



# SpiritCentral

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies July/August/September 2019

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## **“The Feast: A Restaurant, Its Employee, A Child and A Door - A Participatory Satsang”**

Dr. Lane began Our Teacher’s April Satsang by saying, “I was actually eating out the other day with my much better half and, as we were finishing up the meal, there was this small child - maybe three or four years old - and she was leaving the restaurant and she went to open the door and she couldn’t open it and she started to panic a little bit and she started to yell ‘the door’s closed! The door’s closed!’”

“She turned around to her mom and her mom just pushed the door open and I thought ‘Wow! Isn’t this what we do so often!’ So very, very often we want to push ahead based on old patterns, etc., etc., and nothing opens, nothing happens and we keep insisting and then it all turns into being angry and

Continued on page 3

## **“Are You ‘In Depend ‘N See’?: A Participatory Satsang”**

Dr. Lane began Our Teacher’s May Satsang by saying, “I want to talk a little bit about ‘Depend ‘N See’. And no pun intended but I want to talk about The Relationship of the Student with The Teacher but, in Reality, That’s a reflection of What? Of The Relationship you have inside yourSelf with the Spirit or with God, with the Lord, God.”

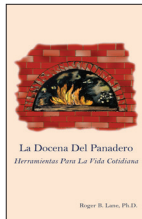
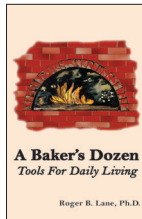
“And many of us we walk around in fear of Surrender . . . So we tell ourSelves a lovely story of being so independent that we’re our ‘own person’. But I wonder if you truly do that when you need a breath . . .”

“And yet it’s really interesting to me the translation we make of that. We don’t translate it as ‘oh, OK, if I’m dependent upon oxygen to breathe the air that means that I’m less than or I’m below or

Continued on page 4

## **A Great Gift For YourSelves, Graduates And Family And Friends!**

### **A Baker’s Dozen: Tools For Daily Living**



**Dr. Lane’s New Book!**

**Learn To Live Your Life From A Spiritual Perspective!**

**In English and Now Spanish!**

**Both On Amazon in Paperback!**

**And in the [cosmostree.org](http://cosmostree.org) store!**

**English E-Book On Amazon - Spanish E-Book Coming Soon!**

**GO THERE!**

## **Initiates’ RETREAT 2019: “LIVING THE TEACHINGS: Living? Livid? Alive?”**

During the weekend of April 26 to April 28, Our Teacher brought forward a beautiful RETREAT for Initiates Of The Sound Current On The Path Of Soul Transcendence. The RETREAT was attended by Initiates from around the country and from Mexico and Venezuela. The RETREAT – entitled “LIVING THE TEACHINGS: Living? Livid? Alive?” - helped Those present to Strengthen Themselves as the Spirit They are and to 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 and asking us to do 30 minutes of Simran and Dhyana *exactly* as Taught by Our Teacher. Afterwards, Our Teacher asked us “get quiet” and to “go inside” and see whether we had been distracted during Simran and Dhyana. “Did you come out [of Meditation]? Did you use the distraction to Lift and to Strengthen that whole Lifting pattern?”

Our Teacher then asked us to read *Tools For Living Free* #146 entitled “What Is Discipline?” As Our Teacher states in this Magnificent Tool, “Discipline has to do with Focusing into The Sound Current. Always Disciplining yourSelf to place yourSelf in the Sound Current.” Dr. Lane emphasized the importance of being a “traffic cop” or, as one Initiate said, “managing yourSelf”. “You’re talking about Loving Discipline,” Our Teacher Instructed. And, noting the Key Teaching of “Loving Cooperation”, Our Teacher further Instructed,

Continued on page 6

## **“The Cure For The ‘Same Old, Same Old’ - A Participatory Satsang”**

Dr. Lane began Our Teacher’s June Satsang by saying, “I want to talk a little bit about how we can as Hu-man Beings bypass the ‘Same Old, Same Old’. So two things are important . . . one is that we’re Hu-man Beings and we chanted HU - H-U - at the beginning. That is the First Manifestation of the Lord, God. That is the

Continued on page 5

## **Baby Blessing On The Soul Present with Rae Christina Jacobs**

On Sunday May 19, 2019, surrounded by Initiates Of The Light Of The Most High, Our Teacher held a Baby Blessing on the Soul Present with Rae Christina Jacobs, born July 3, 2018. Rae is the daughter of the Much BeLoved Initiate On The Path Of Soul Transcendence, Claire Julian, and of the late Chris Jacobs.

Continued on page 7

## 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!

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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 July 14; Aug. 11; Sept. 8

**Sun** 10:30am July 28; Aug. 25; Sept.

29: Special 2-hour Meditation

### *Meditation For Health And Well-Being*

East Side (Home Center):

**Tues** 8:15pm July 16; Aug. 20;

Sept. 17

### MEDITATIONS

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

#### TENNESSEE

**Johnson City area:** Every 2<sup>nd</sup> and 4<sup>th</sup> Mon. 7pm.

Call 423-975-6868 for details.

