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“Begin The Beguine’: A How-To Manual - A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, started the January Satsang by sharing, “I want to talk a little bit about how to Begin an endeavor ... It’s also the beginning of a new year in a sense; though time and space really don’t exist we’ll go with that marker. The first thing is that it is all about remembering Who we are. ... We’re actually God in Manifestation. ... It’s that we’re created in His image and that means we’re of the same Material, we’re of the same Essence. What is that Essence but the Sound Current ...?”

“So everything we do is to Remember that we’re God in Manifestation. So when we begin something anew we want to begin it attitudinally positioned inside ourSelves to be Neutral so that we are not coming from a place of, ‘This has to happen! I must have it! I have to make this happen! ... It has to happen or my status, my power is dependent on it or what people think of me. ...’ Then we have a whole bunch of attachments. The Teachings that I Teach - They Teach something very important; they Teach us that all pain is caused by the separation we’ve created by attachment. ...”

“So we do things Neutrally. Another way of saying this is we do things in God’s Name. ... In God’s Name has to do with, literally, not figuratively, being in God’s Name. We know that the Sacred Names of God are What the Soul lives in, has taken Initiation into and has received the Sacred Names of God. When you do that you’re in Neutrality because you’re in God. ...”

“We want to do things Neutrally. That’s the attitude that we want to Begin things with. We can have a preference. ... but do it Neutrally! Not that it must happen, not that I’m a better person if it happens; and we let go of any of our ego attachments to it and we let ourSelves be moved, as it were, by Spirit to it. So if you find yourSelf being the motor ... that’s a sign that you need an oil change or another motor. And that motor has to switch to Spirit. ...”

“So when we do something we want to do it from a place of Allowing ourSelves to be Fulfilled, not to prove that we’re better than, superior than, or anything else like that. ... We want to do things from a place of Neutrality. Yes, this is my preference and I’ll do whatever I can do as best as I can do it to be moved into this happening. That’s the first thing: The Inner Attitude. ...”

Continued on page 3

“How To Relate To The World: Deny, Rely Or Sanctify? - A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, started the February Satsang by saying, “I want to talk a little bit about our relationship with this thing we’re on called the planet, the world, the earth, etc. Basically we have three choices. ...”

“The first one that we find has been around for a very, very, very long time is one of Denial. Our focus is on what’s called ‘the afterlife’ so we just put up with everything here: the struggles, the pain, the sorrows because we’re going to be rewarded. ... ‘We have this thing, we’re this body and we’re going to go to the afterlife and we’ll just put up with anything here.’ ... So you run into this historically. The denial of being on this planet; that it’s here for you, and you are to enjoy it, etc. ... We have this thing: I’ll put up with this planet here and then I’ll go to God when I drop my body. ...”

“If you have the proper geography God’s in there [ed.’s note: Dr. Lane is pointing to His body]. Where’s God? He’s inside of you. ‘Oh yeah? Prove it!’ And I love the argument of the atheist: ‘How can there be God if you can’t see Him?’ If you’re dumb enough to try to see Him with your physical eyes then you’re right, you can’t see Him. But, guess what? There is a Way, and It’s been here forever, to be with God and Know Him. And that’s in the Soul, see? And when you worship God, guess what? You’re in the Soul Body and you’re Present with God. I’m sort of jumping ahead now because that is really number three. That’s the third option of Sanctify.

“Let me go back! Well, OK, Deny. And what’s the other extreme? Rely. You’re going to Rely on this world. You’re going to rely on people, places, your emotions to fulfill you. Well, good luck! How many of you have ever been disappointed by anybody? How many of you have ever been disappointed by situations? How many of you have ever been disappointed by yourSelf? And how many of you, after you’ve been fulfilled by all those things we chase after - sex, food, a good meal, status, power, money etc. - they’re not very fulfilling, are they?”

“We find that we have to keep it going. We’ve bound ourSelves to them. ... Whatever is out there - it doesn’t fulfill us. It doesn’t last. It doesn’t satiate us. We’re always unsatisfied. ... We’re always in search of what’s going to fill us up. ... What’s going to make us OK ...”

Continued on page 4

Events Calendar

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").

In this Booklet, Dr. Lane explains the priceless Gift available to all. With numerous historical references, this little Book explains the Sound Current; karma; the Law and the Way Home.

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SpiritCentral

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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. Mar. 7, 14, 21, 28;

Apr. 4, 11, 18, 25 -- 7:30-8pm EST

Wed. Mar. 1, 8, 15, 22, 29; Apr. 5,

12, 19, 26 -- 4:30-5pm EST

MEDITATIONS

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

CALIFORNIA

Los Angeles area: Every Wednesday 7pm. Please call 310-913-7212 for details.

