



Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies **April/May/June 2020**

COVID-19 UPDATE
The Home Center is currently closed until further notice.
Please check Regional Centers for availability.

Remember To Shop smile.amazon To Benefit Cosmos Tree And CRASS! WHEN YOU SHOP AMAZON!

JUST CLICK ON EITHER OF THESE LINKS!

Cosmos Tree
smile.amazon.com/ch/06-0993126

CRASS
smile.amazon.com/ch/13-3771939

SHARE THESE LINKS WITH FRIENDS, FAMILY, LOVED ONES, COLLEAGUES, ETC.!

Home Center New York City

Mail:

Center For Religion And Advanced Spiritual Studies

Cosmos Tree, Inc.
229 East 85 St. #1347
New York, NY 10028
212-828-0464

Web sites:
spiritcentral.org
cosmostree.org

email: info@cosmostree.org

Regional Centers

California

Manhattan Beach area
Rebecca Siegman
310-913-7212
losangeles@cosmostree.org

Pennsylvania

Philadelphia area
Valentina Isleib
917-841-8817
philadelphia@cosmostree.org

Tennessee

Johnson City area
Peggy Heatherly
423-975-6868
johnsoncity@cosmostree.org

OUTSIDE THE U.S. Mexico

Queretaro area
Barry Lippman
52-442-224-3042
From the U.S.:
347-448-2310
mexico@cosmostree.org

“Co-Creation For The New Year: A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, began the January Satsang by saying, “I want to talk a little bit about Co-Creation. We know we all start the New Year with ‘I’d like this’ and ‘I’d like that’ and we make all sorts of resolutions. Of course, we don’t keep them. Co-Creation is a little different from that.

“What I’d like to do is have you Co-Create what you would like to see for yourSelf in the New Year. ... First thing is Co-Creation is a bunch of nonsense. You never expected me to say that, did you? It’s ‘non sense’ because it doesn’t make any sense. So we’re not working out of the sensory field ... We’re working out of the Soul and the Soul Body Where we come to Know things *directly*. ... Also Co-Creation is nonsensical for another reason. You’re Co-Creating with God and - until we come to Know ourSelves as Soul, as Spirit - that’s not the case. It is the case for as long as we live under the illusion that there’s God and then there’s us and God doesn’t live in us. Then - when no longer under that illusion - we do Co-Creation and then we discover, ‘Oh my gosh! Tag I’m It! I’m the Living God! That’s what lives in me as me!’

Continued on page 3

“A Rare Question-And-Answer Satsang”

Our Teacher, Dr. Roger B. Lane, began the March Satsang by saying, “I thought it would be a nice thing in terms of the week-long Birthday Celebration to do something I don’t generally do, which is have questions and answers. So I’m open to questions but there are two caveats. One is that to remember this is a Satsang, Which means Spiritual Instruction, so there’s an Upliftment Field, an Upvibration Field here.

“So if you are going to ask a question please ask a sincere question, not to show off how brilliant and smart you are. ... And the second thing is, keep the questions succinct. ... And it has to be a related to either a question about The Path that I Bring Forth, The Teachings and/ or something inside of you and the way you’re relating to It. So with that being said ... I open the floor. ...”

One attendee said, “I have two questions. The first question is, could you speak more on Traveling in the Inner Worlds while you’re in the body? ... And the second question is to speak more about why it’s so challenging for us to Trust, Allow and Receive the Beautiful Gifts that the Lord, God gives us and why one would push up against That? ...”

Continued on page 5

“Who’s Your Walking Partner?: A Participatory Satsang”

Dr. Lane began Our Teacher’s February Satsang by saying, “I want to talk a little bit tonight about choices we make and the mere fact that we’re at choice ... so we’re not bound by our karma. We’re not bound by our karma. In other words, we can choose simply not to enter into it even if we don’t know what’s going to take its place.

“So a lot of people walk around as their companion with ‘well, this is my fate, etc., and there’s nothing I can do about it’ but, yeah, there is something you can do about it, which is turn to the Spirit within and ask to have it released. Ask to let it go. ... An important companion needs to be choice. We’re not bound by our karma. We’re not bound by our fate.

Continued on page 4

A Great Gift For YourSelves, Family And Friends!

A Baker’s Dozen: Tools For Daily Living

Dr. Lane’s Latest 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 store!
English E-Book On Amazon

GO THERE!

Teacher’s Birthday Satsang And Celebration 2020

The Teacher’s Birthday Celebration on March 7, 2020 was preceded earlier in the afternoon by a Graduation from the Seminary Division of the Center For Religion And Advanced Spiritual Studies. Rev. Melissa Sonnes was awarded a Master Of Divinity Degree.