#### OUTSIDE THE U.S.

#### MEXICO

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

#### 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.

Every Tuesday -- 7:30-8pm EST

Every Wednesday -- 4:30-5pm EST

Unless otherwise noted

#### VIDEO/DVD 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.

Spectrum - Channel 1997

RCN - Channel 84

Verizon (FIOS) - Channel 35

#### **Brooklyn**

Every Sat. - 4:30pm

Cablevision - Channel 68

Spectrum - Channel 35

RCN - Channel 83

Verizon - 43

For those outside New York

City, please go to [mnn.org](http://mnn.org) at

6:30pm Eastern, Thursdays,

Scroll down to "Spirit Channel"

Click on "Watch Now"

#### SHOWINGS & DISCUSSIONS

Last Sun. of every month

1-2pm at NYC Center

### Join Us For An Hour Of Spiritual Instruction!

**"When Is 'Enough' Enough?: A Participatory Satsang"**  
July 3, 2019 6:50pm EST

**"Are You Hot And Bothered? Good. Now Go To The 'Clear, Cold North Country': A Participatory Satsang"**  
August 7, 2019 6:50pm EST

TBA  
September 4, 2019 6:50pm EST

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

Available at All Centers

### Listen to Our Monthly Podcasts!!!

cosmostree.org  
spiritcentral.org

**July 5: "Family 'Problems': Why?, What? And How?" (MP3 A97)**

**Aug. 5: "What Is Mental Health?: A Participatory Satsang" (MP3 A177)**

**Sept. 5: "Whom Should I Blame Today?: A Participatory Satsang" (MP3 A126)**

### SUMMER SEMESTER

## Two Clinics!

### Acceptance

Wednesdays, August 14 & 21

7:45-9:15pm Eastern

### The "Red Book" Clinic *Living As An Initiate On This Path*

Wednesdays, September 11-25

7:45-9:15pm Eastern

*Open to Initiates Only*

Payment for Acceptance Clinic: \$60 for Students enrolled in a Degree Program of the Seminary or \$61 for all others. For "Red Book" Clinic: \$90/\$92. All payments are nonrefundable and nontransferable. Payments must be made in full prior to the start of the Clinic. Please make checks payable to CRASS, 1461A First Ave. - Ste. #182, New York, NY 10075. For more information call Registrar, Amy Blank at 708-846-1031 or email [info@spiritcentral.org](mailto:info@spiritcentral.org).

### JOIN US FOR OUR SUNDAY EVENTS!

#### SUNDAY PROGRAM

July 14; Aug. 11; Sept. 8

Meditation Of The Light Of The Most High: 10:30 - 11:30am EST

*Tools For Living Free Reading and Discussion: 12pm EST*

July 14: #151 God's Will: Will You Or Won't You?

August 11: #152 Everything Is An Opportunity To Grow In Love For The Lord, God  
September 8: #153 Who's The Boss?

July 28; Aug. 25; Sept. 29

Meditation Of The Light Of The Most High: 10:30am - 12:30pm EST

Video/DVD Showing and Discussion: 1pm EST

July 28: #V3 Abundance Consciousness

August 25: #V4 The Twin Towers Of Acceptance And Gratitude

September 29: #V5 The Power Of Choice

#### THE TEACHINGS STUDY GROUP

July 14; Aug. 11; Sept. 8

3pm EST

Using articles featured in SpiritCentral of Satsangs Given by Dr. Lane

July 14: "The Feast: A Restaurant, Its Employee, A Child and A Door - A Participatory Satsang"

August 11: "Are You 'In Depend 'N See'?: A Participatory Satsang"

September 8: "The Cure For The 'Same Old, Same Old' - A Participatory Satsang"

Please read articles or watch Video/DVD prior to attending!

For details or to attend via teleconference email [info@cosmostree.org](mailto:info@cosmostree.org).  
More details also on the Events page included with this Issue of *SpiritCentral*.

**Continued from page 1 - "The Feast: A Restaurant, Its Employee, A Child and A Door - A Participatory Satsang"**

resentful because we think the door doesn't open.

"And it's we'll Co-Create with the Lord, God and then we'll go do it ourSelves. We leave God out of the equation.

"If we turn to the Spirit we *are*, we turn to the Soul, as it were, and we Surrender then the Door opens, then the Door opens, to any and everything.

"But it's also like - and I've seen this many times - we try to do our Spiritual Work from an ego level. Like you're going to push ahead. You're going to push ahead. You're going to push ahead. Just like you're going to 'get to God' and it's exactly the opposite. We need to Surrender and let go and come into Our Strength. Our Strength isn't our ego identity. Our Strength is as the Spirit we *are*.

"And it's really interesting because a lot of that kind of stuff of the ego pushing ahead, pushing ahead, pushing ahead, pushing ahead is out of fear. A fear of 'oh! I'm going to be dependent upon Spirit'. 'I'm going to be dependent upon The Teacher'. 'I'm going to be dependent upon Dr. Lane'. ... You're approaching Your Spiritual Teacher or the Spirit you *are* based on ego. And ego, we know, it's (based upon) power and control. And then what you're doing is you're projecting that stance onto The Teacher like He reacts and relates to you out of power and control. ... It's just the opposite. He's actually Your Servant. Spirit is Your Servant.

"And what makes you think that Dr. Lane is Your Teacher? ... The Spirit in Me and with Me and the Consciousness that I hold - *That's* The Teacher. The Spirit is The Teacher and Spirit doesn't control you but Loves and Supports you.

