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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 Hammerstein 310-913-7212 losangeles@cosmostree.org

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Tennessee

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"What Are You Professing?: A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, began Our July Satsang, "I want to talk about What Are You Professing and by that I mean, as usual, a play on words. 'Professing' means in one sense - what are you declaring? ... It's always based on some version of reality that we have. Based on my world view or based on how I think things should be.

"So let me start with an example! I have a world view that 'I'm always going to get screwed.' I profess that things are very difficult and I profess that I'm a victim. I have no agency; I have nothing. I'm a complete victim. And, of course, what am I doing? But I'm practicing what? False identification. I'm identifying with my thoughts and my feelings. I have very conveniently... left out God or Spirit. Because once I go into Proper ID I know that I'm responsible for each and every incarnation that I've had on a big scale. And I'm responsible for all my thoughts and all my feelings and I'm responsible for where I put my focus.

"And the Reality is that if I practice Proper ID - Proper Identification - then I'm basically ... I'm still Free. I'm sort of gliding along. I have Power. And the karma is there to give me My Learning, give me My Lessons. It's not something against me.

"So my question to you is, 'What Are You Professing based on a world view? And maybe your world view isn't so wonderful.'..."

"We need to take a look at our everyday life, what are we declaring to be so. 'This is "the truth".' 'This is the reality.' In my experience, we don't say, 'Hey, I think this is so.' Because we're very confused in the sense that we're Souls living in the world of form and we take our thoughts as reality. So my thought then becomes real. ... I present Continued on page 3

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"What Are You Protesting?: A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, began Our August Satsang by saying, "I'm going to talk a little bit about, 'What Are You Protesting?' Last Satsang was about 'What Are You Professing?' in the sense of what are your values, are you lined up with them? ..."

"Our whole life is about our relationship with Spirit, with The Lord, God. With our Selves - with a capital 'S' - with the Divine Self. And we have this dance going on, we have this ballet going on. A lot of times it's more like a boxing match, all about God and how close are we going to allow God to get, etc., etc.

Continued on page 4

"What Are You Confessing?: A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, began Our September Satsang, "... I'm going to ask you that question. [Dr. Lane is referring to the question asked in the Title of this Talk | And that question is, 'What Are You Confessing?' So we'll Call in the Light, The Light Of The Most High because that's the Light That we work with and That's the Light that we are.... 'Lord, God, send us Your Light and we put this time together into Your Light for the Highest Good and have only That Which is for the Highest Good come forth. ... 'What Are You Confessing?' [Pause] 'What Are You Confessing?' [Pause] 'What Are You Confessing?' [Pause] 'What You Confessing?' [Pause] Are You Confessing?' [Pause] 'What Are You Confessing?' [Pause] 'What Are You Confessing?' [Pause] Last but not least, 'What Are You Confessing?' Now when you can bring your consciousness back here and anyone is welcome to share."

One Participant shared, "I am confessing Continued on page 5

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Spirit Central

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<u>editor</u> Melissa Sones editorial staff

Amy Blank (layout, Epage) Rebecca Hammerstein

<u>advisor</u> Dr. Roger B. Lane

Spirit Central 229 East 85 St. #1347 New York, NY 10028 212-828-0464 email:

info@cosmostree.org Web sites: cosmostree.org

spiritcentral.org

Events Calendar

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 Oct. 10; Nov. 14; Dec. 12 Sun 10:30am Oct. 31; Nov. 28; Dec. 26 Special 2-hour Meditation

Meditation For Health And Well-Being East Side (Home Center):

Tues 8:45pm Oct. 19; Nov. 16; Dec. 21 *Meditations via teleconference

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

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

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OPEN HOURS

Opportunities to speak with Dr. Lane and to experience personal and Spiritual Growth and Lifting into the "positive" energies. A reservation is needed to call in. Visit cosmostree.org, click on Offerings then on Open Hour. Reservations can be made up to one week in advance.

> **Every Tuesday** 7:30-8:30pm EST

Every Wednesday 4:30-5:30pm 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 Šat.- 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

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"Equality And Equity In The Sound Current" October 6, 2021 6:50pm EST

"Location! Location! **Location!: A Participatory** Satsang" **November 3, 2021** 6:50pm EST

> **TBA December 1, 2021** 6:50pm EST

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

Listen to Our Monthly Podcasts!!!

cosmostree.org spiritcentral.org

Oct. 5: "The Predominant **Emotion On This Planet"** (MP3 A096)

Nov. 5: "The Love of God, The God of Love?" (MP3 A051)

Dec. 5: "Would You Like Another Drop Of Honey?" (MP3 A081)

JOIN US FOR OUR SUNDAY EVENTS!