The Ceremony began with the processional, after which Dr. Lane, the Dean of the Seminary, gave important Opening Remarks. Referring to the Master of Divinity Program, Dr. Lane, The Dean, said: “You are to master a skill and what is the skill? The skill is LOVE. ... LOVE means Letting God Of Volition Every Time. ... So we Master the skill of Surrender. ... we Surrender to the Spirit we *are*, to God Living in us as us and That’s the Mastery ...”

“Commencement means beginning ... you’re beginning the Mastery of that skill of Surrender. Real Simple!

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!

SpiritCentral

is published quarterly by Soundly, Inc. Any distribution or reproduction of this publication without written permission is prohibited.

©2020. Soundly, Inc., New York, NY

editor

Melissa Sones

editorial staff

Amy Blank (layout, Epage)

advisor

Dr. Roger B. Lane

SpiritCentral

229 East 85 St. #1347

New York, NY 10028

212-828-0464

email:

info@cosmostree.org

Web sites:

cosmostree.org

spiritcentral.org

JOIN US FOR OUR SUNDAY EVENTS!

SUNDAY PROGRAM

April 12 & May 10 (No Program June 14)
Meditation Of The Light Of The Most High: 10:30 - 11:30am EST

Tools For Living Free Reading and Discussion: 12pm EST

April 12: #160 **What Are You Trying To Get Away With?**

May 10: #105 **The Three Qualities Of The Lord, God That Begin With An "I"**

April 26; May 31; June 28

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

Video/DVD Showing and Discussion: 1pm EST

April 26: #V12 **Giraffe Consciousness**

May 31: #V13 **What Is Self-Worth?**

June 28: #V14 **What Is The Path Of Soul Transcendence?**

THE TEACHINGS STUDY GROUP

April 12 & May 10 (No Program June 14) | 3pm EST

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

April 12: "Co-Creation For The New Year: A Participatory Satsang"

May 10: "Who's Your Walking Partner?: A Participatory Satsang"

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

For details or to attend via teleconference email info@cosmostree.org.

More details also on the Events page included with this Issue of *SpiritCentral*.

****HOME CENTER IS CURRENTLY CLOSED UNTIL FURTHER NOTICE. EVENTS ARE AVAILABLE TO NON-INITIATES AT REGIONAL CENTERS. PLEASE CALL YOUR REGIONAL CENTER FOR AVAILABILITY****

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 April 12 & May 10 (June 14 No Program This Date)

Sun 10:30am April 26; May 31; June 28
Special 2-hour Meditation

Meditation For Health And Well-Being

East Side (Home Center):

Tues 8:15pm April 21; May 19; June 16

MEDITATIONS

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

CALIFORNIA

Manhattan Beach area: Every Wednesday 7pm. Also available via teleconference! Please call 310-913-7212 for details.

PENNSYLVANIA

Philadelphia area: Every Thursday 6:30pm. Please call 917-841-8817 for details.

TENNESSEE

Johnson City area: Every 2nd and 4th Mon. 7pm. Please 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 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!

"DIS-EASE: Creation? Creative? Conclusion? - A Participatory Satsang"

April 1, 2020

6:50pm EST

"The Alchemy Of 'Defeat': A Participatory Satsang"

May 5, 2020

6:50pm EST

"The Dinner Environmentalist: A Participatory Satsang"

June 3, 2020

6:50pm EST

Satsangs by Dr. Roger B. Lane Available at All Centers

Listen to Our Monthly Podcasts!!!

**cosmostree.org
spiritcentral.org**

April 5:

"Your Story: The Story Of Rumaldo" (MP3 A069)

May 5:

"Do You Really Know That You Are An Extraterrestrial?" (MP3 A074)

June 5:

"What Is 'Love'?" (MP3 A080)

SPRING SEMESTER

ETERNAL VIGILANCE CLINIC

5 weeks -- Wednesdays -- May 13 to June 10

from 7:45 - 9:15pm EST

(except 1st Wednesday of the month, Meeting begins at 8:15pm)

Taught by Dr. Roger B. Lane

Learn to Enhance Proper ID; to be a Disciple of God; to Live in Joy and more!

Open to all. Payment due at first Meeting \$62 and additional payments of \$31 for Meetings 2-4 or \$150 for Clinic if paid in full when registered for Students enrolled in a Degree Program of the Seminary or \$63/\$31.50/\$153 for all others.

All payments are nonrefundable and nontransferable. Please make checks payable to CRASS, 229 East 85 St. - #1347, New York, NY 10028. For more information call Registrar, Amy Blank at 708-846-1031 or email info@spiritcentral.org.

"So really we Create as Creators. That's the Reality. We Create as Creators. Until such time as we live in That True Abundance Consciousness we do Co-Creation. So I just wanted to make that really clear. ..."