"But let's take a look at it another way, too! We know that in the Soul's Journey It's going Home to God. Right! In order to do That It has to be able to hold That Frequency. You have to hold The Frequency of the Lord, God. And we know as the Soul Travels and goes through the levels It can break through the level, break through the level, break through the level until It can hold the Frequency of the Soul and be in the Soul Realm. And That just means It has punched through. At that point ... The Teacher Who goes before you in the Inner Worlds stands aside, no longer goes before you but stands *with* you because you now have the Spiritual Strength to Travel through those realms. You're Supported as you do but you don't go and follow The Teacher.

"So, the whole point is to have you be in Your Strength ... in the Strength of the Spirit that you *are*. So what good does it do - Spirit or The Teacher - to have you be dependent upon Him? That's nonsense in the ego form.

"And, yet, of course, we're dependent. I'm dependent upon God, Spirit, for every breath. So are you. You're dependent upon the Spiritual Teacher to go ahead of you so you can follow until you have the Strength to do That yourSelf. But That's not an ego power- and control-based thing. That's a Loving Surrender.

"And if you look behind that mechanism, it's all about Trust. Do you Trust yourSelf? Do you Trust the Spirit to be safe, to Know that you're Loved, to Know that you're protected? 'Cause as long as you're running all that stuff [ed.'s note: Dr. Lane is referring to the negativity] you're not Surrendering; you're not Trusting; you're not Allowing. It's just another form of protection that you're running, that matches a lot of what your basics hold all about power and control and manipulation, etc. Give yourSelf over! Give yourSelf over! 'I'm gonna get lost'. Baloney! Baloney!

"And you notice one other thing about The Teachings. We don't Teach 'do away with the ego'. We Teach the ego in Service to Spirit. And just like that girl had to say 'Mommy! Mommy! The door's closed! The door's closed!' ... you need to call on the Spirit, on the Soul that you *are*, on your Spiritual Consciousness and Surrender to That because That's What makes the Door open. That's What makes the Door open. The Strength of the Spirit that you *are* and using It. And you can't play dumb. ..."

Our Teacher then gave us another example, of eating in a restaurant "with a wonderful chef" and asking the server to explain what a dish was that had just been brought to the table. Our Teacher didn't trust the server's answer so Our Teacher asked the waiter, who provided the correct information. Our Teacher then Lovingly Shared the correct information with the server for his education, at which point, the employee "puffed out his chest. And said 'well, you know, I just got here. I'm a student. I go to school ...' Blah blah blah'. Like he wanted us to know that he wasn't just working in a restaurant; he was a *student*; and he was very proud of that. Well, that's nice and I'm glad he's a student but that's not an excuse for not knowing what you're doing and for not being responsible and for not honoring that.

"And it's very important when we live our life to fulfill and go for excellence on all the levels. It's not OK not to do your best. It's not OK to do things half-heartedly.

"And, as Initiates, you need to be 100 percent sure, *one-hundred* percent sure that 'hey! Is what I'm doing, is that a Loving Expression? Is that what The Teachings say? Am I in Alignment with It? And if I don't know then that's

fine; ask! Ask! Don't just fake it like that guy faked it. ..."

"And how do you go for the excellence? You learn by your mistakes. It's not about perfection. There's no perfection on this level. ... with this employee ... He's not doing us a service. He's not doing the owner a service at all taking the easy and the lazy way out. That's not OK.

"Similarly, we need to be lined up inside ourSelves for excellence. That's really important. We have to be lined up with Our Spiritual Knowing. We can't slough off. That guy sloughed off. ... 'Hey! I don't have to be any good at it; you know, I'm a student at this university'. ... you don't think you don't have that habit in your studies as you do with us? ..."

"If you'd done your job well that would have been something! That would have been something! Also, think of the karma that got created. He knew he didn't know. Why not be honest and just say 'I don't really know'. ..."

"That's really what I'm trying to get across here. We *are* Responsible. That employee was responsible to know his job. That mother when she opened the door she took a second or two to explain to the child, 'you know, honey, the door does open. You just need to be strong enough to push it open and you'll get there'. And that's what we need to do. We need to take the Loving time with ourSelves, work with ourSelves, work with our basics and educate them.

"But we can't pretend the door is closed. We can't pretend God isn't here. We can't pretend we're other than the Spirit that we *are*. ... We always need to keep our eye on that Prize. ..."

"What's the Prize? Living as the Spirit we *are*! Living in the Joy of That! Living in the Peace of That! ... The Divine Melodies - That's the Feast for the Soul! ... In Reality, the Door was never closed but you bought into the illusion that It's closed. ... And we need to Surrender that, Surrender that, Surrender that and move into the Oneness, Oneness, Oneness, Oneness, Oneness, Oneness, Oneness. ..."

"A Lover of God only wants to be with God and He's satisfied with His Presence *only*. ... And we sit and we are with God; doesn't matter what our body is doing, doesn't matter what our body's doing but inside ourSelves That's Where we wish to be. Then we can be at the Table with the Lord, God. The Feast has already been set. ... The invitation's been extended. Not only That but the Transportation is all arranged. ... Take Initiation Into The Sound Current! Ride the Sound Current! And Bingo!

