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"'Are You Serious?': Is It A Joke? A Truism? The Truth? -A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, started the November Satsang by saying, "I thought I'd talk a little bit about what the basic selves do and what the mind does with Spiritual Reality and then give you some options ... to bypass the whole shebang. ... What the mind will do is it will not take It seriously. The mind gets to sidestep the Reality - the Reality is not meant for the mind anyway - Which is that we're Spirit and we're Truth. We are the Soul.

Continued on page 3

"Where Do You Go To Be Fully Satisfied?: A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, started the December Satsang by saying, "I want to talk about Where we go for Satisfaction and this will be an all-Initiates Tape.

"And I'd like to do a lot of things experientially. So What I'd like you all to do is get quiet. Call in the Light [Of The Most High] that we work with and start doing your Simran and Dhyan *exactly* as Taught! [Pause] Now just stay there! And what I'd like you to do is just Allow the Soul within you to be reFocused into

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Holiday Satsang and Celebration 2016

Starting at 4 pm on December 18, those present at the Home Center in New York celebrated the Season together, thoroughly enjoying being part of the growing community of Initiates; and sharing in the generous buffet as well.

The Celebration was followed by a Meditation Of The Light Of The Most High at the Home Center, after which Initiates from around the country and in Mexico and Venezuela joined the Celebration via teleconference and skype.

Before the Holiday Satsang began, Our Teacher thanked everyone for coming and expressed Appreciation to those who had traveled long distances to be at the Home Center for this Sacred Event and for the Loving Service that was done this year "in whatever form or shape that It was done from a Loving Heart."

Our Teacher then began the Holiday Satsang by asking "... What is this thing called Christmas? ... What's being Celebrated? And What actually is It? I've spoken many times about Jesus the Christ's being born in a manger. That has to do with that the Christ is in the everydayness. He's in the common. He's in each moment. He's in this world.

"Now that ... is a phenomenal thing ... for the simple reason of Its placement in history because what you had is you had a Consciousness that is not yet at the Place to Allow and Accept Its own Divinity, Its own Godhood so religions preceding This [ed.'s note: Dr. Lane is referring to the Birth of the Christ, Jesus] ... they're going to do what a lot of the Eastern religions do and that is they're going to throw God out and their reasoning was simply philosophical. It was that if you Allow God in and you Allow this thing called Grace then people will not make any effort so they had it as either/or - one or the other - so they threw God out in the Eastern religions. Then you have the Jews who theologically believed God created the world and then removed Himself. Then you have the Birth of the Christ, Jesus. And He's coming in and saying, 'Hey, God's here! God's here!'

"And remember in the Old Testament we get a foreshadowing of the Christ coming! We're told 'Hey! The one who's here baptizes by water' but hey, mamacita! ... 'The One Who is coming will baptize by fire.'

"And He's talking, of course, about the Spiritual Fire ... the Purification Process. And He's talking about the Christ. So ... there's this little voice that says '... It's coming in, baby, and you're going to have to take It in your Consciousness!' And so the Birth of Jesus the Christ is that recognition that It's now within the Consciousness to admit That and to Accept It. ..."

"So if we don't Accept our own Divinity then guess what? We project It outside. Of course, it's in the sky, whatever. So we need ... clergy. ... You need religion. You need a whole bunch of things to mediate this.

"But Jesus the Christ says 'no!' And the Christed Consciousness is really saying the same thing - 'your will and God's Will is One and the Same.' And what is God's Will? ... Of course, God's Will has to do with ... the Soul's ... going to Completion and returning on Home through the Path that was laid down. And This is really important: The Path - It was laid down.

"Jesus the Christ gave a Demonstration of It. ... He's saying ... we have to be born here. We have to come into the world to do This. We cannot come into a Resurrection unless we're born here into this world. And the Resurrection, of course, is going in the Soul Body, going to Completion and being Free, entering into Eternal Life. Free from time and space - that horrendous crucifixion of the ego identity with time and space - through the Spiritual Process and Knowing yourSelf as Soul, as Spirit.

