

Tools For Living Free

NUMBER 168 IN THIS EDUCATIONAL SERIES

How To Receive

Excerpts from the Satsang "How To Receive: A Participatory Satsang" Given by Dr. Roger B. Lane (MP3 A208)

"... I wanted to give this Talk on Receiving because many times between Classes or breaks a lot of you sort of grab a bite and are eating and I'll always ask you - well, not always but a lot of times I'll ask you - 'Hey, did you call in the Light?' [ed.'s note: Dr. Lane is referring to the Light Of The Most High] And, usually, whomever I'm asking, looks at me like, 'Gosh! how can this guy be my Spiritual Teacher? He doesn't even know that I've Called in the Light. I better think about all of this, you know?' And, then, of course, it turns out that, yeah, that's exactly it. You called in the Light but you didn't Receive. So, the Light's sitting there.

"And it's interesting when you get quiet and you Receive. It's almost like a slinky going down the stairs. It's like the Light just goes down through all the levels in your consciousness. OK. And that's what's really, really important. That you're giving It to yourSelf. ..."

"But when we allow ourSelves - our consciousness - to just go, bingo! outside and grab, go right to the food then we're cheating ourSelves instead of being Present with God.

"See - and it's no different in our Life as a Soul from what we do - and what we've done in our embodiments as a Soul. We've gone outside ourSelves; we've attached to our thoughts, to our feelings, etc., etc. And we've entered the world of form and we've been pulled out of ourSelf.

"So, when we Call in the Light, we have a Wonderful Opportunity to Receive. To Receive.

"Now, I can shoot a funny scene in a movie. I can have people going to church and they receive communion and they won't place their mouth or their hand where they can receive the wafer or the wine and it will be really funny. And it will spill out and spill all over them, etc., etc. The crumbs, the wafer will go down their blouse or whatever it is, their shirt. And the wine will stain their clothes. And it will be a funny scene. But isn't this what we're doing? We're doing a similar thing. We're not placing our consciousness Where we can Receive if we place it outside of ourSelves with the things of the world.

"See, and in our training as a Soul - because that's what we're doing in this life - we're undergoing a training. That's what we've always done, up until now. We've always, always gone outside and attached to the world of form. Attached outside ourSelves; attached outside ourSelves; outside ourSelves. And, of course, it's these very attachments that keep pulling us back into another body, another body, another body until we get it right."

"So, you want to be Receptive. So when you work with The Teacher, when you work with yourSelf so many of you have had Wonderful Opportunities to drop your stuff and just Receive. ..."

"So we can sit with the karma upon us and enter into agenda; fear; lack; pain; suffering, etc. Or we can just Choose to be Present. See, when you're Present then you start to experience the Joy. You start to experience the Fun. And you start to experience really, really being alive.

"And many of us think that in order to be alive we have to

have a lot of excitement. We have to have a lot of suffering. We have to have a lot of drama, etc., in order to feel alive.

"But think about it? What gives us life but the Spirit, the Soul. So if you really want to be alive, doesn't it make sense to just Receive It into the levels of your consciousness and just be Present?"

"So, how you Receive is, you hold Steady in the Light; you let go; you enter into LOVE; LOVE is Letting Go Of Volition Every Time. You let go of your agenda and you're just Present and you Receive. And, see, you can Receive in terms of the Light Of The Most High; you can Receive from other people; you can Receive the Enjoyment. Just the spontaneity of Being. That's What's really crucial!"

"And so when we Receive we come into that State of Surrender, of Letting Go, of Trust, of Union. But it doesn't happen as a mental exercise or anything else like that. And, by Spiritual Law, a Soul cannot be violated. Soul is in charge and It cannot be violated. So, if It hasn't Chosen to work with the Light Of The Most High through the Initiatory Process, OK, that's fine. Then It doesn't Receive That. And It works with the magnetic light in the lower worlds. Because It hasn't decided to Know itSelf as Soul, as Spirit. And It hasn't committed to Knowing itSelf and God *directly*. So, It knows things through reflection. It knows things through reflection.

