

# Tools For Living Free

NUMBER 134 IN THIS EDUCATIONAL SERIES

## What Is So Difficult For Human Beings To Accept?

*Excerpts from the Satsang, "What Is So Difficult For Human Beings To Accept?" (CD/MP3 A118)*

"It's [ed.'s note: Dr. Lane is referring to that 'memory in us' that is 'woken up through Initiation into the Sound Current'] like you came here tonight. How are you going to go back home? You're just going to go retrace your steps and it's the same way for the Soul, OK? The Soul has come here and put on body after body after body, OK? Until eventually It's sick and tired of putting on bodies - and somehow the dim memory that It has of Itself, of the Spirit that It is kind of just hits Its Consciousness, hits Its Consciousness and It wants to start Knowing Itself. And what happens is It starts the Process of Remembering through Initiation [into the Sound Current].

"So most of us walk around like we're 'down here,' God's 'up here'; we're 'down there' and the angels are 'up there,' you know, and they're the top, OK? But the real Truth is that we have dominion over all things. Our Consciousness is in charge, OK? And It wakes up and Lifts beyond karma and starts to Know Itself and It starts to be in control, OK? But, not in control like most people think where everybody's busy trying to control somebody else; everybody's busy trying to get ahead, you know? Everybody's busy trying to control his or her emotions, other people's emotions, other people's love for them or liking of them or whatever stuff. So it's not control in that way, OK?

"But we start to Learn to control the forces that we have put in motion, OK? So, for example, we're here because in one way we're totally out of control, OK? We've put all this stuff in motion. That's called karma and we're at the effect of it, OK? And, yeah, we're in total control because - as far as I know - I've never seen one Soul have any ability to create karma for any other Soul. See, that's the good news. So we're totally controlling our Process, OK? But when it's said 'We shall have dominion over all things' it has to do with all of Creation. We sit at the Apex of Creation; and, also, that we have control over being at the effect of our thoughts, of our emotions, and all that so that we're very Powerful, OK?

"And how do we control them, OK? God in His Kindness and Mercy to me has always had a great sense of humor so I kind of took a look at the way I look at things and I say, 'Hey! How do we control things?' And then I realized, 'Well, that's it. We control things by not controlling things.' OK? We control things by Lifting beyond our thoughts, our mind, our emotion and just Focusing into the Spirit we *are* and coming to Know ourSelves as Spirit, OK? So, for example, if I get angry and I feed the anger then all I'm doing is keeping it going, OK? If I Lift, OK, then what am I doing? I'm taking a little bit of charge off of that and when the anger comes around again, I Lift beyond it. I take some more charge off of it until there's no more charge and I'm not feeding it and then, if I'm not feeding it, guess what happens? Goes away, OK?

"And, you know, most of us - by most of us I mean 99.9999 percent - are at the mercy of what we put in motion so we're always pushed, as it were. We're pushed 'down' and 'out.' We're pushed 'out' into the world and 'down' into the lower consciousness - not directionally - but just to give it kind of a 'location' you

can identify with. And the answer is just the opposite - to go inside of us and 'up,' OK?

"And, as we Lift beyond those creations and our creations, then guess what happens? We get to be freer and freer and freer 'cause the real Truth is we're created free and we imprison ourSelves. No one does this to ourSelves. We do it [ed.'s note: Dr. Lane is referring to imprisoning ourSelves] through the choices we make; we do it through our choices.

"Where are we going to Focus? And we do it through allowing the lower part of ourSelves - the false self, the basic selves - to run habitual responses: anger, hurt, regret, resentment, retaliation, that sort of thing, OK?

