

# Tools For Living Free

NUMBER 136 IN THIS EDUCATIONAL SERIES

## The Surrender To Grace - Knowing You're Okay

*Excerpts from The Teacher's Birthday Satsang 2008*

“... And part of why Surrender is so important - and why I really suggest That all the time - is for you to come to know what are you Surrendering? You're Surrendering everything that separates you from the Spirit you *are*. It's kind of like 'Well, Dr. Lane teaches self-improvement,' which is very funny because that's exactly the antithesis of The Teachings: that there's no need to improve the Self. It's perfect. It's all the other stuff you have in there that you don't know that you're fine and that you're okay, OK?”

“And so you walk around thinking 'Hey! You have to improve.' You know, it's like the other day I had a conversation with someone and they said, 'You know, I was really surprised you weren't positive about all the things I was doing.' I said, 'Well, why do you say that because I wasn't negative about them?' 'Yeah, but you didn't support the things I was doing to prove that I was okay.' Well, yeah. I don't need you to do that. You don't have to prove that you're okay. That's not The Teachings. The Teachings are that you *are* okay. And we have all these constructs: 'If I become this'; 'if I have this for a boyfriend. Or girlfriend.' Or 'if I make x amount of money; live here; whatever;' whatever your statement is that you're going to translate into 'Oh! I'm okay.'”

“So I need you to accept that you *are* okay. That's the basic premise; and to Know that what you're Surrendering is everything that stands in the way of your Knowing That and Knowing yourSelf as Spirit. OK? ...”

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“So what are we Surrendering? Our fear; our hurt; our pain; our misery; OK? Surrender our doubt. Doubt's a favorite. The lower consciousness loves to use doubt and then you want to know things, the Truth of certain things The Teachings bring forth; and you want to know It with your mind even though the mind can't go there. And even though you've been told 'Hey! It's not about your mind. It's about the Spirit you *are*.' So all your concepts - you need to let go of your concepts and you need to let go of what you think things should be, the way things should be handled!”

“If you're running against something that you have a lot of charge with chances are that's where there's some karma, OK? And if you're going to ask me 'Hey! What do you think of the situation?' I tell you point blank 'You know, it's karmic. I really suggest you handle it x, y and z.' You may really want to work it that way. If you choose to work it 'd, e, f' - I mean that's your choice - but know that that's what you're doing, OK, and then it gets handled karmically, OK?”

“And with that you may very well get the outcome you desire but that's all that's happened. You've gotten an outcome out there. You haven't moved into greater Knowing yourSelf, greater Loving, greater awareness of yourSelf as Spirit. And you have those karmic creations there. And because the Soul is still confused, It says 'Oh, wow! I got what I wanted. I did that through my own effort, through my own will. Wow!

I really got it! It works! You know? I got what I wanted.' Well, that's only half true. You got what the false self wanted, OK? And you're entitled to those experiences but, hey! know that's what you're doing, OK?”

“And when we Surrender, we start to come into the part of us that's really Joyful, that's filled with Joy - the Joy of the Spirit we *are*. We start to come into the Awesomeness of Who we *are* and the Awesomeness of the Creation. You know? And life many times is like a winter's day in Chicago with the dreary sky, you know that brown muddy sky in Chicago and other places - I'm not picking on Chicago - it's that dreariness, OK, that Chicago's famous for. OK? And the same thing is true in our Consciousness. There's this dreariness. And the dreariness comes from not knowing that we're okay, not feeling good enough, not feeling Worthy. And so we chuck out things of the Spirit.”

“And when we Surrender we're reinforcing the part in us that knows, 'Hey! We're Worthy. We're okay.' We're honoring ... that the Spirit's inside; that God has provided a Way; that He cares about us; that we *are* Loved. And that we *are* His Creation. And This is the Way He's chosen to move Souls into their Fulfillment.”

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“So when you're Surrendering, what are you doing? You're Surrendering to Grace. Isn't that a nice Way to go? And you're leaving yourSelf open to an Action of Spirit. You don't even have to Know What It is. But if I drop my agenda then I can be entirely Present. Then guess what? Then God can do whatever God wants to do.”