"We reach a point where our Consciousness and God's Consciousness becomes What it always was, Which is One and the Same. Because 'in the Beginning was the Word and the Word was with God'. We're created out of the Same Material: out of the Holy Spirit or the Sound Current. So That's us. That's Who we *are*."

"And we've forgotten and we're asleep. So we come into the body as a result of what we have created. That makes us very, very Responsible. ..."

"Part of us knows the Truth: That we *are* Spirit, That we *are* Soul. So Co-Creation comes out of this context of separation, etc. [ed.'s note: Dr. Lane is referring to our forgetfulness of Who we *are*.] It's also built on the false hegemony of the mind and the ego where the ego or the mind wants to be in charge and so it throws off God, etc."

"And in Co-Creation many of us have the tendency to do what I call 'grab'. We just 'grab'. We just let our greed run wild. We want this and we want that. We want this and we want that. That's not Co-Creation. That's plunder. ..."

"When we do Co-Creation we really need to do It Lovingly and with the knowledge of the Sanctity of What we're involved with and the Sanctity of this planet, which, of course, is all set up as a schoolroom, as a Divine Opportunity for us to Remember Who and What we *are*. ..."

"Co-Creation can be fun. One of the rules of Co-Creation is we always put It in the Light [Of The Most High] for the Highest Good. ... It's our Protection. ... When we say 'for the Highest Good' it's not only for our Protection, it's for everyone's Protection. We're all in this thing together."

"When we Co-Create we ask God for the Highest Good for dot dot dot ... We start by calling in the Light Of The Most High. So I'm going to do That then have you Co-Create. Let's keep it to three things so that they're easily trackable. ... 'Lord, God, send us Your Light and we put this time together into Your Light for the Highest Good!' Now Co-Create three things that you would like to see this year, 2020. [Long Pause] Now, when you can, bring your consciousness back into the room! Would anyone like to share?"

One Participant shared, "I asked for restoration of health. ..." A second Participant shared, "I am Co-Creating a deeper sense of the Spirit that I *am* and to live my life as an Initiate. ... I am Co-Creating a stronger bond with my wife and family." Here Dr. Lane said, "I hope not." And then Our Teacher detailed why: "I hope that isn't true. ... It reflects what you did. You wanted a closer bond, etc. What you do with that is bondage; you literally put the Soul in bondage and I've actually seen cases where they feel like they can't live without the other ... Usually what these couples do is they have created reincarnational patterns ... You may want to work It a little differently. Perhaps feeling emotional closeness, openness or Loving or whatever. It also shows you how Powerful you *are* ..." The Participant then said, "I'm Co-Creating a harmonious partnership where we live as the Spirits we *are*. ... The next thing I'm Co-Creating is the growth of my business. ... And the last thing that I'm Co-Creating is a strengthened immune system."

A third Student shared, "The first one is Co-Create an ongoing Upward-Spiral Path and Knowing God. Next one is Creating a smooth transition to retirement and in retirement. Living in Joy as an Initiate. And the third one is Proper ID and Abundance Consciousness." We had another sharing that began, "One thing I asked for was an improvement in my health ... I asked also for the Highest Good to have a closer relationship with ... And the third thing, for the Highest Good, ... I would like to have more of the relationship with my good friend ..."

Dr. Lane continued, "And if you notice, too, Spirit is very precise. Things are very precise and we get *exactly* what we put out. ... You have to really be careful the way we put things out. You may want to look at it a few times to make sure that it is succinct and clear and *exactly* what you want."

A final Participant then shared, "I asked for all my debt to be paid on every level. I asked for all my business projects that are in development to go into production. I asked for Joy and Happiness every day of my life. I asked for one more thing, too, which was health and fitness in my life."

Dr. Lane then said, "I want to just once again talk a little more about context for Co-Creation and give you a few tips also in terms of attitudes and how to work it. Additionally, contextually, where we place our focus is what we inherit. Our thoughts, our emotions - that's what we get to inherit. And we get to inherit that karma. And those are our creations."

"So we're creating whether we do it consciously or not. And, also, whether we know it or not, whether we choose to be in ignorance of it or not, we're very, very Powerful. We're very, very Powerful. And proof of that is, hey! you're in the body. You're at the effect of ... your thoughts ... your feelings ... where you place your focus, etc. So we're *always* creating. So why not Create positively? Why not create in a Protected Spiritual manner? And why not Create consciously?"

"And, also, a couple of things in terms of how we work our Co-Creation. We need to practice what's called 'watchful waiting'. We need to absorb, etc., and observe, etc., our Co-Creation and we need to keep It in our Focus ... And we need to work It with What's called Nintendo or Neutrality. In other words, we do whatever we need to do and leave the results to God ..."

