



Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies **April/May/June 2022**

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“Behind The Screen Of Anger: A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, began Our January Satsang, “I want to talk about anger and What’s Behind The Screen Of Anger. And notice it’s a screen. So it screens something else. ...”

We are Spirit, OK, and we’ve forgotten and so we’re here in the body so that we can remember, we can become again a Member in the Body of God.

Continued on page 3

“God’s Time: Never? Now? Perfect Timing? - A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, began Our February Satsang, “I want to talk a little bit tonight about God’s Time and what That means. I want to give It a context and take a look at some of the work we’ve been doing in the last Satsangs. And that is that is we’ve come to discover that underneath our predominant emotion on this planet - one of anger- ..., underneath it all is Love. Love of God, Love for God and that we are, in fact, wired that way. And also that everything is according to God’s Will. Everything. Nothing happens without its being Spiritually Correct. ... And what drives the planet is God’s Will. God put it in motion. ...”

“Now comes the Realization that everything happens in Perfect Timing, in God’s Time. And yet, in taking a look at how so many of the Initiates [Of The Sound Current On The Path Of Soul Transcendence] live their life ..., I get a tremendous sense that there is a big hurry, that it has to happen immediately if not tomorrow. It should have happened yesterday and this constant ego-driven thing of ‘Got to have! Got to have! Got to have!’ ‘This is what I need. This is what I need. This is what I need.’

“But take a look at it! If you’re here for your karmic lessons and, yeah, it gets mitigated. If

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

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

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“Living ‘Inside Out’ - A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, began Our March Satsang, “I want to talk a little bit tonight about Living ‘Inside Out’ and, as you may have noticed, the world is kind of inside out and backwards from the Reality of Spirit and What is so.

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The Teacher’s Birthday Satsang And Celebration

On February 27th, Initiates Of The Sound Current gathered with Their Beloved Teacher in-person at the Home Center and via teleconference from around the country and from Mexico for the annual Teacher’s Birthday Satsang and Celebration.

The Event began with a Celebration at the Home Center, after Which all attendees - both in-person and via teleconference - Participated in a Meditation Of The Light Of The Most High. This Sacred Meditation was followed by Our Teacher’s Satsang.

Our Teacher, Dr. Roger B. Lane, began His Birthday Satsang by saying, “What we are Celebrating is the extension of God into this world in the form of the Consciousness That The Teacher holds or the Birth of The Teacher because the Teacher comes at the bequest and request of Spirit or God to match what is needed at that particular time.

“What’s really being said is This is really a Celebration of God’s Love for us, that He loves us so much that He makes sure that there’s at least one Being here Who will Serve as a reminder of Who and What we are. That we are Spirit. That we are Soul.

“To give you some updates ... what’s happened Spiritually is ... we know if we have karma in front of us we can’t really see ... similarly the karma that sits upon the Soul doesn’t really allow the Soul to see or be Present with Spirit, with God. So that’s why most of the world runs around with ‘we’re here and God’s “up there”’.

But what happened Spiritually is due to the actions of - I’ll call It a Righteous Soul - ... This Righteous Person has Cleared the karma collectively that has been accruing for a long, long time. Whether it’s out of World War II that tremendous karma got created or Kosovo, all the collective karma has been Cleared. ... It’s now clear that God Lives in each of us as us. As us.

“I know if I were to write an academic paper and cite references and all that I probably couldn’t do it because the references aren’t found

Continued on page 6

Events Calendar

Fulfill Your Destiny: Fulfill Your True Purpose

Request a FREE copy of Dr. Lane's The Sound Current: The Path of God-realization (what we affectionately call "The Blue Book")!

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

Call or write today for your free copy!

SpiritCentral

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Join Our Sunday Events!

SUNDAY PROGRAM

April 10; May 8; June 12

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

Tools For Living Free Reading and Discussion: 12pm EST

April 10: #35 Sacrificing "The Sacrifice"

May 8: #36 Dealing With "Death"

June 12: #37 Direct Knowing Through Tisra Til

April 24; May 29; June 26

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

Video/DVD Showing and Discussion: 1pm EST

April 24: **V14 What Is The Path Of Soul Transcendence?**

May 29: **V15 What Is Meditation On The Path Of Soul Transcendence?**

June 26: **V16 What Is The Theology Of The Path Of Soul Transcendence?**

THE TEACHINGS STUDY GROUP

April 10; May 8; June 12 | 3pm EST

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

April 10: "Behind The Screen Of Anger: A Participatory Satsang"

May 8: "God's Time: Never? Now? Perfect Timing? - A Participatory Satsang"

June 12: "Living 'Inside Out' - 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*.

