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

“Our Teacher, Dr. Roger B. Lane, started the March Satsang by saying, “I want to talk a little bit tonight about Courage. ... I’m going to start tonight by What It Isn’t. What I’d like to do is give a few examples - case studies - as it were. ... They’re wonderful examples of what I call ‘flinch points’, places where we have a wonderful Opportunity to move into Courage and we don’t. We take the easy way out. And I’m going to talk about some of the quote reasons and maybe why reasons are not the reason, etc. OK.

“Let’s start with a working definition! ... I decided to look up in my etymological dictionary where It comes from. And It really is related to Spirit-filled. To be filled with Spirit. Isn’t that what’s at our Core?”

“Let me give you a couple of examples! Someone obviously not participating in the Fullness of their Being and the Fullness of the fact that they *are* Spirit, and choosing to deny It, and choosing to enter into reincarnational patterns. The other day someone came to me and it was the last day to pay for an Event and

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The Teacher’s Birthday Satsang And Celebration

On March 5, Initiates Of The Sound Current in New York City and via teleconference from around the country and from Mexico and Venezuela attended the annual Birthday Celebration and Satsang. The Satsang was preceded by a Meditation Of The Light Of The Most High.

Our Teacher, Dr. Roger B. Lane, said in His Birthday Satsang, “What are we Celebrating but we’re actually Celebrating a simple Truth. That is that God in His Kindness and His Mercy and His Compassion puts on a body and joins us. Why does He do that? For the simple reason that we’ve forgotten Who we *are*. And because we’re in the body we need something, someone in the body to which to relate to because God is vast and becomes an abstract concept. God becomes a concept rather than the Living Reality because we have forgotten the Living Reality of ourSelves as Soul, as Spirit.

“Think about it! The Soul lives on Thirty-three Levels. The Thirty-fourth is the Unmanifested One. So you’ve got these Levels that the Soul needs to be Awakened on. And God

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“Courage: Porridge, Boorish Or Flourish? - Part II: A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, began the April Satsang by sharing, “I want to continue with What I talked about in the last Satsang, which is about Courage. What It is, why It is important. And I wanted to take a look at in particular a few areas. One, relationships and another area I want to take a look at very briefly is money and how we work that in our lives. ...”

“Courage is really the act of being at your Core, at the Center of your Being. And What’s at the Center of your Being but Spirit, God? In your Integrity. In your Integrity. Lined up with the Spirit you *are*. ... When our will and God’s Will is One and the Same. That’s the Christed Consciousness. And we know that as part of our Spiritual Destiny That is the inheritance of every Soul. We are to Receive and be Christed or come into the Oneness of Spirit when our Will and God’s Will are One and the Same. That, of course, is when we are established back Home in the Soul Body on the Soul Level or the Soul Realm and we’ve entered

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Initiates’ RETREAT 2017: Loving Cooperation

During the weekend of March 31st to April 2nd, 2017, Our Teacher brought forward a beautiful weekend RETREAT for Initiates Of The Sound Current On The Path Of Soul Transcendence. The RETREAT was attended by many Initiates from around the country and from Mexico.

The RETREAT – entitled “Loving Cooperation” – helped Those present to strengthen Themselves as the Spirit they *are*. Learn Loving Cooperation and Choose to live as Devotees of the Lord, God *each and every moment*, thanks to the Love and the Grace of Our Beloved Teacher.

Dr. Lane began RETREAT by calling in the Light Of The Most High. Through group work; Meditation; quiet time; “activities” and exercises; dream work; generous sharing of discoveries, insights and gains; Homework; “Participation checks” to make sure we are Present; and many Tools, including CDs of Our Teacher’s Talks and *Tools For Living Free*, we learned more about The Teachings of the Path Of Soul Transcendence and that it takes Loving

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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.

Call or write today for your free copy!

SpiritCentral

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Watch All Ten Episodes!

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. May 2, 9, 16, 23, 30;

June 6, 13, 20, 27 -- 7:30-8pm EST

Weds. May 3, 10, 17, 24, 31; June 7, 14, 21, 28-- 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.

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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 May 14 & June 11

Sun 10:30am May 28 & June 25:

Special 2-hour Meditation

Meditation For Health And Well-Being

East Side (Home Center):

Tues 8:15pm May 16

Mon 6:30pm June 19

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!