SUNDAY PROGRAM

Oct. 10; Nov. 14; Dec. 12 Meditation Of The Light Of The Most High: 10:30 - 11:30am EST

Tools For Living Free Reading and Discussion: 12pm EST Oct. 10: #19 The Secret Of Success Nov. 14: #21 Awakening Consciousness Dec. 12: #24 Seizing The Miracle In The Moment

Oct. 31; Nov. 28; Dec. 26 Meditation Of The Light Of The Most High: 10:30am - 12:30pm EST

> Video/DVD Showing and Discussion: 1pm EST Oct. 31: #V8 "The False Self vs. True Self" Game Nov. 28: #V9 How To Sacrifice "The Sacrifice" Dec. 26: #V10 The Ego's Revenge: False Pride

THE TEACHINGS STUDY GROUP

Oct. 10; Nov. 14; Dec. 12 | 3pm EST Using articles featured in SpiritCentral of Satsangs Given by Dr. Lane

Oct. 10: "What Are You Professing?: A Participatory Satsang" Nov. 14: "What Are You Protesting?: A Participatory Satsang" Dec. 12: "What Are You Confessing?: 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.

DREAM CLASS

10 weeks, Wednesdays, October 6 - December 8, 2021 7:45-9:15pm

(except 1st Wednesday of the month when Class begins 8:15pm and no Class on Nov. 24)

Given by Dr. Roger B. Lane

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Continued from page 1 - "What Are You Professing?: A Participatory Satsang"

it as the Objective Reality. That's what we all do. We take our thoughts as Objective Reality until we don't do that anymore. And then we profess That. And it's all based on an illusion. It's all based on a complete illusion. ..."

"Situations that we come into - they're automatically OK. They're karmically correct. They cannot occur if they're not karmically correct; we've agreed to them. They're for Our Learning. Everything is orchestrated to the nth degree.

"So that brings us to the other part of Professing. ... I looked up the word 'profess' in my etymological dictionary and I wasn't surprised. I kind of expected it. That it had everything to do with Professing as a vow, in terms of in a religious sense. So we make a Profession, as it were, of our faith. ... There's always a Profession of faith and that, to me, helps us line up with what's in our Integrity. What's Integrity? But to live in the Oneness, in the Integer, in the Oneness of the Spirit that we are. ..."

"My question to you is, Are You Professing the Truth of Who you are? And if you've taken a look at your own Progression, you see how you've kind of created distance between the Spirit you are, from God. From the Reality that is Central to Your Being. And, even as you Progress, the distance you created may be less and less and less and less and less but it's still distance. There's still a protection. ... Being 'naked' has to do with being in the Soul Body ... and just being 'naked' before God. ..."

"I really love this Path Of Soul Transcendence because there's

"I really love this Path Of Soul Transcendence because there's complete equality and there's complete equity. ... We are created equal. We're created in God's Image. ... We're created out of the same Material, out of the Sound Current, out of the Holy Spirit that God is. God is the Great Spirit, the great Oversoul. We're created with the same Spirit. That's pretty good Stuff.

"So God - the Oversoul - That Lives in us as us ... is That What we're Professing? Is that our Expression? Or is it something less than What we *are*? Are we basing our Profession on how we see things, on an illusion we're holding? ... It has a lot to do with how we're presenting ourSelves in this world.

"Are we presenting ourSelves Honestly? Are we presenting ourSelves in terms of being in Alignment with Who we *are* and our True Value and what we Know is so? ..."

"Don't we kind of dismiss ourSelves and play ourSelves down? And there's some fear of, 'Oh! what are others going to think of me if I come from the Truth of My Being?' ... People see you through the filter of their karma so what do you care what they're going to think of you? If they could read your karmic records, guess what? They would only have Love and Caring and Compassion for you. So you don't have to worry what others are thinking. And yet we play ourSelves down many times because we worry about what others will think. ..."