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 10; May 8; June 12
Sun 10:30am April 24; May 29; June 26
Special 2-hour Meditation

Meditation For Health And Well-Being

East Side (Home Center):

Tues 8:45pm April 19; May 17; June 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 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 52-442-237-5745 for details.

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 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!

"A Few More Words About
The Teachings In A Word": A
Participatory Satsang"

(MP3 A296)

April 6, 2022

6:50pm EST

"What Is 'Hesychasm'?:
A Chasm? A Spasm? A
Permanent Focus?"

(MP3 A297)

May 4, 2022

6:50pm EST

TBA (MP3 A298)

June 1, 2022

6:50pm EST

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

Available at All Centers

Listen to Our Monthly Podcasts!!!

cosmostree.org
spiritcentral.org

April 5: "Where Do You Go
To Find The Answers To All
Your Questions?"
(MP3 A019)

May 5: "Patience: Its
Importance And Care"
(MP3 A047)

June 5: "Exactly What's The
Point?" (MP3 A086)

Spring Semester

Given by Dr. Roger B. Lane

RELATIONSHIPS CLASS

5 weeks | Wednesdays, April 27 - May 25, 2022 | 7:45-9:15pm
(except 1st Wednesday of the month when Class begins 8:15pm)

Learn how to have the ones you want - in all areas of your life! This Class teaches Students the Essence of all Their relationships and how to harness Their Power and Inner Strength. Ultimately, the only relationship you have is with yourself - the Spirit You Are.

Open to all. Payment: \$62 and additional payments of \$31 for Classes 2 - 4 or \$150 for series if paid in full when registered for Students enrolled in a Degree Program of the Seminary or \$63 / \$31.50 / \$155 for all others.

FORCEFIELD CLINIC

4 weeks | Wednesdays, June 8 - June 29, 2022 | 7:45-9:15pm

A Practicum Answering:

* What Is A Forcefield?

* What Is The Forcefield with Which we Work?

* Why Is It Important?

* How are we in Alignment?

* What Is At-Onement with This Forcefield?

Initiate-Only. Payment: \$62 and additional payments of \$31 for Meetings 2 & 3 or \$120 for series if paid in full when registered for Students enrolled in a Degree Program of the Seminary or \$63 / \$31.50 / \$125 for all others.

"Our forgetfulness has been caused by our willfulness and by our identification with our thoughts and our feelings. We've taken them for real. So we've been in the world of form as a Soul and yet we've identified with form, forgetting that we're Soul. There is a Satsang given that the predominate emotion on this planet is anger.

"It's the anger. It's an existential anger, almost, for lack of a better word. It's the anger of having been kicked out of the Garden of Eden by God and left here to roam and left here adrift. And, of course, nothing is further from the truth but things are inside out and backwards in our consciousness. So what we've done is we've expelled God. In consciousness it gets portrayed as just the opposite: that we've been expelled. So we're God's victims, as it were, and the anger with that is tremendous.

"What I'd like to do is some individual participation work and see what angers you have and what may be behind that anger. Then I'll see if I can tie it into the larger picture ... I'm going to Call in the Light Of The Most High and ask you a question or two or three. There's no right answer. There's no wrong answer. ... Just what's so for you. So, let whatever comes come! 'At what are you angry?' [Pause] 'What's behind the anger?' [Pause] 'Why are you angry?' [Pause] 'How can I use my anger?' [Pause] Now, when you can, bring your consciousness back here and you're welcome to share what came up for you."

A first Participant said, "... I found that I was angry at mySelf for giving up my own power. ... 'What's behind the anger?' Shame ... for giving away my power. And then, 'why are you angry?' That one was the least clear of all. For not being Responsible. A sadness that I gave up all this good energy and lived in this shame ... And 'how can I use my anger?' To be Responsible. ..."

A second Participant shared, "The first thing I got was, also, mySelf. ... What was behind it was any sort of material stuff. ... I am angry because I was holding onto these things and this stuff and anything in the material world. What I'm going to do with it, use it as an Opportunity to let it go. ..."

A third Participant shared, "The first one I got was

giving over my power and not being Responsible. Behind it was expectations, disappointment, hurt and regret. When I got to 'why?' it's like a knee jerk, habitual response to be angry. The way I can use it is to do the Two-Part Release, Lift, Allow God and be Responsible."