"But if you notice we're not 'getting to God'. We don't sit in Simran and Dhyana and 'go to God'. ... Because there's no distance. We just simply Allow, Allow, Allow and in That Process the karma, the gauze, is cleared away and you get to be Present. ... But It's by Surrendering. It's not by the effort of ego. ... The Power is in Surrender! What are we Surrendering to? Ain't to Me. ... But It's to yourSelf and It's to the Living God. God lives in you as you so you're just Surrendering to yourSelf. And That's What you've been resisting? Wow! You've been resisting yourSelf? Huh! My, what fools we can be, huh! until we get to be really, really smart and get to be Awake!

"But that's part of the Journey but have the sense to Know that the Door is open, that you can always go to the Spirit and have that Door firmed up in you as opened. ... not fall prey to the illusion that you're closed off from God. ..."

"But it's through Surrender. And it's not by faking it, making all sorts of excuses, not knowing what you're doing, because the Spirit in you will not be mocked. You're not going to fool It.

"So you really need to be fully conscious of where you're placing your attention; what emotions you're choosing to run; what thoughts you're choosing to run, even who and what you're hanging out with. That's your Responsibility.

"And the Feast is *inside*! It's waiting for you to participate.

"Let's end by doing a short process! 'So Lord, God, send us Your Light and we put this time together into Your Light for the Highest Good!' Now just inside yourSelf let spontaneously arise an area in your life where you've been working it yourSelf. And going nowhere. The door's closed. [Pause] Now Surrender to the Spirit and Allow the Spirit to open that Door. [Pause] Now let another situation or another area in your life come up where you're working it yourSelf. [Pause] And now Surrender to the Spirit you *are* and have the Spirit open that Door! [Pause] [Pause] And now inside yourSelf Allow your relationship to Spirit to come forth! Is there a fear there? Is there a control there? Is there a battle there? [Pause] Now Surrender all that to the Loving God, to the Spiritual Form of The Teacher, Whatever works. [Pause] How's that?

"And when you can bring your attention back here.

"And we'll stop with that".

Dr. Lane Generously took questions and gave us Enlightening answers! We were Blessed to Receive even more Growth and Upliftment!

beneath that'. ... And yet inside ourSelves when we take a look at Our Relationship with God we really are very afraid of giving ourSelves over to the Spirit that we *are*. We're afraid to express the real Truth that's we're Lovers of God. We're afraid of Surrendering to that Simple Fact because that means (mistakenly) that we've abdicated ourSelves. We've been taken over somehow. We're going to be controlled. And the way human beings are set up they're set up in an ego structure that operates that way. It's about power and control, ... And yet the very nature of the relationship with the Spirit we *are* doesn't lend itself to the ego. It's not an ego relationship.

"Just like many of you have discovered when you do the Spiritual Work you can't really attack It as an ego task. You know. 'I'm going to have this happen' ... 'And I'm going to Progress this way' ... it doesn't work that way at all. It works through Surrendering to the Spirit that you *are*. ..."

"And your Focus is on Surrender and on your Spiritual Progression and on living The Teachings. That's your Focus, OK, and with that Focus Spirit takes care of all that's needed so it's really a Loving Environment. It's not about power and control. ..."

"We Co-Create, etc., etc. and then we throw God out of the equation and then we try to get the results that we're seeking. So in our relationship with the Spirit we *are*, with God, it really involves letting go and Trust. ... It includes Allowing and Receiving as well but the initial and important aspect of it is Surrender to Trust. ..."

"You're Trusting yourSelf as Soul, as Spirit. OK. But because of the karma that sits with us we think 'oh, we're trusting something ... outside ourSelves ...'"

"And we know also that in the Spiritual Progression when the Soul reaches what's called Eternal Life Where It has absolutely no attachments into this world, where It's what's called 'dead' to this world, you're Free but the ego takes it as 'death'. Physical death. So we're busy protecting ourSelves from this physical death that doesn't happen, that doesn't happen. It's based on the illusion of the lower self being in control.

"So it [the lower self] wants ... its sovereignty. It wants to be in control. So it will play this game with God: 'No, He's going to kill me ...' and we can literally construct all sorts of structures to protect ourSelves against this imminent 'death', but the 'death' is being 'dead' to the world, being dead to attachments, letting go of that. It's not a physical death. But until the Soul is no longer confused It lives in that confusion so that Surrender on some level instinctually is linked up with death or not surviving.

"And then when you work with The Teacher it's the same kind of thing. There's that same - really - perversion of The Approach and The Relationship because the Student until he or she no longer does perceives it out of that power and control axis. So Who will dominate? ..."

"But the irony is that's not Spirit's Approach. That's not The Teacher's Approach. The Teacher's Approach is just Loving and Giving. There is no power and there's no control ... you're the one in control ... of your own Spiritual Progression ... and how much you Allow The Teacher to assist you in that Process or to Lead you. ..."

"And isn't it nice that you're so Blessed that you're being shown the Way and you're being Led? And we're so afraid of the Surrender Process and Surrendering and Surrendering ... because we think we're going to lose ourSelves but all we're doing is we're finding ourSelf. We're losing the false self, yeah, but that was never you anyway. ..."

"Surrender your agenda! Because God's agenda is so much bigger and better than our own agenda for ourSelves. ..."