"You have to do your part. But - and this is key! - you have to remember, you Co-Created with the Lord, God. That means that Spirit, God - Whatever you want to call It - is *actively* involved. And many of us, until we don't, we walk around forgetting That. So we walk around manipulating to get the desired result that we think we should have because God isn't involved. But remember you just Co-Created with God."

"Another thing that's very important: you can't walk around once you've Co-Created and pretend you're a victim of circumstance. ... You need to hold steady with That and take the Power of That within yourSelf. That's crucial! ... If, for example, you Co-Created having money come in then you can't be a victim. ... So you really need to reside in the Power of that Co-Creation. Of course, it's all about Learning that you *are* Powerful as Spirit, as a Creator, as Soul. And that you're completely Responsible. That you're Responsible."

"And the other thing is, it's not for you to judge whether your Co-Creation comes to fruition or not. Remember what you did! You left it to God! ... If it's for the Highest Good it will happen; if not, it won't. It's real simple. Real simple."

"The other thing, also, you need to watch out for the form things take. Don't judge the form of it! ... Don't judge the book by its cover; don't judge how things come through! ... Give that up because that's just another creation! ..."

"If we Co-Create and we do It consciously and Lovingly and we do It under the Spiritual Protection of Calling in the Light [Of The Most High] and for the Highest Good then that's not karma. That's karma-free. ..."

"Those are a few Guidelines as well. You have both context and Guidelines for Co-Creation."

"So why don't we stop with that?"

"Give yourSelf a really Happy, Healthy New Year. One of Growth and Love and Fulfillment and fun and Joy and Remembering Who and What you really *are* and What you're doing in a body!"

"We'll stop with that."

"And once again simply refusing to enter into our karma clears the way for something else. Clears the way for something else. For an Action of Spirit ..."

"And in line with This is many of us walk around with 'we have these problems or challenges and we have to solve them.' ... The Teachings Teach us ... the mind loves to be in charge. It loves to be busy and, as long as your energy goes into this, guess what? You're going to be held to the level of karma. But you have choice. There's another way to work it. ..."

"Now, if we're an Initiate on this Path Of Soul Transcendence we have *direct access* to Spirit ... 24/7. We can give it over to Spirit and when we give it over and let it go we start getting responses, we start getting responses, ... So you have this Thing inside of you, the Living God, the Spirit, the Sound Current. You're of the Same Material as God so you have this Thing inside of you. Give it on over!

"Another thing I see a lot - let's say as a child they've had a certain fear - ... And they hang onto childhood fears as if they're reality 'oh, I'm afraid I'm stupid.' ... 'I'm afraid I'm not very artistic.' ... And they hang onto it and they use it and use it and they use it.

"But that's an excuse ... and a sham because what's the person really saying? On some level that person is really kind of smart in there, knows that hey! if that energy that goes into that fear and tying mySelf up because of that were released and were free I would use it to ... be more creative, to get on my life, to enter in better relationships, whatever. ..."

"The fear is about that and not about the fear they had when they were a child. So they're using it. So people tend to use a lot of stuff other than face the real fear.

"And we know if you're an Initiate, we don't even have to face our fear. All we have to do is face God *within* and come to Know ourSelves as Soul, as Spirit and through the Process, through the Initiatory Path, that's all cleared up. ... We shall worship nothing but the Lord, God and if we're worshipping fear, guess what? We're worshipping other than the Lord, God.

"This whole planet is fear-based and the Journey [of the Soul] is from fear of God to Love of God. That's the Journey of the Soul. It's real simple.

"Didn't say it was easy. I said it was simple. And what we need to do is keep releasing. We have many, many Tools with Which to release our fears, our using them.

"And we need to take Our Responsibility. That's another companion we need as we Walk down the road...."

"And the Teachings Teach us that Responsibility means the ability to respond to the Spirit we *are*. That's Responsibility. ... So if we take Responsibility I would say 'oh, OK, I really am afraid of my energy being freed up and going into this area because I don't know if I'll do well in this area or if it'll be successful or if I'll feel good about,' etc., etc.

"And to be in my Integrity I then take that fear and what do I do? I work it! Not the fear; I work my Freedom. I work the Spirit that I *am*. And I do the Two-Part Release Technique, etc., etc. so I'm always in the Process of Regaining the Freedom that I've lost. I'm always Regaining the Freedom that I lost."

"Now notice we're Regaining It. And we have lost It. Hasn't been done to us. We have enslaved ourSelves by the choice into karma, by the repeated choice into karma. ..."

"Karma by its nature conditions the reality. ... 'I'll be OK when x, y, z happens.' 'I'll be lovable when Charlie loves me.' 'I'll be loveable when my book becomes a bestseller.' ... All conditions that we placed upon ourSelves and made ourSelves less than we really *are*. ..."