Another Participant said, "'What am I angry at?' The first time I heard God then I heard mySelf all the other times. 'What's behind it?' I heard fear. 'Why are you angry?' I heard to waste energy. 'What do I do with it?' Use it to Lift; springboard into Spirit."

"Another attendee shared, "'At what are you angry?' MySelf and willfulness. 'What's behind the anger?' Fear of God and The Light; also, fear of being Responsible. 'Why are you angry?' For letting mySelf confuse my will with God's Purpose. 'How can I use my anger?' I can use my anger ... like a flag to get back on track." Another shared, "'At what am I angry?' ... It's about being given the wrong advice when I was very young and vulnerable as far as where I could derive my happiness from. 'What's behind the anger?' Loss of the time I spent believing that grown-ups knew more than I did about where I could derive my happiness from. 'Why am I angry?' Because I'm not in touch at that moment. So I used my anger as a guide to get reCentered again." Our Teacher further explained, "The Teachings Teach us, why settle for being happy when you can be in Joy? That's everyone's choice. I mySelf have no clue where to go to be happy. Nor the desire to be happy. ... If you're into happiness ... we're also going to experience unhappiness, too. So it's the identity with that. So we're going to go back and forth in kind of duality. ... I'd rather be in Joy and not pursue happiness and still be kind of okay."

A final Participant then offered, "'At what am I angry?' At God and mySelf for being in the human form with emotion and thoughts. 'What's behind the anger' was self-worth. Not feeling worthy. And feeling like I can't Lift above it. Then 'why?' Because I thought it would be more fun to be in the human form. The last one is to remember I'm using the anger to Lift above those feelings and thoughts. ..."

Our Teacher elaborated: "When we sit inside ourSelves in anger, we can't get beyond the anger. We wouldn't bother to be angry unless there was something else going on. ... If I didn't care, I wouldn't be angry. If I really didn't love something or somebody, I really wouldn't be angry. Anger, I've found, is really kind of a cheap emotion. It's real cheap. We get angry; we have that response; we stay at that. ... We persist in that; we don't get behind it and there are a lot of goodies behind it. You can really deal with some really nice, good stuff if you can get behind that screen of anger. ..."

"You have other options. And that's really, really important. Why the anger? Why the anger? Why the anger?"

you're an Initiate On This Path, you only have to deal with your fate karma and with your day-to-day karma that you've created. Certainly, (you) don't have to deal with any stored karma. ... So you have to come to an Understanding that you're here to get your Learning however you're to get your Learning. And you're not going to rush your Learning. Your Learning is in Perfect Time. ..."

"We Know that on This Path we're Lovers of God and we've got to really, really Understand That, live That and come to Know That. And That's Where the Love is.

"But I see so many want to shortchange their Learning of That, their experience of That and rush and grab something or someone out there rather than come into the Knowing. ... Truly, 'haste makes waste' because you're going to have to get the Learning anyway and God's Time is Perfect Time. The Master's Plan is the Perfect Plan.

"If you insist, you'll get your insistence. Part of the Master's Job is to allow you your experiences and allow you to have your insistences. You'll get what you insist upon but you're only delaying what you're Learning anyway and because of the attachments you have you won't even enjoy what it is that you've been insisting upon having. So you're just entangling yourSelf; you're entangling yourSelf; you're entangling yourSelf.

"And many of us have funny, funny translations of God's Time. ... 'It's never going to happen.' Oh yeah, says who? And it's going to happen in Perfect Timing for you as a Soul. It could be now. It could be the next second. It could be in twenty lifetimes. But you need to Allow that and give up your insistence because it's all perfectly orchestrated and perfectly planned.

"The interesting thing is that there is no such thing as time. It's just a psychological concept. And if you're Present - you're giving yourSelf God - you're in what's called the Eternal Now. Now. Now. Now. Now. Now. Now. And you have no awareness of a past and a future. You're just in the Present.

"So your insistence is obviously another attachment that you've created so you can't be Present, you can't be with God. Not only can't you be with God but we know what pain is; we know what depression is. It all comes from not knowing Who and What you *are* and practicing Proper ID. If you're running your agenda and you're running your insistence, you can't be Present. And you're going to be in pain; you're always going to be in lack and limitation. 'Oh, I don't have. I don't have. I don't have.' ..."

