

Tools For Living Free

NUMBER 177 IN THIS EDUCATIONAL SERIES

Living The Guidelines

Excerpts from the Satsang “Living The Guidelines: Inexpedient? Impositional? Actualization?” –
A Participatory Satsang” Given by Dr. Roger B. Lane (MP3 A310)

“I want to talk a little bit about the Guidelines we have; Living the Guidelines; guidelines in general but also specifically Those on This Path.

“When we’re driving we have the guidelines: only go a certain speed limit; you need to be buckled in; if you’re going to change lanes—I don’t mean to take that name in vain—if you’re going to change lanes, you need to signal. All sorts of rules and regulations and guidelines.

“And they’re there for, really, our safety and our protection so that there’s also some order and that it makes it easier for everyone to go about his or her business.

“They may be disappearing but we do have social graces that ease the flow of social interaction. We have rules and regulations, really, for everything so that we can help to bring out order out of chaos.

“And with This Path we do have Guidelines and They are for Your Safety in a sense. And They are for Your Protection. But Protection is meant a little differently here as well. It’s not to Protect you from harm or getting hurt. That’s basically not appropriate to What we’re involved with. But It is Your Protection in the sense of that your actions are really Protected; they’re informed with Grace; they’re informed by Learning Opportunities.

“And, also, it makes it easier. If you stay within the Guidelines, it makes it easier, as it were, for you to ‘ease on down the road’, to Walk The Path.

“And I was moved to Give this Satsang by something I saw the other day that really distressed Me quite a bit. And, to be Spiritually Correct, something in Me was extremely distressed by it. As you know, with Everything that’s done here at the Center There’s a Forcefield with It. This person doing Service had an Agreement That It would be done x, y and z and this person decided just to ignore It and do It a completely other way.

“And I was distressed by it for the very simple reason that that’s what it did. By this person ignoring the Spirit and choosing into karma—that echoes on all the Levels of consciousness and so a disequilibrium is set up. That shot of negativity goes right through the Inner Worlds and it causes distress, as it were. Things are brought out of equilibrium; things are not harmonious.

“And we *are* That Powerful and That’s part of what we all need to realize. We do affect all of Creation. We *are* That Powerful.

“And many of us—we are great believers in the Guidelines as long as They’re expedient to us. If it’s not expedient—oh, if, my gosh, we’re going to have to take a moment to Surrender, Let Go and Surrender into it—we’re just not going to bother. We’re going to do it our way. And, of course, as Your Spiritual Teacher, I respect doing it your way but doing it your way means that you learn through karma.

“I can just offer you the Way of Grace. If you’d like to Learn via Grace, in a Graceful Manner, please, welcome to It! But once you step outside the Guidelines what you’re saying is ‘I don’t need the Protected Action and the Loving of My Teacher. I’m going to do it my way. I’m going to do it through the karmic fields.’

“And, as Your Teacher, I need to respect that so you’re welcome to it but I Suggest you may want to take the Easy Way, the Way of Grace.

“And it’s interesting, many of us see the Guidelines as something external; It’s something ‘foreign’ to us. It’s something outside of us that’s imposed upon us by an Authority. And any good basic self is going to resist that so we need to work with that and we need to be mature. And when we mature and, really, use It as a Surrender Point, as a Letting Go Point, we get to see, ‘well, wait a second! Hold on now! It’s not something foreign to me. It’s not something outside of me. It’s Something that I *am*. If I line up with It, I’m really lining up with mySelf. And They’re not outside of me.’

“It’s just like The Teacher. The Teacher looks like He’s outside of you. There you are. There I am, etc., but that’s only how the ego sees It, the false way that it is seen by the ego. And, of course, when it’s seen by the ego you’re going to operate accordingly. And how does the ego operate other than through power and control. So it’s all about being controlled or you control. ‘Will I be controlled or will I control?’

“And, of course, that doesn’t exist Spiritually. It doesn’t exist in Working with The Teacher, Working with the Guidelines. It only exists when you fall victim to the illusion of separation: that you’re separate from Spirit; you’re separate from God; you’re separate from The Teacher.

