

# Tools For Living Free

NUMBER 175 IN THIS EDUCATIONAL SERIES

## Be A Nazir!: A How-To Manual

Excerpts from the Satsang "What Does 'Jesus The Nazarene' Mean?: Meaning And Application" Given by Roger B. Lane, Ph.D. (MP3 A087)

"I want to talk a little tonight about Jesus The Nazarene. What It means. And the implications of That Meaning. ..."

"So Jesus The Nazarene is obviously One Who is from Nazareth. That's most likely true, except for the fact that it isn't true. Most likely that the city in those days was known as Gamelia, Gamielia, something like that. There's a little discrepancy there and Nazareth did not exist at that time.

"So, what was a Nazarene? But a Nazarene was someone from the Nazirs. And what are the Nazirs? At the time—and you'll get to see this when you take a look at the Dead Sea Scrolls, that kind of history, the Essene sects, etc.—the Nazirs were basically out of that whole, whole sect of the beginning of Christianity. The first Christians were Jews. They were Jewish Christians. And there was some—and I don't want to get too much into biblical scholarship—but there was some finetuning so that some believed that the Jewish Christians needed to follow Judaism, which meant the Torah plus all of what was Christianity. Others felt that only the Jews would follow the Torah—the Jews who were Jewish Christians—as opposed to the gentiles who became Christians or practiced Christianity. Only those would follow the Torah.

"And there was some discrepancy. And, also, the Nazirs, like the Essenes, they were a very evolved and evolved and involved, for lack of a better word, sect. They really wanted to Focus on Their Growth; they wanted to Focus on Their Spiritual Evolution. ..."

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"And Jesus The Nazarene refers to His being a Nazir. And They were people very devoted and very dedicated and very on point and this is very crucial to Their Own Growth. ..."

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"The Focus of the Nazir is What? Constantly, constantly Honoring the Commitment to the Self. Constantly Loving His neighbor Knowing that He's One and the Same. And, lastly, What? Well, Allowing God to be in the forefront and simply Direct His life and (be) in the Attunement and living in That Attunement and the Commitment. And That's What a Nazir is.

"And someone who is Committed to the Christed Consciousness is That. Someone Who is Committed to the Indwelling Spirit, the Indwelling Christ and the Demonstration of That and living accordingly is That.

"And That's What's Key. And there's a Contract. We make a Contract before we take embodiment with the Spirit That we *are* and with; well, if a Soul becomes an Initiate, It's met Its Master a long time ago. And there's that Agreement.

"And the way the consciousness is set up, there's a part of our consciousness that always kind of makes sure that we hone to that, and that we are always in that ballpark. That's the job of the high self. But this is what's important, too: a Nazir doesn't sit in Meditation and try and 'connect with the higher power or the higher self'. That would be anti-Nazir. That would go against Its Contract with Itself.

And, of course, is self-defeating and crazy. Because a Nazir is Committed to Know That It is Spirit and the very Attunement It is seeking and That Which It is seeking Attunement with is the Very Thing and the Essence of What It is.

"So, to sit in Meditation and go for a 'higher power', that's something beyond you. And the Nazir Knows It's in you. And It Commits to That as a Living Reality. And That's What you're asked to do. You're not asked to suffer like Jesus. You don't have to suffer. You don't have to deny yourSelf anything good. You can deny yourSelf a lot of the negativity, yeah. But you don't have to deny yourSelf anything good. You don't have to do ascetic practices or anything.

"But you do have to be *conscious*. And, interestingly enough, the key to being a Nazir is something very interesting. And That is Loving yourSelf, Loving yourSelf as you go through this Process. But also that That is Loving yourSelf. The Fulfillment of yourSelf is Loving yourSelf.

"And so many of us, we see it opposite. We see it as, 'Oh, my God! this great struggle' instead of this great Joy.

"And That's the Hallmark of a Nazir: the Joy of Who you *are* and the Discovery. Everybody gets so hyped up about, 'Oh, I'm going to outer space'. Now they're even selling tickets to future trips to outer space. Maybe I should probably start a fundraising thing because I'd like to buy some people some tickets to go to outer space (laughter). And we get all excited about going to outer space.