"Yeah, fear comes up. ... And yet what you want to do is Know that's just a feeling ... And we know in the History of a Soul ... we've identified with our thoughts and our feelings and that's our confusion. We've taken them for real. But Initiates Of The Light Of The Most High have an Opportunity to rise above that or to be Uplifted above that.

"So the fear comes up, fine! You have Processes to release it; doing your Spiritual Practice ... Chant the Sacred Tones of God. And then the fear - it's dissolved when, in Reality, you find it's not there.

"And then you can start Receiving, Receiving ... we protect ourSelves from God, we protect ourSelves from God ... until we realize 'hey! What am I protecting mySelf from? MySelf. Oh! that's the biggest joke around'.

You mean you've been walking around for years faked out? ... You were asserting your will. And the whole Focus of The Teachings is go to God ... Know yourSelf as Spirit. And none of this stuff enters into it. ..."

"So My Recommendation is to Depend, be 'In Depend 'N See' in the sense of you're dependent upon the air to breathe; you're dependent upon water; and unless you're a breatharian, you have to eat food. So be 'In Depend 'N See' and then 'See'. See how it is. Are you being controlled? Who has the Power? Etc., etc. Who has the Power? ..."

"And I often hear people exclaiming ... that they would never be like this person because this person does a lot of Service and it's like 'oh My God! You're throwing your life away to do Service. But that's One of the key Foundations of The Teachings is to do Service because when you do Service what are you doing? You're with God inside yourSelf and you're giving to others ... with the Knowledge that those others are in the same Oneness that you live in and that, in Reality, there's no 'other'. There's just God or Spirit. ..."

"If you're walking around with 'oh! I'm afraid to be too dependent upon The Teacher'. 'I'm afraid to be too dependent upon The Teachings'. 'I'm afraid to be too dependent upon God. ...' 'So I won't do this and I won't ...do that' you're just fooling yourSelf and you're cheating yourSelf. ..."

"What I'm Suggesting is to give up fear. Let yourSelf be dependent upon Spirit or The Teachings or The Teacher. The Teacher's just the Spiritual Form in Manifestation. ... Dr. Lane is not The Teacher. ... But It's God That's The Teacher.

"Eventually every Soul goes Home to God. We can't protect ourSelves from God. ... So why not start now? Why not be In Depend 'N See'? Why not depend upon God for your sustenance? Why not depend upon the Spirit that you *are*? Why not depend upon the Spiritual Form of The Teacher? And then See, See if you lose sovereignty of your life! See if you lose aspects of your life you have really enjoyed ... See if your life becomes more oppressive! Or see if you become more nearly free, more nearly free, more nearly free, more nearly free until you get Free. (ed.'s note: Dr. Lane is referring to 'getting free' and seeing that you were *always* Free but enslaved yourSelf through the karma you had created.) Or see if you don't Fulfill your Spiritual Progression. See if you don't come into Joy, Joy, Joy.

"Give up the fear of that kind of illusionary dependence and just evaluate and See! That's all I ask you to do. Depend on Spirit, on God, on the Spiritual Form of The Teacher. ... And then See the results of That! Evaluate the results! You want to be scientist. It's not about blind faith. ..."

"It's okay to have the fear of Surrender. But it's not okay to take it as Reality. You have Tools. ... You have Techniques. And you have the Spirit That's *inside* of you ... and you need to listen to That Part completely and totally. Because you can't fool yourSelf. ..."

"If you're involved with This Path we do something else ... You come to Know from your own experience where God is. Not because someone told you ... So if you're dependent on God or Spirit Trust you'll have the experience in each and every aspect ... and you come to Know it for yourSelf. ..."

"The very opposite of dependency goes on. ... The Power's with you. ... The Teacher and The Teachings - They give you the Power inside yourSelf to be the scientist, to verify, etc. ..."

"So the dependency is really the 'In Depend 'N See'. It's all designed to have you be independent. Because, really, we're a unit of God. We're a single Unit of the Lord, God as a Soul. That's Where the Soul lives and then in It's Progression It eventually becomes united with God, becomes One with God, merges with God and then loses Its Individual 'Soulness', as it were. ..."

"And in your interactions with God, with Spirit, with The Teachings, with The Teacher, Know that you have the Power! ... It's with you. Because I'm totally dependent upon your Surrendering. ..."

"You're in charge. ..."

"It's really just the opposite of what we think. ..."

"We'll stop with that."

Dr. Lane Lovingly answered the one question that was asked following the Satsang.

**Continued from page 1 - "The Cure For The 'Same Old, Same Old' - A Participatory Satsang"**

Frequency of That Manifestation. That tells us Who we *are*. We're God in Manifestation. Two is that we're created in His Image. ... That means that we're created of the same Material, Which is the Sound Current or the Holy Spirit. ... That's completely Who we *are*. We're God in Manifestation.

"Obviously, we've forgotten That and we're in the body. We're at the effect of everything we've put in motion. We're at the effect of our karma. ... Karma is anything in word, deed or thought that we've created other than God, other than having That Focus on Spirit. So we've created this separation. ..."

"So ... we know that karma is, it's habitual, things repeat, repeat. We get the lessons we're to get this lifetime. And We keep getting it and getting it and getting it until we have Learned.