"And isn't it silly to take Initiation Into The Light Of The Most High Where you can enter into the Soul Body and Be with God and then Choose away from That and know through reflection? Not Receive? It's like you dive for a pebble in the water and you think it's in that spot but, because of reflection, it's not. It's in another spot.

"And that's what we do when we receive out of our karmic field. We're not Receiving That because we're not Receiving the Light Of The Most High because we haven't Placed our consciousness There. It's like the football team going to a stadium where there's not going to be a game. You're not going to be able to receive the championship trophy because you're not in the stadium to play the game. You're not giving yourSelf a chance.

"And one of The Teachings that I Bring Forth is to Love yourSelf enough to give yourSelf the time of day. And Giving yourSelf the time of day is to Place your consciousness Where you can Receive.

"And, in conclusion, if you really were Receptive to What's being said, you would Receive the Talk. And you would Receive It as intended - Spiritually, Which means you would be Receiving It as information, etc., etc., but also, because of the Spiritual Forcefield I work with, you'd also be experiencing It Vibrationally. And, if you Receive It, you would be Upvibrated as a Soul, as Spirit because That's how The Teacher works with the Student. Through the Upper Part Of The Third Eye and the Crown Chakra so that you *are* Upvibrated.

"The Spirit, God, The Teacher - Whatever you want to call It - Loves you enough to say, 'OK. You're in charge (of Where you focus). Your creation; you can have it.'

"But I'm offering you another Choice. And I hope you'll be wise enough to take It. There's another Way! There's the way of the world. And There's the Way of Grace. It's real simple!"

"What gives us life but the Spirit, the Soul. So if you really want to be alive, doesn't it make sense to just Receive It into the levels of your consciousness and just be Present?"

- From the Satsang "How To Receive: A Participatory Satsang" Given by Dr. Roger B. Lane (MP3 A208)

Dear Cosmos Tree

Q: How can a person Walk the Path [Of Soul Transcendence] and work the Tools when their spouse seems to present a very bright shiny representation of the negative polarity and yet I still think I want to be with them? It seems obvious that it's bringing forth my Opportunities, constantly, to Lift and Grow, yet how do I work it NOT just from a perspective of wanting to leave them, but wanting to somehow be with them? I think I know some of the answers but I ask for the sake of Clarity and Guidance that I am not off track. – J.O.

Dear J.O.: 1) Stay Present by Placing your Focus at God; do This *moment-to-moment* as The Teachings Teach; 2) As The Teachings Teach, use everything to Lift and to Grow so if negativity comes up, use the Tools: the Two-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 stands between me and the Spirit I *am*" and tell yourSelf "it's OK to let it go!"; the Picture of Our Teacher: *Tools For Living Free*; attend The Teachings Study Group (the second Sunday of every month at 3 pm Eastern) – the Satsang studied most recently is #A289 "What Are You Confessing?: A Participatory Satsang" – the three Tools recommended in #2 come from this Talk! Please Listen to It! 3) Do Your Meditation Practice *exactly* as Taught at the Time Of Initiation; 4) 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 being Present 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!"; ask for their cooperation and energy to support you in Living *each moment* from Knowing That you *are* Spirit; 5) Choose to stay/be in God's System always! That is, stay Present and always Work with the Light Of The Most High; Call in the Light Of The Most High (see 2 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 (the situation/relationship/person); Co-Create your preferences with the Lord, God by Calling in the Light and asking for what you prefer for the Highest Good; *always* Let Go, Let God!; 6) For additional help with this give yourSelf the Tools of Open Hour and, if you prefer, private session(s) with Our Teacher. They help this writer "stay on track."

To Reinforce Your Learning: 1. Beginner: *Tools For Living Free*: #16 "Being Present In The Moment"; #31 "Using Surrender to Advance"; #1 "Using The Tool Of Choice"; #82 "Living As An Initiate Of The Light Of The Most High"; #55 "Meditation On The Path Of Soul Transcendence"; #72 "Family 'Problems': What, Why And How"; #96 "The Family Solution"; #152

"Everything Is An Opportunity To Grow In Love For The Lord, God". Intermediate: Meditation; Meditation For Health And Well-Being; the Classes: Everyday Evolution 1; Relationships; Fear, Hurt, Pain And Other Attachments; Advanced: apply to one of the Master's Programs offered through the Center For Religion And Advanced Spiritual Studies.

