

# Tools For Living Free

NUMBER 170 IN THIS EDUCATIONAL SERIES

## The Teacher, The Mirror And You

Excerpts from the Satsang "The Teacher, The Mirror And You: A Participatory Satsang" Given by Dr. Roger B. Lane (MP3 A258)

"I want to talk about The Teacher's Holding The Mirror; What The Mirror is; how to work with It and why It's as important as It is. So important that I even devote a Satsang to this.

"I actually was inspired - if that's the right word - to do this because of some recent interactions with some Initiates [Of The Sound Current On The Path Of Soul Transcendence] and how they were getting caught and being, basically, made a fool of and creating a lot of separation and karma for themSelves and really just being blindly taken down the negative pathways. So, it's extremely, extremely important.

"So, What is This Mirror That I'm talking about? We Know that in the Inner Worlds of Spirit there's what's called the cosmic mirror and it sits in the etheric. And in it are reflected all the creations that you've made. All of them.

"And we know that, because of the nature of a mirror and the illusionary field, that the consciousness takes what's in the mirror as real. It can't distinguish that it's an illusion. And it also doesn't know consciously that it has created what's in The Mirror. So, it takes what's in The Mirror as Objective Reality.

"Let me give you a for instance! I think God doesn't like me and that He has expelled me or the Soul That's with me to this planet. So it registers in the cosmic mirror as 'God doesn't like me; God has expelled me.' And we look in The Mirror and we see that statement there, as it were. And we take it as an Objective Reality. We take it as The Truth. We don't get that it's just a thought reflected back to us and that we created that thought based on the illusion that we're under. So we take what's illusionary for Reality, for The Truth.

"We Know that The Teacher is Awake on all the levels up to, and including, the Lord, God Himself. So we Know that on the levels of Soul that the illusionary ones - the ones that sit in the psycho-material worlds - are the causal, the mental and the etheric and, of course, the astral, which is nearest the physical.

"So, we Know that The Teacher Holds all these levels. Is Awake up to, and including, God, The Lord, God Himself. But we don't have to be concerned with most of those levels. The only ones we need to be concerned with are the ones in the psycho-material world. And going from the physical we have the astral, causal, mental and etheric. And that they're the illusionary fields. You look in the mirror - there's this mistake in identification with what's in the mirror as Reality when it's illusionary.

"The Teacher - The Consciousness - reflects those levels. So, when an Initiate comes before The Teacher, the Initiate's creations are reflected back to the Student. That is what happens one hundred percent of the time. Teacher Holding the mirror, the consciousness of the Student looks into that mirror and sees reflected back its creations.

"But the nature of the illusion is, because of the unconsciousness or the state of sleep in the Student, (the) Student doesn't realize that The Teacher is Holding the mirror and mistakes what is seen in the mirror as coming from The Teacher.

"Let me give you an example! I'll just continue with the example that was used. You think that God doesn't love you, that you've been expelled; you're unlovable. Kind of the state of the human race. (When you) Work with The Teacher, you think that that's what The Teacher thinks of you. You

think that's what The Teacher thinks of you. Rather than that's your creation reflected back to you from the mirror that The Teacher is Holding.

"Another example! Let's just say you have a family history of some kind of arrogance, some kind of pride, some kind of whatever. And you as a child or so were never listened to. So you think that whatever you have to say is not important, people just dismiss you or whatever it is. So in your interaction with The Teacher you'll think, 'Oh! my God, He dismisses me. My God! He dismisses me. He doesn't care what I say. He doesn't remember what I say. He doesn't have any regard for what I say', etc. etc.

"Another example! Let's just say you have a fear of being cheated or you feel like you've been cheated in your life. So in your interactions with The Teacher many times, you'll go, you'll be on guard and you'll go, 'Oh! my God.' And feel that, 'Oh! my God, The Teacher wants to take advantage of me.' Or, wants my money. 'Going to cheat me out of some money'. Or 'He's going to do this; He's going to do that.'

"Whatever it is, You feel unlovable in your interactions with The Teacher. It's 'The Teacher doesn't love me'. Confusing once again what's in the mirror that is your creation with The Teacher. And this happens virtually all the time until it doesn't. And this is extremely important. Because if you take what's in the mirror as coming from The Teacher you'll build the resentment, the anger, the negativity, the hurt, etc. And you'll build a separation. You'll create a lot of karma. A lot of violence. You'll have a lot of anger, etc.

