

# Tools For Living Free

NUMBER 132 IN THIS EDUCATIONAL SERIES

## The Wealth Is Inside Of You

Excerpts from the Satsang, "What Are You Waiting For?" (CD/MP3 A16)

"For some reason I know a lot of millionaires. I'm not sure why I do but I know a lot of people with a lot of money. But I don't know too many of these people who honestly know that they have all this money. And what they're doing many times is they are perpetuating the fear (of) either being poor or the fear of losing it and they keep reinforcing it, and they are never Present.

"So, they are discovering in their life that the thing that drives them to make money, to be secure, guess what? It's not it. It's not it because they don't allow themselves to have it. Even the money is not immediate to them. But what is immediate to them is the fear of being a failure or the fear of not being good enough or the fear of losing the money or the fear of the Depression that they went through.

"I remember visiting my best friend; we walked in from the garage and there were bags and bags of groceries. I said to my friend, 'Thanks a lot!' He said, 'Thanks a lot for what?' I said, 'Thanks a lot for inviting me to the party.' So he said, 'What party?' Then I said, 'What do you mean what party? Look at all those groceries!' And he said, 'Oh them [ed.'s note: his friend was pointing to his parents]! Every week they load the refrigerator and pack it to the gills. And every week half of the food gets thrown out.' Why? Because they're coming from a place of having lived through the Depression when there wasn't enough food. I thought, 'my God!' and - at that time it was maybe fifty years later - 'maybe they should give themselves an update and tell themselves there is enough food and we don't have to buy all this stuff.'

"But they 'couldn't' and that to me was a real good illustration of what happens in the Consciousness. We don't update ourselves; we're not immediate with ourselves. We come a lot of times from fear. But when we sit in the Oneness of the Spirit that we *are* in Meditation guess what happens? We don't have that reference point because we're not in time, we're not in space, but we're Eternal and we know that in *each moment* we're supplied. We can drop all the clouds that cover our eyes, as it were, and we can see clearly and we Learn to Lift, and we Learn to move, you see.

"Now, I don't know how many of you caught the title of this Talk. The title is 'What Are You Waiting For?' See, and that's my little goof. What's the goof is that that is incorrect, horrible English. If I had written that sentence in school, I'm not sure I would have passed the course. I wouldn't have passed that particular exam or paper. I don't know if I would have passed the course. But, it was my way of saying we are all waiting to be perfect; 'I'm going to be perfect before I start'.

"I hear so many people who honestly think of doing Spiritual Work or coming to know themselves as the Spirit that they *are* beyond any religion, beyond any Baptist, Christian, Hindu, Buddhist, whatever, beyond any ideation of God, or ideas of God but just a *Direct Knowing*, Which, by the way, is the True Original Teachings of what came to be called Christianity, although I call it 'churchianity'. The True Teachings were Gnosticism [ed.'s note: Dr. Lane is referring

to non-dualistic Gnosticism] and where there was a *Direct Knowing*, of the Lord, God. Then, of course, the church hierarchy got all upset that you wouldn't need any intermediaries and, through a couple of centuries of trials and tribulations and literally feeding Them to the lions, they did away with Gnostics and Gnosticism. But we want to come into the Direct Experience of the Lord, God; you see (It is) nonsectarian.

"I know people who literally have said to me, 'I want to do this Walk on this Path. I want to Walk It but I'm not perfect (when) I do this; I'm going to wait until I'm cleaned up a little bit more Spiritually.'

"Well, dodo, God Bless you but guess what? God doesn't sit there and judge you and say, 'you're not good enough; you're not Spiritual enough to start your work.' It doesn't work that way. Start where you are! For Christians: Christ was born in a manger. He was born, as they say, in the 'shit and the piss'. Why? Because It's in the everydayness. We have to start there. We have to start there. If you have a Kabalistic frame of reference - and, by the way, if you're really into the Kabala, you may want to read ancient Greek philosophy because it's taken right from there - all the emanations and everything and what is called the *Sifferot*, the ten main emanations, etc. have even lead to modern-day archetypes in Jungian thought. But if you get to the core of it, the Kabalistic Tree of Life reaches on up to that perception of where those emanations began. So there's a dramatization of going on 'inside' and going on 'up' to that perception of where those emanations begin. So there's a dramatization of going on inside and going on up and getting to the Source.