"Practicing Proper ID is Practicing and Knowing that we're Spirit and, thus, we're Supplied. And not only that but we *are* the Supplier and we *are* the Source. As Spirit, we're the Source. So, really, when you go on and insist you're going against the Consciousness in you that really Knows the Truth.

"And you're fighting yourSelf and you're busy making yourSelf wrong but the real Truth is we have everything we need at *each and every moment* for that particular moment. We're completely Supplied. We get into the wants; we get into the desires, etc., etc. and it's all ego-driven, etc., etc., instead of having preferences.

"Remember, one part of The Teachings that I'm happy to Bring Forth is, 'Enjoy the life that God's given you.' 'God's given you.' ... And as soon as we exclude Spirit, we exclude God, we're in trouble. When you identify with form in the world of form then you're going to keep coming around in the world of form.

"But the body is the housing for the Spirit we *are*. So we're Spirit. Then automatically doesn't that mean that we live in God's Time? But we have to watch our interpretations. 'Oh, that means it's never going to happen!' ... There's a whole bunch of people out there waiting for the Messiah. Messiah will come in God's Time, God's Time. ... And watch the set-up because you're waiting for something out there. Remember, we're charged with the Responsibility 'Tag, you're It!'

"And that Christed Consciousness was put in us so That means that our will and God's Will are One and the Same and That Alignment happens in Perfect Timing. in God's Time. And, if you can Know That and live accordingly, Working Our Consciousness according to the Divine Plan, That's God's Will and That's God's Timing.

"And everything that we need when we're at and in That Consciousness we're given. We're given. But most inhabitants of this planet have gone so far astray God has not only been marginalized now He's out the door. ... So we have this whole phenomenon of forgetfulness ... this incredible thing going on of false identity. Yeah, it gets played out in identity politics but that's just a symptom of false identity.

"And the Remedy is always the same, is Proper ID. Proper Identification: Know that we're Soul. Know that we're Spirit. Know that That's Where the Blessings are, That's Where life is, etc. Otherwise, we're all in this illusion of 'oh! when we drop the body you're gonna go to God.' Yeah, oh sure, right. And who was it? Ray Anthony that old TV show, knock on your door and give you a check for a million dollars or you've won the Publishers Clearing House for a million bucks. Probably not gonna to happen. So we're pretty shortsighted about life. We really think it's going out there and having all these achievements, accomplishments building memorials, etc., etc. instead of we're here to come to Know ourSelves as Spirit, as Soul ..."

"So everything is in Perfect Timing. It may not be in your timing as an ego but it's in God's Time in Perfect Timing. So I really would like this Satsang to be used to help you Accept God's Timing as Perfect Timing and It's the best timing for you. ..."

"So I Lovingly Suggest you may want to hold off on any judgments, any 'oh! it should've, would've, could've happened another way or a different time. No, it was orchestrated perfectly for your Growth and Development.

"And that's what we need to Accept and I'd like you to use this Satsang to help move you into Acceptance. We Know Acceptance is the First Law Of Spirit and it's really important that we Accept God's Timing as the Perfect Timing. So that being said I'd like to conclude by you doing a Process.

"So I'm going to Call in the Light Of The Most High and I'm going to ask you a couple of questions ... 'Lord, God, send us Your Light! We put this time together into Your Light for the Highest Good.' 'What do you want in your life right now that is not present in your life?' [Pause] 'What do you want in your life right now that is not present in your life?' [Pause] 'What do you need to accept that it comes in Perfect Timing and for the Highest Good?' [Pause] 'What do you need to accept that it comes in Perfect Timing and for the Highest Good?' [Pause] 'What do you need to accept that it comes in Perfect Timing and for the Highest Good?' When you can bring your consciousness back here and anyone is free to share. ..."

One Participant shared, "Better health and better wealth. Then when you said what can I do about it, I said, the Lord, God and I are One and the Same and that I'm abundantly Supplied."

A second Participant shared, "What I want is meeting my responsibility with ease. What I need to accept is, up until now I haven't given that to mySelf."

Another said, "Nothing came to me as far as what I want or don't have. What came to me is whatever I do need or is for my Highest Good will be Supplied and provided." Our Teacher fine tuned this, "It's not that whatever is for your Highest Good will be provided. It's whatever is for your Highest Good is provided the moment it's needed. ... It's important to know whatever is needed, the moment it's needed it's Supplied."

A final Participant shared, "There's nothing that I want. ... What came up for me in the next question is how much I'm Loved. Go with the Flow of Love and everything else is handled."