*"The Escalator Phenomenon:
Moving Along In Loving
Cooperation - A Participatory
Satsang"*

**May 3, 2017
6:50pm EST**

TBA

**June 7, 2017
6:50pm EST**

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

Available at All Centers

Listen to Our Monthly Podcasts!!!

**cosmostree.org
spiritcentral.org**

**May 5: "The Myth Of Reality:
A Participatory Satsang"
(MP3 A120)**

**June 5: "See The Lord, God
In All Things: A Participatory
Satsang"
(MP3 A148)**

Read The Blog Posts

**On The New
cosmostree.org**

Web Site!

GO THERE!

JOIN US FOR OUR SUNDAY PROGRAMS!

MAY 14TH & JUNE 11TH

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/

May 14th: #14 Loving God Through Imitation

June 11th: #49 How To Win The Game Of Life

The Teachings Study Group: 3pm EST

Using articles featured in *SpiritCentral* of Satsangs given by Dr. Lane

Please read *SpiritCentral* Article prior to attending

May 14th: "Courage: Porridge, Boorish Or Flourish? - A Participatory Satsang"

June 11th: "Courage: Porridge, Boorish Or Flourish? - Part II: 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

- **Create Responsibly with Joy and Clarity!**
- **Learn concrete Tools to give yourSelf the life you want!**
- **Direct your energy in support of your goals!**
- **Live in Gratitude and in true Abundance Consciousness!**

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this person put the check in front of me and said ... 'If you take the check I won't have anything to eat!' So I didn't take the check. OK. And this person probably thought, 'Oh, wow! He's really being sympathetic. He really understands me.' OK. No, I understood you; yeah. I was being sympathetic rather than empathetic. And as The Teacher I had to allow your creation, this person's creation. And what was this person's creation? Well, I didn't expect the person to say ... 'What I'm going to do is ignore the fact that I'm an Initiate. I'm going to ignore the fact that I know how to Create with God. And what I'm going to do is, I'm going to give in to my fear because it is such an easy and convenient way and, you see, I'm not even going to do the work. ... I don't love mySelf enough to give mySelf God, to give mySelf Spirit. So let me force this on to you and you'll make it OK for me to be that way!' OK. Nope. Didn't make it OK but gave her that Opportunity to live with her creation. And it's funny because in the next day or two - no more than two days - that person had more than enough to pay for the Event for a couple of dozen people. ..."

"So that was a 'flinch point'. You had fear. So what? You know how to Co-Create. You know how to take care of the Spirit you *are*; Nurture That, things are taken care of. You just have to do your part. You know that but you want to play the game of ignorant, deaf, dumb, blind and stupid. OK, that's fine. But you had a wonderful Opportunity there to move into Courage: That Which is at your Core, Spirit. ... There was a 'flinch point'. There was a wonderful Opportunity for this person to move into the Spirit that she was, beyond the fear. Obviously, she is a pretty Powerful Co-Creator because in a day or two she could have paid for lots and lots of people. So that's kind of the game she was playing and she was allowed that game.

"Let's take a look at another example! It also involves, interestingly enough, money because money is the thing on this planet that really holds people's attention and focus. It's a very bright light. This person had an agreement to pay someone by a certain date and didn't keep that agreement. ... The other person asked, 'What happened? Why didn't you pay me when you said you were going to?' And the person's response was, 'Well, I had the money and I knew I was going to see you.' ... Yeah, but what about the agreement? You had an agreement. You broke the agreement. Obviously with this person, it doesn't matter. If you have the money, if you don't have the money, you're not keeping the agreement. The person didn't have the Courage to keep the agreement either way, regardless of the outer circumstance.

"Let's look at this some more! Now, obviously that's a karmic pattern that has nothing to do with how much money he has or doesn't have or anything else like that. A whole karmic pattern about not respecting agreements, not respecting other people, and he didn't do the work either and hold himSelf to that Responsibility. ... Didn't have the Courage within himSelf to line up with the agreement. Once again we see a 'reason' that isn't a 'reason'. ..."

"Why is this even important? ... It's important because this is Training for a Soul and of a Soul. And guess what? The Soul is going to do exactly this kind of thing in Walking The Path Home. ... So you have to get in there and do the work. That's really important! You have the Tools. You Know how to direct yourSelf! That would be Courage. ..."

