

Tools For Living Free

NUMBER 171 IN THIS EDUCATIONAL SERIES

The Teacher, The Mirror And You – Part II

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

“The Teacher’s Purpose is only One. He’s only got One Purpose. To Manifest the Living Reality or to hold the Positive Polarity for you. (To) Give That to you. Vibrate There for you and have you Attune to That so that you can Know yourSelf as Soul, as Spirit.

“And These Loving Actions of Grace - people being how they are, many times they will turn This into great opportunities to consolidate negativity and to cause further separation, further hurt by separating themSelves from the Spirit they *are* and from The Love of The Teacher.

“You never stop The Teacher’s Love for you. But you stop your Love for The Teacher or God.

“And we Know that This is a Bhakti Path. And Love of The Teacher *is* Love of God. And I’m not talking about Loving Dr. Lane or me or anything. That’s irrelevant. But the Spiritual Form of The Teacher That is *always* with you and the Consciousness That The Teacher Holds — yeah, that’s how you do it!

“Because This Thing called the Lord, God is so big and so basically amorphous we really can’t relate because we have forgotten that we *are* Soul, that we *are* Spirit. So, God - in His Kindness and His Mercy - He puts on a body, makes The Sacrifice to be with you. Makes That Incredible Sacrifice to be with you so that you can sacrifice all your negativity, all your separation, all your hurt, all your pain.

“And, The Teacher’s Holding the mirror for you [ed.’s note: Dr. Lane is referring to the cosmic mirror that reflects our creations back to us] - That’s part of the Grace, That’s part of the Action of Grace That you’re given.

“You’ve been living your life feeling unloved, feeling like no one cares about you, feeling unworthy. Here It is! Take It [ed.’s note: Dr. Lane is referring to The Teacher’s Art of Grace of Holding the mirror] and Allow yourSelf to be moved to the other side of it. But, when we insist on being in our karma then we’re going to insist that that comes from The Teacher rather than from the mirror that The Teacher is Holding, whose objects you’ve placed there.

“Whatever is in the mirror (The) Teacher didn’t put there. He couldn’t be The Teacher if He had put them there, if they were His Creations. Those are your creations that you’re karmically responsible for. And, hey! you get The Opportunity to move past them: Lift! Lift! Lift! Lift!

“So this Satsang is really extremely important because you can be moved to the other side of things very, very, very quickly. If you understand how to work with The Teacher, What the Teacher is doing, The Teacher’s Love for you and the Grace, etc., That’s Present.

“Yeah, you’ll get, you may feel, angry, you may feel furious because you may realize that, ‘Oh! my whole life I’ve felt unloved, uncared about and boy! was that ridiculous.’ And you may have anger and you may have hurt. That’s OK. It’s all part of it. Just let it go!

“But, if you lay it on The Teacher and think it comes from The Teacher then you’ve got a real karmic separation. That’s actually a redundancy. All separation is karma and all karma is separation. You can have a real, real, real separation.

“Teacher did nothing to you other than Love you and That’s the problem. And that’s what happens when you look in The Mirror. Because The Mirror is being Held by The Teacher out of Love for you. To give you the Opportunity

to Know yourSelf as Soul, as Spirit. To move beyond things so you can go to Completion here. So, you can come into the Fullness of Your Being and Be Whole. That’s what The Teacher does.

“And, finally, I kind of asked MySelf, ‘Well, you know, gosh! why does this happen? Why does this happen so much? Why does this happen with such vehemence?’ And the answer was real simple. Hey! if you’re not doing that then something horrendous is going to happen. The Teacher is going to cause something terrible to happen to you; it’s going to be ‘Awful’. It’s probably the worst thing you could wish for and That is Knowing how Loved you *are*, how Cared for you *are* and you’ll be vulnerable. Completely open and vulnerable within yourSelf to the Spirit you *are*. You won’t have hurt; you won’t have pain. You’ll be in the Joy of the Spirit that you *are*.

“Now, why would you want That when you can just beat up the Teacher inside yourSelf? When you can be angry at Him? When you can think He’s caused all this? Or, He has all this negativity towards you? Why would you want to admit God’s Love for you?

“See, and it all boils down to feeling that we *are* Worthy; we’re OK. Of course, isn’t that The Teacher’s basic assumption, well, His Basic Knowing? You’re not only Worthy, God Lives *within* you. You want to fight It, fight It. But, you’re going to lose eventually and The Teacher won’t fight for that. He only fights for the opposite: to help You Know That You’re Soul, That You’re Spirit.