"It's inside out and backwards, really, because the karma is upon it and, also, the cosmic mirror that exists in the etheric level. When you look in the cosmic mirror you see all your creations but, because it's a mirror, you think that those creations are Reality. For example, if you think, 'I'll never please God; He's just impossible' then you look in the mirror and you see that reflected back to you but you don't know that's a reflection. You think it's the Objective Reality. ... You also don't get to see how Powerful a creator you are, that you created that thought. ..."

"You get this thing that's reflected back to you that's a subjective creation as an Objective Reality. Most Souls are under that. Living 'Inside Out' also means, if you're an Initiate On This Path, that you need to practice Proper Identification. That you're a Soul. That you *are* Spirit and that God Lives in you as you. So This is Your Priority; This is Your Knowing; and This is What goes to Fulfillment.

"So Living 'Inside Out', 'Okay, I'm going to do the Spiritual Practices. That's Who and What I *am* and I'm coming into That Fulfillment.' And you do It and you work your life around It. Scheduling, etc., etc. ... It's a question of Prioritizing and going with What you Know to be so. ..."

"What some of you do is, you take a look at your schedule or your 'outer life'... then you're going to try to squeeze It in, your Spiritual Practice. And you never quite can get It in. So It's a question of Prioritizing and going with What you Know to be so.

"But a lot of you now live outside in. Well, good luck with that! You're giving Your Priority, the Focus, you're giving your energy over to your environment and your so-called busyness and then you're trying to squeeze in the Things of Spirit. So you've marginalized yourSelf. ..."

"A lot of you measure what's happening outside, culturally, etc. or in your immediate environment with people and then you try to gauge yourSelf in terms of where do you fit in. And, of course, that's real basic self stuff: to fit in. ..."

"You're here for the True Purpose of this life: to come to Know yourSelf as Soul, as Spirit, Allow the Living God in you to live as you and to be on That Upward Spiral, returning on Home to the Lord, God. ..."

"As Initiates [Of The Sound Current On The Path Of Soul Transcendence] you have the Tool [ed.'s comment: Dr. Lane is referring to the Meditation Technique given at the Time Of Initiation] - and It's more than a Tool. The Door that you thought was closed and you thought was locked and had you locked into this prison of matter is open. And you have access not only to Spirit but you *are* That Spirit and you Know how to go into the Soul Body. And yet, when we work things outside in, what do we do? We drop into the physical body and operate from that spot - from outside in. And we go with emotions, we go with thought, we go with what other people are doing.

"It does take Responsibility. It takes an awful lot of Responsibility. And Loving yourSelf. With working things 'Inside Out' is the Responsibility. But What is Responsibility? The Teachings Teach us Responsibility is just what the word says; It's the ability to Respond... to the Spirit you *are* and as the Spirit you *are*. That basically, in a nutshell, is how we Live 'Inside Out'. We Respond as the Spirit we *are*. ... Everything falls into place when we do That. That's the interesting thing.

"Working things 'Inside Out' also means living blamelessly. If we work things 'Inside Out' then it all comes down to, basically, you and being Responsible. ..."

"The Teachings bring forward a wonderful Tool when we get into that, of going outside ourSelves; demanding upon others, expecting others; we have the Tool of Introjection. We take it back to ourSelves. So, for example, I came into this room to give a Satsang. I looked around and there wasn't a single place occupied by a crumb from a cake that [name of Student] had made. She didn't even bother to make a cake, send a cake, bring a cake, send

a crumb. ... Now, why do I want that? Because I want to know hey! [name of Student] kind of likes me ... I need to know that I'm a good person. That would signify it. When I do Introjection, what do I do? 'Hey, I'm a good person whether or not [name of Student] bakes me a cake'. ..."

"Many of us, we seek to blame others and why are they doing what they're doing. It's irrelevant. Handle it within yourSelf! Also, calling or analyzing how crazy someone is, is really unfair. You don't know the karmic forces at work. ... You have no idea. You don't know what the balancing is. Maybe there's a tremendous, tremendous clearing and balancing going on. But we'll sit and we'll judge and we'll judge and we'll always take the limited point of view. Let go! Let go of the judgments! It has to be Spiritually Correct or it wouldn't be happening. It has to be karmically correct or it would be happening. ... You're going to be at the effect of what you put in motion. ..."

