

# Tools For Living Free

NUMBER 182 IN THIS EDUCATIONAL SERIES

## “Conflict Resolution Made Easy” - Part II: Accountability

Excerpts from the Satsang “Conflict Resolution Made Easy: A Participatory Satsang” Given by Roger B. Lane, Ph.D. (MP3 A321)

“And we always need to go for the solution. That needs to be our focus.

“And many of us, we have a whole repertory of excuses to keep it (the conflict) going and we have a whole inventory of the reasons why we need to keep our agendas going. You may have great reasons, etc., but guess what? That just keeps you in the negativity and it keeps you in karma.

“And I was struck by something that one of the leaders of the protests said at a local university when a tape of his was shown where he spewed violent, violent anti-Zionist statements. And the school suspended him and he honestly thought that the only reason for his suspension was because of the color of his skin and his sexual orientation. Took no responsibility and he really, probably had not much of a clue of what the real issue was and why he was being suspended. Took no responsibility.

“And we need as individuals to know that we *are* Powerful. Not in terms of standing up against quote ‘authority’ or anything else like that or showing what we can get away with but we’re Powerful in terms of that we make our own decisions, that we affect others. I think that’s really crucial. Many of us don’t know that we’re Powerful and we do affect others. And, yeah, we can get into moods, we can get into nasty moods. We can permit our negativity to just outflow and outflow and outflow. Do you really want to do that? Not just because you’re choosing into karma is creating negativity but because we’re All One and we’re all affected by it. And we’re not helping others.

“And why can’t you Self-Regulate? Why can’t you *Lovingly* yourSelf? Disciplining ourSelves is not a matter of coming down hard on ourSelves after we’ve let the lower self get away with murder, so to speak. But It’s *Loving* Guidance like a parent *Lovingly* directs a child. Or using the school analogy like an advisor in college advises his advisees how best to play the game; how best to fulfill the requirements; how best to go through this minefield; how best to live in this social setting, etc. Out of Love and Caring.

“With so many of us: we have this sense of taking everything personally so that what somebody says becomes ‘oh! It’s directed against me’. ‘And that person wore a blue shirt and they know that I cannot stand that color. They did it for me. They did it just to get my goat’. Well, no. They probably don’t even know you exist. They probably don’t even know that you hate the color blue. But even if they did, be really smart! Then use it as an Opportunity to move beyond your response. We walk around so often with ‘oh! They made me angry. They made me angry’. And many of us, like the protesters, we want to prove our point; we want to prove that our side is ‘right’ and the other side is ‘wrong’. But that just keeps it going.

“And we know from The Teachings that if we’re into ‘right’ and ‘wrong’ then we’re into duality. Not a question of ‘right’ or ‘wrong’. It’s ‘OK. How can we work this out together?’ ‘What do we need to do?’

“And I’ve told you the story of—really brings me to laughter—of a very hot summer’s day going to the library to do some research for my doctoral dissertation. And part of me, I didn’t want to go. Anyway, so I walked a couple of miles from where I lived to the library. And isn’t it just

amazing that on the block just before the library my calf seized up and I couldn’t move. And then, of course, I knew what was happening. It was my basic self saying ‘I don’t want to go there. I don’t want to go to that library’. So I had to make a deal. I negotiated. ‘OK. We’ll go there. We’ll come home, we’ll take a nice, nice, really cold shower and it’ll be wonderful.’ ‘OK!’ And guess what? The muscle unseized and bingo! I can walk across the street. And, of course, the air conditioning in the library was not working that day and the person sitting next to me, he’d just eaten a whole can of beans. And, obviously, my basics, they must have known this because they go ahead. They knew it wasn’t going to be very pleasant in the library. But we had a negotiation and there was respect.

“But then, guess what? When I got home I decided to do something before jumping in the shower and guess what? That same calf muscle seized up. ‘Hey! you told me’. ‘Yeah, I did. I apologize. Thank you.’

