

Tools For Living Free

NUMBER 137 IN THIS EDUCATIONAL SERIES

Surrender Part II: The Opportunity to Regain Our Freedom

Excerpts from The Teacher's Birthday Satsang 2008

... "So God's involved with us as us and lives in His Creation. And the Path that I Teach is the Path Of Soul Transcendence. And, as I always say and say straight out, It's a Path of Surrender, OK. And I want to talk a little bit about how you can work That; how you can achieve That; how you can perfect That? But I also want to tell you 'What happens and why we do That?'

"Alright. The way of the Soul is indifference. OK? Now, most people use it incorrectly. They think it means not caring. (It) Doesn't mean that. It means Neutrality. OK? The Way of the Soul is Neutral, Which means It's judgment-free, which means that It accepts everything that is present for It. And also, the Soul - the whole training of the Soul is an inward training. We know that the push of karma is what? 'Down', as it were, and 'out' into the world so when we do our Spiritual Work What are we doing? We're doing just the opposite - we're going 'in' and 'up', not directionally, but we're going inside ourSelves to where the Spirit sits and we're going 'up' to the Upper Part Of The Third Eye where the Soul sits in us. So we're going 'in' and 'up'. OK? So we're doing just the opposite, alright?

"And why do we have to do This? But for the simple fact that the Soul has forgotten what It is, has forgotten Itself. And It's identified with the world and with things of the world so the training is for It to go 'in' and 'up' to the Spirit, to God, OK? And when we Surrender we reinforce that we *are* Spirit and we come into that Knowing.

"Now what happens? OK? In the Journey of a Soul - It's from fear to Love, right? - and It's over lifetimes, this Journey. And it's the fear of God; and it's experienced by the lower selves as what? Being totally afraid of Spirit, OK? Like it's going to be overwhelmed, overshadowed; and it means it's going to die. OK?

"But that perception is part of the illusion. If there's no 'death' how can you die? But the ego dies in the sense that hey! it's not dominant; it doesn't dominate. OK? And what happens in the Journey of the Soul - and you see this all the time. You see people beginning this Path - and there are a whole bunch of people who really need to be here listening - and instead have chosen not to, OK? They're not dumb. They're not stupid. OK? They have chosen to go outside, OK? And they have chosen to relate in the way of the world, which is power, control, that thing, OK? Or that there's an outer Teacher. OK?

"And that's part of what the Soul has to

learn. Just like inside there's a civil war going on - there's a nice TAPE [ed.'s note: Dr. Lane is referring to CD/MP3 #142] about the civil war between the basics selves, the lower self, the way of the world and Spirit, OK? - and most Souls get caught in the mirror [ed.'s note: Dr. Lane is referring to the cosmic mirror in which the Soul's creations are reflected, but because of the karma upon the Soul, the Soul interprets them as objective reality without being aware of the illusion or that it is Its creation.] 'Oh, my God! All my thoughts, all my emotions - they look real.' And, of course, the One who has the honor and the dubious distinction of holding that 'mirror' is The Teacher. And the Soul - when It's confused, chooses into confusion - It doesn't know any better so what does It do? It thinks that the mirror or the One holding the mirror is the thing in the mirror. It just can't tell the difference 'cause It's asleep. It hasn't awakened yet."

"So Surrender helps you move into the Loving Heart and you perfect That. Each time we Surrender, we Surrender our thoughts, our judgments, what we think is so. You know, we have judgments. Obviously, everything we see in the mirror is a judgment; it's an emotion; it's a thought; it's a judgment because it's a judgment against ourSelves. It's created away from God, OK? And we get all that stuff back.

"And when we Surrender, what do we do? We start to get our power back and that's pretty neat. We start to get our power back, OK, because what we see in the mirror we don't realize we've created. We think they're objective realities. We don't know that those are illusions that we've created; and, when we drop them, we get the power back from that creation. We get the power back from that creation. We get the power back. And that's really important. OK?"

"And the interesting thing is in the Progression of a Soul It'll do Its boxing match, you know, with the world out there. And then if It's Graced to do It, to meet up with a Teacher, It'll do it against The Teacher and use The Teacher as a punching bag. And then It'll start to do it internally and then It will wake up and go 'Wait a second! Those aren't The Teachings. Those aren't The Teachings. What are The Teachings, OK? But that you *are* Worthy; that Power is in Surrender.'

"Why is the Power in Surrender? Well,

"So when you

Surrender

you start

placing

your energy

really where

it belongs,

which

is inside

yourSelf with

God and with

Spirit."

*--- From The Teacher's
Birthday Satsang 2008*

think about it! If you're Soul and if you're Spirit and That's Who you *are* and you're Surrendering to That, well, then you have all that Power. ..."

"But underneath It is a decision. I can't make the decision for you. All I can do is remind you that 'Hey! You have that choice. You have that access into Spirit. And that you're Blessed.' And it doesn't matter what anybody's doing. Doesn't matter what anybody's doing. ..."