"The other day someone called and said, 'I know I screwed up. I know there was this Ten-day Event and I forgot and I didn't join until four days into It.' Then this person asked, 'May I join the Forcefield?' You can't do that because you agree to participate in the Forcefield by joining at the Beginning. ... But I was perfectly willing to set up another Forcefield for her. To me, there was a real example of Courage. She admitted she 'forgot'. She screwed up.

She asked to be a part of It. ... What I saw was a Being moving into Integrity and having the Courage to ask, once the recognition was there ... 'Hey, I screwed up. How can I make this right? How can I get on the bandwagon?' That was pretty neat to me because it took moving past the judgments on herSelf. It took having the Courage to admit, 'I'm sorry I screwed up'. It took a lot of letting go of a self-image. To me that was a real Courageous act. It was Courage. ... That was a brave act. ..."

"The other day someone shared the story with me about how she made this very, very important decision that she knew she had to make. She had been struggling with it for at least a year that I know of and made a decision. And even though it would affect a lot of people she had to make this decision. And she made the decision. And she just cried and cried and cried and cried as all the attachments around that decision were let go of. ... That was Courage. That was a hell of a lot of Courage. What she did was, 'I know I've got this karma going but I know for my Growth and Upliftment I need to do X, Y and Z because it will stop both internally and externally the whole crabs-in-a-barrel syndrome.' ... And all these karmic connections were let go of. ... The person had the Courage to be in her Integrity and do what was needed. That was pretty remarkable. ... She stayed with what was True. That's Courage.

"It's said that it takes a lot of Courage to see the Face of God. That's true. And the Courage is, guess what? Built on *moment-by-moment* decisions to let go of reincarnational patterns, just to be with the Spirit you *are*. Get in there and do the work! You have the Tools, my gosh! Do the work to help you with That Courage! ... We Know that if we Lift and we Grow that we're going to be uncomfortable because the lower part of our Consciousness, the basic selves, we like the old tried and true. We like what's familiar. ..."

"So I'm going to ask you, if you are uncomfortable, to make a translation of that from 'that's something terrible that shouldn't be happening that I can't allow' to 'it's OK that I'm uncomfortable.' ... When we run into fear, guess what? ... There's the Opportunity. ..."

"The interesting thing is God doesn't give you anything that you can't handle. ... So you're perfectly capable of handling whatever is presented to you. You can do it. But you need to Focus on the Spirit, on the Spirit, on the Spirit. ..."

"Have some standard for yourSelf! And that standard is really simple, 'Am I Acknowledging the Spirit that I *am*? Am I living That? What am I at the Core? I'm Spirit, OK. Then I'm going to have the Courage to be at the Core because that's Spirit.' ..."

"Let's do a little Process! ... 'Lord, God, send us Your Light!' 'And we put this time together into Your Light for the Highest Good!' Just within yourSelf let a 'flinch point' arise within you. ... Inside yourSelf ask Spirit to bring you the Courage and now apply the Courage that you just received to that situation. Now pick another 'flinch point'! Ask Spirit ... to bring you the Courage you need and apply the Courage to the situation! Now inside yourSelf let another situation come up, allow your 'flinch point' to come up! Now right there, what you going to do when it comes for you? When you can bring your Consciousness back here. ..."

"What's important is that you choose into Courage. It does take Great Courage to see the Face of God and you're not suddenly going to develop or have Courage. It is built on these *moment-by-moment-by-moment-by-moment* decisions. That's what's asked of us. ..."

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

into what's called Eternal Life [ed's note: Dr. Lane is referring to being established in the Soul Realm, above the negative worlds and where there are no attachments.] No longer subject to the 'wheel of 84'...."

"And Courage has to do with that Alignment with the Spirit we *are* and staying with It. And in working with a lot of people in relationships I discovered that many people make what a really wonderful observer of human behavior and a very brilliant clinician ... called a 'U.S.' ... What's a 'U.S.'? ... And That is It's an Unnecessary Sacrifice. We've made an Unnecessary Sacrifice.