"We're busy judging others. We're busy analyzing things. We're busy going outside ourSelves. Blaming others; blaming the situation: 'if only'; 'if only'; 'if only'. And then thinking that someone or something out there is going to be better, is going to be the solution. Good luck to you. ... The Solution ain't out there. The Solutio is God and That's *within*. It's real simple.

"Unless we come to know This, guess what? All this ... is going to just keep happening and happening and happening and going 'round and 'round and 'round because that's the nature of karma. That's what karma does: goes around and around and around and around until we've Learned.

"That's all it is: an Opportunity to Learn. Karma is any creation away from the Spirit we *are*. So, once again, we're forced back into being Responsible. Into Responding as the Spirit we *are*. We need to Know that we're Spirit and we need to work everything from that Place.

"It's real simple. ..."

"If you want peace in the world, start with yourSelf! When we Live from 'Inside Out', we give the Spirit we *are* priority. Complete Priority. ... We do have Choice. We can always choose karma. If you're an Initiate [Of The Sound Current On The Path Of Soul Transcendence] then you have the Opportunity to Choose into another Way, into the Way of Spirit, into the Way of Grace. That means Living 'Inside Out'. Giving That the Priority. Doesn't mean you're a 'robot'; doesn't mean you don't have feelings and thoughts come up, because you do. But it does mean practicing Proper ID. It does mean giving That Complete Priority. It does mean Alignment with What you Know is so, is True. What you Know is True. ... You need to line up with What you Know to be so. ..."

"What the world values is not your values. ... When we Live 'Inside Out' we have got to be truly crass. Crass means complete disregard of the cultural, social, etiquette norms, etc., etc. At least in the sense of values. That's what you have to do when you Live 'Inside Out'. Practice Proper ID; Respond as the Spirit you *are* and live the Spiritual Values! ..."

"And since this is a Participatory Satsang I will end by asking you a question or a couple of questions and repeat them. So, I'm going to Call 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. Remember, there's no judgment. 'How have I been living outside in?' [Pause] 'How have I been living outside in?' [Pause] 'How have I been living, up until now, outside in?' [Pause] 'What do I need to do to Live "Inside Out"?' [Pause] 'What do I need to do to Live "Inside Out"?' [Pause] 'What do I need to do to Live "Inside Out"?' [Pause] 'What areas of my life do I need to Live "Inside Out" starting right now?' [Pause] 'What areas of my life do I need to Live "Inside Out" starting right now?' [Pause] 'What areas of my life do I need to Live "Inside Out" starting right now?'

... in academic literature or anything else like that but through the experience and the Knowledge of Spirit, being in the Soul Body and being with God - because That's Where the Library is, That's Where the Great Learning is, That's how we Learn Things *directly* - I can.

"So where we're at Spiritually is really a New Beginning. That all that stuff has been wiped clear so we can see and know and now mankind has to live as if Spirit and The Being are One and the Same because, in fact, They *are*. Because, in fact, They *are*. ..."

"Isn't it interesting, ... Jesus the Christ Knew It was going to happen ... He wasn't going to return to shoot hoops with [name of Student] ... He wasn't coming for that. The Christ - He wasn't coming for that. He Knew there would have to be a Return, that the Mission wasn't complete.

"What's the Mission? Certainly had nothing to do with finding a religion. ... but He was talking about The Inner Being, the Spirit that we *are*, the Consciousness, and That Consciousness is distributed in all of us. We all have the Christed Consciousness in us, was passed through to us when He died and somehow That Whole Spiritual Action was foretold: 'OK. Look, I'm telling you you're Soul and that you can go *while you're in the body* and - if you identify as Spirit Through the Initiatory Process - you can be with God'. That was really true. ..."

"Now we've Progressed further to where God's *within*, God's *within* and He Lives in you as you. You're His Manifestation. You need to *consciously* become aware of It.

What stops you? You stop yourSelf: all of your creations away from Spirit, away from God, away from the Spirit you *are* - all called karma - that's what's gotten in the way.

"So God, in His Kindness and His Mercy, what does He do? Because it has to be worked on the plane that it's happening on, He sends Himself here in the world of form and has this Being: 'OK. I'll just clear the garbage of humanity. Clear the garbage; clear the garbage; clear the garbage; clear the garbage; clear the garbage,' so that we could start anew. This, of course, all happened after a petition was made to stop the pulling up of the planet. It was going to be pulled up again. There was an Intervention, 'Hey, let's give these silly, dumb, stupid beings another chance! They're only stupid, dumb because they're ignorant.' And what's the remedy for ignorance? Education. ..."