“So that was the framework. We had an agreement. It was set up. Yeah, it was a little bit of trying to get out of it, a little bit moderated, a little bit without the other one’s consent and the other one held me Accountable.

“So we need to hold ourSelves Accountable. We *are* Accountable. We *are* Accountable. And, as my better half taught me, if you don’t stop crazy behavior at the start it gets even crazier. If I allow my lower self, my basic selves, to just rule the roost then they’re going to take advantage of it more and more and more and more and more and more. And before you know it the two-year-old is driving the car. And many of us, if we were to get pulled over, we’ll say, ‘Well, I’m sorry, the two-year-old is driving the car. It’s not me. You know, my basics did it.’ Well, where are you in all this?

“We need to take Responsibility. Part of the Conflict Resolution—whether external or internal—is taking Responsibility: seeing that we affect others, seeing that we need to Regulate ourSelves. Not out of a fear of what happens if we don’t—‘oh, I’ll get a ticket’ or ‘the cops will come in and invade the building that we’ve invaded’. No. Because you’re Responsible for your environment and God Lives in you as you so it’s very important to Honor That. And That’s a Sacred Space in there and It needs to be Honored.

“You know, when we work with the lower self it’s not that we’re ruling the roost over them and rendering them powerless. It’s exactly the opposite. It’s rather we’re acknowledging the power they do have, the energy they do have *and* we decide what purpose it’s going for. That’s crucial! We decide the focus. ...”

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“And, of course, when we work things from the ego what happens? It’s all about power and control. Who’s going to control? Who’s got the ‘right’ argument? Who’s going to win?, etc., rather than conciliatory. Rather than being conciliatory. Rather than working together, we’re going to fight, we’re going to have power and control.

“But if you’ve won there’s a loser. Think about it. And if we’re all One then that part is you. You’ve lost as well. And it’s played out in terms of karma and reincarnation.

**“Part of  
the Conflict  
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– From the Satsang  
“Conflict Resolution Made  
Easy: A Participatory  
Satsang”  
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Yeah, you've lost the Opportunity, as it were, to be in the Oneness, to Know yourSelf as Soul, as Spirit. You've lost the Opportunity to live pain-free because you've chosen into separation.

"But God's Kind and Merciful and certainly Patient so we get lifetime after lifetime to come together. ..."

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"I saw on YouTube something I thought was like whoa! Where they really didn't know each other—I assume they had no history, personal history, between them so there was no animosity—but where one person refused to say a certain greeting extending peace that he used with people of the same religion because this person was of a different religion. What different religion? Really? I mean there's only one religion. Religion in the real sense of the word means linking back to Who and What you *are*. Well, there's only one way to do That: you retrace your steps, as it were and you do That through The Sound Current.

"Wide is the way but narrow is the gate that leads unto

Eternal Life'. Yeah. And we all live in the Oneness of the Holy Spirit. And we need to Remember That. And we have the Opportunity *at each moment* really, as it were, to make Peace, whether it's because of an external conflict or whether it's because of the inner conflict that we have.

"Now, I'm sure you've run across people who always want to make you wrong or never want to come to that place of reconciliation or anything. That's fine. Love them enough to let them have it. They can have it. God's not through with them. They'll get Their Learning. They'll get whatever they need to Know That they're Spirit, they're Soul. Trust. So Trust in the Process.

"But when we go to God with That Knowledge of ourSelves as Soul, as Spirit no conflict exists. We're At One. We're at Peace. So when we work things inwardly, *within* ourSelves or we work things outwardly it's important to always do That: Knowing That we're Soul, Knowing That we're Spirit; move Our Consciousness or, rather, Allow Our Consciousness to be moved to God and Live and operate from That Place. ..."