"And, also, the interesting thing to me is, a couple things with all this is we know that what gets our goat or what the basics [ed.'s note: Dr. Lane is referring to basics or basic selves that bring forward our karmic patterns] latch onto - that it's blown out of proportion. It has a lot of charge. It has a lot of energy with it. It has a lot of negativity. And we know as Initiates we're Blessed with having Tools to let go of it, etc., etc.

"So, if that's coming up for you and you're seeing it from The Teacher that's a sign. 'Oh! my God, I'm mistaking my creation in the mirror for The Teacher Who is Holding the mirror so that I can move beyond It. And I'm creating all this karma. ..."

"And the other thing that we know is that many times - I'll be kind and say only about ninety-eight percent of the time - what we really think we're angry at or annoyed at isn't really what's happening. ... So what I'm annoyed at many times isn't really what's happening but it gives a lot with our personality or with what our basics would be prone to.

"And it's interesting, you know? Somebody made this comment to me recently and I was thinking about it. And I thought, 'Well, you know, this person is talking about this one instance and she is absolutely 100 percent correct'. But, when I look at it and I think about it and I think about it in dozens and dozens and dozens of instances, I really have to say it is true in each and every one of them. Not just in the one particular incident that this person was speaking about. But all of them. And let's just say, your focus and your basics - because basics are basics - one of the things they're going to focus on is money. So you'll talk in terms of money. But I've never seen that that really is the issue.

"So many times, once again, what happens is when

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(The)

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And, hey!

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Lift! Lift!

Lift! Lift!"

- From the Satsang "The Teacher, The Mirror And You: A Participatory Satsang" Given by Dr. Roger B. Lane (MP3 A258)

you're working with The Teacher, when you're around The Teacher, is something comes up for you, has a lot of charge. Because it has charge it's showing that you need to work with it or allow it to be moved off of you and, in addition, it may not be what's really going on. It's just something to hold your attention negatively.

"Now, why is this so important? Because what you're seeing in the mirror is your creation of pain, of hurt, of separation. Usually there's so much pain.

"And if you're Blessed to be around The Teacher, particularly for days at a time, you'll get This Opportunity to have all this stuff to be shown in The Mirror so you can have it

flip inside of you. You can be on the other side of it. You can get moved beyond it. And get beyond all that illusion.

"Because, let's take those examples! If you feel unloved, kicked out of the Garden how are you going to Accept God's Love? How are you going to truly Accept yourSelf as Soul and Spirit? You can't. So the Master's Grace is given to you and you are given This Opportunity to get to the other side of it. To have it moved off of you."

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"So be smart and take whatever comes up in your interaction with The Teacher! It's for you to look at. And have moved off of you."

## Dear Cosmos Tree

**Q:** What is the Way to Educate a child about using the Teachings Of The Path Of Soul Transcendence? - VI

**Dear V.I.:** 1) Stay Present by Placing your Focus at God; do This *moment-to-moment* as The Teachings Teach; always remember that we are One Spirit, your child included; 2) Listen to yourSelf and Share from That Place including the Joy of Living The Teachings and the Purpose of this Life. Compassion is being yourSelf in the Presence of others, including your child; 3) Use the Two-Part Release Technique by Calling in the Light Of The Most High: "Lord, God, Send me Your Light!" Ask the Lord, God, for the Highest Good to take anything that stands between you and the Sprit you *are*, including judgements on your parenting or on your child's learning! Tell yourSelf, "it's OK to let it go!"; 4) Co-Create with the Lord, God by putting your preference into the Light Of The Most High by Calling in the Light (see #3 above); ask the Lord, God for the Highest Good for your preference; for instance, for your child to Learn to use The Teachings; 5) Ask for Clarity and Guidance by Calling in the Light (#3 above); ask for the best way for your child to Live The Teachings; 6) Help your child participate in any Programs offered by Cosmos Tree or CRASS open to children; as an Initiate [Of The Sound Current On The Path Of Soul Transcendence] you may want to be of Service by creating Programs and/or Tools specific to children; 7) Speak with Dr. Lane re: the best way for you to specifically Teach your child The Teachings (see Dr. Lane adds below); for instance, if Approved, the Two-Part Release Technique; Working with the Light Of The Most High; Self-Talk as well as specific Teachings including Gratitude; Forgiveness; Acceptance; Patience; Surrender; Choice; speak with Our Teacher and then, if Approved by Dr. Lane, use What you Learn to help your child and others; 8) Finally, Our Teacher, through CRASS, makes available Baby Blessings to infants in their first year of life – a Sacred Blessing that "jump starts" the Soul's Spiritual Progression; They are Magnificent Reminders of the Blessing That It is to Nurture these Souls; as Dr. Lane Teaches, they are not "ours" as we are their Sacred custodians.