"Fortunately or unfortunately, we're in the position of getting a lesson. We're in the position of Learning the lesson but most of us don't take it. And So there's this wonderful thing called reincarnation ..."

"God's patient with us. We're Loved. We're Loved Unconditionally. The Christ Loves us Unconditionally. That's the Nature of the Christ: Unconditional Love.

"If you take a look at that sentence: 'We're Hu-mans and we're doing the "Same Old, Same Old".' We get the answer of What the Cure is. Well, What's the Cure? It's Remembering that we're Human, That we *are* Spirit. That That is really The Essence of Who we *are*. God in His Kindness and His Mercy, He's given us a Way to Know That. There is a Way, an Initiatory Path Into The Sound Current, Into The Holy Spirit, Whatever you want to call It, in Which the Soul reclaims and retraces Its footsteps and goes 'in' and 'up', as it were, goes into the Soul Body to be with God Where you worship. But as long as we take the same approach to things ... We're going to keep repeating the 'same old' patterns.

Dr. Lane further Instructed us using the example of a Student's "once again resting on her laurels of having made a cake" several years ago for Our Teacher and not baking a cake for Our Teacher since then. "I translate that to mean 'this Student doesn't love me. The Student doesn't care about me'. I see the Student several months down the road and once again, I translate it as 'oh, she still doesn't love me' so I'm doing the 'Same Old, Same Old'. I'm attached to whether or not the Student loves me.

"But I'm relating as Student and Dr. Lane but if I relate as Spirit to Spirit we're One Spirit, One Soul. It's all Okay. That's the Student's expression at that time. But I had to change my Focus. I had to change it from thinking I'm Dr. Lane ... to I'm the Spirit, Spirit is *within* me. ... So if the Spirit in Me is the same Spirit as in the Student how can the Spirit That's in the Student do anything against me? Can't be. So I drop that. Also I drop that expectation. ... And we know that when we have expectations we have an attachment. ..."

"So in order to get past the 'Same Old, Same Old' we need to Acknowledge that we *are* Spirit, that we *are* Hu-mans, that we *are* Manifestations of Spirit, of God. ..."

"It's an interesting thing about this school called life. ... we think everyone is at the same frequency ... we are at different points in our Evolution as a Soul and we're all here to get along. ..."

"Can you just *be*? See, that's crucial! Can I *be* with the Student in a Loving Space? Yeah. I Choose That. Do I Choose to do that even though she hasn't made a cake in a long time? Yes, I Choose to do that but, more importantly, because I want to be in that Loving Space I don't even want to know about the cake or the non-cake. ... The Loving has to be the Priority. You have to give That a Priority. You know, it's interesting. If you have kids, small kids, and you're tired, you're exhausted but you're right there for your kid in a Loving Space, in a Loving Space, in a Loving Space. If

you're not there in a Loving Space, well then, you'll be paying the therapist bills for a long time. But you're in that Loving Space, Loving Space, Loving Space. And It's always a Choice; isn't It? It's a Choice to move into Love. And the Teachings I bring forth on the Path Of Soul Transcendence, They Teach us that Love means Letting God Of Volition Every Time so not the will of our ego, not the self-will but letting go and letting ourSelves be oriented and moved by Spirit, by the Soul. ..."

"So you have to Practice Proper Identification with yourSelf as Spirit, Know yourSelf as Soul, as Spirit; take personal Responsibility; be willing to Know that the Soul in you, the Spirit in you is the same Spirit in someone else. It's the same One. ... We can't judge anyone ... . So we have to give up how we see people; how we handle their 'packages', as it were, etc. And we have to have a whole different approach. We have to be willing to see things anew, approach situations anew and take the Responsibility for our thoughts, for our feelings, be willing to change them; be willing to look anew; personal responsibility ... there's no blame. Practice Giraffe Consciousness Where you Know that everything is being presented to you not because you are a victim ... but to Learn and to Grow!

"And one last thing that's really important so that we can have the Cure for the 'Same Old, Same Old' or for the karmic endeavors and fields of action that we choose to participate in. We Know that in our History as Soul what have we done? The Soul has entered the world of form. ... and we've become confused. And then what we did was we started to identify with our thoughts and our feelings. And we take them as real. So, for example, I translated the Student's non-cake as 'she doesn't love me. She doesn't care about me.' That's a thought. I'm going to take that as real? No. ... And even if the Student doesn't like me does that stop My Progression as a Soul? I don't think so. ... It doesn't stop My Progression as a Soul. And That's What's important. ..."

"We're participating here in an illusionary field. It's all illusion. The only thing that's real is Soul or Spirit. And by That I mean ... it's the values underlying this life that are illusionary so you want to recognize that as well.

"And, in conclusion, it takes Courage. It's said it takes Great Courage to see the Face of God. Yeah, it does. It takes Courage to Allow yourSelf to overcome what's called 'death' and the identification with the illusion with our thoughts, with our feelings, with all our creations that have separated us (because of our allowing them) from the Spirit we *are*. And it takes Great Courage to Walk the Path (Of Soul Transcendence) and go to our Completion as Souls.

"But the Loving thing is that God has given us That Way. So there's a Way. There's a Way. It's the Way of the Christ. Not churchianity Christ. Not at all. But when He talks about His being the Word, He's talking about being the Word of the Sound Current, of the Holy Spirit. He's the Word made Manifest because He was the Completion of That.