"Let me say it another way and maybe I can sort of demonstrate it as best as I can. Here's this Vibration - and That's all It is, really - of the Lord, God. I don't mean That's all It is not to shortchange It. It's our Be All and End All - that's for sure. But here is this Frequency Vibrating and It down-vibrates and It down-vibrates and It down-vibrates. As It down-vibrates, It sort of spreads out and squashes and as the lower worlds come upon It or matter or density - whatever you want to call it - It gets lower and lower and the Oscillation gets slower and It gets more spread out. And once that starts to happen you've entered time and space. We sit here because of the slowness now in matter of this Vibration and we've lost the Beginning of That, as it were, or we're at the effect of the karma we've created. But because things are so slow here, we haven't a clue as to 'okay; we're at the effect of it; when did it begin?' We think it's something outside ourselves, like 'well, it just happened' and we can't trace It and we can't trace our Responsibility.

"But when we sit in Meditation, something else happens. We are literally picked up, as it were, on whatever you want to call It, the Magic Carpet of the Holy Spirit, of the Sound Current - It doesn't much matter what you call It. And we're picked up and we ride It above the density of matter and then we're in the Oneness and there's nothing to wait for. The Gift of Walking this Path is we can go 'There' anytime."

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-- From the Satsang  
"What Are You Waiting For?"  
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“You’ve come here to know yourSelf as the Spirit that you *are*. I like to work things as I said by Knowing That and reinforcing That and by going into That Consciousness. It doesn’t take much; I just have to Attune mySelf and guess what? The Lord, God in His Mercy and His Kindness, says ‘Oh! There’s Roger; He’s turned to me a little bit. Hell, let me meet Him more than half-way!’ And He does. And It does. I don’t have to do very much. You don’t have to do very much. But God will read your Heart. He’ll read the Innermost Promptings of your Heart.”

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“ ... And It’s a Never-ending Process and It’s a Joyful One. That’s why you have that body and that body and that body, for that Opportunity to direct your emotions and your mind and your physicality into That.

“ ... And eventually every Soul is going to have to Know Itself as the Spirit that It *is*. Because That’s What has been laid out. That’s the Plan for every Soul. ... Some people call It God Consciousness, some people call It Christed Consciousness - distinct from the religious figure - It’s the Christed Consciousness or God Consciousness, That Attunement, that Total Memory of Who we *are* at all times.

“And That’s the Gift and That’s the Pleasure.”

## 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. Inside yourSelf allow a situation to arise in which you have been trying to be “perfect” in the world.
3. Now, ask the Lord, God to take this pattern from you!
4. Tell yourSelf, “(Your name), it’s OK to let it go!”
5. Know that you are already Perfect as the Spirit you *are* and Know that This is the Only Perfection.
6. To gain Spiritual Strength attend Meditations; Talks; Classes; Workshops; Video/DVD Showings; and Study Groups.
7. Most of all, if you haven’t already, request Initiation into the Sound Current on the Path Of Soul Transcendence – the most Precious Gift you can receive and the Purpose of this Life – by contacting your nearest Regional Center or the New York Home Center.

## Dear Cosmos Tree

**Q:** “In the midst of all my busy-ness, keeping myself busy with career how do I know – I’m single – if I’m ready for a relationship? How do I make time for a relationship? My schedule is so crazy (sic) already I barely have time to sleep. If I barely have time for myself to sleep how do I make time for a relationship?” F.E.