"We don't want to excel, etc. Because if we excel we're not one of the bunch. You're not one of the bunch. ... It has to do with owning up and What Are You Professing? ... Are You Professing Who and What you are or Are You Professing the dumbed down version of yourSelf? That you are not good enough? Are you in Alignment with your Integrity and are you presenting That to the world? Are you presenting That to the world? That's crucial! That's crucial! Are you presenting That to the world?

"I'm going to ask you a question and it's going to be the same question over and over again. What I'd like you to do is just pay attention to what comes up for you. I'm going to Call in the Light Of The Most High first. 'Lord, God, send us Your Light and we put this time together into Your Light for the Highest Good.' 'What Are You Professing?' [Pause] And lastly, 'What Are You Professing?' [Pause] Now when you can bring your consciousness back here and anyone is welcome to share."

A first Participant shared, "First, I had the experience of coming from karma and Professing from that ... Then, as You

repeated it, I had the experience of ... Lifting to the Upper Part Of My Third Eye." Our Teacher elaborated, "We know that the Soul is located at the Upper Part Of The Third Eye between the eyebrows. ... So we need to express from That and we need to be in Alignment with That. ..." A second Participant shared, "I was initially aware of [the] stickiness and heaviness of karma ... And then when I was able to move past that it was like a wave that subsides then it feels like I'm not Professing anything. It's just OK and It's Joy. ... It's just Joy and everything is OK. ..."

Another Participant shared a story about mold in her home and asking someone to pull up the carpet who tore "into my whole place" ... and how "it put me back" into "scared, needy ... so I'm not presenting who I want to be, which, is calm, warm, inviting ..." Our Teacher responded, "it's happened for your Growth and Upliftment, [Student], part of which has to do with - take a look at what you said!: what that guy did 'put you in this place'. It didn't put you anywhere. You responded *inside* yourSelf that way. And then the second thing is when you talk about how you wanted to come across it was, basically, personality things that I couldn't care less about, that had nothing to do with Who and What you *are*. I know plenty of people who are very nice, who are very warm, etc., etc. So? That has nothing to do with Who and What they *are*. ..."

And I Lovingly Suggest that that whole experience was about you removing the mold of all that false identification you have with yourSelf and with the world of form, etc., and going to Who and What you *are*, Which is the Spirit that you *are*...."

"What is the Power? The Power is What people have been talking about. The Power is to be able to go into the Spirit, to Surrender. It's the Power of Surrender and of Loving. And to be able to go into the Spirit and be with the Spirit and Manifest as Spirit and be in That Joy and share That Joy. It's real simple! And if you do That you'll automatically be warm and cuddly."

This Participant then continued to tell the story of the person and the mold and the carpet, to which Our Beloved Teacher said, "... Professing always carries around an insistence. ... You keep Professing something; you insist upon it. ... All this is a real clever trick of not allowing yourSelf to be moved into the Spirit you are. ... That's self-will. And Spirit and self-will never, never meet because Spirit is so Kind that It's going to allow you ... all your willfulness and willfulness and willfulness until you get so tired of eating the results of that willfulness that you turn and Surrender. ..."

"That's What this Satsang was about, really. Are We Professing our illusion and insisting on it, persisting in it or are we coming from the Truth of the Spirit we *are* and Surrendering our false identity? ... Every time you find yourSelf running your Willfulness Surrender! Surrender! Surrender! Surrender! Surrender! ..."

Another Participant shared, "I ... can be Professing from Joy when I'm feeling Joy and I could be Professing from confusion when I'm feeling confusion. So I don't have a consistent answer." Our Teacher helped by saying, "Well, no, you would never get a consistent answer that way because what you're talking about has to do with basically how you're feeling - emotions - that sort of thing. And those things - they exist in ... the dual worlds ... in the world of form. And so you get what's called a 'yo-yo effect' there. So, for example, if I said 'oh! you're looking wonderful tonight' you'll probably feel pretty good. And if I said, 'what's the matter? you don't look so good' ... you may not feel so good. So you'll be going up and down ... because that's the nature of the dual worlds. That's false identity.

"What was being said is you need to come from the Spirit you *are*. That's Proper Identification. That's Where - regardless of how you're feeling - That's Where The Joy is.... The Joy of Spirit and the Access to It only comes through the Initiatory Process [ed.'s note: Dr. Lane is referring to the Process of Initiation Into The Sound Current] and That's What's being said...."