"And That Christed Consciousness is *within* us. ... And That's what you need to take as the Cure. What is the Christed Consciousness but your will and God's Will are One and the Same. God's Will is that you Know yourSelf as Soul, as Spirit and you go to Completion. That's God's Will. Real simple. ..."

"If all Souls are going Home to God what's your concern? ..."

"We'll end with That."

Dr. Lane Generously took questions and gave us answers that helped us to Lift and Grow even more!

in response to one Participant: "Loving Cooperation means having the Discipline to work with your basic selves."

Through group work; Meditation; quiet time; written work; activities and exercises: generous sharing of discoveries, dreams, insights and gains; Homework; and Tools, including many *Tools For Living Free* and MP3s of Our Teacher's Satsangs, we continued to Learn more about The Teachings Of The Path Of Soul Transcendence, including Eternal Vigilance and the Generosity of Spirit. Writing the words "Generosity of Spirit" in big colorful letters on a big pad of paper for all of us to see, Our Teacher stated: "Being Generous with your time, with your finances, with your Loving - all that is very important. ... God just wants to Give." As Our Teacher has often Taught us, we Love God and from That Place we give of our Overflow. Our Teacher is a Brilliant Example of This.

Our Teacher then went over the realms or levels until the Soul Realm that the Soul lives on in the Inner Worlds, which are the astral; causal; mental; etheric and then the Soul Realm. Our Teacher explained that the realms are not linear but "interpenetrate". Our Teacher further explained that in the etheric sits the "Great Void" or "death". "The Soul travels it over and over again until It's able to travel through it without any attachments", Our Teacher said. Our Teacher added that it is important for us to know the levels to "help us appreciate where we're working from."

Our Teacher emphasized the importance of going for Excellence "on the lower levels" versus "perfection" where "we're so afraid that we don't risk and we cheat ourSelves out of experiences." "Be Perfect as your Father in Heaven is," Our Teacher Instructed, quoting the Bible. "That's all that's asked. Allow That Perfection as the Spirit you *are!* ... There's no blame; it's just Learning, Learning, Learning, Learning".

During this Very Generous RETREAT, Our Teacher also brought forward many group exercises to help us give ourSelves the lives we prefer by Applying The Teachings. Our Teacher explained that "we're here to be in the world but not of it. Support yourSelf in your own Progress! It's all about letting go of the world so you can have the world."

Our Teacher also Generously gave us the Loving Opportunity to note some of our creations that we've allowed ourSelves to persist in. "Generous to yourSelf [means] you give yourSelf the time of day. You go in 'there' and do the Inner Work. We don't give ourSelves the Spirit we *are* and [are] willing to do the Inner Work and give the Gift to ourSelves." Our Teacher further emphasized that we are here in bodies because in our History as Souls "we've identified with thoughts and feelings." "It's OK for our lives to be easy. ... Make every day a Divine Walk!" Our Teacher reminded us that "The Secret of all life is 'do nothing'." Loving God "That's the only 'creation' you need to make."

On Saturday evening, Our Teacher Treated us to a Special Evening with Our Teacher to further Study The Teachings. A key part of the Evening was a Question and Answer Session Where we were invited to ask questions out of "genuine interest in The Teachings and Applying Them". These were excellent questions from which we Learned a lot. A Participant asked what it means to "share karma" when you are in a relationship with someone else. Our Teacher clarified that sharing karma happens only when you get married; and that as soon as you say "I do" your job is to be there in support as your spouse goes through his or her karma. In addition to the question regarding "shared karma", a question was asked regarding the Purpose of Our Teacher's Fall 2018 Mission to Latin America. Our Teacher told us that the Mission was successful and was "to clean up" karma that has been created going back to prehistoric times so that the Souls there can receive the Frequency that Our Teacher is bringing in.

The final day of RETREAT included much Sharing. In response to one Participant, Our Teacher spoke of how we need to relate to

one another. "You don't have to like each other," as Our Teacher has often said. "You need to Love each other". In response to another Participant, Our Teacher helped us more deeply understand that if we are holding a judgment against someone it is something in us that we need to handle and that has nothing to do with the situation at hand. Dr. Lane further explained that judgements sit on a band between the basic selves and the conscious self and "block the flow of Spirit if we allow it". Our Teacher then underscored that the Flow of Spirit is from Spirit or Soul through the high self to the basic selves to the conscious self.

At RETREAT's end, Our Teacher re-emphasized why we are here on the planet: to be Lovers of God. When we live in That Loving "we're Home Free. ... The more you look Inward, the more you Love Him." Our Teacher Generously Gave us *Tools For Living Free* #33 entitled "Giving The Gift of Kindness" and #97 "The Inner Life" as Sacred Gifts with Which to leave.

As a Generous Gift from Our Teacher, the Energy of RETREAT is always available to us as long as we choose to Receive It.

A Special Note: Our Teacher gave us the Gift of The Evening of Studying The Teachings instead of our usual annual fundraising Auction as several Initiates had requested this change. Instead, the amount needed to cover the cost of the Generous scholarships made available to some attending this RETREAT was posted along a wall in our main meeting space, giving us the Opportunity to give to ourSelves by donating Generously towards this amount. By Sunday morning, the amount had been surpassed, with the "overflow" going towards the General Scholarship Fund.