"Let me give you an example of an Unnecessary Sacrifice! I am doing my Spiritual Progression. I am lined up with the Truth of Who I *am*. ... I meet someone and ... my Devotion is to the Spirit or God. That person may or may not get jealous. He may or may not like It so I'm going to ... surrender my Spiritual Practice. ... So I'm going to let That go. ... So you keep making these sacrifices that are unnecessary. When you look at it, it has nothing to do with What you're giving up, it has to do with your fear and you're trying to control how you are or how acceptable you're found, etc. So you use the Spirit you *are* to control someone's response to you. What you're doing is you're giving over your Power and you're going to ensure that is always outside of you. ..."

"I've noticed that as soon as some people get a ring, an engagement ring, they'll give up much of themSelves and Who they *are*. I also think that's a really, really mean, hostile thing to do to the person whom you claim you love. Because this person is in a relationship and wants to have a relationship with you and then you don't even bother, you make no effort, to be Who you really *are*. That's really false advertising. ... All of that is an Unnecessary Sacrifice.

"A lot of times, also, we make an Unnecessary Sacrifice when ... we run an assumption that the other person, 'won't like it' ... and we don't even bother to check it out. ... 'So I won't do it because the person I'm in a relationship with - husband, wife, lover, significant other - they won't like it, they'll be upset.' And many times when you go and you check it out they say, 'Hey! It's fine if you want to do it. It's fine, I support you. ... I'm not crazy about it but I'm crazy about you and if that's what you need to do, go ahead!' ..."

"But many of us we run scared and we make sort of 'nice, nice', which is really hostility because what you're saying ... is, 'My partner can't handle that so let me treat them like a baby and I won't do anything to upset them.' ... what did the Christ, Jesus say? He said, 'I'm not here to make anyone comfortable.' ... And in our relationships, what do we do? We just go for the comfortable, for the comfortable, for the comfortable, for the comfortable. But I don't know about you but I get awfully irritated and fidgety at the 'comfortable', at what's easy, at what's 'tried and true' and won't cause anybody to Lift and move or rethink, recalculate, give them an Opportunity to Grow, etc. That's not how it works.

"It's very much like the difference The Teachings Teach us between sympathy and empathy. ... Sympathy is, 'Oh, isn't that awful what's happened to that person' ... And you're harboring a judgment against that person that that Being can't handle it. ... Versus empathy, where 'OK, the Light in that Being can handle it. It's for that Being's Growth and Upliftment.' That's how it works. And that Being, that Soul can do it and it is a Gift. When we do Unnecessary Sacrifices we're in trouble. ..."

"We run these assumptions, we don't allow this other person to Lift and Grow and contribute or anything else like that and we both lose out. That's a U.S. ... Fear drives this planet so there's always lack and limitation in abundance here. ... And we do that many times in terms of money. ... I'm not suggesting you be reckless, you be manic and you be completely reckless and self-

destructive. I'm not saying that at all. What I am saying is 'What about working with The Light? What about Co-Creating? What about moving beyond lack and limitation?' Tithing Teaches us to do that. We're Tithing to Spirit and Spirit *is* the Source. ..."

"We have it all backwards here. We value the things of the world so much but if God can give us the Things of Spirit - the Spiritual Realities - we need to put the things of the world in their place. We need to value what's really valuable, Which is the Soul, Which is the Spirit, which is our relationship to God and the Blessing of being on this planet and not the things of the world. And if we do that, then guess what? We let go of the attachments. ... And we can have those things easily, without the attachments. And we get to enjoy them. They're just here to be enjoyed. ..."

"We also need to value things correctly. If God can give you the Keys to the Kingdom, then what's the big deal with the things of the world? Why are they so valuable, so important and so hard to get? ... It's all about Proper Identification. Identifying yourSelf as Soul, as Spirit. ... Having your Consciousness be at God, Which is Abundance. We know that Abundance Consciousness is that Consciousness and that prosperity follows Abundance. ..."

"In our relationships we need to practice Proper Identification. If we abdicate Who we *are*... then we're not doing anybody any good. They don't get to see a Being Living as the Spirit they *are*. They just get to see somebody who constantly gives It up and doesn't value the Spirit that they *are*. ... The purpose of relationships, particularly marriage, is you're making a diamond. How's a diamond made? Through time and with the most amount of pressure. ... You have this relationship and if you ain't bringing out the best in each other and being the best then why bother? Then you're not producing a diamond; you're producing just mud. So you need to have the Courage to be Who you *are*. ..."