"And it's real interesting but many times the best approach is for us to just kind of walk on eggshells and be free even if we have a legitimate reason to be entangled with someone, is to just be free of it. So, for example, if I say, 'Hey! One and one isn't always two' and you insist it is and I keep coming at you with one and one isn't always two and you keep insisting - the best thing I can do is Lift beyond it so I'm Lifting beyond it. You're entitled and I trust the System that somehow in your Learning you'll come to Know that one and one isn't always two. OK? So I don't have to do anything about your karma. I don't have to do anything about your stuff. OK? And that's the good news because that gives me a little bit more freedom. I don't have to be engaged in your karma and with your karma and I trust the System - that somehow you'll Learn about it.

"And I realized, if we're at the Apex of Creation why are we always living and proceeding exactly as if we're at the bottom? And the answer is: we don't know our roots. We haven't a clue where we come from. We think we come from mommy and daddy and we think this is our genealogy and we have all these kinds of weird hookups into this planet, OK? But I've never seen a Soul That's left the last body It was in that had any relationship at all to the bodies that it was hanging around with when It was in the body. You could be married 55 years, you leave your body [ed.'s note: Dr. Lane is referring to the Soul before Its next incarnation] you're not going to relate anymore to your spouse, OK? Now the Soul that was in that spouse - there are Agreements to come 'round and 'round and help each other to work out your karma, etc., or not work out the karma. So if we're not hooked up to family which is quote 'our closest thing' then what are we hooked up with?

"And just as I was walking around wondering, 'What are we really really hooked up with?' a friend of mine who was a minister told me that he has discovered a whole new definition of religion. I said, 'Yeah, what is that?' He said, 'It's the link back into who we are.' His definition was a little bit different from mine. I thought, 'Wow! OK. Once again it depends on finding out Who we *are*.' I thought, 'Well, if it all depends on finding out Who we *are* and God in His Mercy and Kindness gave us the Gift of this life and the Purpose of this life is to find out Who we *are* and we keep coming back and coming back so we can find out Who we *are* then this whole System exists for us. Wow!'

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*-- From the Satsang  
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“Then I wound up back at the starting point. If this whole System exists for us then God must really Love us. Of course! That’s what I saw years and years ago, you know? That here’s this Love that God has for us; that all of Creation is geared for us, for HU-man Beings and, yeah, we’re at the Apex of Creation ...”

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“So the most difficult thing for us to accept is that this world was created for us and that, yeah, we are Responsible to Know ourSelves as Spirit and that we *are* One and we *are* Loved.

And I’ll leave you with a thought because it really was an ‘Oh wow!’ moment. We know that God lives in the Unipolar Existence or, if you’re church people, it’s in the Oneness of the Holy Spirit, lives above the dual worlds. And, yeah, He’s found in the dual worlds - that He lives in the Unipolar Existence and That’s where our Consciousness is. And if He lives in the Unipolar Existence then how can there be ‘death’?

“And, OK, we’ll stop.”

## Dear Cosmos Tree

**Q.:** How can I create a Fulfilling schedule that honors the Spirit I am? I have all the time in the world but I don’t know what to do with my time. K.C.

**Dear K.C.:** 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]! 3. Ask the Lord, God to take anything [the struggle, the drama, the judgments, 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]!; 6. Stay Present! Being with God is the Joy and the Abundance and the Loving Consciousness; Being with God is the Framework; Apply It/Practice It! 7. Work with your basic selves (the part of you that brings forth your karmic patterns – those habitual patterns, attachments, etc.) by directing them into the action [what you are doing now – i.e., to stay Present]; keeping it present; keeping it positive; 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!” Take the next Everyday Evolution I Class; 8. Begin the day by putting the day into the Light Of The Most High for the Highest Good by saying “Lord, God, send me Your Light! Please place this day into Your Light for the Highest Good!” 9. Place the schedule for each day into the Light Of The Most High for the Highest Good! Ask God to bring It forward for you and follow it. It’s God’s Life and God’s schedule. 10. Bless the food each time you cook or eat by calling in the Light Of The Most High; then say “Bless this food with the Light Of Your Presence!” Love yourSelf enough to Receive the Love that is There for you! 11. There is no time or space in Spirit. It’s not “my time”; rather, as we have been instructed by Dr. Lane, this Life is a Precious Gift given by the Lord, God to come to Know ourSelves as Spirit, as Soul. The “I” of the initial question can’t “create” anything – you can choose to Co-Create with the Lord, God as shown in this Program. Do That! Let Go, Let God! It’s All God anyway. And, as Dr. Lane often says, “It really is that simple!”