"God sends a Righteous Being along, karma gets cleared. And now we have this Opportunity and the Blessing of God Living in us as us. And we're That Manifestation. And That's really What the Celebration is because behind It is God's Love for us, One and the Same. One and the Same. ..."

"Everyone has an Opportunity through Their Life as a Soul, They're all going to get It, but - and this is crucial - the Frequency has increased. ... That's where the New Frequency of the planet has come to, That's been coming in, etc., etc. There's been lots of dislocation going on, lots of debris, part of which, of course, is the pandemic, etc., etc.

"And now that That Frequency is here and settled in so it's no longer a question of or the truth of 'hey! OK, God puts on a body in the form of The Teacher - That Consciousness That The Teacher holds - and then The Teacher walks around, '... you, too! You, too! You, too!' ... Now it's like everyone Knows because the karma has been cleared for That and This Frequency is there.

"So how do we Celebrate Our Oneness with God? Now, notice That Progression goes from God's outside of His Creation in the Jewish religion to Christianity ... you need a middleman and it's done through belief ... even though He [The Christ] said 'That Which is in Me is in you, too' ... to 'wait a second! forget the middleman because there ain't no separation and if there ain't no separation there's no need for a middleman.'

"Separation only happens when we've created karma. When we've created away from God, away from Spirit; we've created separate from That and because we're Powerful Creators we get that back to us so it looks like we're separate from God. ..."

"How would it be if everyone knew ... yes, you *are* That Powerful? ..."

"But how many can actually Conquer 'death'? Because It's done the other way; it's done Inside Out. It's not done by conquering the world or dominating or anything else. It's done through the Process of Surrender, through the Initiatory Process. Just the opposite of the way the world works. ... This is opposite. Surrender, Surrender, Surrender to the Spirit you *are*.

"Through the Initiatory Process you get to enter into Eternal Life. You get to bypass the fiction of 'death', that whole illusion. ... Now is the time we really need to Honor That and that whole field of action has been cleared so that It can Manifest.

"So how do we Celebrate being with Spirit? How do we Celebrate our Oneness? We simply Live It.

"We spend our time in the Spirit, in the Soul Body, and we come from That Spot. And that means Choice. Exercising our Free Will because it's so easy to choose into negativity, it's so freaking easy. Into hurt, pain, upset, anger, etc., etc. ..."

"The Celebration is Choosing into Spirit, letting go of the negativity, Surrender. The Power is in Surrender. That's Where the Power is. That's how you Celebrate and how you enjoy.

How do you enjoy? ... Stay away from the 'bright lights'! ... stay away from what the Teachings call the 'bright lights' and make your choices, Obviously, our Choice goes to Spirit, not just not the bright lights. If you stay away from it you're going to be happy. ..."

"If you go for Joy, you'll automatically have happiness. So I Lovingly Suggest, Celebrate the Joy of Spirit and you'll be in That and make the Choice into Spirit! Spirit! Spirit! ... If you pursue your Spiritual Progression as Taught, like the Teachings say, you're going to have Joy but you're also going to have happiness. Whoa! That's right! There you are, folks. ..."

"How do we Celebrate? Go into the Soul Body and keep reinforcing That Choice, reinforcing That Choice. We choose to drop the negativity; we choose to drop the worry; we choose to drop the concern. And we consciously, consciously, did I say *consciously*? ... We consciously, consciously make That Choice and That's how we Celebrate the Oneness with God and that we *are* God.

"Doesn't make you any more special than anybody else. Everyone is special. Everyone is in That Oneness. God Lives in you as you. Now is the time. Now is the Celebration of It!

"And, really, that's what This Birthday is all about: giving Birth to That Knowing. And to living accordingly. ..."

"Why not be in Joy and be happy? It's kind of simple. It's so easy to get into, 'I'd be happy if I had more money, more success ...' It's just another way of separating, separating, separating.

"So you are Spiritually Charged with being both in Joy and happy. ..."

"We'll stop with that but I just want to say that we are moving into the Washing of the Feet.

"I just want to take a moment and ... reiterate a few key things. This is probably the only ritual we do. This was done by Jesus the Christ... What does the Washing of the Feet signify? The feet are the part that walks on the earth and so we recommit to a sanctification, a cleansing of that. A purification of that. That we walk the earth Spiritually. We walk it in Devotion and Love.

"And that's how we are Refreshed.

"We'll stop with that."

