

# Tools For Living Free

NUMBER 174 IN THIS EDUCATIONAL SERIES

## God's Wake-Up Call

Excerpts from the Satsang "The Real Economic Crisis: A Participatory Satsang" Given by Dr. Roger B. Lane, Ph.D. (MP3 A139)

"... This is a real wake-up call. We need to wake-up. We need to be Present. We need to acknowledge Our Power and we need to have Proper Identification That we *are* Spirit, that we're here for That. That we *are* powerful and the things of the world—they take care of themselves.

"Worry, fear, upset don't do it. Points of view of things that are outside of us and that we have to reach outside to accomplish these things; we must accomplish; we must achieve: that's all based on severe distortion and on the karmic fields. We know that if we're Present with Spirit, we just Allow. That things are brought to us if it's for the Highest Good and we Co-Create. That's how we work it.

"But instead we have this form of gluttony. We're always trying to feed ourSelves. Whether it's more money, more status, better power, better this, better that. Whatever it is. More experiences, more negativity, more anger, more hurt, ... Whatever it is.

"And so this economic crisis is an Opportunity, first of all. And it's an Opportunity to use this quote 'crisis' to determine what's my priority? How am I going to work it? Where am I Focused? What attitude do I want to take towards life? And how am I going to see the world? And how am I going to see being Supplied?

"So this is an Opportunity for Growth. This is not an Opportunity to fix a problem and then continue the same old way. And I'm going to stop by putting it all in a Framework, in a Spiritual Framework That is very important for us to know. That What we're dealing with is the Power of Souls, that Souls are so Powerful that they are going to determine once again whether or not this planet will be pulled up, as it has so often.

"So are we cooperating with Spirit? Are we going to Learn or are we getting so outside ourSelves and so forgetful of our Origin?

"We come from God and we're going to God. But we're not going to go to God because we die. You're just going to go to the Same Frequency you were on in the body. But if we use this life to Remember Who we *are*, to Walk, as it were, on the Path, Retracing our steps out and we Retrace them by going in, 'in and up', as it were, and Returning on Home to God through The Sound Current. Through That Initiatory Process. Then we've had

all the Success. We're Fulfilling life's Purpose. And we *are* Successful.

"So another thing you want to ask yourSelf is 'What's God's Will here for me versus what is societal will?' Or 'what is God's Definition of me versus what is society's?' Whether you're a husband, a wife, a father, a son, etc.—I'll give you a little hint—that plays absolutely no role in What you *are*. What plays a role is the simple fact that you're Souls in human form. Coming to Know yourSelf as Spirit, as Soul.

"So, also, this crisis is about defining internally what's 'success' for you. What does it mean? And what's it about. And setting priorities based upon that. So there's a real Opportunity. We can go along with the planetary fear and scare and doldrums and worry and upset. Or we can go with the Uplifting, the Grace.

"See, God's in every situation. God *is* every situation. So there's this situation packed with Grace. There's an Opportunity here. This is golden. Are we going to be smart enough to use It individually and collectively or not? And the Choice is ours.

"And I Lovingly encourage you all to make the Choice to use this to Lift and Grow and move Spiritually.

"And I do want to remind you that I've seen - I haven't really counted them - but, I venture to say, I've seen probably several thousand funerals. I've never seen a hearse with a luggage rack. And I have seen people die. Some have died in my arms. And I get to see what the Soul takes with It. And I do know that It takes Its Growth, Its Progression and Its Love of the Lord, God that It has acquired *while It's been in the body*.

"So we will stop the formal part of the Satsang with that.

"And I'm just going to Call in the Light [Of The Most High] for a minute and we're going to do a little Process. So 'Lord, God, send us Your Light! We put this time together into Your Light for the Highest Good'. Now just get quiet inside yourSelf and I'm going to ask you one or two questions. Whatever comes for you is whatever comes. 'How are you going to personally use this quote 'economic crisis'? And 'what are you willing to do to define yourSelf anew'? And, lastly, 'how will you live your life differently'?"

"But if  
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— From the Satsang  
"The Real Economic Crisis:  
A Participatory Satsang"  
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**Q.:** As an Initiate, I basically know what I'm supposed to do but a lot of times I get caught in procrastinating—how can I get better with doing what I'm supposed to do and eliminating procrastinating? – E.F.