"... And whatever we're being presented with is always an Opportunity for us to move into greater freedom, greater freedom, another Opportunity to reclaim the Freedom that we've thrown away through choices throughout all our lifetimes. And we get all this presented to us, OK. And if we have a judgment, then guess what? We have the situation and then we have the additional karma of the judgment. OK?"

Case Study

The Path that Dr. Lane Teaches is a Surrender Path and that Surrender is *moment-to-moment*. It is the *moment-to-moment* Letting Go to be Present. And it doesn't matter what I am doing outwardly; it could be a mundane task – the Power is in the Surrender to mySelf/the Spirit I *am*.

The Path that Dr. Lane brings forth Teaches That I use everything to Lift; and that everything is for the same Purpose. Whether doing laundry or brain surgery - it's an Opportunity to Love God.

The other day I made some copies on my printer. When I initially worked it I did so karmically by not calling in the Light Of The Most High and letting go. The type on the copies was crooked. I "forgot" how to make double-sided copies. The instructions I had written up earlier on how to do it were incomplete.

When I chose to Surrender using "Power Tools" taught by Dr. Lane, I made double-sided copies "automatically", as if by Magic, with no instructions needed; the copies were clean, straight, *exact*. Perfect! I had put the situation into the Light Of The Most High for the Highest Good and I had asked the Lord, God to make the copies for me. I directed my basics into the action by saying "Basics come present! I need your cooperation and energy to make copies. Thank you and let's keep up the good work making copies!" I chose to Be Present. As I stood before it only then did the machine work properly.

And, yes, fear came up as I made the copies and afterwards, too. Each time I asked the Lord, God to take it and told mySelf "It's OK to let it go!" Later on I used the Two-Part Release Technique to release my fear of making a mistake; and then of a feeling of "burden" – "mechanisms"/judgments that I have used up until now to separate me from Service/the Spirit I *am*. That fear of making a mistake came upon me – as Dr. Lane says in the Talk "we get all that stuff back" – in the form of the misshapen copies; and the "crookedness" may have been a signal that I am "crooked" or "lying" in choosing away from the Truth of Who I *am*/living Free and Clear. As I write this, I use the Two-Part Release Technique to let go of "storifying"/creating stories inside mySelf, which I now see I do, up until now, as an adjunct to the mistake creation. It's easier to Be Present now – doing the above and also by attending Meditation and the Sunday Program.

I felt then and later as I practiced the Steps like I was in school – and, of course, I am a Student on this Path, studying The Teachings in the Greatest University, the University of the Soul and that Studying is an Adventure, as My Teacher has explained. Really, to "Realize Each Adventure to Lift" - even at a copy machine.

And Exciting, too!

Try This ...

"And I need you to own up to being Responsible. You *are* Spirit and you do have the Power to Create and you can Co-Create with God. 'Yeah, God, this is what I'd like to do. For the Highest Good, work with me to create this!' And guess what? If it's for the Highest Good, you'll create it with God and it'll be a karmic-free creation. OK? But if we just go 'Oh, OK, well, it doesn't look like that. I don't know how to do it' - you don't have to know how. The mind isn't going to go into Spirit and isn't capable of that. OK? So you don't have to know how. But if you're going to go 'Well, I don't know how it's going to happen' and you chuck it away then you're abdicating your Truth, Which is that you *are* Spirit and you do have the Power. So you needed to acknowledge That." -- From The Teacher's Birthday Satsang 2008

"And it reminds me once - I think I've told this story - I was driving and a car kind of cut in very close and I had my wife in the car and so I sort of like got all, you know, was showing that I was a male, let's just say! That kind of thing, alright? And then my wife had a really good question for me. She said 'Do you really want to give those people your energy?' And really I had to say, 'No.'

"And then I couldn't give them my energy, you know? And so that was a really great question because if I'm giving them my energy I'm bound with them and tied to them. Why do that? OK?"

"So when you Surrender you start placing your energy really where it belongs, which is inside yourSelf with God and with Spirit. And that's an amazing Blessing! ..."

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 or a relationship to come up around which you have a lot of charge - thoughts, judgments, "what you think is so".
3. Now, inside yourSelf, Surrender your agenda by telling yourSelf, "(your name), It's OK to let it go!"
4. Inside yourSelf, commit to placing your energy where it belongs – with the Spirit you *are*!
5. To gain Spiritual Strength, attend Classes; Meditations; Meditations For Health And Well-Being; Sunday Programs; Workshops; Open Hour; Open RETREATS; any Offering where you are in the Presence of The Teacher – at the NYC Home Center (It's Worth a Trip!) or any Regional Center.
6. Fulfill your Purpose here by taking Initiation into the Sound Current on the Path Of Soul Transcendence - the Most Precious and Priceless Gift you can ever Receive.

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