After the Sacred Washing of the Feet, Our Teacher was presented with the annual Group Gift to Our Beloved Teacher from His Initiates, a Donation to CRASS to help fund Scholarships, software and Our Teacher's Travel Mission. Our Teacher also privately received personal gifts.

The Celebration continued at the Home Center with beautiful and tasty desserts prepared by some of Those present.

A fun time was had by all.

It's all habitual. It masks everything else. As long as you can be angry, in a funny way, you feel like you don't have to be Responsible. ... Many of us are unconsciousness towards ourSelves and we can't get at ourSelves with ourSelves, as it were.

"So we really need the help of Spirit. We need Spirit to unravel us. And, of course, if we're involved in the Upward Spiral Going Home, we're being unraveled. All that stuff is going to go. ... We need the anger for as long as we need it and use it, appropriately, for as long as we're to have the anger.

But eventually we just come to that place inside ourSelves of Equilibrium and Acceptance and Neutrality. Because That's the Progression of a Soul that's been Initiated Into The Sound Current: the Way Home. OK.

And remember! Take a look at the definition of why we've entered the body: because we're confused and we've identified with the world of form - with our thoughts and feelings. So if you have a feeling come up, well, isn't that a great Opportunity not to identify with it? 'Oh, OK, that's nice.' Allow what's behind it to come up; it can be a lot of hurt; it can be a lot pain; it can be a lot of suffering, etc. And That's OK. That has the Opportunity to turn into strength and wisdom and Inner Peace but you have to Allow the whole process to happen, you have to Allow that whole process to just happen.

"Once again, emotions aren't something that're good or bad or something you can't Allow yourSelf to have. Or anything else like that. It's OK. What are you going to do with it? And do you love yourSelf enough to give yourSelf the time of day?"

"Of course, the time of day is for you to do Self-Talk; redirect; work with your basics; reeducate yourSelf, etc. So that you're not always in the place of responding and reacting, reacting, reacting. If you're always reacting you're always at the mercy of something outside of yourSelf. If you Allow yourSelf to go behind the screen of the anger you can start Introjecting, Introjecting, taking your power back, taking your power back, being centered in yourSelf as Spirit. That's crucial. ..."

"... we're Lovers of God. That's Who and What we are. It's all Love. Underneath all that miasma, all that karmic guck, all that layering, all that covering up, all that pure sheer defensiveness. What are we doing has been said by several of you: 'I'm just protecting mySelf against God'. But good luck! It's a losing game.

Sooner or later your own consciousness is going to be overshadowed by God. By God. By Spirit. Why? Not because I say so but because that's the Divine Architect's Plan. That's how it's set up. OK. We all unite back, as it were, to the Source. ... I say unite back because I want to acknowledge that we're all living under an illusion until

we don't. And that is that we're separate, so we're going to unite back.

"But in Reality we're Fulfilling the Christed Consciousness That our will and God's Will are One and the Same. And What is That? But that we come into the Knowing of ourSelves as One with God. That's What we are. That's Who and What we are. 'In the beginning was The Word and The Word was with God'. The Holy Spirit, the Sound Current: That Which we are. We're Created in God's Image. ... Same Material as God, as it were. The Sound Current, the Holy Spirit ... We're all in That Oneness but it's the conscious Attunement.

"Remember, God has given us Free Will so we need to consciously exercise the Choice of being with God. God in His Kindness and His Mercy, what has He done? He has given us a Way. A Way to Walk It back, so to speak. ... Go on back to God. Go on back Home. We need to tap into the essential Truth that underneath it all is the Love. We're Lovers of God. ..."

"We know the Soul is located in the body. We know where It sits. We know the relationship between certain glands and the Crown Chakra, etc. We know we're transmitters. So we're all set up; we're set up to be Lovers of God. But that discovery is really, really made when all that miasma, all that crud, all that garbage within us gets stripped away..."

"And we know the overriding definition of Compassion is to be Who we are in the presence of others. We need to Allow this Love, of the Spirit, of God, Which is Who and What we are, to Flow. And It gets transmitted and transmitted and transmitted. It's an Inner Way of Being that is projected onto the screen of reality and is Reality. And we all need to do our part.

"So the best gift we can give anyone is to be at Our True Nature. And use anything along the negative pathway - the anger, the hurt, the fear, etc. - to Allow yourSelf to be moved to That Perfect Place of Loving Where the Above is as the Below and Where Inner Peace is and where the Eternal Now exists.

"And it really is that simple."

Our Teacher Generously answered the questions asked following the Satsang.