**Dear E.F.:** 1) Stay Present by Placing your Focus at God; do This *moment-to-moment* as The Teachings Teach; 2) Use everything to Lift and to Grow. If negativity comes up, use the Tools, including 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 stands between me and the Spirit I *am*” and tell yourself “it’s OK to let it go!” You can also ask the Lord, God to take the pattern of procrastination from you and/or any judgments you may have on yourself and tell yourself to let it go and let it go!; placing yourself in the Presence of The Teacher; attending Meditation Of The Light Of The Most High regularly at the Home Center; viewing a Picture of Our Teacher; Classes with Our Teacher; reading *Tools For Living Free*; visiting the [cosmostree.org](http://cosmostree.org) website on your phone and reading a Tool wherever you are!; Tools are Strengtheners! 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 direction as an example, say “basics, come present! I need your cooperation and energy to be Present with [fill in what needs doing] and be in Peace and Joy! Thank you and keep up the good work with this!” 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; Co-Create with the Lord, God by Calling in the Light and asking for what you prefer for the Highest Good; *always* Let Go, Let God! Ask the Lord, God for Clarity and Guidance; for instance, “I’m ‘getting caught on procrastinating’; what’s the Solution?” I just did that and the answer is Choice! You’re always at Choice. Choose God! Just keep That Focus by Practicing Eternal Vigilance. As Our Teacher often says, “And it really is that simple!” No need to focus on “eliminating procrastination”—just Love God! 6) A final note: in your question, the words “supposed to do” may mean that you see Living as an Initiate/Being On Point as something outside of you like a “chore”—Spirit is inside and It is you! Live as That Joy and That Peace—and Apply everything that Our Teacher Instructs including below.

**To Reinforce Your Learning:** 1. Beginner: *Tools For Living Free*: #1 “Using The Tool Of Choice”; #12 “Taking Responsibility: Tag You’re It”; #16 “Being Present In The Moment”; #53 “Why Not Do It Now?; #54 “What Is Your Next Step?; #55 “Meditation On The Path Of Soul Transcendence”; #66 “Living In Integrity”; #82 “Living As An Initiate Of The Light Of The Most High”; #130 “How About Now?”; 2. Intermediate: Meditation; Meditation For Health And Well-Being; Everyday Evolution 1; Relationships; 3. Advanced: Giraffe Consciousness Clinic; Integrity Clinic; Eternal Vigilance Clinic; Meditation Of The Light Of The Most High at least once a week at the Home Center; Everyday Evolution II; The Master’s Degree Program available through the Seminary Division of Center For Religion And Advanced Spiritual Studies.

**Dr. Lane adds:** Procrastination is usually associated with thoughts and feelings about what it is we need to do rather than the doing itself. These thoughts and feelings are usually fear-based and, thus, we avoid doing it. Rather than think that you can not do it or, that if you can, you can not do a good job change the focus to giving it a fair shot and give yourself permission to learn as you get on with the project. If you simply do not like the task and are avoiding it be Neutral so that even if you prefer not to do it it is a preference and you can proceed with it. Your focus on “eliminating procrastinating” is a needless one as you wish to do a task and your focus on both results in a stalemate. We know from The Teachings Of The Path Of Soul Transcendence that wanting to eliminate anything is to be attached to it and that it is best to focus into your preference. You may also need to do Self-Talk as suggested by our Question Editor.

The Teachings Of The Path Of Soul Transcendence provide the easiest solution to your seeming dilemma, E.F., and that is to be in Proper ID. When in Proper ID thoughts and feelings can pass through you but you do not identify with them or attach to them so there is no “resistance” to anything. Proper ID, E.F., is not only the solution to your problem, E.F., and not only the Solution to all of mankind’s “problems” but is, in fact, Who and What we *are*, Which is Spirit or Soul.

In addition, as pointed out by our Question Editor, you may wish to see if what you are “supposed to do” is your choice or an outer one; if the latter, you may wish to see if you can make it yours or cooperate with it. If not, then determine whether you wish to do it and, if so, do it *immediately*.

Please let me know, E.F., how you are doing with This Learning and Application.

I Hold you in My Heart.

### 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 any gluttony in any form from you now.
3. Now tell yourself, “(your name), it’s OK to let it go!”
4. Now ask the Lord, God for the Highest Good to give you the experience of Knowing you *are* Spirit, you *are* Soul.
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](mailto: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; Meditation Of The Light Of The Most High; Meditation For Health And Well-Being and Satsang as Our Teacher is Present for **nearly all these Events.**

For other *Tools For Living Free* Titles go to [cosmostree.org](http://cosmostree.org) at “Resources”. For further information contact:

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## Apply This ...

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