“And we need to move past this whole sense of ‘oh, my God! These rules and regulations are outside of me’ and when you do that, rules and regulations—the R & R—becomes Rest and Recreation. Yeah, ‘it is restful to be *within* and I do recreate, constantly create, from and as the Spirit I *am*. It’s really, really an easy way of moving on down the road. Just sashay down the road doing my thing.’ It’s very, very, easy...”

“We need to move past that [ed’s note: Dr. Lane is referring to moving past regarding the Guidelines as “foreign” to you].

“Another thing about These Guidelines is when you Surrender to Them, you Align with Them. Then you start to discover that, really, They’re you and They’re for your Fulfillment and They *are* you. And It’s really for Your Actualization. You’re just Actualizing yourSelf through the Guidelines by using the Guidelines. ...”

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– From the Satsang
“Living The Guidelines:
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CASE STUDY

A little over a week ago, I had the best Saturday night I've ever had because I Chose to do Simran and Dhyān—the Sacred Meditation Technique Taught at the Time Of Initiation—earlier in the day instead of leaving It to day's end.

I made the Choice to give mySelf Simran and Dhyān earlier in the day after reading the full Transcript of the Talk on Which this *Tools For Living Free* is based Titled "Living The Guidelines: Inexpedient? Impositional? Actualization? – A Participatory Satsang". The Talk was Given by My Teacher Of The Sound Current On The Path Of Soul Transcendence, Dr. Roger B. Lane. What struck me in The Talk was This: "If you are paying attention and you haven't done Your Simran and Dhyān early in the day, you're going to find yourSelf dragged back to It. It's got Its own pull because the Spirit in you wants to go There; wants to go There; wants to go There. ..."

For a long time now, I've treated Simran and Dhyān as "impositional"—imposed upon me by something outside of me, by an illusionary "outside" "authority", to quote words used in the The Talk—so, of course, I put It off until day's end. I had also created the perfect set-up for a basic or basics—that part of me that brings forward my karmic patterns—to do what it loves to do, which is resist. As Dr. Lane states in The Talk, "... any good basic self is going to resist that so we need to work with that ... It's not something foreign to me. It's not something outside of me. ... If I line up with doing Simran and Dhyān early in the day ... I'm really lining up with mySelf. ..."

That "authority" can be anything onto Whom or which I project this so-called "authority"; for instance, yes, The Teacher/God. Basics don't like to be told what to do, as I've been Taught by My Teacher; I've also been Taught that using Self-Talk to educate them is crucial (see below for more).

Was there a "pull" on me? I had heard that nearly nonstop "tap, tap on my shoulder"—as a Fellow Initiate says to describe what's it's like during the day when she has chosen away from Giving herSelf God/This Gift/Who we are/ourSelves.

Then came that Saturday afternoon when I read This Talk and Chose right after that to "stop the world", "get off" and give mySelf Simran and Dhyān. It wasn't "early in the day" but it was right away. I Knew right away It was The Priority and I lined up with That Knowing.

Then 'lo and behold, after giving mySelf Simran and Dhyān, I was literally "Moved" to cook dinner for mySelf. I was Led! Moved to actually take the "time" to go out to buy ingredients that are 100% "good for me" instead of going with the habitual pattern of eating take-out and restaurant food. Of cutting corners.

Boy! Did I have a fabulous time eating the meal I had prepared! I had Allowed the Spiritual Flow by being Open to It and I was simply, Naturally Moved. As I Learned from My Teacher, I was Experiencing The Magic Show, Which to me is Grace/Miracle(s) Brought Forth by My Teacher/The Lord, God—as long as I Choose to get out of the way and Allow God's Agenda. That's The Movement.

As My Teacher has Taught me, I was Moved Naturally—by My Nature, Which is God/Spirit; That is the Real Meaning of Naturally.

Those habitual patterns that I had allowed to stop me food-wise, I now recognize, included the same ones with which I had identified when it came time to do Simran and Dhyān earlier in the day: "can't be bothered"; "no time"; "can't do It".