"We also need to get away from it's either one or the other. ... When we come from the ego it is all about power and control. 'Either my way or your way' ... But that's not it. When you practice Proper Identification you're just being That Which You Are. ... It's important to be That Which You Are. ..."

"So it's very important that we live our core values. That we be at the Core. That we be in Courage. That we totally be in Courage because that's how we flourish. ... Don't bother being all that you *can* be. Be all that you *are*. ... And that's God and that's Spirit and that's what Souls are dying for. And that's what's important so I really enCourage all of you - whether it is in terms of your money, in terms of relationships, etc. - to constantly practice Proper Identification, Knowing Who you *are* as Spirit and living from That Place. And that's how you're going to help your mate, your spouse, your lover, your significant other, whatever it is. That's how you help your kids. ... And that's why they picked you as a parent. ... That's for sure!

"In conclusion, we Know it takes great Courage to see the Face of God. And the Consciousness is constantly drawn out, drawn out, drawn out, drawn out into the world, into the world, into the world. And if you're Blessed to be an Initiate of the Sound Current then the training is just the opposite. You go "in" and "up". You go in the Soul Body to the Spirit you *are*. ... And in our everydayness and how we relate to the world and others we always need to have that predominate. Be in the forefront, practice Proper Identification, relate as the Spirit we *are*! And That's the Courage That's needed! ..."

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

comes from the Unmanifested all the way on through. So What we're really talking about is the Oneness of Spirit. That we *are* One with God. ... Jesus was Christed, gave the Demonstration and we have That Consciousness in us. A Christed Consciousness is our will and God's Will are One and the Same. God, when He created us, gave us Free Will and what we've done is we've exercised that Choice away from God and have our own creations and we've created karma. ..."

"What we're Celebrating is just the opposite, Which, of course, is the Truth. And that is that we *are* One. We're One in Spirit. But guess what? Spirit is here. It's found in the density of matter. We have to accept It ... within ourSelves.

"The first Law of Spirit is Acceptance. And we know the psychological rule that whatever you don't accept within yourSelf you're going to project. So what happens is we haven't accepted God or the Spirit within us, the Indwelling Presence, and, guess what? Because we haven't we project it. We project it out onto somewhere in the heavens out there. But It's *within*. The Christed Consciousness is *within*. The Soul sits *within*. It animates the physical body.

"We forget This. ... So God puts on a body and gives us this reminder. But It's here for us to equilibrate to, for us to Vibrate with, for us to live in That Knowing and That's the Prescription for Life. Does It mean you have to be a hermit? No. Does It mean you can't enjoy the life that God has given you? No. Does It mean you have to sit in formal Meditation for 27 hours a day? No. What does It mean?

"It means to place your Consciousness with God regardless of what you're body is doing. And - a super important 'and' - and that is that your creations are with Spirit. So whatever you create away from God we know is the karma and is that separation.

"So we're not only Celebrating the Oneness of Spirit, that we *are* One with God. God's given us a Way to come into That Knowing just in case we've forgotten. And if you're in the body the chances of you're having forgotten are one-hundred percent.

"So that there's so much Love and Kindness and Compassion for us that we have this wonderful Opportunity to come into the Oneness. Not as the abstract. ... But the Opportunity to be with the Lord, God Himself in the Soul Body. We have the Opportunity to be in the Soul Body and be with God *while we're in the physical body* through the Gift of Initiation Into The Sound Current. That's What happens. Guess What's going to happen when you live Eternally, with God, out of the body? You're going to be Sitting in your Soul Body with God. ..."

"We get an Opportunity to be in Our Center. To come and know Who and What we *are*. And, also, guess what? All the pain in our life is from our creation and creations away from God, away from Spirit; (it is) from the karma we've created. That's where the pain is in human life; it's in the attachments. So we get to live Joyously and Freely. That's pretty practical. That's pretty everyday. ... It's a Living Reality! ..."

"When the eye is single the body is a Light'. When you're Focused on the Spirit. When you're Focused on the Spirit. When Jesus, the Christ said, 'I and the Father are One', He is saying the physical and Spirit are One through and in the Christed Consciousness. So when your will is attuned to God's Will then guess what? Then you're with God and you're One and the Same. And This is the Celebration.