“And we got to look at some of the things that we've mocked up as evidence that God's doing it correctly, you know? Like if this happens that was Grace. If that doesn't happen, it's not Grace. OK? And we have these translations. All the time we're translating. OK? And all the time we're checking out: 'Is it working? Is it not? Is it so? Is it not?' And we're looking; we're looking; we're looking. When we start to Surrender more we start to live more in the simple Truth that God's extended Himself and He's Present here and in us. And all we have to do is be Present. We have lots of Tools, lots of techniques, to be Present, to help us be Present.”

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“And I want to leave you with one other Thought, too, about Surrender and that is that there's great inspiration Loving God and (when) you sit down you really, really want to be with God but it takes perspiration, too. It takes Consistency regardless of what's going on with your life, regardless of whether you think things are working or not. It has to be Consistently applied.”

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“... And I teach Grace and I Lovingly Suggest that you learn all about It by giving yourSelf those experiences!”

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*-- Excerpts from The  
Teacher's Birthday  
Satsang 2008*

## Dear Cosmos Tree

**Q.:** When I look over my life I have great regret about decisions I have made. I know this is not “living The Teachings”. I also know all things are perfect in God’s Love and Grace. Can you help me with letting go and judging mySelf for my so called “mistakes”? K.F.

**Dear K.F.:** 1. Call in the Light Of The Most High inside yourSelf by saying, “Lord, God, send me Your Light!”; 2. Do the Two-Part Release Technique by saying “Lord, God, for the Highest Good please take [fill in what you want – i.e., these judgements/negativity/anything that separates me from the Spirit I *am* from me!] And tell yourSelf “(your name) It’s okay to let them go!”; 3. If you Know that running negativity isn’t The Teachings, then you need to listen to yourSelf in that regard and follow The Teachings *exactly* as taught. The key is to Be Present! As you also Know, we are Perfect as the Spirit we *are*! That is the *Only Perfection* (there is no perfection “out there”); 4. 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 – i.e., to stay Present]; in addition to giving them direction, keep it present; keep it positive; and give yourSelf encouragement! Feel free to say “I need your cooperation and energy to stay Present! Thank you and keep doing the good work you’re doing staying Present!”; 5. Practice Forgiveness by saying “I Forgive mySelf for judging mySelf for [fill in as needed – i.e., for decisions I have made regarding (fill in)] and I set mySelf free inside mySelf!”; 6. Love yourSelf enough to Receive the Love that is There for you! There are no past reference points in Spirit and, whether or not you are an Initiate of the Light Of The Most High, The Teachings teach us that we do not go “down a memory track”; there are no mistakes, only Learning! What a Beautiful Gift this life is that the Lord, God has given you for your Growth and Upliftment and Learning! Appreciate It! Be in Gratitude! Live in Acceptance! Allow yourSelf your Process and others theirs! The Teachings are simple! Give Them to yourSelf NOW!; 7. With each choice into “regret”, you are creating karma. Why do that when you can go with your Knowing, create Positively and give YourSelf the Best, Which, as Dr. Lane has often said, is the Lord, God. Love yourSelf enough to do That. Simply Choose to do That NOW.

**To Reinforce Your Learning:** 1. Beginner: Meditation; Meditation For Health And Well-Being; read the *Tools For Living Free*, “Being Present”; “Using The Tool Of Choice”; “Living As An Initiate Of The Light Of The Most High”; “How About Now?”; “What Are You Waiting For?”; “The No-History Lesson: Be Born Anew”; “Surrender Everything”; “Using The Tool Of Gratitude”: listen to the CDs and/or MP3s “Are You Giving YourSelf The Time of Day?”; “Meditation Of Gratitude”; “Are You Living Your KNOWING?: Yes Or No – A Participatory Satsang” (see Cosmos Tree Web site for details; the last Talk is also available in Summary form in the March/April 2015 *SpiritCentral* Newsletter); Intermediate: Fear, Hurt, Pain And Other Attachments Class; Meditation; Meditation For Health And Well-Being; Open Hour; 3. Advanced: 1, 2 and, if you haven’t already, request Initiation into the Sound Current on the Path Of Soul Transcendence! And if you have taken Initiation, do your Spiritual Practice *exactly* as taught.