San Francisco area: Every Wednesday 7pm. Please call 847-414-6462 for details.

PENNSYLVANIA

Philadelphia area: Every 2nd Sun. 10:30am; *TFLF* Discussion 12pm; Every 4th Mon. 6:10pm. Call 917-841-8817 for details.

TENNESSEE

Johnson City area: Every 2nd and 4th Mon. 7pm. Call 423-975-6868 for details.

OUTSIDE THE U.S.

MEXICO

Queretaro area: Please call 347-448-2310 for details.

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 March 12 & April 9

Sun 10:30am March 26 & April 30:

Special 2-hour Meditation

Meditation For Health And Well-Being

East Side (Home Center):

Tues 8:15pm March 21 & April 18

VIDEO SHOWINGS

The 22-part VIDEO Series

"Understanding the Spirit You Are"

is available for viewing or purchase at all Centers and for viewing on

cable television stations listed below:

NEW YORK

New York City:

Every Thurs. 6:30pm.

Time Warner - Channel 1997

RCN - Channel 84

Verizon (FiOs) - Channel 35

Brooklyn

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"

VIDEO/DVD SHOWING & DISCUSSION

Last Sun. of every month

1-2pm at NYC Center

Join Us For An Hour Of Spiritual Instruction!

"Courage: Porridge, Boorish Or Flourish? - A Participatory Satsang"

March 1, 2017

6:50pm EST

TBA

April 5, 2017

6:50pm EST

**Satsangs
by Dr. Roger B. Lane**

Available at All Centers

Listen to Our Monthly Podcasts!!!

**cosmostree.org
spiritcentral.org**

Mar. 5: "Are You Working The Truth Or Is It, In Truth, Just 'Work'?" (MP3 A110)

Apr. 5: "What Is Most Difficult For Human Beings To Accept?: A Participatory Satsang" (MP3 A118)

Read The Blog Posts

**On The New
cosmostree.org**

Web Site!

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JOIN US FOR OUR SUNDAY PROGRAMS!

MARCH 12TH & APRIL 9TH

Meditation Of The Light Of The Most High: 10:30am EST

Tools For Living Free Reading and Discussion: 12pm EST

Please read *TFLF* prior to attending; available at Home Center and at cosmostree.org/resources/tools/

March 12th: #121 Thinking Outside The Box

April 9th: #132 The Wealth Is Inside Of You

The Teachings Study Group: 3pm EST

Using Summaries featured in *SpiritCentral* of Satsangs given by Dr. Lane
Please read *SpiritCentral* Article prior to attending

March 12th: *"Begin The Beguine": A How-To Manual - A Participatory Satsang*

April 9th: *"How To Relate To The World: Deny, Rely Or Sanctify - A Participatory Satsang"*

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

Spring Semester

Positive Co-Creation

5 weeks, Wednesdays, May 17th - June 14th, 2017

7:45-9:15pm

(except 1st Wednesday of the month when Class begins 8:15pm.)

Given by Dr. Roger B. Lane

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"The second thing we want to do is ... we want to create with the Lord, God so we put things in The Light (Of The Most High) for the Highest Good. We Co-Create with the Lord, God. We ask, 'Lord, God for the Highest Good please Co-Create with me the following:...' That's very, very important. Then you have to be open. ... Spirit Supplies and gives you what you need one step at a time. You don't need all the information, you don't need to control everything or anything. All you need is to Walk and Co-Create and be with the Spirit you *are*.

"And then you're led, you're led, you're led, you're led. That's really important. ... You're mastering the Focus... on the Spirit you *are* and moving and living in Trust and Knowing that you're Supplied. ... We're taken care of but we need to work within that Framework. And remember, when you Co-Create with God you want to put everything in The Light (Of The Most High) for the Highest Good! ... That keeps away the attachments. ... You have to be very conscious that Spirit or God is right here and Present. ... He is a Living Reality *within* you and He is Present *within* you. So all that we do is constructed to bring this Knowing into the forefront of our consciousness ..."

"If you work it in Neutrality and you Allow that Process then you're home free. It's a restful process, it's a peaceful process, it's a calm process and you do away with the 'having to'. 'I have to have this happen. It has to happen.' Well, nothing 'has to' happen. If you're Graced and Blessed and it happens, wonderful. If it does not, that's fine, too. It's not going to change that Which you *are*, which is Soul or Spirit but what you want to do is you want to use what you're doing to reinforce your Knowing as Soul, as Spirit. That's really important.

