



“Well, how do you earn Grace? Wouldn't be Grace if you had to earn It. You're just wasting your time trying to earn It. But, what you need to do is place your Consciousness where you can receive It, Which is a Consciousness of Receptivity, which is

Surrendering your agenda and just being Present with the Spirit inside of yourSelf. Even if you don't know what the hell is going to happen There, or what's going to be There for you. You still hold to that 'Place'.”

## 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. Now, Surrender your agenda by saying, “Lord, God, for the Highest Good, please take anything that stands between me and the Spirit I *am*!”
3. Now, tell yourSelf “(your name) it's okay to let it go!”
4. Do this as often as you need to to stay clear!
5. Gain Spiritual Strength by attending Classes; Meditations; Meditations For Health And Well-Being; and by placing yourSelf in the Presence of The Teacher/ Dr. Lane often!
6. Request Initiation into the Sound Current on the Path Of Soul Transcendence by contacting the Home Center in NYC or any Regional Center.

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

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## Dear Cosmos Tree

**Q.:** What is Your recipe for a happy marriage? - Anonymous

**Dear Anonymous:** 1) Begin each day by calling in the Light Of The Most High and put the day into the Light Of The Most High for the Highest Good by saying “Lord, God, send me Your Light! For the Highest Good, Lord, God, please place this day into Your Light for the Highest Good!”; 2) Co-Create with the Lord, God, by calling in the Light Of The Most High as noted in 1) above and then say “For the Highest Good, Lord, God, please [fill in what you want – i.e., a happy marriage, etc.] Be sure to let go! 3) Work with the Light Of The Most High more by calling It in and then saying “For the Highest Good, Lord, God, please send me Clarity and Guidance on [fill in what you need help with!] Again, let go! 4) Use the Two-Part Release Technique as often as needed by calling in the Light Of The Most High, then saying “Lord, God, for the Highest Good, please take anything that stands between me and the Spirit I *am* and telling yourSelf “(your name) It's okay to let it go!” 5) Use Self-talk to educate your basic selves (the part of you that brings forward your karmic patterns) so that you are living in Loving Cooperation with yourSelf by saying, “Basics come present! I need your cooperation and energy to be 100% Loving! Thank you and keep up the good work being 100% Loving!” 6) Commit to staying clear. This means *moment-to-moment* monitoring of your inner environment/being a “good traffic cop”, as Dr. Lane often says. Give that to yourSelf and what a marriage you have (!) because the Joy is inside of you, as Dr. Lane says in His Response below! It doesn't really matter what is going on “out there”!

**To Reinforce Your Learning:** 1. Beginner: *Tools For Living Free* “How To Run A Business/(Your Life) Spiritually”; “Using The Tool Of Loving”; “Being Present”; “Family ‘Problems’: What, Why and How”; “Surrender Everything!”; “The No-History Lesson”; The Sunday Program; Being in the Presence of Dr. Lane; Intermediate: Fear, Hurt, Pain and Other Attachments Class; Everyday Evolution Classes I and II; Meditation; Meditation For Health And Well-Being; Open Hour; Sessions with Our Teacher; 3. Advanced: 1, 2 and, if you haven't already, request Initiation into the Sound Current on the Path Of Soul Transcendence! If you are an Initiate, do Service as Approved by Dr. Lane.

**Dr. Lane adds:** Dear Anonymous – A recipe or formula for a “happy marriage” – something outside of yourSelf that you can plug into and make the marriage “work” - does not exist.

When a person says “I do” a Spiritual Contract is created, whereby the person agrees to share the karma of his/her spouse – not to whisk it away from the spouse or to take it on – but to be with the spouse for this process.

Marriage is an Opportunity to grow into Loving, Caring and Sharing and is something you ACTIVELY do in the presence of your spouse. As is true in all aspects of a person's life, use everything to Lift and Grow; release hurts and resentments as they come up in you! Do NOT allow them to fester and grow! Keeping Clear or returning to Clarity inside of yourSelf is the Guiding Principle.

Marriage is a Wonder-full Opportunity to live in your Integrity – in the Oneness of the Spirit you *are* that you share with your spouse. If you are in the marriage out of fear, financial insecurity, obligation to that “other” you have given over your power and are outside of Integrity. Choosing to be with your spouse needs to be a *constant* priority as you are *always* At Choice.

Marriage is about you – not the other person. It's about sacrificing and letting go of negativity; it's about making the Loving more important than anything else and choosing into It; it's about being Present with the Lord, God within while in the presence of another.

Many people mock up marriage as something very hard that has to be “worked at”, that is a struggle to overcome so that you do not get squashed but marriage gives you the Opportunity to give up being self-centered and to be Self-centered as the Spirit you *are*.

Why settle for a “happy marriage” when you can have one in which you have Joy, with the marriage being the mechanism for an Opportunity and not invested with any power outside of yourSelf?

The only “rule” I ever offer to help with this is what I have each couple promise before I commit to officiate at their wedding ceremony: always give up the hurt, pain, anger before you go to sleep so they don't carryover. Please commit to at least the same – preferably, as it comes up – and your marriage is lighter and more Joy-Filled because you are!

I wish this for you and for your spouse.

## Try This ...

“And, just in conclusion, I'm going to ask you to give it up each moment by dropping the things that separate you as they come up: an emotion; a thought; an action away from the Spirit you *are*; your agendas, etc.

“The power of Who we *are* – it manifests in the total opposite way that we're taught; doesn't manifest by having dominion over anyone, power over anyone or anything like that. But the *Power is in Surrender*; the Power is in Allowing.” – *from the Satsang “Are You Pulling The Wool Over Your Eye?” (MP3 A76)*