"And He's talking about the Oneness of God. That we're One with God. That, yeah, this is the physical world and yet it's at One with God. This is crucial. And maybe that will also help you understand when it's said 'Well, He died for your sins.' ... That

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Fulfill Your Destiny: Fulfill Your True Purpose

Request a FREE copy of Dr. Lane's *The Sound Current: The Path of God-realization* (what we affectionately call "The Blue Book".)

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Spirit Central

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Thank You!

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Events Calendar

OPEN HOURS

Opportunities to speak with Dr. Lane and to experience personal and Spiritual Growth and Lifting into the "positive" energies. Call any Center for info. and call-in number.

Tues. Jan. 3, 10, 17, 24, 31;

Feb. 7, 14, 21, 28 -- 7:30-8pm EST Weds. Jan. 4, 11, 18, 25; Feb. 1, 8, 15, 22 -- 4:30-5pm EST

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Doors close five minutes prior to times listed. Instruction provided.

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NEW YORK

Meditation Of The Light Of The Most High M 7:30pm; W (except 1st Wed. of the month) & Th 6:10pm;

Sun 10:30am Jan. 8 & Feb. 12 **Sun** 10:30am Jan. 29 & Feb. 26: Special 2-hour Meditation

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Every Sat. — 4:30pm Cablevision - Channel 68 Time Warner - Channel 35 RCN - Channel 83 Verizon - 43

For those outside New York City, please go to mnn.org at 6:30pm Eastern, Thursdays, Scroll down to "Spirit Channel" Click on "Watch Now"

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February 1, 2016
6:50pm EST

Satsangs by Dr. Roger B. Lane

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Jan. 5: "The 'Democratization'
Of God's Consciousness - Part
II: Are You Exercising Your
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Meditation Of The Light Of The Most High 10:30am EST

Tools For Living Free Reading and Discussion 12pm EST

January 8th: #33 - Giving The Gift Of Kindness Febraury 12th: #92 - Fight? Or Forgive and Forget?

The Teachings Study Group

Using Summaries featured in SpiritCentral of Satsangs given by Dr. Lane
3pm EST

January 8th: "'Are You Serious?': Is It A Joke? A Truism? The Truth? - A Participatory Satsang"

February 12th: "Where Do You Go To Be Fully Satisfied?: A Participatory Satsang"

Available By Teleconference - Email info@cosmostree.org for details

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Continued from page 1-"Are You Serious?': Is It A Joke? A Truism? The Truth? - A Participatory Satsang"

"We *are* the Spirit and there's a Purpose for coming into this life. It's not willy nilly. ... It's because of the Spiritual Agreement and the Spiritual Truth between the Soul and God. Each Soul here is going to go to Its Completion. It is just a question of when.

"Because the mind and the lower self - they're all part of the lower consciousness - if it can delay the inevitable ... it gets to keep wearing a body ... It always entertains that, 'If I go with Spirit, that's the end of me.' And it takes it to mean physical death. That's not it at all. Matter of fact, This Path doesn't even Teach, as a lot of Spiritual Paths do, the abolition of your ego. ... This Path Teaches the ego in its proper place, which is in Service to Spirit and the mind in line with That. ... But then the mind goes, 'Oh, if I'm not sovereign then I'm less than, I'm below' because it can only work in duality. ... It's not a question of 'above' or 'below'. The Spirit is within you. It animates you. ..."

"The Training of the Soul ... is to reverse going outside looking for God, reverse identification with the world of form, with your thoughts and feelings. And It is to go inside. When we Walk This Path we go into the Soul Body and 'up' - The Upper Part Of The Third Eye, Where the Soul sits. So, our Training is the reverse.

"The mind dismisses ... the things of Spirit and treats It as a joke or a truism and always goes outside and looks and quests and all that. There's nothing out there of any reality and the values that govern the world are illusionary. The way of the world is illusionary. ..."

"But there's another way to live and that way is through Loving Cooperation. ..."

"Inside yourSelf you need to really be aware of this battle that goes on. It's a living, viable battle between the Upliftment of Spirit, the Grace of Spirit, the Love of Spirit and the Soul that you are and all the negativity and the pull into karma. I've called it the 'civil war'. ... Do we want to be enslaved by it or do we want to Allow ourSelves our Freedom? And What's our Freedom? To be the Soul that we are, the Spirit that we are and we have the Freedom to always exercise the Blessing of That. And It's an incredible Blessing.