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

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Continued from page 1 - "What Are You Protesting?: A Participatory Satsang"

"And we're always busy protecting ourSelves from God. Because most of us live in false identification. We identify with the body, with the thoughts and feelings that go with it. That's actually what's caused our reincarnational patterns. We live in confusion and that means that we have lived with our thoughts and our feelings, taking them for real. So in the world of form, we've taken form for the Reality. And that's the confusion and that results in our inheriting another world of form, another world of form, another world of form, etc., etc.

"If you take a look at 'protest' ... it really has to do with a really simple truth. We're protesting that we *are* Spirit. That we *are* the Lord, God. ... We're created in God's Image. We don't look like Him. He doesn't look like us; thank God! He's not a person or anything else like that but It's that Same Material: That Holy Spirit. We are That Spirit. God is the Great Oversoul and we're the Soul. And just like a drop of water in the ocean is exactly the same as the ocean in its entirety and the ocean is composed of little drops of water - that's our relationship to God. So we're It. Tag! we're It!

"That's What we're busy, in essence, protesting. That's What we're busy fighting. ..."

"We need to practice Proper ID. Proper Identification, what is That? But that we're Spirit, we're Resurrected. We *are* Soul. We *are* Spirit. We *are* Spirit. ... God is Present right here. ... It's not complicated. The 613 laws that had to be fulfilled in Judaism - hey! now there are only two: 'Love God with all Your Heart, all Your Soul and all Your Might'. And 'Love your neighbor as yourSelf'...."

"Most of what we protest has to do with what we can Accept. I've told this story before but I don't mind repeating it. But I knew a very well-known, well-respected psychiatrist who, just because of things that happened in his own life, etc., didn't quote believe in God. He thought that if people needed to believe it was nice emotional pablum; it was, it's like comfort food. OK. And because of his influence several people gave up their religious life, etc., etc., and followed his thinking that there's no god.

"And he passed and about six months to a year within his passing he [ed.'s note: Dr. Lane is referring to the Soul That was Present with him] came to me in the Spirit and said, 'yeah, so I was wrong.' And I love that; not that he could admit that he was wrong because - also if you're an Initiate On This Path you're working above the dual worlds so it's not question of right or wrong - what I really, really loved was it wasn't a big deal. He didn't have to hold onto this belief. He discovered something else. So this to me - there's some serious import here. We all know people who don't quite believe what we believe in, so to speak, OK. And we want to change them. We want to get them, shake them and get them to see it from our point of view.

"Trust the Process! Trust that in the Soul's Learning, It will get the Learning and eventually It will reach a Place Where there's the Objective Reality and It can Know and experience It firsthand.

"Initiates on This Path: we do have 24/7 access to Spirit so we can look at things. We can go into the Soul Body and perceive things and Know things *directly*. It's not a question of belief. Do I believe anything I say? No, I don't believe a word of it. Does that mean it's not true. Oh, not at all! It just means it's not approached as a mental concept or anything else like that, something to believe in. It's Knowing. And how do you Know? ... You Experience it and you Know it *directly*. So we Know things very, very directly from our Access to Spirit. ..."

"We know Spirit exists on all levels but above the dual worlds It's the Unipolar Existence. In the Oneness of the Holy Spirit. ...

The Soul *is* the Soul; It *is* Eternal. OK. It doesn't die because the body has fulfilled its use for this present embodiment but It continues Its journey, Its Learning according to Its karma and that's what's really crucial. So if we're trying to change people's beliefs then, guess what? You're probably entrenching it even more or helping to do so. The other person is going to dig in their heels. And you're not Trusting. We Know that everything is karmically correct. Trust they'll get their Learning! God is not finished with them.

"Souls are here to advance their knowledge of What? Of themSelves as Soul, as Spirit, and also to come into this (conscious) relationship with God: each individual's will and God's Will - One and the Same. God in His Kindness and Mercy He's given us a way to do That. Initiation Into The Sound Current is the Way to do That. So there's a Way to get above the duality. There's a Way to get above thoughts and opinions, etc.

"And, if you take a look at What Are You Protesting, you're protecting something inside, aren't you? And it's usually your karmic pattern or afraid 'I'm going to get hurt'. Or 'afraid this is going to happen again'. Etc. 'I'm afraid of being overshadowed by Spirit'. ... Most of us are protesting. Most of us are protecting the part in us that's afraid. Afraid of being overshadowed; afraid of how Loved we *are*; afraid of our own Christhood. Our will and God's Will: One and the Same.

