satsang
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be fed; let yourSelf be led and do nothing!’ I argued for two years on that. ...”

“What was happening inside of mySelf is that the mind just wouldn’t let go of its control. It had to dominate. It wanted to quote, ‘know’ but it can’t Know. See, the mind can’t Know directly because it’s in the lower worlds and we all know the principles in physics about this built-in distortion; we can’t know with any

accuracy. We can only know with probability. But when we go in the Spirit, we can Know that, we can Know *directly*. And What we Know *directly* is that we *are* Spirit, we *are* the Lord, God. The Path Of Soul Transcendence is an experiential Path. And It’s a Path of Surrendering everything that isn’t and just letting it go. How do you surrender? You just choose to.”

Case Study

As a Gift from My Teacher, I was given the Opportunity to Do Nothing. What I mean by “Do Nothing” is that I was given the Opportunity to be of Loving Service in the form of manning a table on the streets of New York City to make information about the Offerings of Cosmos Tree and of the Center For Religion and Advanced Spiritual Studies available to more Souls.

As an Initiate of the Light Of The Most High, I know that “No Thing” means being Home with the Lord, God *while I’m in the body*. No thinking; no ideas; no second-guessing God.

I had put what I wanted into the Light Of The Most High, which is for lots of Souls to come to the Home Center and to take Initiation this lifetime into the Sound Current on the Path Of Soul Transcendence; then I let go and I Allow the Lord, God to do the rest. No attachment to results (something I have, up until now, allowed mySelf to get “caught” on). The REAL Work (REAL, according to The Teachings, stands for Realizing Each Opportunity to Lift) is the Inner Work as this *Tools For Living Free* attests.

What an Opportunity It has been and continues to be! I at first looked for validation “out there” and allowed mySelf to get caught on the opinion of others (about being “on the street”). I felt guilt – about doing “nothing” - after all, I just “*stand there*”. And I allowed mySelf to get caught by running anger at not having the help I felt I needed to “man” or set up the table.

Opportunities all! To focus into Spirit by staying Present; to ask the Lord, God to take anything that separates me from the Spirit I *am* and to tell mySelf “it’s okay to let it go!” And to do Self-Talk by directing my basics (the part of me that brings forward my karmic patterns) by directing them into the action; to stay present, positive and give mySelf encouragement.

I Listened to My Teacher by staying with doing Service and by focusing into how “smart” I am to be doing It. I went with my Knowing that Our Purpose here is to use our time on this planet to Upvibrate. I continually exercised the Power Of Choice by staying with It week after week.

I also chose to line up with It fully and completely so I began letting clients know easily that I am not available those days. I asked the Lord, God to send me lightweight tables – and other items needed – instead of focusing into what could have looked like an impossible task to do by mySelf or the money involved as I had chosen to pay for tables; a chair; copies of flyers even though My Teacher had offered to reimburse me. I asked that they cost next to nothing. Right away the perfect tables surfaced feet from my front door – and on sale for next to nothing.

Nearly seven weeks and the guilt is gone. I felt guilty about not having to make any “effort”, as if the more “effort” I put in, the more “worthy” I am. The Teachings teach us that guilt has to do with thinking we’ve done something wrong when, in fact, the only Perfection is living as the Spirit I *am*. There is only The One/The Unipolar Existence (no “right” or “wrong”). I am also Inherently Worthy so not “effort” There either. The “image” attachment is gone; manning the table is my favorite part of the week; I am in Joy inside mySelf as I do this Service. I used to check email messages; now I Chant My Tones [the special Meditation Technique taught at the time of Initiation]. My being Present makes it easier for Souls to come to this table and to Lift and Grow themSelves – they come one after the other and I have the Opportunity to Minister to them. This is my Job. And it is the best Job ever! Ministering to mySelf and, as a result, Ministering to others.

As another day dawns for this Service (tomorrow), another Opportunity to Lift is here! I feel the “urge” to run how I can’t possibly get *my work* done for clients but I immediately stop! I know I am Responsible; I choose to simply get up earlier, get the work done. Something of a breakthrough for me: no drama!

I know that when I do No Thing I am doing my part. The Talk excerpted in this *Tools For Living Free* is right on in that That’s all I ever have to do.

So I did here and continue to do – with a bit of a Prototype for me as a Gift from My Teacher/the Lord, God to Surrender anything that stands between me and the Spirit I *am*. The Prototype is a Spiritual Reference Point (crucial for me as an Initiate) for the 100% Importance of Living Our Purpose here to be with the Lord, God while Serving mySelf as I Serve others.

Thank You, Dr. Lane for this Gift of the Opportunity to Strengthen mySelf as the Spirit I *am* and for the continual “push” – holding me to the Light Of The Most High that I *am*.

Try This ...

“... The Nature of the Soul is just That. It’s Joy and we don’t have to do anything. It is inherently Perfect. We just have to allow Its Perfection. We have to allow Its Perfection. ‘Be Perfect as Your Father in Heaven is’ - that’s what is meant; not ‘don’t make any mistakes! don’t have any anger! don’t have any emotions!’ - that’s not what was said or meant. But be Perfect: choosing to remember that you *are* the Spirit, that you *are* the Lord, God.” – *from the Satsang “What Do I Have To Do To Be Perfect, Lord?” (CD/MP3 A18)*

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, “Lord, God, send me Your Light!”
2. Ask the Lord, God to take any negativity - anything that you’re allowing to separate you from the Spirit you *are*!”
3. Tell yourSelf, “(your name), It’s okay to let it go!”
4. Be Present - the Place of Doing No-thing
5. Allow a situation in your life that you are really “working”, using a lot of “effort” in or around; and allowing the mind to create a lot of “busy-ness” around come up! Now, once you have it, ask the Lord, God to take all that from you; and tell yourSelf “it’s okay to let it go!” Now, allow yourSelf to “Do No-thing” by focusing into Spirit!
6. Attend Satsangs; Meditations; Classes; Workshops; Video Showings; The Teachings Study Groups; *TFLF* Readings/Discussions in-person and/or via teleconference.
7. Call any Regional Center and/or the NYC Home Center and request NOW the Priceless Gift of Initiation into the Sound Current On The Path Of Soul Transcendence!

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