"And if you think of our companion and your companion as being the Lord, God Himself how do you want to act in the Presence of God? ... Do you want to deny that Presence? ... Do you want to make your fears, your hurt, your pain, your history greater than God? So we need to really choose wisely what our companion's going to be. ..."

"But forgetting is not an excuse. And the other thing I want to quickly mention is we give so much focus on - attention on - being comfortable. We want to be comfortable emotionally, physically, psychologically, mentally, etc. ..."

"I knew someone who weighed about 300 pounds and she lost about 150, 170 pounds ... She said 'I knew I was a pig when it comes to eating and I wasn't going to change that' ... so she ate what she called 'rabbit food' - lettuce; carrots; whatever, you know, with low caloric or no content to it - and the other thing she did was 'I changed my translation ... from being hungry was bad and feeling uncomfortable was bad and I had to do something about it' to 'hey! feeling hungry or feeling uncomfortable was perfectly OK and I am alright' so that's what we need to do. We need to give up the pursuit of comfort and simply go with the Truth of Our Being because That's really Where the comfort is, That's Where the security is. ..."

"This place called the planet: it's not your home. We're here temporarily, on a temporary basis, to Fulfill our Spiritual Contract. Christ, Jesus said He didn't come here to make us comfortable but guess what? If you're really honest and if you really want to be comfortable I'll tell you exactly Where to go ... And that comfort is in and with and as God. Real simple!

"Initiation Teaches you how to get 'There', how to go into the Soul Body and be Present with the Lord, God. And That's the whole point of this whole thing called Hu-man life and that needs to be in the forefront of our Walking this thing called life. We can choose this life as a Blessing and have the companionship of that Blessing, of the Living God or we can go along the negative polarity ... and live the illusion of being separate from God ... choosing into karma, just creates that ... the separation in us from the Spirit we *are*. ..."

"So, to sum up, yeah, we do have choice. We're not stuck with the karma. We can choose other than. We need to take Lovingly Responsibility for the Spirit we *are*. We do have the ability to Choose into Spirit. We have choice. Fear, pain, separation, hurt, those are all things given to us so that we can Lift, not to take them as real. ..."

"You have choice. ..."

"It really is that simple."

Dr. Lane Generously answered the question asked following the Talk.

Dr. Lane then replied, "When you said that [the first question] I had a sense What the problem is is that you have set it up that you're in the body Traveling in the Inner Worlds. Well, obviously you're in the body because you're alive and breathing but that's not how you travel. Through the Gift of Initiation Into The Sound Current On The Path Of Soul Transcendence you receive the Keys to the different realms in the Inner Worlds.

"What does it mean to Travel? ... It simply means we Allow ourSelves to be There, as it were. When you receive the Great Gift of Initiation you are given the Keys to go into the Soul Body so you sit in the Soul Body and you Travel in the Inner Worlds, Which means that you Ride the Sound Current or the Holy Spirit ... through the different realms according to your Progression. So if you're working on the causal realm then you'll travel on the causal realm.

"Now, obviously, the Soul by the mere fact that It's still in the body It doesn't yet have the strength to be with the Spirit that It is or to Know It completely or to be with the Lord, God.

"So what It needs to do is - in the Inner Worlds, in the Soul Body - It follows The Teacher. ... And That's really What Soul Travel is. We do It in the Soul Body *while were in the physical body*. ... And it's a lot like the onion gets peeled and then you're There. ... And understanding really needs to come from experience. ..."

"And each of the realms - the levels - they're really Frequencies. They correspond to colors. And of course, we have the Divine Music so the Soul can Know and locate Itself according to the Music It hears on that realm. ..."

Dr. Lane then answered the second part of the question. "Well, things in this world ... are inside out and backwards and the very thing - the Essence that can save us from ourSelves, as it were - that helps us to Know ourSelves is the very thing we push away.

"So it's hard for us to Trust because we have something called the mind. The mind has one particular focus and its focus is to be the 'boss man'. ... So the mind just wants to be in charge. ... has to be in control. So it doesn't permit ... the consciousness beyond that.

"What are some of the tricks it uses? Worry and worry is the servant or the handmaiden of doubt. ... So it's all part of the game, as it were, because it exists ... as a strengthener. Worry, fear, doubt, etc.

"And then, of course, we have this thing call Worthiness so we feel unworthy. But guess what? As long as we're running that stuff then we think we don't have to be Responsible for Knowing ourSelves as Soul, as Spirit. ... We're charged with a Responsibility: to be in The Christed Consciousness. 'That which is in Me is in you, too.' ..."