**To Reinforce Your Learning:** Beginner: *Tools For Living Free*: #16 "Being Present In The Moment"; #82 "Living As An Initiate Of The Light Of The Most High"; #96 "The Family Solution"; Intermediate: Meditation; Meditation For Health And Well-Being; Classes and Clinics: Everyday Evolution I and II; Relationships; Fear, Hurt, Pain And Other Attachments; Advanced: If you haven't already, Apply to the Master of Divinity Program offered by the Seminary at Center

For Religion And Advanced Spiritual Studies and complete the Program. It is a Wonder-full Opportunity to Study The Teachings and be Uplifted.

**Dr. Lane adds:** Dear V.I.: Thank you for the Opportunity to be of Service.

The Teachings Of The Path Of Soul Transcendence bring forth a Way to educate all Beings regardless of age: It is contained in the acronym LEARN.

L stands for Learning. We need to have the willingness and the humility to be open to Learning. That is, we need to let go of any "I know best" attitude and be receptive.

E stands for Elevate. The simple Truth is that when we give ourSelves the Learning we are Elevated and Uplifted. When we are open and receptive it follows naturally that we are Elevated and Uplifted.

A stands for Apply. As Spirit is very practical we need to use The Teaching in our everyday lives. Through the Application of the specific Teaching we Learn and Elevate and our Understanding grows as may our appreciation of The Teaching we are Applying in our lives.

R stands for Repetition. We need to Apply The Teachings *constantly*. Not just when things seem to be going against us or when things are going swimmingly. We need to Apply The Teaching repeatedly to have our Learning and Elevation.

N stands for Neutrality. We need to be Neutral without any judgements – regarding our pace of Learning; our Understanding and how we seem to be doing Applying what LEARN stands for.

You will need to work with your child using LEARN as outlined above. You as the parent set the tone for the child's Learning. Teach Lovingly and share your Love of The Teachings – not just in words but also in your Inner Approach and Reverence.

Be enthusiastic towards Learning! If It is approached as a chore the child adapts that attitude and will soon resent the Learning; it will be a "have to" rather than "I want to". Share The Teachings from the simple Truth That They are What you *are*: Spirit.

While you do not mention whether your child is a toddler, a teenager or in-between you may encounter some resistance because of the normal dynamics between parent and child. Simply handle it Lovingly and Neutrally, avoiding a power struggle or an environment that is not suitable for the Sacredness of This Learning. You may need to be patient and wait until the child is more receptive.

Please, VI, keep me informed of Your Progress with this Wonder-full Opportunity.

## Try This ...

"What I'd like to do before we stop, in conclusion, is Call in the Light [Of The Most High] and have you do a Process. So, 'Lord, God, Send us Your Light and we put this time together into Your Light for the Highest Good! And we ask That Which is only for the Highest Good to come forth'. Now, just inside yourSelf let a time come up for you when you confused what was in the mirror that The Teacher was Holding with The Teacher! That that negativity was coming from The Teacher towards you. [Pause] Now, just allow your consciousness to recognize it and

see it as your creation reflected back to you by God's Grace and that you are moved to the other side of it. [Pause] Now, visit it again in as deep a way as possible inside yourSelf. [Pause] And now, use it constructively, recognizing it as your creation, as an Opportunity to be moved beyond it so you can come to Know yourSelf as Soul, as Spirit, as Loved by God! And just Receive God's Love That is, of course, at the other end of all that."

– From The Satsang "The Teacher, The Mirror And You: A Participatory Satsang" (MP3 A258)

## 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 to take from you "feeling unloved, kicked out of the Garden".
3. Now tell yourSelf, "(your name) it's OK to let it go!"
4. Now, Allow yourSelf to be moved into Accepting God's Love.
5. Now, Fulfill your Purpose here 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.
6. 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](http://cosmostree.org) at "Resources". For further information contact:

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