

# Tools For Living Free

NUMBER 128 IN THIS EDUCATIONAL SERIES

## Soul Level Consciousness: Now is the time. Here is the Place.

Excerpts from the Satsang "The Spiritual Reality Of Mankind" (CD/MP3 A89)

"And ... We need to take the time and turn our experiences here into an understanding of ourSelves - of what we're about and that we *are* Free and of practicing, really, our Human Destiny - which is to reach the Soul Level Consciousness and there's a Way. And I don't care how many people get angry - I'll say It again. There *is* a Way. There is One Way that God has given us, OK? I teach - I bring forward a particular Dispensation of It. This Way - did I invent It? No. It's been here for I don't know how long. You know, as a matter of fact, people who did the Religion Class - there It was in the textbook! Oh my God! There It was - a tradition out of northern India thousands of years old. There It was, you know?"

"And they also got to see that the authority who wrote the book really couldn't quite get at what It's about. He could only sort of beat around the bush and circle around outside, OK? Because the Soul in that author wasn't Initiated into It; didn't have those Experiences; wasn't with the Frequency of that particular Experience, OK? So, see, it's also God's Protection from those who want to 'bolt' to God, those who are not honest in their search. But when we approach God we need to approach God really *reverentially, inwardly and humbly*, which means accepting God but without our agendas, you know?"

"And, once again using the RETREAT, so often something was said and it didn't jive with the sense that somebody had or what somebody thought was so. They go: 'Oh! what do you mean by That? I don't see That! How can you say That?' And it would immediately be like a fight, you know? And the person was always fighting inside him - or herSelf. But *humility* also means to let go of your agenda, your 'understanding'. Obviously, your 'understanding' isn't It. If it were It and if It were true you wouldn't be wearing the body, you see? We're all wearing the same clothes - which is the body - we're all wearing the same clothes from the same Manufacturer, Which is God. We're all wearing the same clothes from the same Manufacturer for the same Purpose - which is the Spiritual Destiny which was just described and we're all going to use the body from the same Manufacturer for the same Purpose for the same Way - The Path to going Home to God, OK?"

And there's something in our culture that says, 'You know you're not supposed to Know that you're God; you're not supposed to know that the Spirit is *inside* of you.' ..."

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"And, of course, I've done workshops where some people are just - can not accept that - that Spirit is inside of them, you see? And it's not about one person was It and so we'll worship that one person who lived thousands of years ago even though He said, 'Don't worship Me; worship the One who sent Me!' We'll worship Him, anyway; we'll defy what He said. And being people, what will we do? We'll create a whole

institution, a church, a whole church and we'll have, you know, buildings and administrators and priests and everything so you can 'get to God', if you think so. ..."

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"See, now isn't it interesting that most people walk around and they'll think that The Teachings of Jesus the Christ are 'churchianity'? Well, that's not at all His Teachings. He didn't even come here to find a church. He didn't care about it, OK? It was Paul who did 'churchianity stuff'. He wasn't here to find a new religion, OK?"

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"And we know that walking The Path of Soul Transcendence enables you, strengthens you in the Spiritual Body, in the Soul Body to be with God and to Know Him *directly*. We also know that you'll make a lot of crazy correlations: 'Oh! my God, you know, I'm walking this Path and you know I'm not as famous as I thought I would be' or 'I don't have the money' or 'I haven't gotten, you know, the husband or the wife or, you know, I'm not as far along in my career.' You know, and we'll make all these worldly correlations to that which is the Spiritual Reality.