“Watch out for the trickster! Watch out for the trickster! And what’s the trickster? But it is something in our consciousness that plays tricks on us that makes us think that It’s The Teacher and not what we created in the mirror that He’s Holding. And that we don’t have to be Responsible, we can hang onto that, etc., etc. And we don’t have to sacrifice it.

“And this thing about going Home to God in the consciousness is that there are many, many, many tricks in the consciousness that you have to keep yourSelf in the forest, so to speak. To keep yourSelf wandering through these worlds.

“And part of What The Teacher does is to say, ‘Watch it! Watch out, folks! This is one of the places you can get caught in. This is one of the places in which you can really, really be tricked. Watch out! Watch out!’

“So, I Lovingly Suggest that you use The Opportunity of coming across your creations in the mirror that The Teacher is Holding. You can slip and flip on the other side. Use it to have it slip away from you, taken away, etc. But if you have and hold a negative response to it - anger, hurt, whatever at God, The Teacher - that doesn’t Allow the Action of Spirit. By Spiritual Law you’ll have to then handle all that stuff karmically. It’s the Way of Grace or the way of karma. Your choice!

“The Teacher only Works with the Way of Grace and Holds That Grace and *is* That Grace for you. That’s God’s Love! And that’s why we fight It so much because we’re protecting ourSelf against God’s Love. Well, don’t fight It, folks! EnJoy It! Use It!

“Recognize it [ed.’s note: Dr. Lane is referring to negativity] when it comes up for you and work it positively.

“What I’d like to do before we stop, in conclusion, is Call

“The
Teacher’s
Purpose is
only One.
He’s only
got One
Purpose. To
Manifest the
Living Reality
or to hold
the Positive
Polarity for
you!”

– From the Satsang “The Teacher, The Mirror and You: A Participatory Satsang” Given by Dr. Roger B. Lane (MP3 A258)

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.

"It was at the beginning, too. But, because of your confusion, you couldn't Receive It. Allow yourSelf to go to the other end of it and just Receive!

"And we will stop with that."

Case Study

Part II of Case Study in *Tools For Living Free* #169

In *Tools For Living Free* #169, I wrote a Case Study based on reading the powerful Talk "How To Receive: A Participatory Satsang." I Applied This Talk to a situation in the life the Lord, God has given me, which was testing positive for Covid-19. In It I wrote about ultimately approaching the situation as an Initiate Of The Sound Current On The Path of Soul Transcendence by Working with the Light Of The Most High; speaking with My Teacher; letting go of separation between mySelf and the Spirit I *am*. As a result, everything outwardly was handled easily and effortlessly and I Learned What a Blessing/Gift/Opportunity to Lift this was.

What follows is the second half of this Case Study.

Everything is orchestrated by the Lord, God/My Teacher for my Upliftment and Growth.

An initial feeling of being "all alone" disappeared when I asked for Clarity and Guidance and I instantly Remembered that I'm alone with God, as My Teacher Teaches.

This situation of testing positive for Covid-19 I now Know was a Gift to help me get quiet and, as Taught by My Teacher, go inside in the Soul Body and give mySelf God.

When worry or fear came up, I used the Two-Part Release Technique like this: I Call in the Light Of The Most High. Then I say inside mySelf. "Lord, God, for the Highest Good please take anything that separates me from the Spirit I *am*!" I tell mySelf "it's OK to let it go!"

I Trust God's System, Which is Trusting mySelf/My Knowing. I Know inwardly as I write this that everything that is not of health is being taken from me. I am Allowing the Gift. There may be a moment (30 seconds tops) of a scratchy throat, then bingo! It's gone. I may sneeze once or twice a day (again for a moment) and bingo! It's gone. I have the Inner Knowing that God/The Teacher is always with me/Supporting me.

I had the Knowing at the time these ultra-mild symptoms showed up – which was before I discovered that I had tested positive – that "you know what? I feel like I have Covid and God is taking it from me!" In retrospect, God made it super-easy symptom-wise, too!

As I take better care of mySelf (drinking eight glasses of water/day; taking the time to make lunch instead of skipping it), I give my basic selves – the part of me that brings forward my karmic patterns – direction like this: "basics, come present! I need your cooperation and energy to support me in [I fill in the 'task']". I also thank them and ask them to "please keep up the good work with this!"

In doing this Self-Talk, I use the Four Rules of Self-Talk as Taught by My Teacher: keep it positive; present; give direction and encouragement.

