

Tools For Living Free

NUMBER 166 IN THIS EDUCATIONAL SERIES

Are You Being Generous?

Excerpts from the Satsang "Are You Being Generous?" Given by Dr. Roger B. Lane (MP3 A59)

"And God's Kindness and Generosity has to do with He gave us the world to use as a way of coming to Know Him. The Opportunity of birth, of being in the body - That's the Opportunity! And It's through His Gift; He Gives us the Gift of Initiation [ed's note: Dr. Lane is referring to Initiation Into The Sound Current], of extending Himself through all the levels and sparking you Awake.

"And by following the Spiritual Practice (given to you at the Time Of Initiation) you are able to be Awakened on all levels that He Lives on in you as you that you're asleep on.

"And in our ass backwards way of working things what do we do? We think we're awake when we're asleep. We think we're awake if we're fully conscious and in charge of and really dominating in the physical world. You know, 'I'm at the top of form.' 'I'm at the top of my game.' You know, 'I rule.' Well, OK, you want to rule you get to have it. You get to have the world. You get to have reincarnation.

"So Generosity has to do with, are you willing to give yourSelf God? Are you willing to give yourSelf the Best? ..."

"... the lower self just takes. It always comes from the point of, 'What's in it for me? What am I going to get out of it? What can I take from it?' OK. We Know that the Nature of Spirit is just the opposite: It's always Giving, Giving, Giving.

"And those of you who are Honest in terms of your own experiences, when you take a look at the moments you've really been in Spirit and have Given from that place of Oneness you know there's never been lack. You've never lost anything because you've Given but you've gained. And those of us who Serve 'others' we really - that's our only Salvation in a way - *always* are to be at God, always to Give and Give of the Overflow that we have.

"So when you're being Generous the only way is to be in the Spirit That you *are*. Otherwise, you're going to be in the consciousness that wants to take, that wants to get an advantage over someone, that wants to maximize someone else's disadvantage. And it's always going to be you against someone else because you have this distorted view that you're separate. But I've never seen a Spirit and I've never seen a Soul, I've never ever, ever, ever seen a Soul

That wasn't of exactly, *exactly* the Same Spirit that was in someone else's body and somebody else's body. That It's all the Same.

"And the Journey of the Soul is interesting because God gives us the illusion just like you're in that body, you're in that body, you're in that body, etc., etc., that you're Soul, you see? And It's this individual Soul and you do your Spiritual Progression and It's in terms of your Soul and your Spiritual Progression. But at a certain point It merges with the Godhead. It merges with God. And It loses Its individuality, see?

"So even that illusion goes. And when you're being Generous you Respond to that point of Giving, to that Place of and the demand, really - the *internal* demand - to really come from the Spirit you *are*.

"And the way to come from the Spirit you *are* is to constantly reinforce the Spirit you *are* and the way to reinforce that Spirit is to Know the Spirit you *are*. ..."

"See, in Reality, the game is rigged. You're all going to lose it. Every single one of you is going to lose the game. Not one of you, not one of you will be able to continue as an individual entity forever, let alone in your identity this lifetime [ed's note: Our Teacher in stating "your identity this lifetime" is referring to Those Souls That are Sound Current Initiates On This Path Of Soul Transcendence]. You're going to lose that because it's all set up that every Soul must exercise Its Responsibility, Which is go Home to God; Know Itself as Spirit and go Home.

"And the individual has to live in the Generosity of itSelf, always Giving itSelf. And what are you Giving yourSelf? Spirit. So if you're feeling impoverished, if you're feeling less good than, if you're feeling not good enough, you're not being Generous, you're not giving yourSelf the Spirit."

"So being Generous has to do with *each moment* deciding, 'Hey! am I in Alignment with my being here, Which is to Know mySelf as Spirit? Am I in Alignment with the Teaching That I Know is True and That is That It's Our Responsibility and we have the Gift of Knowing God *directly*? And am I Giving mySelf The Gift?'"

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“Now, if you’re really Honest with yourSelf you’ll get to see, ‘wait a second! being Generous means Receiving a Gift and just opening a Gift? That’s how I’m Generous? You mean I’m Generous by just Receiving?’ Yeah. How’s that? Real simple. Just Receive the Spirit you *are*. Open to That possibility. Even if you choose not to Walk the Path this lifetime, fine, but be smart enough *each moment* to give yourSelf the Opportunity to Allow, to drop the negativity, whatever it is, to Allow the possibility of Spirit to move on in. And you just open that Gift and see what it brings.