"But the Journey is Inner Space. And That's What's There and That's the frontier and That's What's to be Discovered. And the Hallmark is the Joy that goes with That.

"So there's the Commitment; there's Joy; there's Joy beyond, really, mortal knowing because we have to move away from our framework of time and space. And we go into our Own Knowing of our own Eternality and Allowing That to come forward. And to Know That and to merge.

"And That's What's key: the Commitment; the Joy and the Love and Eternal Vigilance. And we need to Apply What It Means to be a Nazarene. And we need to Apply It daily. We need to Apply It *moment-by-moment*. Because the effects of what we do live a very, very, very long time.

"See, we're *all* Responsible. We're *all* Responsible. And a Nazir takes the utmost in Self-Responsibility. And a Nazir practiced Individual Responsibility for Itself and also for the group. That their actions would never hurt the group. And they shared with the group and everything was communal.

"But the group was also, not just a group of fellow Nazirs, but the group was this Group called Humankind. That's the Group. And a Nazir took Responsibility both individually and as It relates to a group.

"And That's What we need to do. Be Responsible for ourSelves, for Our Progression and also how That affects the group, whether it's a small group, even if it's an interaction. For example, the other day I had a conversation with someone who had committed to do something and it wasn't done. It got sloughed off as, 'Well, you know, I had something else I had to really be concerned with'. Well,

"... being a  
Nazir is One  
who willingly,  
willingly—  
and this is  
why I talk  
about It—  
willingly  
takes on the  
priority in  
his or her  
life—the  
Attunement  
Process and  
the Oneness  
with God."

— From the Satsang "What Does 'Jesus The Nazarene' Mean?: Meaning And Application" Given by Roger B. Lane, Ph.D. (MP3 A087)

that's not a Nazir. That's someone who is still binding itself and not Honoring the Spirit that It is.

"And this morning I had occasion to just do some back and forth with someone and there were a lot of errors, a lot of mistakes in this and boy! did one round and by the second round, almost all the mistakes were gone. Why? Well, you'd just have to pick up the paper that had all the mistakes and you would know why. There was so much Love and so much caring and so much Devotion in what that person had done. And, yeah, there were lots of mistakes and so what? But, you know, they weren't going to stay there because the Focus was on Love and on Devotion and on the moving forward and on the Attunement. The focus isn't on the self-judgements or on the fear of making a mistake or anything. It's on the Lifting. It's on the Lifting. And the Process of Joy; the Process of Peace; the Process of Knowing Itself as Spirit; and the Commitment and the Honoring of That Commitment.

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## CASE STUDY

What struck me in reading the full Transcript of the Talk, "What Does 'Jesus The Nazarene' Mean?: Meaning And Application" is that I'm enjoying the Life the Lord, God has Given me, Which, as I've been Taught by Dr. Lane, My Spiritual Teacher, is an Important Teaching.

As Dr. Lane Teaches in This Talk, "... The Teachings Teach us two things: the Purpose of life is two-fold and the first part is, to Know yourSelf as Spirit, as God, *while you're in the body*. And the second thing is to enjoy the life that God gave you. It's His Gift to you."

As The Talk states, "... there's Joy; there's Joy beyond, really, mortal knowing because we have to move away from our framework of time and space. And we go into our Own Knowing of our Own Eternality and Allowing That to come forward. ..."

"Joy beyond ... mortal knowing" is What I've been experiencing.

I'm experiencing It now as I sit with This Talk. I'm Present with Spirit; I'm Living in "Joy beyond ... mortal knowing"; I'm Allowing That.

The other day I had an experience at the Home Center. In the Presence of My Teacher I had a Direct Experience of My Teacher as Spirit and the Joy with That. Then, I felt really happy! I realized afterwards—with My Teacher's Help—that I had felt happy because I had verified the Validity of The Teaching on the Nature Of The Soul. Joy is the Nature Of The Soul! Live as the Spirit I am and I'm in Joy!