"And, yes, It can be a Process but you have many Tools. My experience of those Initiates that have the easiest time, not the ones who do things blindly but the ones who go, 'Let me assume That [ed.'s note: Dr. Lane is referring to a Teaching] is so ...' and while they're making that assumption check it out ... So many of you have the experience of Knowing It is so and still fight It. ... You don't have to get caught up in the hegemony of your own false self!

"This is all about the Way of Grace, Which is another thing that is very upsetting. The Way of Grace: so it is going to be very easy or, at least, a lot easier than going through the karmic fields. Uh-oh! If that's true what's the mind going to do? ... How's it going to keep busy? It has to keep going around in circles. It has to create all sorts of difficulties that we can overcome. What's the mind going to do? What am I going to do with my energy? What am I going to do with my time? To me, that's really the crux of it. Do I have the Courage and am I brave enough to allow my energy patterns to change, to get clear and to be Lifting as opposed to going around and around and around these negative poles ... and these karmic creations?

"It's okay to be afraid but do I really want my energy patterns spinning off as fear as the foundation for everything? And all sorts of things get created out of that fear or do I want to Allow Upliftment and Growth and Progress even though part of me is afraid? But the part of me that is afraid isn't Who I *am* or What I am. ... It's okay to have fear. Still Allow yourSelf the Upliftment and the Movement! ..."

"How important it is to Allow yourSelf the Opportunity to bypass your fears, bypass the lower self's dismissal of the Truth of Spirit as some kind of a joke ... You Allow yourSelf to move into It and experience the Reality of It and give yourSelf the proof of It. That's the proof of It. God is a Living Reality. ..."

"We really need to follow the old injunction, 'First seek ye the Kingdom of Heaven and all things will be added unto you.' That's the injunction. And the mind will go, 'How am I going to pay my bills with that?' Well, easy. Try it someday! ..."

"The Spiritual Heavens are *within*. The Soul Body is *within*. Opened up and stirred awake, as it were, through the Great Gift of Initiation into The Sound Current. That's how the 'dead' wake up..."

"Then it is up to you. What do you do with that Gift? ... Do you handle It with Love? Do you handle It with Care? Do you handle It with Joy? Do you constantly go to the strength of Spirit that you *are* ...?"

"If you practice Proper Identification, the Truth of Spirit won't be a joke and It won't be a truism; It will be What It is. And That's what you need to Allow.

"Does it take great Courage to see the Face of God? Yes, it does. But if God is *within* you and the Soul Body is within you then what is there to be afraid of? ... So the task is to just Surrender, Surrender, Surrender, Surrender anything that isn't of Spirit. ..."

"I Teach the Joy of Spirit. The Joy of Spirit is to be with the Soul that I am and to be with the Spirit I am and to take advantage of this incredible, incredible Miracle of being with God while you're in a body. That's 'Where' the Joy is. And That's What I Lovingly Suggest you enter into. ... You are going to have to Accept the simple Truth that you are already Loved and cared about and already handled. ..."

Our Teacher Generously and Lovingly answered the questions asked following the Satsang and Participants Received even more Growth and Upliftment.

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Continued from page 1 - "Where Do You Go To Be Fully Satisfied?: A Participatory Satsang"

just being happy and content and completely Satisfied being in the Presence of the Lord, God! [Pause] Let me do that again. So go just do your Simran and Dhyan as you normally do it *exactly* as Taught or your imitation of *exactly* as Taught! [Pause] Now Allow the Soul within you to be reFocused into complete contentment and Joy and Peace and being completely Satisfied with God's Presence. [Pause] When you can bring your Consciousness back here and who'd like to share what if any was the difference?"