**Dear F.E.:** 1. Call in the Light Of The Most High inside yourSelf by saying, “Lord, God, Send me Your Light!”; 2. Co-Create with the Lord, God by asking the Lord, God for what you want by saying, “For the Highest Good, Lord, God, [fill in what you want - i.e., to know if you are ready to have a relationship or to have more time or to be less “busy” or have a schedule that is relaxed, etc.]; 3. Ask the Lord, God to take anything [the struggle, the drama, etc.] that separates you from the Spirit you *are*!; 4. Tell yourSelf “(your name) it’s okay to let it go!”; do as often as necessary!; 5. Ask the Lord, God for Clarity and Guidance like this: “Lord, God, for the Highest Good, please send me Clarity and Guidance on [fill in what you need help with; again, i.e., knowing if you are ready for a relationship]!; 6. Stay Present! (the mind loves to be busy!!); the only Real Relationship is with God!; Live from That Place and all things are handled; 7. Work with your basic selves (the part of you that brings forth your karmic patterns) by directing them into the action [what are doing now – i.e., to stay Present]; keeping it present; keeping it positive; and giving yourSelf encouragement; a good start is to say “I need your cooperation and energy to stay Present. Thank you and keep doing the good work you’re doing!; 8. Begin the day by putting the day into the Light Of The Most High for the Highest Good by saying “Lord, God, send me Your Light! Please place this day into Your Light for the Highest Good!” Each night, put God’s schedule into the Light Of The Most High for the Highest Good by saying “Lord, God, send me Your Light! Please place this schedule for tomorrow into Your Light for the Highest Good! And please bring forward the perfect schedule for me for tomorrow now.” It’s God’s Schedule. Allow It to come forward and follow It; 9. Your job is to stay clear (you don’t need to worry about or focus on karma!) – it’s God’s Life and God’s “time” (in reality, there is no “time” or “space”) – turn Everything over to Him (see 1-7) – Let Go, Let God!; 10. Request Initiation into the Sound Current on the Path Of Soul Transcendence NOW – this is giving yourSelf the time of day!!! It’s the ONLY WAY to live from That Place of Being Present and to Fulfill your Purpose here! Your Purpose is to Love, God – Go For It NOW! Know *directly* that we *are* Spirit and as such we are all One (you are not *really* “single”).

**To Reinforce Your Learning:** 1. Beginner: read the *Tools For Living Free*, “Being Present”; “How To Run A Business (Your Life) Spiritually”; “The Power of Positive Self-Talk”; “Using The Tool Of Choice”; listen to the CD or MP3 “Are You Giving Yourself The Time of Day?”; Intermediate: Everyday Evolution I Class; Meditation; Open Hour; 3. Advanced: 1, 2 and request Initiation into the Sound Current on the Path Of Soul Transcendence by contacting your nearest Regional Center or by calling the New York City Home Center.

### Dr. Lane adds:

Dear F.E.: As suggested by our editor, you need to see if you really want a relationship although, because of your question, you seem to.

I also Lovingly Suggest that inside yourSelf you enter into the proper relationship with this relationship before giving it to yourSelf. What is this proper relationship to your relationship?

Remember that it is YOU who are having this relationship with someone and that this someone is having a relationship with YOU so it is important that YOU be YOU!

You need to “come from” who you are and not from neediness or you will give over your power and “get lost in the other.”

The other person in the relationship does not exist to complete you or to be your “Soulmate” – despite its being a popular notion there is no such thing as you *already* are complete as Soul! – but to add to and complement your journey through this life and with whom to share yours. “Fitting in” this relationship does not fulfill it; sharing you does.

To strengthen Who you *are* you need to start giving yourSelf to yourSelf by asking daily the Light Of The Most High to take what isn’t you and letting it go!

Since you really *are* Soul, Spirit and you need to make This the foundation of your life. The way to do this is, as suggested, to Meditate with the Light Of The Most High. Also, you may wish to ask yourSelf why are you so busy that you have no time for you and are running around like the proverbial chicken without a head. From what inside of yourSelf are you running?

Regardless of whatever hurt, pain, fears are within you they are not the *real* you. Underneath them is the Spirit you *are*. I Lovingly Suggest that you begin this Discovery by Meditating with the Light Of The Most High. You will get quiet and get beyond and above the “noise” of your everyday life – the “busyness” inside that is reflected by the outer manifestation of not having time for yourSelf – and you will find yourSelf. Taking Initiation into the Sound Current on the Path Of Soul Transcendence both signifies and amplifies your Commitment to This.

Please know, F.E., that the only Real Relationship is with God, with the Spirit you *are* and Knowing This is the reason that God has given you life.

I Lovingly Suggest you “busy” yourSelf with Fulfilling your Divine Purpose!

Please, F.E., let me know how you are doing.

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