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On the Thursday before RETREAT, Our Teacher held a special one-day Optional Section of RETREAT, Which many Initiates chose to attend. The Optional Section took place at the Home Center.

The Optional Section began with a 45-minute Meditation. Our Teacher then invited us to Share how we are different from last RETREAT, followed by an explanation by Our Teacher that led to a deeper understanding of The Teachings.

Early on, Our Teacher explained that we are often "fighting ourSelves". "If we're Responsible to the Spirit we *are* we're not fighting." Our Teacher also stressed that "an 'Attitude of Gratitude' gets you really far." And to a Participant Who had been focusing on negativity in order to "let it go", Our Teacher said: "Just go to God! In the process it goes." "We're constantly being regenerated by Spirit," Our Teacher emphasized. "It's all Love." We were reminded also that This Path is a Bhakti Path, a Path of Devotion. "By Loving The Teacher you Love God."

Our Teacher then instructed us to read a *Tools For Living Free* after Which Our Teacher asked us some key questions to help us give ourSelves any Commitments we had made to ourSelves in the first part of this Optional RETREAT, including using the many Resources available to us and getting any help we need. This writer had Committed to Chanting My Tones and to using the Tools. Our Teacher then reminded us that us that we *are* Responsible for our Commitments.

The Tool that we read was #119 entitled "Being In Agreement With The Agreement". As Our Teacher states in It: "Spirit will not be mocked. God will not be mocked. And you're held accountable internally. ..."

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Finally, there are no words to describe the Loving and Caring and Compassion of Our Teacher in Generously preparing and bringing forward this RETREAT as well as the special Optional Section of RETREAT while also bringing forward Talks and Classes as well as our regularly scheduled Meditation during this same time period. On behalf of all of Your Initiates, we thank YOU.

As Dr. Lane Taught us at a previous Baby Blessing, “a Baby Blessing is a Light Initiation. And the reason we do That is to give the Soul Present with the baby a ‘leg up’. And when It does what It does, It has the Soul make contact with the Light Of The Most High and, as a result, Its karmic path is altered and accelerated and That’s the Blessing. Also what happens is ... I’ll take as much karma off of that Soul as permitted. And I’ll give a little information. Usually the Soul will Allow the Blessing to come forth ...”

Dr. Lane also Taught us that a Baby Blessing gives the Soul a “jump start” so that “It will be able to hold strong” along the negative polarity and to assist It in Its Spiritual Progression. Below the Soul Level, as the Holy Spirit or the Sound Current enters manifested life or duality, It splits along the negative and Positive polarities. Along the negative polarity It is the Light; along the Positive Polarity It is the Sound. A Baby Blessing is a Light Initiation. A Sound Current Initiation or Initiation Into The Path Of Soul Transcendence requires volition, which a baby has not yet acquired.

Moreover, as Dr. Lane has also explained, “Grace extends through the family of an Initiate and extends through the Souls of the families for generation and generation and generation.”

Dr. Lane asked that the mother of Rae come forward first; after which Our Teacher asked that the Godmother, Kaina Quenga, and the Godfather, Howard Grossman – both also Much Beloved Initiates of the Light Of The Most High - come forward and gently hold the baby by the feet and head and neck, respectively.

After calling in the Light Of The Most High, Our Teacher began the Blessing by saying: “We Bring Forth the Blessing of Light to your (Spiritual) Heart. It’s a child of promise.

Bright. Has come in seeking the Light Of The Most High as an Initiate. She will do many fine things. She has an artistic bent but is geared towards the sciences, particularly the mathematical models. She’ll need special schooling. And she’s also physically adept: dancing, movement, etc. And also music. So be prepared to have those areas developed!”

Our Teacher gave Rae several Opportunities to let go of karma, which she did.

And Our Teacher spoke to Rae’s Godparents, charging them as follows: “you’re charged with keeping the Soul Present with this young lady Attuned to the Light Of The Most High. And if anything does happen to her mom you are to take charge of the baby unless other arrangements have been made. But your job is really to keep the Soul Present with the baby Focused into the Light Of The Most High.”

Dr. Lane then ended the Baby Blessing as follows: “We’re going to ... Seal this Blessing in the Name of the Messiah.”

Rae was given a beautiful Baby Blessing Certificate to “Honor and Confirm that a Blessing of the Light Of The Most High has been placed with the Soul Present with Rae Christina Jacobs by the Reverend Dr. Roger B. Lane, the Center For Religion And Advanced Spiritual Studies”, Which Our Teacher read out loud. Our Teacher’s signature is on the Certificate and It is stamped with the seal of the Center For Religion And Advanced Spiritual Studies.

The Baby Blessing was followed by the sharing of food Lovingly prepared by some of the Initiates present.

A fun time was had by all! This included Participants serenading Rae with “You Are My Sunshine!” and “Let It Shine!”

## ***Meditation For Health And Well-Being***

**Receive the Gift Of The Healing Light Of The Most High**

**Let Go of Stress**

**Get Quiet**

**East Side (Home Center):**

**Tuesday 8:15pm**

**July 16; August 20; September 17**