One Participant shared, "There was no difference." Another said, "There was a difference for me. Once I heard, 'Go to contentment, Satisfaction!' it was like I jumped up and I could feel a swell of radiating heat, energy within me. ..." A third shared, "... I experienced Simran and Dhyan happening without any effort. I felt an incredible tranquility in the physical." Our Teacher then shared, "In point of fact, our Tones are Chanted for us 24 hours a day." A fourth shared, "I felt when you said 'Joy' and then the instructions that my whole everything exhaled. It felt completely Free and filled at the same time. ..." Another said, "When you said 'Satisfaction' I felt I was eating of the Manna." Our Teacher elaborated, "That's what It is: the Manna from Heaven, the Sound Current, the food as it were. And That's the Soul's Nourishment." Another shared, "... I am someone who feels like I need some stimuli, something fun all the time but I was totally, totally Satisfied in that moment just by doing Simran and Dhyan. ..." Yet another shared, "I didn't feel a difference." A last Participate shared, "Being Uplifted above the issues, 'reality', perceived things and in a state of quiet comfort ..."

Our Teacher explained that, "Most of you had the experience that there was a difference. Some of you were Blessed not to have an experience, rather had an experience that basically they were the same which means that you're sitting in Simran and Dhyan really properly and as instructed. That's neat! Most of you are, when you do Simran and Dhyan, you're Sitting there trying to 'get to God'. You're working It from yourSelf and not allowing yourSelf to be moved into the Soul Body and from There be with God. When you Allow That you really are in the Fullness of Your Being and That's complete Satisfaction. The Purpose of the Satsang is really that. To give you the experience of being completely in the Presence of God and the Joy, the comfort, the Love, the Peace That's with That ... When you Sit in the Sound with God That's really all there is.

"Many of you Sit in Simran and Dhyan with a goal or task to be done. ... There's an alternative and that's to Allow yourSelf to do Simran and Dhyan *exactly* as Taught and the Satisfaction that comes with That. ... Using Simran and Dhyan in order to get something - that's not going to work. Really, all we do in Simran and Dhyan, Which is everything, all we do is just be with God. On This Path we're Lovers of God and we're just Satisfied with His Presence only. That's all there *is*. That's all we're doing. That's where the Joy *is*. That's where the Peace *is*. ..."

"Most of us - we try to go out in the world and we try to get satisfied. ... Whatever we're doing; we're not really satisfied or it is momentary. Whether it is monetary fulfillment, sexual fulfillment, or anything else like that. ... What's lasting? This Love is lasting. ..."

"I realized This is a Loving God. That's exactly it. That's where the Satisfaction is when I just sit in Love with God and just Receive. ... And that's all I want. I'm just Satisfied with being with God. That's where the Satisfaction is in this world. ..."

"Look at people and what they're running for and to! They're running to get sustained or fulfilled and it is only going to be momentary. ... They go 'out' and 'down' and 'out' 'down'

and they've created all this karma. And they keep going out and it is unsatisfying. It is unsatifying.

"Then there's a funny thing that happens. ... The more you go out there, the more unsatisfied you are. The more unsatisfied you are, the more you go out there looking to be satisfied. Whoa, mamacita! This ain't a good thing, sweetie. ... God is a nice guy. He is not doing this to be cruel. There's something in it. Oh, wait a second! Let's take another view of mankind: ain't a bunch of dummies running around like morons in circles.

"But we're conscious beings and maybe after lifetime, after lifetime, after lifetime of going out in the world and identifying with the world and the things of form, you'll catch on: 'Oh my God! Not only can't I get no satisfaction, there ain't no satisfaction to be gotten!' Then you catch on. ... Then you start to Learn to do the opposite. You start to go 'in', inside yourSelf, in the Soul Body, and 'up'. ... To be with God. That's Where It is. That's Where the Love is. That's Where I'm completely sustained and fulfilled. That's Where the Blessings are. That's Where I feel really good. Wow! That's neat! ..."

"When we are with God, in the Soul Body, we don't yoyo. We don't go ping ponging back. We're with God. We're with Spirit. And we can do That as we go about our life here. When we sit in Simran and Dhyan *exactly* as Taught we're just sitting in God. Then guess what? We get Strengthened. And we're able to go about our business in the world with Proper Identification and with Neutrality so that we don't yo-yo. ... That's very important.

"We want to go up into the Soul Body and be with God. What do you think is going to happen when you drop the body? ... Guess what you're going to do when you drop the body and have entered into Eternal Life? You're going to be in Adoration of God, holding the Frequency. When you've been Established Home, you sit in that Frequency and Adoration. That's What you need to do when you're in the body as an Initiate on This Path. ... That's all there is.