“And if you’re being Generous to yourSelf realize that things like fear, not understanding - that’s one of my favorite ones: ‘Oh, I read the Blue Book [ed.’s note: Dr. Lane is referring to the Booklet written by Dr. Lane titled The Sound Current: The Path of God-realization]

and I really didn’t understand It.’ Well, of course, you didn’t understand It. It’s not meant for your mind. Your mind can’t go there. And that’s not how It works. It works by Vibratory Attunement anyway.

“But you’re so infatuated with your mind that you think that’s it. But hey! why not? Welcome to the world; that’s where we are today at its best. And that’s why computers rule the roost because it’s a product of that and how we worship the products of the mind. So, of course, you’re going to think the mind is going to do that. And if it can’t do that you slough the whole thing off. OK.

“So being Generous means, ‘OK, I’m cutting mySelf a break here. I may be scared, I may not even understand, and I may not even know what’s going to take the place for a second even if I Choose to give up my negativity but I’m going to do it.’ That’s being Generous. That’s Giving yourSelf the Present.”

Dear Cosmos Tree

Q: When I first met My Teacher, Dr. Lane, I explained that I hadn’t been feeling safe for quite a while. Over time, as My Teacher worked with me, I felt a lot safer. I also knew that Accepting the Love that is here for me helped me, from time to time, feel safe. By “feeling safe” I mean free of a general “feeling” that people are persecuting me or or that I am about to be hurt or abandoned.

What do I need to do to stay/be safe, period? – Anonymous

Dear Anonymous: 1) During Covid, the Meditations Of The Light Of The Most High, brought forward by Dr. Lane, were held via teleconference; at the very end of Each Dr. Lane said, “Stay Safe! Stay in God’s Heart!” That’s the Solution. 2) Safety begins with a Commitment to being Present by *constantly* using the Meditation Technique Taught at the Time Of Initiation; 3) And to practicing Eternal Vigilance! Use the Two-Part Release Technique by calling in the Light Of The Most High: “Lord, God, send me Your Light!” and ask the Lord, God, for the Highest Good, to take anything that separates you from the Spirit you *are* and tell yourSelf “it’s OK to let it go!”; practice TAR: Trusting, Allowing and Receiving the Spirit you *are* (the Safety); do Your Meditation Practice *exactly* as Taught at the Time Of Initiation; do Self-Talk to educate your basic selves - the part of you that brings forward your karmic patterns - by using the Four Rules as Taught by Dr. Lane: keep it present; positive; give direction and encouragement. Using direction as an example, say “basics, come present! I need your cooperation and energy to be Present so we’re in Peace and Joy always! Thank you and keep up the good work with this!” Reassure your basics: “basics, come present! We’re fine and safe and OK now! I need your cooperation and energy to support me in Living from that Spot!”; tell your basics that you *are* Spirit and ask for their cooperation and energy to support you in Living *each moment* from That Knowing;

4) Choose to stay/be in God’s System always! Call in the Light Of The Most High (see 3 above) and place every situation and/or person into the Light for the Highest Good; ask for Clarity and Guidance by calling in the Light Of the Most High and asking the Lord, God, for the Highest Good for It re: the situation/relationship/person in question; Co-Create your preferences with the Lord, God by calling in the Light Of The Most High and asking for what you prefer for the Highest Good; and then Let Go, Let God! That is the Protection and the Safety! Use the many Tools made available by Our Teacher to be in Alignment with the Safety that is God’s Heart; 5) As Dr. Lane often says, “and it really is that simple!”

To Reinforce Your Learning: 1. Beginner: *Tools For Living Free*: “Being Present In The Moment”; “Using Surrender to Advance”; “Using The Tool Of Choice”; “Living As An Initiate Of The Light Of The Most High”; “Meditation On The Path Of Soul Transcendence”; Intermediate: Meditation; Meditation For Health And Well-Being; Everyday Evolution 1 Class; Advanced: request Initiation Into The Sound Current on the Path Of Soul Transcendence! As you referred to “My Teacher” you are an Initiate Of The Sound Current so the Choice is to Live as One!

Dr. Lane adds: Dear Anonymous: Go into the Soul Body and be with the Lord, God as you have been Taught “working” with Me!

And keep Returning!

Proper Identification follows.

Simple!

I hold you in My Heart.

Try This ...

“If you’ve got 20 bucks in your pocket give the 20 bucks away and see what happens! Be Generous! See. But you can’t do That, you can’t be Generous externally unless you’re Generous internally, unless you’re at Spirit. ...” – *From the Satsang “Are You Being Generous” Given by Dr. Roger B. Lane (MP3 A59)*

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, ask the Lord, God, for the Highest Good, to take anything (the negativity) that separates you from being Generous!

3. Tell yourSelf, “(your name), it’s OK to let it go!”

4. Choose to give up the negativity no matter what! That’s being Generous!

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 *Tools For Living Free* Titles go to cosmostree.org at “Resources”. For further information contact:

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