"Continuing with Focusing into the Spirit we *are*, there's another Wonder-ful Way we can do That and that's really the third step. ... The third step is real simple. Human beings as an evolutionary thing are in the process of being at the effect of what they've put in motion and being identified with things outside themSelves. One of the many points of attraction is ... money. But money can be used constructively. It can be used very well. By the way, there's nothing wrong with money. It is our attachment to it that's the 'problem'. ... Money has got a 'good' purpose. It gives us mobility in this world so that's pretty neat but we don't want to be attached. So let's use that bright light of money ... constructively!

"The third thing we can do - and I recommend we do - is Seeding. Seeding is using money to focus into that which we wish to see come into being. ... The mundane aspect of it is we take what we think is the worth of what it is that we'd like to see manifest and we take the tithe of it. We take one-tenth. ... we start putting money toward one-tenth of that Seed. Or, if it is a quality, something that has no 'dollar value' we assign one. ..."

"It focuses our consciousness on money but then some part of us knows that money is about what we want to have manifest, what we want to see come about. ... So then the money becomes the device to keep us focused. ... It's basically the reticular formation in the brain - we've activated something in the brain - to keep us focused on what we want to see manifest. We want to see that. If I'm Seeding, I'm Seeding, I'm Seeding then the brain always goes out there and keeps us focused there and on top of it. If we've created with the Light Of The Most High, then guess what? We have that whole Co-Creation aspect working again and we're keeping focused ..."

"So when we Begin The Beguine we want to do it in three ways. We want to begin Neutrally. We have our preference. We Co-Create it with the Lord, God and we Seed. That's how we Begin the beginning. Then as we're working it, we constantly do the same thing. We check our Inner Attitude, 'Let me see am I

being Neutral? ...' Keep Seeding and keep Knowing that Spirit is Co-Creating with you. You've placed it into The Light; you've been heard. You have to do your part. ... You create having it with God... That's the attitude! ... We do it in Love: we do it Neutrally; we do it with a lot of Kindness to ourSelves. We don't do it to prove anything; we don't do it to hurt anybody; we don't do it to go against anybody. We do it as an Opportunity to fulfill ourSelves, to fulfill ourSelves. And it's no different if your work involves taking care of people or anything else like that. You don't do it to show how great you are and how wonderful you are. You do it to fulfill yourSelf and to be in Service. And we can be in Service doing anything and that's really crucial.

"So we also want to be in Service. And how can we be in Service? Even if it's nothing other than being Loving and being Kind and being considerate and resting in Trust and resting in the Knowing that's you've been heard and being an example you're doing Service. And that's really important! And then, of course, if what you want to see manifest helps people directly that's wonderful. And if you can give much more than you can get that's even better so we need to look at this whole thing Neutrally as an Opportunity for Fulfillment and not as 'oh, what can I get out of this? What can I get out of this? What can I get out of this?' because that's the lower consciousness at work. It's 'how can I be fulfilled?', 'How can I Allow mySelf to be Supplied?' 'What do I need to do to move into Trust to Allow God or Spirit, the Soul *within* to be the motor?' 'What do I need to do?'

"And I need to constantly Surrender, Surrender, Surrender and to work with God directly and to stay Focused, stay Focused, stay Focused. ... You're going to stay Focused on the Spirit that you *are*. And that's really the name of the game. And we can walk through this life with that with a hell of a lot of fun and we can use the Tools we have, the Spiritual Tools we have, to have a hell of a lot of success on this level.

"We know the definition of Success and That is fulfilling the Purpose of our being here which is to Know ourSelves as Soul, as Spirit and ... It doesn't preclude worldly success. ... We're told exactly the Timeframe for worldly success: 'First seek ye the kingdom of heaven and all things shall be added unto you.' Do your Spiritual Progression! Focus on That and the rest takes care of itself! Or, as the Teachings Teach us, prosperity follows Abundance.

"We'll stop with that."

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

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What's going to do it? 'You mean it ain't out there?' 'Yeah, it ain't out there.'

"And many of us go through lifetime after lifetime after lifetime seeking something out there that's going to satisfy us. ... The Soul *within* us - that's part of Its Journey. It has forgotten that It comes from God. It has forgotten Who and What It is so It goes out there seeking, seeking, seeking, seeking. Somewhere in the Soul is the dim memory of where It has come from. ... A lot of addiction problems have to do with just that. There's a memory of Who we *are* and they're trying to find something to satiate the pain of that seeming separation.

"And there is a Way: Initiation into the Sound Current. We come and remember ourSelves and that's the third option. Here's this planet. It is a neutral place. God created us as Souls to give us the experience of His Creation. And It's a part of His Creation so we came here and then because He also gave us Free Will we exercised Free Will but we exercised Free Will away from choosing God so we chose into our thoughts and our feelings. We chose into creating away from God. We have this separation. ..."