"There is a Way to actively do This. Take Initiation Into The Sound Current and then you keep opening the Gift, you keep opening the Gift, you keep Surrendering, Surrendering, Surrendering, Surrendering anything that isn't of That! ... Take Initiation Into The Sound Current and lose your hurt, your fear, your pain, your worry, doubt, etc.! ... Lose it all! ... We lose ourSelves in order to find our True Selves. And this is the Oneness of Spirit. It is so set up in this world ... that we basically live in an ego-identified world.

"That's really the opposite of the Reality that was set up for us. ... If I hold a negative thought, I'm going against you, I'm going against Spirit. ..."

"You can create whatever you want to create. And that's what we do as people. ... But we're creating against the Spirit that we *are* and we're Responsible for *every* creation. ... Feelings that you persist

in, imagination that you persist in - you're all Responsible for that. ... When we have thoughts we persist in we create these thought forms as well. ... We're Responsible for that. Once again, it is something we've created separate from God and outside of ourSelves.

"The wonderful thing, also, about the Oneness of Spirit is that it causes us to be Responsible. ... It's kind of tricky and funny. We create stuff then we may not be Responsible for it for lifetimes ... And then we've forgotten the cause and the effect relationship. And we don't want to see and we don't want to Know that we *are* that Powerful. And that's our creation. So we think it's 'out there' ..."

"Eventually, Souls get very tired of being at the effect, at the effect, at the effect of what they've created and at the same time feeling powerless. So, the Oneness of Spirit is a wonderful, wonderful, magnificent Acknowledgement of the Power that we *are*. We can Surrender to That or we can, willfully, create away from the Spirit we *are* and be Responsible for all those creations. ..."

"The Christ or the Christed Consciousness - That is the Way. The crucifixion of your ego in time and space so that you can be Resurrected in the Soul Body -That's the Demonstration of Initiation Into The Sound Current. ..."

"So, What we are Celebrating is that Blessed Opportunity to be with Spirit, that Blessed Opportunity, *while we're in the body*, to be at One. I'm going to ask you to do Homework. Give me a Birthday Present and do this Homework! You can do it for a day, you can do it for a week, you can do it for a month, you can do it for a year, you can do it for the rest of your life. But every thought, every feeling that you have, ask yourSelf, 'Is that a thought or a feeling or an imagination or a creation that I want God to have? That I want My Teacher to have? That I want my spouse to have? That I want my significant other to have? That I want my sibling or siblings to have? That I want my children or child to have?' You want them to hold that too? And even if the answer is, 'no,' ask yourSelf. 'Is it a thought or a feeling that I want to hold? Is it in Alignment with the Oneness of Spirit and am I in the Knowing and living of mySelf as Soul, as Spirit, and am I Celebrating that wonderful, wonderful, wonderful Opportunity and Living Arrangement that I have to Live with God *while I'm in the body*?'"

"And we'll stop with that."

The Birthday Satsang was followed by the Sacred Process of the Washing of the Feet. As Our Teacher explained, the Washing of the Feet is "to signify to ourSelves we're Walking on the Path and It's a Purification Path and walking on this earth and taking the Opportunity God has given us to have karma clear and the wonderful Opportunity to be with God *while we're in the body*. It's a complete letting go as we Surrender to Spirit. That's why we wash our feet ... It's also something Jesus the Christ did - washing the feet of His disciples. It's a sign of Humility. We have the Humbleness ... to Accept that God lives in us. ..."

Afterwards, His Initiates presented the annual Group Gift to Our Beloved Teacher, a Donation to help pay for Scholarships, the General Fund and Our Teacher's Travel Mission. Our Teacher also received personal gifts.

After the Giftgiving, four very talented Initiates all sang original songs.

The Serenade was followed by a continuation of the hearty banquet of food and refreshments that had preceded the Satsang, topped off by the presentation of many birthday desserts to Our Teacher that had been prepared by a talented group of Initiates and in which all present very happily partook.

A fun and en-Joyable time was had by all!

Discipline to actively work The Teachings. Our Teacher introduced Loving Cooperation by saying, "Loving Cooperation is with the Spirit you *are* and the basics and the conscious self. ... You really want to Cooperate. Cooperate. Operate as One. ... The Focus has to be at God/Spirit. ..."