"And Me being Me I decided I'm going to look up this word in the etymological dictionary. So I looked up 'protest' and it has a lot to do with 'testament'. Believe it or not: 'testament'. And it's 'going forward', so what is your testament going forward? Protestantism. Pro-testantism. Protestantism comes from that. They were protesting something. But in our own consciousness - the way it's set up - if we protest, guess what we're doing? We're attaching to it. ... If you take a look at it internally... what are you protesting inside yourSelf? ..."

"We have to Accept the Spirit we *are* and how Magnificent and Wonder-ful we are and that our Nature is Divine. That's Who and What we *are*. ... Our protest is really one of excluding ourSelves out of fear and ignorance, which means ignoring that we *are* Spirit. That's the simple Truth! We *are* Spirit. That exists a-priori. ..."

"The wonderful message is identify as the Spirit you *are*. Identify as the Spirit you *are*. And (then) a very interesting thing happens: the more you identify with the Spirit you *are*, the easier and easier it becomes to be in this world because there are less attachments going on and we have more and more and more Inner Freedom..."

"Many of us Walking This Path as Initiates are in the Process of Regaining our Freedom. What have we done but we have placed ourSelves in bondage by attaching to thoughts and feelings; it's known as karma. Karma is creation away from the Spirit we *are*. Away from God. But karma also is our Opportunity to Learn. ... Karma is karma. Ain't no such thing as good and bad. You're caught in the dual worlds. Take the Learning and move on! Take the Learning and move on!

"But if you're protesting, the Opportunities that are brought to you to Lift - you're not going to be able to do it. For example, 'Oh, man! I can't believe this happened.' 'This shouldn't have happened to me.' 'This person needed to act this way towards me.' 'I can't believe how I was treated.' Well, believe it! Because it happened and it wouldn't have happened if it wasn't completely and totally karmically correct. So, we don't need to change anyone's opinions; we don't need to change anyone's thoughts. And our own attitude

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that there are times I don't Walk This Path exactly as Taught." A second Participant shared, "I am confessing that I haven't updated mySelf and told mySelf what I Know to be so." Another shared, "I am confessing that I am God. There is no separation." Another Participant shared, "I am confessing that I can work The Teachings more actively everyday ... consciously." A fifth Participant shared, "I am confessing that there's (sic) no issues and there's no problems." Another Participant shared, "First couple of times I thought there is nothing to confess because everything is exactly the way it is supposed to be. ... Then what I got was ... it's really about Lifting and Staying at God each and every moment and Knowing That. And living in that Place." An additional Participant shared, "What came was my karma." Another shared, "I am Confessing that I Love God and It's all I really care about."

A Participant then shared, "Trust, Peace, Love ... then anger came up." Our Teacher further Taught us, "The anger really is a deep-seated anger based upon the illusion and stupidity that's upon us. And that stupidity, of course, is what happens when we're caught in being unconscious, when we're not aware and we see it that we've been kicked out of the Garden - God's kicked us out and separated us from Him - when the reality is just the opposite: we've kicked God out of our consciousness."

A final Participant shared, "I got God; victimhood; Truth; Love and God. And God is the only Reality" after which Our Teacher elaborated: "So somehow being a victim is the way you have of running away from all That instead of coming into your Power. And we all have that. [ed.'s note: Dr. Lane is referring to "running" away]

"So, if you notice, confessing kind of works two ways. It works as what's been pointed out ... 'Don't tell anybody but when I was a kid I stole from my mother's purse.' ... Something we're trying to hide, we don't want anyone to know; we feel ashamed; we feel embarrassed. But also confessing is something very good ... Also in confessing we can share something we have really, up until now, wanted to hide. And that is that we *are* Spirit, that we *are* God. ..."

"So Confessing has a lot to do with making it OK within yourSelf. You want to Confess to 'hey! you know, I'm not hiding behind this shame and this guilt.' Those are two very strong ... components to us. ... Shame has to do with not measuring up to an ideal and, if you take a look at a lot of the religions, they could be portrayed as an ideal. And we're trying to reach this ideal and, of course, we fall short. But there's always this God that's outside of us. ... We change the location: God's within; the Spirit's within; the Soul lives on all of the levels, etc. The Spiritual heavens are located within. 'In My Father's House are many mansions' and we understand that as located within us in the Soul and in the Spirit. And we can accept That. We can Know That. We can Know That. That's pretty neat! But we have to make it OK.