I was at the Home Center a number of months ago being of Loving Service and, during a break that was part of the Program, I read a *Tools For Living Free* like This One. The Experience was One of Celebration, Inner Celebration beyond mortal knowing. Beyond time and space. Of a Magnitude indescribable.

The other day I jotted this down in a notebook I carry: "The Joy of Integrity." I had decided to keep an agreement—something I was prompted to do as part of my Learning from the Integrity Clinic that My Teacher Teaches and That I've taken. I can't remember what the

"And so a Nazir is *always*, always, honest with Him- or Herself. Meaning that It *always* admits that It is Spirit, that It is Responsible. And That the Attunement Process and the At-One-ment with God is the Purpose of Its life and lives accordingly. And inflicts no pain, no hurt, no worry, no negativity on that consciousness that It has or on others.

"Well, I Lovingly Suggest you act like a Nazir. And here we kind of make it easy. We have lots of Tools to Help you with That. You get lots of en-Couragement to stay Focused. You Know to be a Nazir is a Pleasure. And That's really It. It's a Pleasure and It's an Honor. And It's a Privilege. You know, God doesn't give every Soul HU-man life at the same time. A lot of Souls have to wait a long time, a long time for the Opportunity of another HU-man life. It's a Real Privilege and It's a Rare Privilege.

"Take advantage of it! Be a Nazir! That's your Natural State anyway: Committed; Devoted; Living in God's Heart; full of Joy; Peaceful; Uplifting Itself and Others. And That's the Focus.

Commitment was but I chose to keep It. And I was In "Joy beyond ... mortal knowing".

I was Present with Spirit, Which is being in Integrity.

The other day I went to a movie—and, interestingly enough, the title was "Joy Ride". And, suddenly, while seemingly watching the movie, That's What I was on, Riding the Sound Current, in the Joy of the Spirit I am. There was nothing outer. It was Inner "Joy ... beyond mortal knowing".

I was Placed There by My Teacher because of My Inner Focus.

Joy is increasingly a Way of Life for me. Everything has been easy. In situations where, up until now, I might have run "overwhelmed", I'm sailing right along instead, Enjoying the Ride.

Enjoying the Life I've been Given, as a Gift from My Teacher/The Lord, God.

I've been Practicing Blame-less Responsibility—another crucial Teaching—and I'm sure That's helped. As My Teacher pointed out, another aspect of Blame-less Responsibility is taking Responsibility for my actions/thoughts and not being a victim. Enjoying Life is a Choice I make. It means when negativity comes up, I Call in the Light Of The Most High: "For the Highest Good, Lord, God, send me Your Light!" I ask God to take the negativity and I tell mySelf, "it's okay to let it go!" Often.

For me Joy is a Precious Gift from My Teacher/The Lord, God and One I'm just starting to Appreciate and to Accept.

To Accept That the Nature of the Soul is Joy, as I've been Taught by My Teacher; That It's My Nature; and How Blessed and Fortunate I am to Live as the Spirit I am *while I'm in the body* through the Priceless Gift of Initiation Into The Sound Current.

A Precious Gift That is available to All.

To take Your Next Step Request Initiation Into The Sound Current by emailing [info@spiritcentral.org](mailto:info@spiritcentral.org).

## 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. Ask the Lord, God to take any negativity that you're running from you now.
3. Tell yourSelf, "(your name), it's OK to let it go!"
4. Use the above Two-Part Release Technique as often as you need to.
5. Now ask the Lord, God, for the Highest Good, to give you the experience of Knowing you *are* Spirit, you *are* Soul.
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 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.

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## APPLY THIS ...

"... being a Nazir, is One who willingly, willingly ... doesn't permit, does not permit the consciousness that It has, to engage in negativity. But only permits Its consciousness to be Focused on the One and to do whatever it takes to do That." – From The Satsang, "What Does 'Jesus The Nazarene' Mean?: Meaning And Application" (MP3 A087)