Our Teacher explained further: "Inwardly and outwardly we want to focus on a solution. Never mind all the reasons why you can't. ... You always need to go for the solution. ... What's the solution but the solution? What's the solution but the Christ. ..." Dr. Lane emphasized further that we are to "Always Focus on the Lord, God, check out our assumptions, be Neutral and always go for the solution! ... Really, we're talking about Loving yourSelf enough to give yourSelf the Best. ..."

Our Teacher explained the importance of understanding the five realms up to, and including, the Soul Realm that the Soul lives on above the physical realm. Dr. Lane described these five realms and drew a detailed diagram that, for the Purpose of Instruction, showed where the realms sit and their order, closest and farthest from the physical realm, which is what we consider to be 'real.' As Our Teacher explained, in Reality, there is no time and space in Spirit so the realms are not linearly stacked one on top of the other, from the physical on "up," but actually are all intertwined and interwoven. Dr. Lane described, "The Soul lives on all these Levels and It is Woken up. OK. Until the Soul Realm, these are the worlds of the lower self, density, matter, the psycho-material worlds. The Soul Realm is Where What? There are no attachments. This is Where the Freedom is. The Freedom is What? Being in the Soul Body on the Soul Realm established Home. That means What? You've entered into Eternal Life. ... One other thing about Freedom is that you are *already* Free. God created you Free. ... Karma is the separation between you and the Spirit you *are*. You're *already* Free. All you have to do is Allow that Freedom. ..."

Dr. Lane Taught us beautifully that "Peace is when 'the above is as the below'." When you're living in the Soul body in the Soul Realm. ..."

Our Teacher reminded us of the importance of Discipline and Loving Cooperation by saying, "Blameless Responsibility does not mean 'I'm not Responsible'. Does not mean 'I'm not Responsible'. ... You guys see What happens. You move into Loving Cooperation at this RETREAT. And you realize that you Know God *directly*. ... Trust yourSelf as Spirit! Doubt is part of the mental. A way that the mind has to have sovereignty. ..."

Our Beloved Teacher generously explained how to support ourSelves and Choose into Spirit, "We have a thought or a feeling and it gets lodged in the cosmic mirror and it looks real. ... This life - it is all an illusion - unless you are an Initiate. ... When you get into a thought, an idea, a belief ... go to Spirit for clarity! Check out your assumptions, your beliefs. ... I Lovingly suggest you understand the illusionary reality of all that stuff. ..."

Dr. Lane then detailed the crux, "Isn't it all about accepting how Loved we really *are* and that we *are* Worthy? ... With Loving Cooperation you really need to accept how Loved you really *are* and that you're Worthy. That's why it's such a big part of The Teachings: You *are* Worthy." Our Teacher then gave a reference for how deeply OK we are and how inherently Loved we *are*, "No matter how much Love you have for your kids, the Love you have for God and God for you is *far* more."

Our Teacher closed by writing an especially Powerful statement on the classroom board for us, "A Choice for yourSelf is a Choice for Spirit. A Choice for Spirit is a Choice for YourSelf."

This Beautiful RETREAT included plenty of Opportunities to get quiet and to listen to or read a Tool and also included a Silent Auction and a Live One that featured musical performances by Alice Shuman-Johnson, Elisa Hunter, Edward Faust, Rev. Valentina Isleib and Andrew Isleib that were very successful in providing funding for the many activities of the Center For Religion And Advanced Spiritual Studies. Dr. Lane shared Our Teacher's appreciation, "I'd like to thank everybody; the performers, everyone who donated. ... Thank you for your generosity. (It is) very much appreciated and very much noted in the High Heavens."

This writer joins in Our Teacher's sincerest thanks to the many who were of Loving Service before, during and after RETREAT and to the many individuals and companies that donated generously to the Silent Auction.

On Monday, there were Fellow Walker, Area Representative and Ministers' Meetings that brought Clarity and Guidance and assisted in Re-Focus/Re-Commitment to the Spirit we *are*. As a Special Gift from Our Beloved Teacher, all Participants were invited to join Our Teacher for lunch.

Finally, there are once again no words to describe the Loving and Caring and Compassion of Our Teacher in preparing and bringing forward this RETREAT while also bringing forward Talks, Classes, Workshops, Meetings as well as our regularly scheduled Meditation during this same time period.

On behalf of all of Your Initiates, we thank YOU.