Now that I've tested negative and am again out and about, I see ever so clearly that I was Protected by The Teacher, by My Spiritual Teacher, Who is the Lord, God/Spirit in Manifestation. And inwardly as well. I Know that My Teacher goes ahead of me and in both the Inner Worlds of Spirit and on the physical plane it was Dr. Lane Who Shared with me weeks before I tested positive that My Teacher had taken the booster shot to Protect His Students so I did. When

My Teacher Instructs me, I Know it's important to listen. I also know that Listening is crucial. Without that protection outwardly who knows what might have crept in.

At least a week before I tested positive, My Teacher Suggested I rest, which I did. Two days in a row I went to sleep and I woke up at noon! Wow! Who knew, as they say? My Teacher/The Lord, God! Because My Teacher Suggested I rest, I cancelled a work appointment for the first time. I simply chose to listen to the Suggestion I rest. My following This Knowing is One and the Same as being in Integrity. It was my first really powerful Learning that, yes, I can set boundaries and can make health a priority no matter what!

My Teacher for weeks and weeks and weeks at the end of the Meditation Of The Light Of The Most High offered at Cosmos Tree, told me to "take excellent care of yourSelf." I needed the Learning and It was there for me all along. At one point, I asked My Teacher what My Teacher meant by that; the Response was to be Present with Spirit. Doing the Self-Talk now to be Present and being It by Focusing into Spirit, I Know that all that outer stuff – the physical stuff, my next steps, etc. – are, in Reality, easy.

It's all Love, including the Gift of Covid for my Learning.

As an Initiate Of The Sound Current [On The Path Of Soul Transcendence], when I Call in the Light Of The Most High I'm heard instantly by the Lord, God through the Consciousness Of The Teacher. That is how I'm heard! When I choose to place mySelf in the Presence of the Teacher; call in for Open Hour, etc., I am heard That Way as well. I do need to ask, to Co-Create with The Lord, God/My Teacher as needed and, as I well Know, The Teacher does What The Teacher does. I do my part by showing up and by asking as needed. Period. That's the Protection!

In the first half of the Case Study, I wrote that I had spoken to My Teacher about groceries. How would I get them now that I was in lockdown? Within minutes of speaking with My Teacher, I received a text from a friend offering to help with groceries or anything else I needed. I Know now that this was a Gift from My Teacher. And for the Soul doing the Sharing and Caring, too.

Part of me wanted to just kick up my heels for being "free" of "lockdown" and walk around, I Knew to test again. Period. And once I did – testing negative again – I got the Learning again that Integrity was All; in this case, I stopped mySelf from walking on a busy street so as to protect anyone who might have come into contact with me until I had tested negative again and, perhaps, again and know for sure. Protecting others became paramount as a real Learning that it's not just about me! Me! Me! It's about Caring. Caring about "others".

Finally, I'm Neutral with my prayers. Whatever is for the Highest Good - for My Learning - is What I prefer.

I prefer to get all the Growth and Upliftment that I can. Period.

That's my Job by Living The Teachings/staying in God's System. It's how I Come to Know mySelf as Spirit, as Soul, Which is my Purpose here.

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 anything that separates you from your Love of God."
3. Now tell yourSelf, "(your name) it's OK to let it go!"
4. Now Allow yourSelf to be moved into Accepting how Loved you are, how Cared for you are.
5. 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.
6. Gain Spiritual Strength by placing yourSelf in the Presence of The Teacher by attending Classes; Clinics; Meditations Of The Light Of The Most High; Meditations For Health And Well-Being and Satsangs as Our Teacher is Present for nearly all these Events.

For other titles in this series go to cosmostree.org at "Resources". For further information contact:

Cosmos Tree, Inc.

a nonprofit, educational foundation

229 East 85th St. - #1347

New York, NY 10028

212.828.0464

email: info@cosmostree.org

Web site: cosmostree.org

Tools For Living Free

is published by Soundly, Inc.

Any distribution or reproduction

of this publication without

written permission is prohibited.

Copyright 2022. Soundly, Inc.,

New York, NY

Try This ...

"So, I Lovingly Suggest that you use The Opportunity of coming across your creations in the mirror that The Teacher is Holding. You can slip and flip on the other side. Use it to have it slip away from you, taken away, etc. But if you have and hold a negative response to it - anger, hurt, whatever at God, The Teacher - that doesn't Allow the Action of Spirit. By Spiritual Law, you'll have to then handle all that stuff karmically. It's the Way of Grace or the way of karma. Your choice!" –From *The Satsang "The Teacher, The Mirror And You: A Participatory Satsang" (MP3 A258)*