**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”; “Living As An Initiate Of The Light Of The Most High”; “Are You Giving YourSelf The Time of Day?” CD or MP3; Intermediate: Everyday Evolution I Class; Meditation; Open Hour; 3. Advanced: 1, 2 and, if you haven’t already, request Initiation into the Sound Current on the Path Of Soul Transcendence!

**Dr. Lane adds:** Dear KC – Please begin with the framework for your schedule that the ONLY Fulfilling schedule is the one that honors the Spirit you *are*.

You, therefore, need to make this schedule from the inside out rather than the usual way of filling in time to complete what you need to. What does this mean? It means to give the Spirit you *are* the priority that is needed and to then schedule other activities.

In your everydayness attend to your Spiritual Practices first. If you need additional time to be quiet, to study and/or reflect please be sure to give that to yourSelf throughout the day that God has given you. You will find that if you take care of the Spirit you *are* time seems to expand and there is ample time to do what is needed rather than the illusion of “there’s not enough time.”

You also may find that Spirit/the Master is using your everyday activities to help you Lift and Grow and, as Melissa has helpfully stated, you have the Opportunity to Focus with and upon the Lord, God as you go through the day God has given you. Giving up the separation between your activities and the Spirit you *are* takes away the tension between the two that does not, in reality, exist and you may find it easier to schedule.

You may wish to schedule on a monthly/weekly/daily basis or a combination of each but what is most important is that you allow for spontaneous additions and, as Melissa has suggested, anything brought forth by Spirit after first giving priority to the Spirit you *are*.

A schedule needs to be organic and provide a good framework for your activities. Being busy doesn’t necessarily get anything done and a straitjacket approach ensures that the basic selves will be in full revolt and attempt to frustrate your scheduling.

Just make God/Spirit/the Master the framework for your ENTIRE schedule – not just those parts overtly dedicated to Spirit – and live your day in God’s Grace and smooth sailing results!

## Try This ...

“I thought we’d start with a Process. ... What I’d like you to do is get nice and quiet inside yourSelf and be honest with yourSelf and just see how it feels to be in this world: Is it a struggle? Is it a lonely battle? Is it a grin-and-bear-it type of a thing? Is it sorrow-filled? Does it have you on the run? Whatever it is for you. [pause] OK? And when you have that just sort of open your eyes and come back.” -- From the Satsang “What Is So Difficult For Human Beings To Accept?” (CD/MP3 A118)

## 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. Inside yourSelf, allow a situation to arise in which you are trying to control something from an ego standpoint.
3. Now, inside yourSelf, tell yourSelf, “(your name) It’s OK to let it go!”
4. Now, ask the Lord, God to give you the experience of “control[ling] things by not controlling things. ... by Lifting beyond our thoughts, our mind, our emotion and just Focusing into the Spirit we *are*.” – Quotes from the Satsang, “What Is So Difficult For Human Beings To Accept?” (CD/MP3 A118)
5. Know that God “really Loves us” and that “this whole System exists for us”; always return to this Knowing! – Quotes from the Satsang, “What Is So Difficult For Human Beings To Accept?” (CD/MP3 A118)
6. To gain Spiritual Strength attend Meditations; Talks; Classes; Workshops; and Sunday Programs by teleconference and/or in-person at the Home Center or your nearest Regional Center!
7. If you haven’t already, Request Initiation into the Sound Current on the Path Of Soul Transcendence - the most Precious Gift you can receive – and come to know yourSelf as Spirit, as Soul!

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