"How Blessed and how fortunate you are that you can use this lifetime that God has given you to do That, to practice That, to Allow that Upvibration so that you can hold That and be with God. And not only that, but in the physical world, that's the only Place that Joy is, That is everlasting. Sit in Adoration of God and be with God! ... All we want is just to be with Him. Sit in Loving Devotion with the Lord, God. That's what an Initiate on This Path does and that's What this Path is all about. I Lovingly Suggest that you give yourSelf being with God as a Lover of God ..."

"As you walk around this planet be kind to yourSelf, be smart and Understand Where True Loving and True Satisfaction is! If you're going to go out into the world make sure it is your body that is going out in the world and the rest is inside with Spirit, with God! ...Know that That's Where the Satisfaction is! Know that if you're an Initiate Walking This Path, you're a Lover of God and that you're content with His Presence only. ..."

Our Teacher Generously and Lovingly answered the questions asked following the Satsang and Participants Received even more Growth and Upliftment.

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Home Center -- **Tues.** 8:15pm (doors close at 8:10pm) January 17 & February 21

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means that the collective karma, as it were, was cleared so that this Oneness with the Lord, God could come into being. This is an incredible, miraculous Spiritual Reality.

"And here we are 2000 years later. And what are we doing? We're still pretending that this ain't so. We're still going about our lives creating karma. We're still going about our lives in the separate way of being, that 'hey! what I do doesn't affect anybody else' ... 'we're isolated beings' ... that 'what I do unto others isn't really done to the Spirit that I am.' ..."

"We're all the *same* Spirit. We don't follow That, the simple Truth.

"I'm really giving this Satsang ... in the desire ... for you to start really living your lives accordingly. That we *are* One with Spirit. In your interactions with others. And Learning how to Give and Give and Give ... the Nature of Spirit is to Give and so many of us focus on what we're going to get ... But the Truth is the opposite and what the Christ, Jesus was saying was 'Serve! Give with a Loving Heart and everything is taken care of!' ..."

"We talk about 'Peace on earth, good will towards men'. It's God's Will towards men and What is that but Peace ... Peace is when 'the above is as the below' ... Which means that the Soul is established back Home and brings It into - in this world - brings that Love, that Joy, that Peace, that Inner Way of being; and brings God into this world because It's been realized within that Being. That's Peace. It ain't going to happen until each particular Soul does That. ..."

"And as Initiates in our individual life ... We need to just ask ourSelves ... Am I in Alignment with God's Will? Am I in Alignment with His Loving? Am I in Alignment with The Teachings? ... And you need to Focus as a Being who Knows that God's here. So it can be as simple as some people will see the food [Dr. Lane is referring to the food on the buffet at this Holiday Celebration] but if you're really Focused you'll see the Love that's in the food and What's in it and behind it ..."

"Talk about the Oneness of God! We have these quote Events [ed.'s note: Dr. Lane is referring to the Sacred Events brought forward by Our Teacher, of Which Holiday Satsang is a Crucial One] in the outer world and they each are carried and Blessed with a Forcefield of the Lord, God and when you participate *exactly* as the Guidelines tell you then guess what? You're saying 'OK, Spirit, I'm here for the Growth and for the Upliftment, for whatever Grace has been assigned to me.' And that's the Oneness. Rather than the focus of 'Oh, my God! It's going to be running late and I'm tired so let me leave!' ... You're saying to Spirit 'I'm not participating.' ... You've separated yourSelf out from Spirit. You've gone contrary really to what the Christ, Jesus is telling us about the Oneness of God.

"When you run your own agenda then guess what? That's against the Message of the Christ ... That agenda is karma and that's the separation. The slate has been wiped clean. And why not take advantage of it? Why create anything else other than Love of God inside yourSelf?

"We need to be conscious and that's what's important. ... So you want to very consciously check 'Hey! Is this in Alignment - what I'm doing with The Teachings, with the Lord, God?'

"Many of you have had experiences of Knowing something ... and then you choose to ignore it because you may not like how it looks to others, you're afraid ... so you rationalize it and kick it out ..."

