

# Tools For Living Free

NUMBER 169 IN THIS EDUCATIONAL SERIES

## How To Receive – Part II

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

“... 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!’

“Now, I want you to be honest with yourSelf. How many of you, because when we say, ‘send us Your Light, Lord, God’ It’s not that God is sending His Light to us because It’s always Present. It’s just the way we have of notifying our consciousness that we are Focusing on the Light Of The Most High. We’re directing our Focus There. But, how many of you actually Receive That Light? Not too many. So, that’s the rub!

“We Call in the Light Of The Most High and we say, ‘Hey! I’m placing my consciousness with the Light Of The Most High, with the Lord, God!’ And then we don’t Receive It. We don’t really give It to ourSelves. OK?”

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“... you’re depriving yourSelf. See, ‘I’m Calling in the Light. I’m going to place my consciousness with the Light but I’m not going to do that. I’m not going to give it to mySelf.’

“And then it becomes something you’re doing by rote or just as a mental exercise and, of course, it doesn’t do anything. Because if you wanted a ritual or something you could just do any kind of ritual you wanted. Or go to some religious organization and do whatever their rituals are. Or whatever rituals you want to engage in. That’s fine but you’re not participating with the Light Of The Most High. So, you’re cheating yourSelf and you’re impoverishing yourSelf.”

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“And there are lots of ways we can Receive. I’ve noticed many times people will talk to Me and they’re not talking to Me. They’re in an abusive relationship with me. They’re trying to abuse me. It takes two to tango. I don’t tango. But it’s abusive because they’re abusing themSelves. And how do they do it? Very simply. They want to distort What’s being said and use it for their purposes, really the purpose of the lower self, etc., etc. Rather than to be Present and Receive. Of course, in the Reception you’re Uplifted and Uplifted.

“So just think about it. You go to your Spiritual Teacher to keep your stuff going. That’s perverse! That’s crazy! He’ll let you have it because you’re in charge. But that’s nuts! Why waste your time? Why waste your energy? To say nothing about The Teacher’s Time and Energy. Why waste It?”

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“And the Divine Balm, the Divine Solution - That’s the Solution for everything. And you can only have It if you’re Present. It’s kind of like, if I were to tell you, you know, there’re some championship football games coming up this weekend: ‘Ohio State is playing Wisconsin.’ ... Then I go and I tell the team, ‘You know what? It’s being played in x, y, z stadium. And they show up and there’s no game. They’ve misdirected their focus, where they’re going. So they can’t even receive. But isn’t that what we do? We do the same thing. We’re directing our consciousness out into the world; into worry, fear or pain. Or into our agenda and we can’t

Receive What’s in front of us.

“And, the beauty of little children is, they’re spontaneous. You know, and that’s why the Christ, Jesus said, ‘Except you be as little children you can’t enter the Kingdom.’ Because they’re not running their negativity. They’re just Present. They’re just Present.

“You know, I had a Wonderful Opportunity a couple of weeks ago to have dinner with an old college friend and he brought along his young daughter. And it was like we had this great date. I had this great date with this ten- or eleven-year-old girl. And it was fabulous. We had a great time together. And what were we really doing? We were just being Present; just playing whatever came up. And we just had a great time. OK? And we were just really enjoying ourSelves. And, you know, and the other adults were, they were being ‘adults’ in varying or lesser degrees. And I thought, ‘well, you know what? Isn’t this silly? Why can’t we all be like little children in this sense? Just being Present with whatever comes.’

“And it’s like when we go through our lives, what do we do? We enter into worry, into fear, into pain. We try to control the future, the outcome, etc., etc. Well, good luck with that!

“And we know that as soon as we do that we’re outside ourSelves and we’ve given over our power. And if we’ve given over our power then we’re into karma. And then what are we going to have to do? Well, because we’ve given over our power and we’ve placed it out there, then we’re going to have to try and control and manipulate what’s out there. And we go around and ‘round and ‘round and ‘round.

“And I thought - just getting back to this little girl - I guess her Dad told her a little bit about me. And the first thing she starts talking to me about are those carved underground churches in Ethiopia. So she knew how to get to me. And I thought, OK, I’ll take the hook. OK? But then I realized, you know what? It wasn’t so much as a hook as it was, ‘you know what? I want to engage with you. We can have a good time, and we’ll just stay Present with whatever comes out of that. And a lot of things came out of that.’ We went all over the world and then some. But we started in Ethiopia.