"I don't care if you're Jewish, Christian, Hindu, atheist or whatever - as a Soul we all have That Responsibility. So It's also part of the negative part of our consciousness's trick to play this game of 'I'm not Worthy' ... so It can't Fulfill the Responsibility. But the neat thing is ... the Soul, through doing that gets the Learning that It *is* Responsible because on some level It knows that It's going to be at the effect of Its creation. And the saying is, 'Ignorance of the law is no excuse.' ..."

"So, yeah, we're kind of crazy. We fight the very Thing that we *are*, Which is the Spirit. We're created in God's Image. That tells us What we *are*. ... We're Spirit. ..."

"God's given us Free Will so we need to exercise our volition ... and constantly Choose and consciously Choose as well, constantly and consciously Choose to Choose into God. So it's a way the false self has of protecting itself. ... But it all exists for one reason: as a Strengthened.

"And we Know that the Journey of a Soul is from fear of God to Love of God. ... (That) the First Law of Spirit is Acceptance. Try That! Try Accepting God's Love for us! ..."

"Well, thank you for the questions."

A second attendee asked, "Why some Initiates can or cannot hear the Sound while doing Bhajan?"

Dr. Lane replied, "There's no need to for Some and for Some there is. That's basically it. And it has to do with the way the karma sits on that individual's Soul. ..."

"But - this is really important - your question doesn't exist when we talk about Initiates as Souls because all Souls hear The Tones. That's how the Soul Knows where It is in the Inner Worlds. ... So I really wouldn't worry about it; it's nothing to worry about. If ... you're using that to grade yourSelf, well, give it up immediately! ..."

A third participant asked, "When there is in our everyday lives when there's something going on in the world like the coronavirus as Initiates how much are we are protected from something like that and how much is our own personal Responsibility?"

Dr. Lane answered, "That's a good question! In a nutshell it's 'Trust in Allah but tie up your camel.' ... It's Our Responsibility to do whatever we need to do ... Take basic precautions in terms of how you wash your hands ... or exposing yourSelf, that sort of stuff. ..."

"And yet, working it also as an Initiate you can see what happens. You can see this contagion of ... tremendous fear, which is basic self stuff. So you want to, inwardly, be aware of that so that you're not getting caught on that. It's easy to feel that magnetic quality and you just go with it.

"And also, it's very important since you do have access to the Light Of The Most High to put it in the Light and ask for a Clearing and Pray in a sincere way. ... But also take Responsibility for this thing called mankind by putting it in the Light! ... and asking that it be handled differently. Prayer is *extremely, extremely* strong. ... Make sure you're working it empathetically, which means ... there's God in this Being, this Being can handle it. ..."

"So if you practice those things on both a micro - and a macro - level that will be enormously helpful. ... It's never the thing itself; it's always how we respond to it. ..."

Another question came forward, "I was listening to an MP3 last night about the importance of being Kind and there's a Teaching on It about non-violence. And what I understood being said was that when one lives as an Initiate, as the Spirit that we *are* then non-violence naturally follows because we're living as One and we recognize That and Know That. So my question is, how literal do You mean by that? ..."

Dr. Lane explained that Our Teacher would like to give a broader definition to help answer the question. "And the violence isn't only toward physical beings or physical things but it is in thought, word and deed.

"We're all obviously One. We all live in the same planes in the Inner Worlds in Spirit even though we're occupying a body. If you hold a negative thought toward someone or judgment ... that's violence because it effects every being on the same Forcefield. If you're dishonest within yourSelf it's the same thing. ... Jesus the Christ fasted from negativity. ... so that really is what violence means.

"If I persist in anger ... then guess what? I've affected all of Creation. ... We're all 'connected'. It's all One. And the key, though, is it's not something that you do mechanically but if you're really, really within yourSelf, working in the Soul, working in the Spirit, then guess what? You have this incredible Love for life and a Reverence for it and really you won't hurt anything or anyone. ..."

"If you kill an insect or something like that well Forgive yourSelf, thank the insect for its life and move on! The same thing if you pull a blade of grass. ..."

"But to completely answer your question, you'll find yourSelf inherently doing the Spiritually Correct thing. It all has to do with being in touch with and living from your Integrity, from the Spirit

you *are*. You won't hold onto negativity; you won't go against anybody inside yourSelf; you won't kill things or anything else like that. ... If you Bless the food ... and Know where it comes from, that God Supplies us, that more than does the trick. ... It's a God of Kindness and Grace. ..."

Another question came in, "Isn't there a certain amount of karma that we invariably create without meaning to ...?"

Dr. Lane said, "Of course, we're going to create karma! Because if we were living karma-free and knew how to do that we wouldn't really be in a body, would we? There'd be no point to being in a body. If you're able to live karma-free ... then guess what? You'd be in the Inner Worlds, in the Spiritual Realms, with God because you haven't created any separation. ..."