**Dr. Lane adds:** Dear K.F. – Regret is doubt and doubt, as The Teachings of the Path Of Soul Transcendence Teach us, is a soldier fighting for the mind’s hegemony in the army of negativity. This tells you where you need to stand tall in the Field of Consciousness known as Spirit: as the Soul you *are*. Practice Giraffe Consciousness and eat of the fruits of Proper Identification as Soul, as Spirit!

Your question contains your answer; you know that you are not “living The Teachings” when you create regret. You also state that when you choose into ignorance – ignoring that you *are* Spirit and your Knowing that “all things are Perfect in God’s Love and Grace” – and create regret you are ignoring yourSelf.

You are busy judging yourSelf and warding off the Unconditional Loving of the Lord, God. The First Law Of Spirit is Acceptance; you need to live accordingly.

Although you ask me to help you judge yourSelf I can only do the opposite. Judgements stop the flow of Spirit and create estrangement from the Source of All: the Lord, God.

Forgive yourSelf whenever judgements come your way by doing the Two-Part Release Technique of calling in the Light Of The Most High and asking God to take it and telling yourSelf to let it go and also by Forgiving yourSelf by calling in the Light Of The Most High and saying “I Forgive mySelf for judging mySelf” and then truly let it go!

You need, dearest K.F., to accept that you *are* Spirit and Worthy of God’s Love. Besides the Tools mentioned above, I Lovingly Suggest Meditation of the Light Of The Most High; *Tools For Living Free*; Sunday Programs and the like; attending Satsangs and, if you are an Initiate of the Sound Current on the Path Of Soul Transcendence, RETREATS. All of these Sacred Tools are a Gift from The Teacher to help you re-member that you *are* Spirit.

It is said that it takes great Courage to see The Face of God, K.F. I en-Courage you to do so. It is the Purpose of HU-man life and the Wonder-full news is that your Consciousness is not willing to settle for less.

The choice is yours, K.F., and every decision by you into the Spirit you *are* is more than met halfway by Spirit/Master.

In Reality, this “boxing match” has been won a long time ago by God. You simply need to co-operate, K.F., with God’s Plan and with the Truth as you Know It.

## Try This ...

“And I’d like to end by having you do a simple Process. So get nice and quiet. Call in the Light (Of The Most High) inside yourSelf by saying, ‘Lord, God send me Your Light!’ And just ask the Light (Of The Most High) to take anything that you’re holding onto, that you really need to Surrender - even if you don’t know what it is - and tell your basics (the part of you that brings forward your karmic patterns) to let it go!

“And, now, if you’ve made your mind up about something such as ‘Well, I’m not going to take any more Classes ... or I’m not going to this or that’ - whatever it is for your Spiritual Progression, that’s OK because your mind isn’t a part of the Lifting Action, OK? But commit inside yourSelf to Allowing the Spirit in you to have those Opportunities. OK?” – *From The Teacher’s Birthday Satsang 2008*

## 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 habitual way of being that you have, up until now, allowed to separate you from the Spirit you are come forward.
3. Now, inside yourSelf, Surrender it by telling yourSelf, “(your name), It’s OK to let it go!”
4. Repeat as often as necessary.
5. To gain Spiritual Strength attend Meditations; Meditations For Health And Well-Being; Classes; Workshops; Talks; Open Retreats; Sunday Programs at the NYC Home Center in-person or by teleconference at your nearest regional Center. And give yourSelf Open Hour!
6. 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 the Only Way to Remember Who you *are* and Fulfill your Purpose here.

For further information or to request other titles in this series contact:

Cosmos Tree, Inc.  
a nonprofit, educational foundation  
1461A First Ave. - #182  
New York, NY 10075  
212.828.0464  
email: info@cosmostree.org  
Web site: cosmostree.org

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