As I write this, I Choose to use the Two-Part Release Technique for these patterns by Calling in the Light Of The Most High by saying "Lord, God, send me Your Light!" and asking the Lord, God, for the Highest Good, to please "take these patterns [I list them] from me". I tell mySelf, "It's OK to let them go!" I Commit to doing this as often as needed and to letting go.

In giving mySelf Simran and Dhyān earlier in the day, something else was crucial: using the Tool of Self-Talk, including all Four Rules: keep it positive; present; direction; encouragement. Using It to direct my basics into the Flow of Spirit before Calling in the Light and Meditating as Instructed. I say inside mySelf, "basics, come present! I need your cooperation and energy to support me in doing Simran and Dhyān now *exactly* as Taught. Thank you and let's keep up the good work doing Simran and Dhyān now *exactly* as Taught!"

I have found that thanking them after Simran and Dhyān for their cooperation and energy in supporting me in doing Simran and Dhyān is important, too, as is giving them the encouragement to keep up the good work.

After The Sacred Meditation Of The Light Of The Most High That is Brought Forward by My Teacher numerous times each week at both the Home Center and via teleconference and in Which I regularly Participate, My Teacher often Instructs me: "Take Excellent Care of YourSelf!" That "outer" caring for mySelf that cooking healthful food represents, I Knew, was a Manifestation of the Inner Care That I had Chosen to Take by doing Simran and Dhyān earlier in the day.

As My Teacher Loving Suggested to me, "Do Simran and Dhyān in the morning and see what 'your' day is like!" On day one, I was literally Led to sit at my desk and Moved from one "priority" to the next and then to the next. Easy. Struggle-free. Thanks to my Choice to give mySelf Simran and Dhyān early in the day.

As My Teacher Teaches, the Only Food is Spirit. It's up to me to Allow mySelf to be Fed, to Receive, Which I did by lining up with doing Simran and Dhyān earlier in the day.

Before I sign off, there's something crucial that I need to add: In The Talk, My Teacher states to do Simran and Dhyān "early in the day". Since the above example, with a few Exceptions, I've continued to do It earlier in the day. Not What was put out by The Master/The Lord, God—but my way.

Still my way.

It's time for God's Way, Which is the Way of Grace, as The Talk states.

I Committed to the above and didn't Honor That Commitment. As My Teacher has Taught, we're On Point or we're not; there's no such thing as partially pregnant. "Earlier in the day" is not "early in the day."

I re-Commit now to early in the day!

Then came This: I have been keeping my word to do Simran and Dhyān early in the day for a number of days now. And This is Important: My Teacher Lovingly Educated me yesterday that I was not doing Simran and Dhyān. I was instead going with the "pull" of negativity, which I did not realize.

With Important Instruction from My Teacher—a Gift That included the Sacred Opportunity to Practice under My Teacher's Direction—I was able to do Simran and Dhyān. And boy! was it easy (!), Which is also the Precious Gift of doing It early in the day, as My Teacher has Taught me.

It's easier.

There is a Lot to Learn and I am Open to It.

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 anything that stands between you and Surrendering to the Guidelines, to "easing on down the road";
3. Now, tell yourSelf, "(your name) it's OK to let it go!"
4. 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.
5. Fulfill your Purpose here by now 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.

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APPLY THIS ...

"... So I Lovingly Suggest Follow the Guidelines. Live the Guidelines and Be the Guidelines no matter how difficult at the time it may seem; no matter how time consuming it may seem; no matter how inexpedient They may seem; no matter how impositional They may seem. Follow the Guidelines!

"Let yourSelf have the experience of using Them as a Surrender Point, Surrender Point, Surrender Point, Surrender Point until you come into the Knowing that "Tag, You're It" and then you Express from That Place. ..." – From the Satsang "Living The Guidelines: Inexpedient? Impositional? Actualization? – A Participatory Satsang" Given by Dr. Roger B. Lane (MP3 A310)