"But this is key! As a Sound Current Initiate you have ways to work the karma and karma can be what? Cleared. ... We have fate karma - the karma upon you for this particular lifetime - that you've agreed to have and you've come in with and has been assigned to you and you've agreed to it.

"If you're an Initiate Of The Sound Current, obviously, a Soul coming in is also going to have future karma - the karma that's assigned to future lifetimes. But if you're walking a Sound Current Path then you have the Opportunity to Complete your karmic journeys here and go Home to God so you can't have future karma. Through God's Grace, the Master takes the future karma and burns it for you. ... But the Initiate has ... day-to-day karma ... that will get presented back to you very quickly. ..."

"We also need to Remember God's Kindness and Grace. ... Did you get the Learning? ... You got the Learning, OK, fine, then the karma's over. ..."

"It's also important that we understand what karma is. ... It's not a question of 'good' or 'bad'. It's a question of Opportunities to Learn. ... The Teachings Teach us how to live karma-free, which is always to be in God's Name by Chanting It. Really, It's the Divine Walk. ..."

"When negativity comes up guess what? You release it; you release it; you release it; you release it! ... on this Path you've been given very many Tools to help you with it. ..."

A final question was asked, "How do we create Freedom for ourSelves? ..."

"It's a nonsensical question," Dr. Lane explained, "... for two reasons. One is that it has nothing to do with the senses. ... And then it's also nonsensical because we don't have to do anything to create Freedom. To put it in perspective we have been created Free ... as Souls. Put on bodies to have an experience of this part of God's Creation. We were given Free Will. We exercised our Free Will and chose into karma and that is how we've enslaved ourSelves. ..."

"God - in His Kindness and in His Mercy - He's given us a way out through the Initiatory Process Of The Sound Current. ... That's Where the Freedom is. When you're in the Soul Body you're Free when you're in the Soul Realm, where there's no karma upon you, where there're no attachments, etc., etc. ..."

"Freedom is living in the Soul Realm or having entered into What's called Eternal Life. ... Eternal Life means that there's nothing pulling you back into the Wheel of 84. ... Freedom is being with God in the Soul Body in the Soul Realm.

"So it's not a question of how do we create our Freedom. We were given our Freedom initially. We chose through the exercise our Free Will to imprison ourSelves. Through God's Kindness and His Grace we were given the Keys from the prison of matter and The Teacher is always reminding you, 'You have the Keys!' ... 'Hey, there's the Door!' and 'Don't tell anybody but I'm telling you, the Door's open!' ..."

"We can be Free *while we're in the body!* ..."

Students then said "Thank YOU" to Our Beloved Teacher.

**At this time of the COVID-19 situation in particular,
Give YourSelves and others the Gift of Our At Home Meditations!**

The Meditation For Health And Well-Being and The Meditation Of Gratitude!

Go to cosmostree.org; click on shop/download on the upper right, then on

At Home Meditations on the left.

The MP3s arrive on your phone/computer immediately!

The cost is \$9/each.

"And that's the crux of It and That's the Joy of It and That's the Program, folks, and get with the Program!"

After the Graduation, Initiates Of The Sound Current gathered at the Home Center for the Teacher's Birthday Celebration, beginning with the enjoyment of food and refreshments Lovingly prepared and/or purchased by some of Our Teacher's many Initiates as an outer expression of Loving God inside Themselves.

After the gathering, we were joined via teleconference by many Initiates from around the country and in Mexico.

After a Special Meditation Of The Light Of The Most High With Our Teacher, Our Teacher began The Birthday Satsang. "What are we really Celebrating when we Celebrate The Teacher's Birthday? ... Now we all did Simran and Dhyana *exactly* as Instructed. What happens in the Spiritual Action? You drop into the Soul Body. You've been given access to This and ... you know how to do This. You have the skill. It was given to you at the Time Of Initiation. ... What do we do There? We Ride the Sound Current ..."

"And we're following The Teacher in the Inner Worlds until we have the Spiritual Strength to Know how to do That ourSelves. ... Then The Teacher stands with you and by you as a support but until the Soul is established in the Soul Realm or has entered into Eternal Life by being able to hold the Frequency on the Soul Realm then you follow the Teacher.

"And what happens ... but we're in the Inner Worlds. We're in the ... different realms and we're ... traveling through that realm that we're working on, depending on the karma that's there.

"But why do we do this? ... If we keep Focusing on God, guess what? All the karma clears ... that stands in the way of our Knowing ourSelves as Soul, as Spirit and then we're with God and we Know ourSelves as Soul, as Spirit. When I say then we're with God, we're with God as Soul unencumbered. Until then we're with God on the realm that He's manifesting on according to our karma so we're with God on any of those levels below the Soul Realm.