“See, and it was interesting, I didn’t talk to her like she was a child, etc., etc. I talked to her just like I would anybody else. And because I didn’t do that, it opened up this place in her where she had all this enthusiasm for it. She may not have known many facts or anything else like that but she had a real feel for it. She had a real kind of understanding for it and it was kind of neat. And she was open to more learning, etc., etc. And I thought, ‘wow! this is pretty cool. And, you know, why can’t we all share like this?’

“But if we choose into the density of matter, into worry and fear and pain and concern, into hurt, history, you know, so many of us go, ‘Wow! you know I have reference points of this in the past, you know, and this or that’s going to happen.’ Well, then guess what? Your fear’s going to come upon you. It’s a Spiritual Law.

“There was a great quote - I don’t know if she meant to say it or what or if she had any idea of what she was saying - but I thought it was fabulous. They interviewed some famous movie star and she was talking about her relationship and she said, ‘Yeah, I keep, you know, you keep making the same mistakes over and over and over again until you learn.’ And I thought, well, she just defined karma, didn’t she? You know? She just defined karma. And, what’s the ‘mistake’? It is to

“We can  
choose into  
density,  
into matter,  
into being  
a prisoner  
and being  
enslaved.  
Or we can  
Choose into  
the Freedom  
and the Joy of  
Being in the  
Soul Body.”

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

create away from the Spirit they *are*, away from the Lord, God. That's what's really crucial. Eventually every Soul is given enough time, enough embodiments to Learn."

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"But we tend to think we're adult if we're worried, etc., then we're sort of like really mature. You know? We put tremendous burdens on our shoulders. Then we're really Responsible. But we're not really Responding to Spirit. We're

responding to the karma that we're creating. OK? 'Sufficient unto the day are the worries thereof.' Think about it! God's doing a pretty good job running the show. He's taking care of things very nicely; thank you very much! But how come the planet's such a mess? Well, because of His Love for you. He allows you to do what you do with it.

"But you're also assuming that the planet's a mess. It's perfect just as it is because it's set up for our Receiving. And What are we Receiving? But, the Spirit, God *within*. ..."

## Case Study

I read the Powerful Talk "How To Receive: A Participatory Satsang".

And what came up for me is the situation I'm in now and what a Blessing it is and What a "Wonder-ful Opportunity" it is "to Call in the Light Of The Most High and to Receive It," as My Spiritual Teacher, Dr. Lane, states in This Talk.

And to receive those many Blessings as well as The Learning that comes from that Decision to Trust, Allow and Receive.

The situation is this: Right now, the Omicron variant of the Covid-19 virus is "sweeping the globe", as they say; three days ago, I tested positive for Covid-19.

At first, I let worry rule (how am I going to eat while in lockdown? There's no one to talk to who isn't running fear! I'm all alone!)

Then, as I always do with situations involving physical health, I Called in the Light Of The Most High: "Lord, God, send me Your Light!" I asked the Lord, God to fill my body with the Healing Light Of The Most High; and for the Highest Good to please take anything from me that is not of Health!" I let go.

I also Called in the Light Of the Most High (see above) and asked the Lord, God to Bless the situation like this: "Lord, God for the Highest Good I place the situation with my testing positive for Covid-19 into Your Light for the Highest Good! Please Bless this and please do This retroactively to include any time during which I was infected with Covid-19 for the Highest Good!"

I also had made sure to contact My Teacher; I texted right away. And My Learning was profound – that the situation is a Neutral one. From the Sacred Example of My Teacher, I Learned that Covid - like anything else - is a drama-free zone. There were Solutions to testing positive – and that's It. Not just "any solutions" but Solutions that are Brought Forth by The Master, Who is 100% Present. I wasn't 100% Present; and stuff did come up (see below for the Two-Part Release Technique); especially, at first. These Solutions are God/The Teacher/Spirit. Period. And They continued to come in perfect timing as I reached out to My Teacher in Open Hour. What a Blessing! A constant reminder that it's all God; it's all for my Highest Good.