Dr. Lane adds: Dear J.O.: Thank you for the Opportunity to be of Service.

From your question it appears that your Walking This Path is dependent upon how your spouse behaves and lives his life and that, unless you fully decide to be with him or he is no longer your spouse, you cannot Walk This Path.

In other words, you have seemingly given your power over to your spouse. But this is just a game your lower consciousness is playing. Remember that its job is to keep you from Going To Completion and to keep you in your karmic patterns.

Remember, too, that your job as a conscious self is to use that as a Strengthenener, to use it to choose to Focus into the Spirit you *are*. You do not need to control anyone or have them change in order to do so.

All Souls Going To Completion have this "civil war" going on within. The lower consciousness - whose focus is karma and reincarnation - uses whatever is appropriate to the individual Soul. Whether or not you should stay in the marriage is appropriate for you.

But behind it all is God and the Spirit you *are*. You as J.O. are to use this to Commit to Walking This Path in Love and Devotion for, as long as you are focused on whether to stay in the marriage or not in order to Walk This Path, you are not able to do so.

Walking This Path – to quote you – "not from a perspective of wanting to leave them but wanting to somehow be with them" has nothing to do with Walking This Path. You are simply allowing it to keep you from being the Spirit you *are*. The only perspective you need is the perspective of determining to Walk This Path in Love and Devotion.

I Lovingly Suggest that you work with the Light Of The Most High to help you bring Clarity to your marriage question and to help you bypass that issue so you Walk This Path as the Spirit you *are*.

Leaving your marriage does not leave behind the karmic learning that it helps to bring forward; you are still responsible for this Learning. While an Initiate Of The Sound Current On The Path Of Soul Transcendence is met with the Grace Of The Master there is still this Responsibility.

This Responsibility takes place within the Great Responsibility of Knowing yourSelf as Soul, as Spirit and Knowing the Simple Truth That God lives in you as you.

I Lovingly enCourage you to take charge of This Responsibility, Which – as The Teachings Of The Path Of Soul Transcendence That I am Blessed to Bring Forth – Teach, J.O., is the ability to Respond to the Spirit you *are*.

You are truly That, J.O.

I hold you in My Heart.

Try This ...

"I want to talk a little bit about how to Receive. And I want to start by doing a Process. So, let's do a Process! And, I'm going to Call in the Light Of The Most High because That's What we work with. So 'Lord, God, send us Your Light! And we put this time together into Your Light for the Highest Good!' OK.

"... So, what I'm going to do now is have you just simply Receive. I'm going to Call in the Light again, Which just notifies our own consciousness that we're Focused 'There' and then I want you to Receive That Light. OK? So 'Lord, God, send us Your Light! And we put this time together into Your Light for the Highest Good!'

"... And, what I want you to do is, I want you to run some stuff. OK. [Pause] And now I want you to cease. Stop and just Be Present! OK. [Pause] Run some stuff! [Pause] Now cease and just be Present! [Pause] OK. Run some stuff! [Pause] OK. Now just be Present. [Pause] Run some stuff! [Pause] OK. Now just be Present! OK.

"Now, when you can, bring your consciousness back here. ..."

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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 that separates you from Receiving the Love That's Here for you.
3. Tell yourSelf, "(your name), it's OK to let it go!"
4. Fulfill your Purpose here now by requesting Initiation Into The Sound Current On The Path Of Soul Transcendence by either contacting the New York City Home Center at 212-828-0464; emailing info@spiritcentral.org or contacting any Regional Center.
5. Gain Spiritual Strength by attending Classes; Meditations; Meditations For Health And Well-Being and by placing yourSelf in the Presence of The Teacher by attending Meditation Of The Light Of The Most High; Satsangs; Classes and Clinics in-person at the Home Center.

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

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