"So there has to be a relationship of Neutrality. We live in this world and I can remember when my son was applying to colleges, one of the directors of admission at this college was talking about what they liked to see in the kids on their essays and he kept babbling on and babbling on about 'passion, passion, passion, passion for this, passion for that, passion for this,' alright. Well, that's just another word for karma created. To be Neutral doesn't mean to be without care. To be disinterested is not uninterested. It means to be Neutral, OK

"And Nintendo is very different from passion. Nintendo is work your buns off but leave the results to God. Be Neutral. Many of us - we try to manipulate the world. We try to manipulate people to get the results that we want. But that's just creating more karma, more separation, more pain, more hurt. ..."

"But how we Sanctify it is really simple. We place our Consciousness with and at God and we become Aware of His Presence. If we have a choice to be angry and annoyed and hurt, you choose to drop it ... and you start to understand things as karmically correct. ..."

"But you have to move into a Perspective of the Sanctity of this life and each Being and what It's here for. ... Another thing is you don't want to judge because you don't know what the hell that person is going through and is Learning. ... You want to be Neutral. You approach this planet, also, Neutrally. ... It's a classroom where we come to Know ourSelves as Soul, as Spirit. ... We need to be here in a Sanctified Way. We need *each moment* to realize that we have the Opportunity to come to Know ourSelves as Soul, as Spirit. We have the Opportunity to *consciously* be with God through the Initiatory Path, the Sound Current Path. 'Wide is the way but narrow is the gate that leads unto Eternal Life.' It is very narrow. ... What do we take with us? Nothing. Because What goes is the Soul, is the Spirit we *are*. That can only go as far as we have nursed It, nourished It and come to Know ourSelves as Soul, as Spirit.

"And God is patient. ... Take all the time you want. We're still Loved, we're still cared about. God's pretty smart. ... It's up to the Soul's choice and choices and how it relates to being here.

"Will It deny this planet? 'I'll just wait and go to the afterlife.' Well, that's what the priest was doing when he tried to waken the dead body by pounding on the coffin but that body didn't go to God. That body went into the ground and that priest wasn't aware of the Spiritual Law of Frequency and Vibration

and how It could only hold that Which you've held while the Soul was in the body so denying ain't going to work.

"Relying on this planet - that's all your attachments and stuff. That's your hurt, that's your pain, that's your constant sense of going out there in the world and seeking and seeking and having to have. ... There ain't no drama in Spirit. And the way we relate to the world needs to be *moment-to-moment*, Sanctification, using everything as an Opportunity to let go of negativity. Using everything as an Opportunity to exercise your Free Will of Tuning into Spirit. ..."

"You're here in the body because you have forgotten Who you *are* and God is really Kind and Merciful so He makes sure that there's always a Being or two to help you, Who can help you remember... Who you *are* and Where you came from and you do this through the Inner Journey started by Initiation into the Sound Current. That's the Inner Journey. That's the Journey of The Christ. Not Jesus but the Christ, the One that Jesus the Christ demonstrated on the cross. Remember the cross? Crucified in time and space in this world. You're crucified if you identify with it. And so you're Resurrected but It's in the Soul Body. It's not the physical resurrection of the dead, you know.

"I mean when you take a look at the end games of these religions they're really crazy in terms of how you're going to go to heaven. I mean they're nuts. I mean that cult that killed itself hoping to catch Haley's Comet and everybody's laughing 'ah, isn't that crazy. Boy! They're crazy. These people are nuts.' All together they had a wonderful learning that that's not going to do it. But it wasn't very different from the end game of many major religions; not at all different. It's not going to be the physical body. It's the Resurrection Process through the Initiatory Approach so when Jesus the Christ said 'No one comes to the Father except through Me' He wasn't talking about religion. He didn't come here to have anything to do with religion or to find a religion or anything. He was talking about through the Christ, Which means God Consciousness and the human consciousness One and the Same. God's Will and the human will are One and the Same. That's how you come to It. You enter into Eternal Life when you're established in the Soul Realm, when there are no pulls into the lower worlds, when you are, as it were, completely detached. That doesn't mean you don't care. That doesn't mean you don't enjoy the planet or anything else.

"And we know that the Way of the Soul is detachment. It means that we've let go of our attachments into pain, into hurt, into negativity because we Sanctify *each moment* by just choosing to let go, let go, let go, let God, let go, let God. And have the courage, have the actual courage to live in not knowing what's going to come next. Live in the Knowing of not having to control things because God does a pretty good job of handling stuff. God does a really good job and we Sanctify *each moment* by understanding what we're doing here, What this Opportunity is. ... It's an Opportunity to Know God. Know yourSelf as Soul, as Spirit and that's the Blessing.

"So your relationship to being on this planet is one of... using it as the Opportunity that it is, as the Blessing that it is. ..."

Our Teacher Generously and Lovingly answered questions asked following the Satsang.