"The interesting thing also I'm finding is many of us have reference points. We've had inner experiences; we Know how things work; we Know how things sit; we Know why they sit that way, etc. etc. and yet we'll totally throw them out and pretend we haven't had those experiences. And we all need to listen to our experiences and Learn from them because that's why we've had those experiences. We need to give those experiences to ourSelves. That's really crucial. And take the Learning from that...."

"So if we're One with God and It's all One then I have to ask you a couple of questions. What are you afraid of? And why are you afraid of it? And what's your worst fear of what's going to happen to you? And, lastly, what are you fighting? ..."

"Because we all know that the Spiritual scenario is very simple: we're all going Home to God sooner or later. So if you're Blessed to be Walking this Path or be a Sound Current Initiate in general and have been given that Opportunity what are you fighting? ... If you've been given life for that Purpose - to go to Completion - what are you fighting? ... And do you really think He's going to stand there and fight you? No. He's going to stand there and Love you ... And Allow your fight until you get so-o-o-o tired ... and the only One that can revive you is God when you turn to Him inside yourSelf and say 'Help! ..."

"But why do it that way? Why struggle? Why fight? etc. What are you protecting? The Teachings Teach us that we're protecting the false sovereignty of the lower self and of the mind so that the mind can be in charge, seemingly. But it has no sovereignty. And what are you fighting for? 'Well, I'm fighting for this world!' Well, yeah, that's exactly what's going to happen. You get to inherit this world, meaning you get to reincarnate and reincarnate and reincarnate...."

"Why not Surrender this and let go of all this and move into the Oneness of Spirit in that magnificent dance with Spirit that the Soul does? Then when you Surrender that you get to be here in Joy and Love and Peace. Why not do That? ..."

"So Jesus the Christ and His Birth marks something very important. It marks the Oneness of Spirit. It marks the Responsibility of That. And It marks the Spiritual Bridge, as it were, for Souls to get across to the other side, to Spirit, that there's a Way through Initiation into the Sound Current and the Way is God ... the constant Attunement; the constant At-One-ment, the constant At-Tone-ment ... so you're always at your Tones. You're always Allowing those Tones to Vibrate in you because in Reality They're being chanted 24 hours a day ..."

"So we Attune. We Allow. We Progress. And we move and we're moved by the Christ. And It's in *each and every moment*. It's in *each and every moment* that we make a decision; that we persist in a thought; we persist in feeling; that we interact with others, etc. And That's really the Message.

"It's a Message of At-One-ment, that God's in this world and lives in us as us. And the Attunement Process *every moment* is that Opportunity to Attune to the Lord, God.

"It's an Initiatory Approach but isn't it wonderful that you've chosen into It? And if you have chosen into It then make that the Cornerstone of how you live your life! It's real simple. And yeah, It is a Process ... that even the Christ, Jesus had to redeem Himself. He had to get all those pieces of the puzzle ... But in each part along the way He was *always* involved with the puzzle; He was *always* involved with God. He *always* was with His Christhood and that's What's asked of us: to spend Christmas with our Christhood and to remember that Christmas is every day and *every moment* and every nanosecond and to be with the Living God in each of those nanoseconds in the Christhood of your Being and That's What's asked of us.

"As Initiates That's what we need to Fulfill. ..."

After the Holiday Satsang Our Teacher was presented with the annual Group Gift. It was a generous donation from Our Teacher's Initiates to the Center For Religion And Advanced Spiritual Studies to purchase a new computer and to support Our Teacher's Travel Mission.

Musical performances by the very talented Rev. Dewi Maile Lim; Andrew Isleib and Edward Faust followed. After "What It Takes," a brilliant song about Forgiveness by Rev. Lim, Our Teacher said, "The importance of Forgiveness can't be overstated. It's of supreme importance."

Our Teacher, Who radiates the Joy of Spirit, then gave each of those present an MP3 of this Sacred Holiday Satsang as a Gift to help Initiates Lift and Grow even more. "The way to thank me," Dr. Lane emphasized, "is to Love The Teachings very much and Love God very much."

The fun-filled Celebration continued at the Home Center and Initiates continued to be Blessed during this Occasion.