"And 'Oh! my God. I'm so Blessed! I'm having all this stored karma taken care of; I'm having my karma cleared. Eons and eons of lifetimes I've felt like this was going to be it and all I did was create further separation, further ignorance and not know mySelf as Spirit. And in this one lifetime - this one lifetime now all this is being cleared away through God's Grace. Isn't that great, isn't that wonderful? And I'll exercise Giraffe Consciousness and go through my Consciousness in Love and have the contents of the Consciousness lifted from me, lifted from me, lifted from me, have all that stuff cleared, while I keep mySelf in the Knowing that I *am* Spirit, that I am God. What a Blessing!' You don't hear that too often, you know? But that's the frame of reference you need to take. And that's God's wish for you - that you Know that you're Free; that you move into Soul Level Consciousness - that you do It His Way. He put The Path into the system - The Sound Current, The Holy Spirit. That's in the system, OK? The Holy Spirit, the Sound Current, because the Soul as It travels in the Inner Worlds, It can hear the Sound of that level. [ed.'s note: Dr. Lane is referring to the level that the Soul is (working) on.] And each of the levels has a particular Sound, each of the Levels has a particular Sound. And the Soul can locate Itself in the Inner Worlds simply by hearing the Sound. It's audible to the Soul; it's not audible to the physical ears, OK? And the Soul Progresses and Progresses and Progresses and strengthens Itself in Its Freedom and comes to know Itself as God, comes to know Itself as Spirit. And the time for all HU-manity is *now* because that's been ordained.

"... And there's going to be a tremendous moving away on the planet of things that obscure the

***"Okay so those are the Three Simple Truths: we are Free; that the Spiritual Destiny of the planet of the race called the HU-man race is to reach Soul Level Consciousness; in other words, where It is no longer subject to the wheel of eighty-four, to life and death, to reincarnational patterns; and that the time is now, OK?"***

--From the Satsang "The Spiritual Reality Of Mankind" (CD/MP3 A89)

vision of the Soul. A lot of the false teachings will fall by the wayside, OK? And they'll be an overt movement of the Souls to Their Freedom, to Their Home, OK?

"Because you got here you came from some place to get here to this Satsang tonight. And when you leave you're going to go back, OK? Well, it's the same Way with the Soul. We came from Home and Home is God, OK? And where It is in the Inner Worlds has to do with HU -- that Vibratory Frequency, the First Manifestation of God -- that's the Home. [ed.'s note: Dr. Lane is talking about the Realm where

the Soul Originates - Home - many levels beyond the Soul Level, where, at the Latter, the Soul is free from reincarnational patterns.] God created the Soul out of the Sound Current, out of the Spirit, out of the Spirit that He is. So we're created in His Image and we come here to this planet.

"We come here to this planet, this very planet; we do it over and over and over again, OK, because God's patient and we go Home the same way, OK? We just invert the process. ... Now *is* the time. Here *is* the place. ..."

## Dear Cosmos Tree

**Q.** How do I do my day's activities, (i.e. work, travel, shop, have conversations, do laundry, read, watch TV, ...) so that I am not creating karma for myself? R.J.

**Dear R.J.** 1. Call in the Light Of The Most High inside yourSelf by saying, "Lord, God, Send me Your Light!"; 2. Co-Create with the Lord, God by asking the Lord, God for what you want by saying: "For the Highest Good, Lord, God, [fill in what you want - i.e., to stay focused into Spirit as I go about my business in the world!]" – this is called practicing Giraffe Consciousness and is a very important Teaching; 3. Ask the Lord, God to take anything [the negativity - i.e., worry, etc.] that separates you from the Spirit you *are*!; 4. Tell yourSelf "(your name) it's okay to let it go!"; do as often as necessary; 5. Ask the Lord, God for Clarity and Guidance like this: "Lord, God, for the Highest Good, please send me Clarity and Guidance on [fill in what you need help with – i.e., to practice Eternal Vigilance/be Present/focus into Spirit as go about your business in the world!]" ; 6. Stay Present! Dr. Lane has often explained that it is okay if negativity is there; it is when we choose to perseverate in it that "we get into trouble"; when you are focused into Spirit, negativity can just "float by" or, if you choose perseveration, you can do the Two-Part Release Technique in 2-3 above; 7. Work with your basic selves (the part of you that brings forth your karmic patterns) by directing them into the action [what are doing now]; keeping it present and giving yourSelf encouragement; a good start is to say "I need your cooperation and energy to stay Present. Thank you and keep doing the good work you're doing!"; 8. Dr. Lane has often instructed His Students about Arjuna's Dilemma – as a general, how could he do his duty as a warrior without creating karma? Arjuna discovered that the key regarding his activities in the world was to stay neutral/practice Nintendo, which is "to work your buns off and leave the results to God"; The Teachings teach us to do the same as we go about the day; 9. "My day's activities" as you note in your question are all God's – it is really God's Day – begin the day by putting the day into the Light Of The Most High for The Highest Good! And ask the Lord, God to put a purple candle in your solar plexis and the Christed Light between you and everyone and everything around you to ensure that only the Highest Frequencies pass "between" you as you go throughout your day; also, Bless your food by calling in the Light Of The Most High (see 1 above) and then say "And Lord, God Please Bless this Food with the Light Of Your Presence!"; These are beautiful Tools and Protections as you go throughout the day/your life; 10. Remember: Your job is to stay clear (you don't need to worry about or focus on karma!) as Our Teacher teaches us daily: Focus on the Spirit you *are*!

