



# Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies **October/November/December 2022**

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### **Home Center New York City**

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229 East 85 St. #1347  
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**[spiritcentral.org](https://spiritcentral.org)  
[cosmostree.org](https://cosmostree.org)**

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### **Regional Centers**

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##### **Mexico**

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52-442-237-5745

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### **"How Do You Hold The Light?: A Participatory Satsang"**

Dr. Lane began Our Teacher's July Satsang by saying, "I want to talk a little bit tonight on How To Hold The Light but I wanted to define our terms first. What does It mean? And then how do we do It? Why do we do It?"

"When I talk about The Light I'm talking about the Light Of The Most High. That's a Spiritual Light. Many of us we say we work with 'the Light'. What 'Light' are you talking about? The Spiritual Light or the magnetic light?"

"Magnetic light is one that operates in what's called the lower worlds, planes that the Soul lives on where It's subject to wheel of 84, karma and reincarnation. So you have the astral; the causal; the mental; the etheric

Continued on page 3

### **"What Is Perfection? Where Is Perfection? How Do I Regain Perfection?: A Participatory Satsang"**

Dr. Lane began the August Satsang Summary by saying, "I want to give the perfect Satsang on Perfection. If you had listened carefully, guess what? That'd be the whole Satsang."

"Let me break it down for you! What is Perfection? ... What It is not is perfectionism. It's not perfectionism. Perfectionism is that you can't make a mistake. You have to be perfect. That's an unreality. Because if we understand what Perfection is, we know that there ain't no such thing as perfectionism, as quote making a mistake, making an error. ..."

"I decided, though, to look up perfection. ... I decided, 'well, I'm going to go look in my Origins dictionary, see where the word comes

Continued on page 4

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English E-Book On Amazon  
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### **"From What Direction Are You Responding To The Opportunity Called Life That You Have Been Given?: A Participatory Satsang"**

Dr. Lane began the September Satsang by saying, "I want to talk a little bit tonight about approaches to this thing called Life ... the way we engage in It, the way we approach It."

"And there are several ways to approach It ... One is as a victim, that 'Oh! this stuff happens to me'. It just kind of happened, no rhyme, no reason, etc. ... In this culture it's all about, 'well, we have this disease ... and it's all about randomness!' ... So it's not randomness that's happening to us ..."



Continued on page 5

## **SPECIAL THANKSGIVING**

### ***Meditation Of Gratitude***

**NOON - THANKSGIVING DAY**

Available at the Home Center & by Teleconference  
(Please arrive no earlier or later than  
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## **SPECIAL CHRISTMAS DAY**

### ***Sunday Program***

**Meditation Of The Light Of The Most High  
followed by Video Showing & Discussion  
See Page 2 for more details!**

## 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.

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### NEW YORK

#### *Meditation Of The Light Of The Most High*

**M** 7:30pm; **W** (except 1st Wed. of the month) & **Th** 6:10pm;

**Sun** 10:30am Oct. 9 & Dec. 11

**Sun** 10:30am Oct. 30; Nov. 27; Dec.

25 Special 2-hour Meditation

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

East Side (Home Center):

**Tues** 8:45pm Oct. 18; Nov. 15; Dec.

20 \*Meditations via teleconference

### MEDITATIONS

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

### PENNSYLVANIA

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

### TENNESSEE

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

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### 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](http://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](http://mnn.org) at

6:30pm Eastern, Thursdays,

Scroll down to "Spirit Channel"

Click on "Watch Now"

### SHOWINGS & DISCUSSIONS

Last Sun. of every month

1-2pm at NYC Center

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

#### **"Are You Being Steadfast?: A Participatory Satsang"**

(MP3 A302)

**October 5, 2022**

**6:50pm EST**

#### **"Are You Paying A Withholding Tax?: A Participatory Satsang"**

(MP3 A303)

**November 2, 2022**

**6:50pm EST**

**TBA**

(MP3 A304)

**December 7, 2022**

**6:50pm EST**

**Satsangs**

**by Dr. Roger B. Lane**

**Available at All Centers**

### Listen to Our Monthly Podcasts!!!

**Oct. 5: "What Was I Thinking?: Stinking? Sinking? Unblinking? - A Participatory Satsang" (MP3 A277)**

**Nov. 5: "Trust: What Are You Trusting? - A Participatory Satsang" (MP3 A285)**

**Dec.. 5: "Are Your Rationalizations Rational?: A Participatory Satsang" (MP3 A213)**

Available by going to [cosmostree.org](http://cosmostree.org), clicking on Resources, then Podcasts &/or [spiritcentral.org](http://spiritcentral.org) at More.