"And there's something else ... the taboo, as it were, against Knowing Who and What you really *are*. You're not supposed to Know. So that there's a guilt ... that comes with Knowing This. ... of course, all the negative powers are lined up with that fact. To keep you in the unknowing of that. And to knock you off the Focus into the Positive Polarity. Ultimately, they're all strengtheners. Ultimately, they're going to lose because the battle's all been won, the battle has all been won.

"I know some of my Jewish friends - they are going to be celebrating the New Year and the Ten Days of Awe, etc. And I ran across something, some kind of prayer, pleading and begging with God to keep the gates of heaven open. But we Know that we're Spirit; we Know that we're Soul. And so those gates are

always open. You have 24/7 access to Spirit through the Process of Initiation. ..."

"If you really take a look at one of the meanings of Confession or Confessing ... And it has to do with speaking. It's very hooked into, etymologically, with speaking and expressing. So are you expressing That Which you are? ... So confessing has a lot to do with owning up to That Which you truly, truly are. Confessing the Truth of your Being, of your Essence, of That Which you are.

"If you take a look at the last three Satsangs - including this - there's a progression. It was a Series. Now, I think HBO should take note of this Series. ... People would learn a helluva lot on this Holy Beautiful Omnipotent - HBO - Network here. The First One was What? 'What Are You Professing?' And that Satsang had to do with let's take a look at are you in Alignment with your values? Are you in Alignment with them? Are you Vibrating with them? The Second One was 'What Are You Protesting?' That there's something in us that lives in fear of being overshadowed, lives in fear of this thing we've concocted and believe in and that we allow to run us called 'death'. What are you protesting? And now you're asked, are you really, really, really living, speaking, putting out That Which you Truly are, Which is Spirit. Which is Spirit. ..."

"Many of us, we're kind of strange creatures - the human race - we can be embarrassed by the Power and the beauty and the magnificence of Who we *are* and so we want to hide it. We want to hide it. Similarly many who are so Blessed and so fortunate they'll hide their guilt; they'll hide their shame but they also hide how wonder-ful they are, how Blessed they are and if we can get beyond the shame and the guilt – bingo! We've gone past a lot into Reality.

"But we also have to be honest here. God's pretty fair. He gives us what we can handle. ... And only that which we've agreed to. If we haven't agreed to Know ourSelves as Spirit and Walk this Path exactly as laid out then we're not going to do It this lifetime. But we know that 'wide is the way and narrow is the gate that leads unto Eternal Life'. So there is One Way. ... God's Will and your will are One and the Same regardless of whether your body professes Hinduism, Judaism, atheism, etc., etc. Doesn't matter; It's the same for all Souls.

"So when we ask ourSelves, What Are You Confessing you need to live at the Point of your Confession! That's Your Inner Reference point. 'Yeah! I am Spirit. Yeah, I am God. In my ignorance I think I'm manifesting my karma because I haven't yet given mySelf Permission to really, really Know and manifest that I am Spirit. And I'm really going to pretend I'm not HU-man'..."

"And we know that HU-man has to do with a HU-man. H-U: The First Manifestation of God so we're God in Manifestation. That's Who and What we *are*. It's real simple. That's What we need to hold ourSelves to. That's What we need to Vibrate at. That's What we need to express as and That's What we need to be. And, in Reality, the Hu-man body is set up like transmission. We're a transmission station. We're transmitters. And, really, what goes on is That Frequency, That Frequency, That Frequency. So we're always putting out the Frequency of where we're Vibrating *inside* ourSelves. And that is, in a sense, our True Confession. And it's Known; it's Known; it's Known..."

"If we're Confessing to ourSelves that we *are* Spirit then That becomes the Vocal Point and the Focal Point of Who and What we *are*. And then we have to live accordingly. And We project That; we project That; we transmit That; we transmit That. We're set up as transmitters and as receivers, as receivers. ..."

"So it's important that if you run across guilt and shame - if you start Vibrating at less than you are - you have Tools: Two-Part

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towards our thoughts and opinions needs to be one of, 'Yeah, perhaps, could be, maybe.' Not take it as seriously as we often do. Not take our thoughts and our feelings seriously. Many of us walk around like we still have to prove something. Like we have to prove how lovable we are. We have to prove how smart we are. ... Whenever we're trying to prove something it is because we feel just the opposite. We don't feel that intelligent. We don't feel that loved, etc., etc. But we need to treat ourSelves as the Christ treats us, which is that we're Loved *unconditionally*. ..."