**To Reinforce Your Learning:** 1. Beginner: read the *Tools For Living Free*, "Being Present"; "How To Run A Business (Your Life) Spiritually"; "The Power of Positive Self-Talk"; "Using The Tool Of Choice"; watch the SpiritCentral.tv Series Episode on N.I.N.T.E.N.D.O. Actions; read the *SpiritCentral* Satsang Summary on and/or listen to the CD/MP3 of the Satsang "The Alpha and Omega of Each Day"; 2. Intermediate: Everyday Evolution I Class; Meditation; Open Hour; 3. Advanced: 1, 2 and request Initiation into the Path of Soul Transcendence if you are not already an Initiate.

**Dr. Lane adds:** Dearest RJ – I very much appreciate your question as it demonstrates a sincere wish to be Spiritually clear.

In your question is the answer. The focus of your question is on "not creating karma" so that you are always involved with karma and its avoidance, with the resulting struggle of living in and of the world of duality. This is similar to a person's wishing to stop smoking; the person is always focused on smoking as s/he avoids it – the very thing the person does not wish to hold in its consciousness.

The solution is Proper Identification – knowing that you *are* Spirit and focusing into That by – as suggested by Melissa – doing the Two-Part Release Technique of everything that you allow to come in the way of This and by doing What is suggested to assist your focus into God. If you are Blessed to be an Initiate of the Light Of The Most High you go about your day Chanting the Sacred Names of the Lord, God; this is the Divine Walk. The Divine in you Walks through Its day in Love and in Grace.

In addition, if you have chosen into being an Initiate Walking the Path of Soul Transcendence there is no need to have any concern if you have created karma during your daily activities. The Master's Grace assures that this karma – called day-to-day karma – is assigned to you in your present lifetime – NOT a future one – so that it can be cleared. How this is cleared is also decided by the Master's Grace and may be mitigated and/or presented to you in Meditation, a dream, etc., according to What is for your Highest Good. You will have all the Opportunities you need to perfect your Proper Identification.

RJ, simply do your part and have no concerns about this! Spirit does the rest. And then some.

Thank you, RJ, for the Opportunity to be of assistance.

## Step-by-Step

**Here's A Quick Reference List To Use For Daily Practice:**

1. Call in the Light Of The Most High by saying, "Lord, God send me Your Light!"

2. Ask the Lord, God to take anything that stands between you and the Knowing that you are Free.

3. Tell yourSelf, "(your name) It's okay to let it go!"

4. Tell yourSelf "(your name) We're fine and okay and safe now!"

5. Do 1 through 4 as often as necessary to get clear!

6. Attend Meditations, Classes, Workshops, Retreats, Video Showings; and use the many Tools available on the [cosmostree.org](http://cosmostree.org) Web site.

7. Call any Regional Center and request the Gift of Initiation into the Sound Current on the Path of Soul Transcendence.

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