## Dear Cosmos Tree

**Q:** The Teacher-Initiate Relationship is Love. In the Spiritual Progression of the Initiate there comes a point where The Teacher Walks beside the Initiate; not out in front leading the Initiate. [ed.'s note: This is a quote from Dr. Lane describing the relationship between The Teacher and the Initiate as They Walk through the Inner Worlds] My question is: when this happens, how does the Relationship between Teacher and Initiate change, or shift, when The Teacher is Walking beside an Initiate? Are there changes in how The Teacher relates to the Initiate, or how The Teacher assists the Initiate? And what, if any, are the changes in how the Initiate relates to The Teacher? – R.J.

**Dear R.J.:** 1) As this writer has Learned from Our Teacher, The Teacher/ God/Spirit are One and The Same! How you Love The Teacher is How you Love The Lord, God/yourSelf; 2) As The Teacher Teaches, Our Purpose here is to Love God; 3) Grow in Love for Him/The Teacher by being a Nazir; as Our Teacher states in *Tools For Living Free* #175 "... being a Nazir is One who willingly, willingly ... takes on the Priority in his or her life—the Attunement Process and the Oneness with God"; 3) Be Present using the Technique Taught at the Time Of Initiation; work with the Light Of The Most High by Calling It In at every juncture; for example, at the start of the day; when making phone calls; sending emails/texts; meeting with people; etc., in the day the Lord, God has Given you like this: "Lord, God, for the Highest Good send me Your Light! Lord, God, please place this [start of the day; situations; emails; conversations, etc., etc.] into Your Light for the Highest Good!" and let go!; by Co-Creating with the Lord, God what you prefer by Calling In The Light, then saying: "Lord, God, for the Highest Good please [fill in your preference]" and let it go!; by asking the Lord, God, for the Highest Good for Clarity and Guidance in the same way; 4) As your question indicates to this writer that you are an Initiate Of The Light Of The Most High, Give yourSelf Loving Service—part of What Our Teacher Calls SST—Simran, Service, Tithing—"Supersonic Transport" For Walking This Path [Of Soul Transcendence]; 5) If you do have questions please use them to Lift. As Our Teacher Teaches, the Only Question is how much do you Love the Lord, God?

**To Reinforce Your Learning:** 1. Beginner: *The Human Story*; Open Hour; the Newsletter and Its Archives, notably RETREAT articles; *Tools For Living Free* #16 "Being Present In The Moment"; #93 "Surrender Everything"; #124 "Where Do You Go To Find The Answers To All Your Questions?"; Intermediate: Attend Meditation Of The Light Of The Most High regularly in person at the Home Center if you live within 50 miles or, if you live more than 50 miles away, via teleconference; place yourSelf in the Physical Presence of The Teacher often; Advanced: The Master's Degree Program available through the Seminary Division of Center For Religion And Advanced Spiritual Studies.

**Dr. Lane adds:** Dear R.J. - You are asking an excellent question but I do not understand why you are asking it as you had already answered the

## Try This ...

"Now, I'm sure you've run across people who always want to make you wrong or never want to come to that place of reconciliation or anything. That's fine. Love them enough to let them have it. They can have it. God's not through with them. They'll get Their Learning. They'll get whatever they need to Know that they're Spirit, they're Soul. Trust. So Trust in the Process. ..." – From the *Satsang* "Conflict Resolution Made Easy: A Participatory Satsang" Given by Roger B. Lane, Ph.D. (MP3 A321)

## 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 bring forward a situation in which you have taken something personally.

3. Now ask the Lord, God, for the Highest Good, to take this negativity from you!

4. Tell yourSelf "(your name) it's OK to let it go!" And let it go! Do this exercise as often as needed!

5. Stay quiet and "use it as an Opportunity to move beyond your response", as Dr. Lane instructs in this important Talk "Conflict Resolution Made Easy: A Participatory Satsang".

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.

7. 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](mailto:info@spiritcentral.org) or contacting any Regional Center.

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Cosmos Tree, Inc.  
a nonprofit, educational foundation  
229 East 85 St. #1347  
New York, NY 10028  
212.828.0464  
email: [info@cosmostree.org](mailto:info@cosmostree.org)  
Web site: [cosmostree.org](http://cosmostree.org)

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