My Learning is crucial here: I was, up until now, running a separation between My Teacher – as if My Teacher is the physical form of The Teacher only instead of Spirit/God in Manifestation to make it easier for this Soul and all Souls to relate to God *within* - and me. I Know that the Spiritual Form of The Teacher is with me. I am heard through the Consciousness of The Teacher – via text or phone or inwardly.

Anyone can Call in for Open Hour; can come to the Home Center to be in the physical Presence of My Teacher. I highly recommend Them both!

I asked for Clarity and Guidance on the situation with my testing positive for Covid-19 by Calling in the Light Of The Most High and asking the Lord, God for the Highest Good to please send me Clarity and Guidance on anything that I need to know in this situation such as getting food, etc. Please let me know anything and everything I need to know preferably now for the Highest Good."

The worry and jumping into "the future" disappeared instantly. I called the super in my building right away; calmly told him that I had tested positive; and he immediately told me what to do for food (order it; have the delivery service leave it at the front desk in my apartment building; call the desk and someone will come up and leave it outside your door); as for garbage pickup, same basic routine.

Since Calling in the Light while in "lockdown", I have been Receiving - Receiving The Learning that was Brought Forth as a Gift by the Lord, God through this magnificent situation. I'm now Learning to take much better care of mySelf physically; to give mySelf the time of day to do that; to be Present by going into the Soul Body and Chanting My Tones (the Meditation Technique Taught by Dr. Lane at the Time Of Initiation); to use the Tools more. These include Service (this Case Study; the Talk Itself); the Picture of My Teacher; Instruction from Dr. Lane at the end of the Dear Cosmos Tree column in *Tools For Living Free* #166 to go into the Soul Body and to keep Returning to the Upper Part Of The Third Eye.

The Learning keeps coming and coming and coming. For instance, I just started to have a runny nose and instead of going with worry, I went with My Knowing that this isn't Covid; rather, it's a dust allergy. Yes, I need to keep my apartment dust-free; to wear a mask while vacuuming and dusting; I need to take an antihistamine *now* – instead of my habitual response of putting it off.

As is the importance of taking regular Covid tests even after having numerous negative ones so as to protect mySelf and others. I Learned also that there is nothing "out there"; no "expert advice" to follow. The only Solutions are God's; My Teacher's; Mine as Spirit and as Inner Knowing. And then checking That Knowing with My Teacher in Open Hour, etc. because it's plenty tricky "in there" and this is health-related after all, which is oh-so-very important.

It's My Teacher Who told me to get tested before I come to the Center – *every time*. At first a part of me fought it; then when I lined up it made common sense; and, as My Teacher one told me and I am Learning now, "common sense isn't so common!"

I Know, too, as The Teachings that My Teacher Brings Forth Teach, that everything is Supplied *moment-to-moment*. The antihistamine I needed to take asap was right there in the medicine cabinet; the "time" I need to simply rest and "take it easy" now was here, too (versus this happening at the "busiest" time of year for me.) Someone just texted to ask if I needed anything – groceries, etc.

I am very Grateful that I am easily able to rest and that the help to pick up food, etc., is there if I need it. Thank YOU, God!

I also Learned that, in order to Receive help, I need to Know I'm Worthy. Worthy of Spirit/the Spirit I *am*. That is the same as being Worthy of The Teacher.

And, of course, my getting Covid was no accident. It was Brought Forward for my Learning. By My Teacher/the Lord, God situations are Brought Forth for all of us in that Way. No accidents, folks!

I commit to Receiving and actively working all the Learning I Receive.

## 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 Receive! Slow down; be quiet inside yourSelf; Give The Gift of the Light Of The Most High to yourSelf.

3. Now, ask the Lord, God for the Highest Good to take your agenda/the pattern of trying to control people and situations from you.

4. Tell yourSelf, "(your name), it's OK to let it go!"

5. Continue to Receive by Focusing into Spirit; reFocus as needed.

6. 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](mailto:info@spiritcentral.org) or contacting any Regional Center.

7. 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 titles in this series go to [cosmostree.org](http://cosmostree.org) at "Resources". For further information contact:

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## Try This ...

"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!"