"But if we follow The Teachings and we Focus on God then, in the process, we're able to Complete our karmic journeys here. What does That [ed.'s note: Dr. Lane is referring to Completing our karmic journeys here] mean? Then we can go Home to God. We've entered into Eternal Life, Which means there's no karma upon us to pull us back into the Wheel of 84. We're free of the cycle of life and death. So what are we doing here?"

"Eventually what happens is the Soul merges into that of the Great Oversoul ... you even lose your individual Soulness as it were and then you merge into the Soul of God. You become One. ... If we're merged with God we've returned Home. ..."

"The Birthday Celebration Celebrates ... God extends Himself through all the realms ... and is here with us, which means He's taking on physical form. God has taken on physical form.

"Why does God do This? ... But out of His Love for His Kids so They can relate to Him. ... so you have something to relate to physical-to-physical. ... God's coming 'down' to you, as it were ... so that you can relate and Grow in Love through the Initiatory Path.

"So That's the Celebration but we Celebrate that God has put on a body and ... gives you a Way to go Home, gives you the Keys, as it were. The Keys being the Sacred Charged Names of God. ... He gives you these Keys so that you could come back Home to Him, you discover yourSelf, you discover that you *are* Soul, that you *are* Spirit.

"So it's not like you've been kicked out of the Garden of Eden ... rather ... we've kicked God out of our consciousness but God is so Kind and so Merciful that guess what? He gives us the Keys so we let Him back, in as it were, only to discover "Tag, we're It!" ..."

"Our Focus on God. Our Focus on God. ... We need to have that constant Focus. ... we need to Celebrate God's Love for us and Celebrate the Great Opportunity we have ... this Incredible Gift of

being able to be with God *while we're in the body* and, yeah, That's how we overcome death, as it were. ... take Initiation Into The Sound Current, follow the Spiritual Instruction Given by the Master ... and you have that Opportunity to Complete your karmic journeys. Focus is in Loving God, Loving God. ... When you've entered into Eternal Life, when you're no longer subject to karma and reincarnation you sit in Adoration of the Father. It's all about Loving God. ..."

"We're alive here. We agreed to participate in this karmic field but guess what? We can be with it but we don't have to be of it ... *which* means our consciousness goes to God, not to the karma. ..."

"So What we Celebrate is the Reality that God is One with us, and given the nature of the karmic field, we need a physical point of That. ... God is too vague and too abstract and becomes a concept instead of a Living Reality. ..."

"And That's What we Celebrate and That's What The Birthday is about. It's about how Loved we *are* and how Cared about we *are*. ... It's just the opposite of how we walk around with thinking we're unloved and uncared about and unworthy, kicked out of the Garden.

"What we need to Accept is just the opposite: that we're fine and we're Loved and we *are* Cared about and we *are* Spirit. That's really What Spirit demands of us. That's What God demands of us. That's why Acceptance is the First Law of Spirit. We need to Accept we're Worthy and Accept we're Loved and Accept we're Cared about. So much so that God puts on a body to be with us. ..."

"It's real simple. ... we Celebrate Freedom. How Blessed we *are*. How Loved we *are*. How Cared about we *are*. And the Great Opportunity that we have.

"And God in His Kindness He makes sure there is a Master around That's going to embody Him. [ed.'s note: Dr. Lane is referring to embodying God's Living as us]. He makes sure of That and that's His Gift to us. He's given us Himself. It's not a wafer ... it's not something you need to drink ... It's simply yours to partake ... and use according to the Spiritual Reality that It is.

"We'll stop with That."

The Teacher's Birthday Satsang was followed by the presentation of that annual Gift to Our Teacher from His Initiates of donations that this year go towards Our Teacher's Travel Mission; the Tech Fund and Study Kit Scholarships.

The Washing Of The Feet followed, after Which Our BeLoved Teacher invited us to share our experiences. Responses included: "It felt like all the 'bs' has been washed away"; "a real experience of so much wanting to give ... I felt so much Love ..."; "I felt a lot of Trusting, Allowing and Receiving"; "the Joy of being in Service"; "I had so much Gratitude. I was so filled with Love ... like It was cleansing ..."

Our Teacher then summed up why we do the Washing Of The Feet. "The Christ, Jesus washed the feet of His disciplines really as a sign of Humility, Devotion, etc. ... We do It also to give you the experience of the clearing of karma or the cleansing or all the 'bs' being washed away. And also we do It so you could capture some of God's Love and come into Your Essential Nature, Which *is* Joy. ..."

"And to have the Humility of Accepting the Spirit we *are*, the Gifts we've been given because That's the Humility. And always to Walk This Path with clean feet, as it were, with our inner environment cleansed of anything other than our Love for God because That's all there is and That's why we do It."

The Home Center gathering resumed with lavish desserts created by our many talented Initiates.

Fun was had by all.