"There's a quality of driven-ness to it. [ed.'s note: Dr. Lane is referring to identifying with thoughts and feelings, which is karma] And that driven-ness means that it's going 'down' and 'out' [into the world] and we're being pushed by the karma that we've created. What we always want to do is stay within ourSelves and 'up' [to the Upper Part Of The Third Eye] and Learn to be Neutral. And Learn to live in Acceptance.

"Acceptance is the First Law of Spirit. So if I can Accept that everything is karmically correct, what is there to protest? Does that mean I have to like it? No. And, if I don't like it, I can do something about it. But I'm going, in the sense of, 'I'm for this' not because I'm against its opposite. There's a big, big difference. I'm still attached when I'm reacting against something."

"I'm going to end this Satsang by asking you a question. And I'm going to repeat this question several times ... We start by Calling in The Light Of The Most High ... 'Lord, God, send us Your Light! And we put this time together into Your Light for the Highest Good. And ask that only that which is for the Highest Good come forth.' Remember there's no right answer, there's no wrong answer; let whatever come come! 'What Are You Protesting?' [Pause] 'What Are You Protesting?' [Pause] 'What Are You Protesting?' [Pause] 'What Are You Protesting?'

[Pause] Now I'm going to give you an Opportunity to Let it Go. 'Lord, God, take whatever we're protesting! Lift and Transmute it' and inside yourSelf tell yourSelf, 'It's okay to let it go now.' Now, when you can, bring your consciousness back here and I would like to quickly ask anyone who would like to share to just say it.

A Participant said, "God's Love." Another Participant said, "How Powerful I am." A third shared, "Being Responsible." Another said, "Being the Spirit that I am." Another Participant shared, "Living Free."

Our Teacher then Taught, "Can you see what it all boils down to? Accepting how Loved we *are*. Accepting that we're Spirit. Accepting our Freedom. Accepting how Divine we *are*. Accepting Our Divinity.

"But guess what? Your protest is all going to come to naught because the game is rigged; it's all a set-up. Sooner or later every Soul returns Home to God through the Process of Initiation Into The Sound Current or the Alignment of your will and God's Will. Accepting the Love that You *are* and being a Lover of God That lives in you as you.

"So you can keep your protests going or you can do what we did: Release it! Whenever it comes up Release! Release! Release! Release! Release! Release! God created us to be Free. We, out of our own will, have enslaved ourSelves. God in His Kindness and His Mercy has given us a Way to Regain our Freedom.

"I Lovingly Suggest you take That Way and keep applying It, applying It and Loving yourSelf.

"And we'll stop with that."

Our Teacher Lovingly answered the question asked following the Satsang.

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Release Technique; going to God; read *Tools For Living Free*, anything; Picture (of The Teacher); whatever you need to do. Constantly, constantly, constantly do what I call re-Confess! re-Confess! re-Confess! You're Confessing your Love of God, as God.

"When we Walk this Path we're simply Lovers of God. We don't have a theology. We don't have a mental mindset; we have nothing other than our sheer Love of God and the Willingness to Know Him and Trust Him and Live in the Oneness of Spirit. And to Accept That. And to move beyond any of the deterrents that have been placed here for us - anger, fear, guilt, shame, unworthiness - as strengtheners. And we're smart enough to recognize those as Strengtheners and we take Them for What they are and we use them. Everything is here to be used for our advantage. So, we use them to our advantage. ... To move into the Spirit we *are*. It's real simple.

"So the question you want to ask yourSelf ... is, am I Confessing the Truth? Am I Confessing the Truth of My Being? What's the Truth of Your Being? You're Soul. You're Spirit. Real simple. 'I want to go Home to God'. ... That's nice but you're Home already. You just don't know It yet and haven't Allowed It. And that's not the Focus we have here. We're just Focused into Love. Because That's all there is anyway. And That's What needs to be your Confession.

"What you need to Confess is am I Loving? Am I in Love? Am I the Love That I'm seeking? Because we know that the subject and the object and the so-called space between them - they're all illusionary. It's all One and the Same. My will and God's Will One and the Same. Period. ... If your will and God's Will are One and the Same, you're in God Consciousness. And That's the Confession that we all need to make and live accordingly."

A Powerful question-and-answer session followed.

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