## Winter Semester

**Given by Dr. Roger B. Lane**

**TBA**

## Join Our Sunday Events!

### SUNDAY PROGRAM

October 9 & December 11

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

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

Oct. 9: **#48 Got Guilt? Now Live Guilt-free!**

Nov. 13: No *TFLF* Reading and Discussion on this date

Dec. 11: **#52 Exercising The Tool Of Responsibility**

October 30; November 27; December 25

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

Video/DVD Showing and Discussion: 1pm EST

Oct. 30: **V20 Living Free And The Path Of Soul Transcendence**

Nov. 27: **V21 What Do We Do On The Path Of Soul Transcendence?**

Dec. 25: **V22 What Are You Doing For The Rest Of Your Life?: An Invitation**

### THE TEACHINGS STUDY GROUP

October 9 & December 11 | 3pm EST

Using articles featured in *SpiritCentral* of Satsangs

Given by Dr. Lane

Oct. 9: **"How Do You Hold The Light: A Participatory Satsang"**

Nov. 13: No Teachings Study Group on this date

Dec. 11: **"What Is Perfection? Where Is Perfection? How Do I Regain Perfection?: A Participatory Satsang"**

\* \* \* \*

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

For details or to attend via teleconference

email [info@cosmostree.org](mailto:info@cosmostree.org).

More details also on the Events page

included with this Issue of *SpiritCentral*.

planes that the Soul lives on and also It lives on the Soul Level. Soul Level is when the Soul has entered into What's called Eternal Life and is no longer subject to wheel of 84, karma and reincarnation. So you have that. The magnetic light operates on all the planes the Soul lives on below the Soul Level. ..."

"When I say Holding The Light, I'm talking about Holding the Spiritual Light. So if a Soul is not Initiated, It obviously cannot Hold the Spiritual Light because It has no access to It. It hasn't chosen to do That. Just like I can't go in a hospital and do brain surgery or any kind of surgery. Why? Because I haven't elected to go to through medical school and residency and get that particular training to do that ... so I have no access to that. ..."

"However, as I talk about How You Hold The Light ... you'll find many things that are useful to you and that will help you and help others as all Souls are here for one Purpose - whether they Know it or not - and That's to move along in Their Spiritual Progression even if It only is to balance out some karma that They've created before and no more than that. ..."

"I'm going to talk a little bit now about how we actually Hold The Light now that we've defined What The Light is. How we Hold It is we manage to maintain That and Vibrate at That Frequency. We can Hold It. If you're an Initiated Soul guess what? And probably even if you're not, you'd know that there's no way you can Hold the Frequency all the time. You're going to forget and then you'll have to Remember, forget, Remember ... we're always Returning, Returning, Returning, Returning ..."

"When I talk about Holding The Light, do you want to Hold The Light for someone, for a situation in your life, for a country, for the world? First thing is we need to be Neutral. Neutrality: no judgements about what's happening in the world. Let's just say it's a country and it's invaded another country. 'Oh, my gosh! What has the country done? How could it do that!' Take a look at the karmic flow between those countries involved to say nothing of those people who live in those countries so it's karmically correct.

"If someone hasn't acted like you wanted them to act or there's a situation you don't care for ... You're not going to stop them. They're going to do their karma. So what's important for you is not to personalize. There's nothing personal going on. People are just doing their karma. ..."

"And as my much better half would say, you got to give up your self-importance - self with a small 's'. It's not about you. However if you want to work things Spiritually what you need to do is look at it as they presented an Opportunity to me where I can choose into Grace or Spirit rather than into karma. So you thank them inside yourSelf, you Bless them and you move on ... we need to be in debt [ed.'s note: Dr. Lane is using 'in debt' to refer to being in appreciation, not in karmic debt] to every person that brings us something we don't like, we can't stand. Same with situations and the same with countries, etc., etc. So that's the first thing ... We need to have Neutrality. Complete and Utter Neutrality.

"The second thing that is tied in with It is that whatever's happening is karmically correct. That it's absolutely part of the learning curve that's going on. ... So we don't judge. When we Hold The Light for someone, we don't judge.

"The third thing that we need to work is we need to be Empathetic. And The Teachings that I Bring Forth - They define Empathy very, very easily ... and very, very Wonderfully and that is that Empathy knows and Holds to the Reality that the Soul in that person can handle exactly what is presented to That Soul or it wouldn't be given to that Soul because we're given only that which we can handle. Nothing more, nothing

less.

"So, so many of us tend to practice sympathy. 'Aw, shucks, isn't that awful what's happening; 'I can't believe ...' No, it's not awful. It's for that person's karmic learning and that person can handle it. 'Yeah, but isn't it terrible'. It's terrible only if we don't practice the fourth thing, which is Proper ID. Proper Identification. If we see ourSelves as this body or if I see Myself as Dr. Lane and I'm anchored in time and space then, yeah, I'm in trouble. I'm in trouble because I'm confused. And what's my confusion? I've confused the housing, which is Dr. Lane, for the Spirit that I *am*. But if I Practice Proper ID I Know That I'm Spirit, That I'm Soul, That God lives in me as me. And God is living as me. Wow! That's Proper ID.

"So guess what? If I Practice That - Proper ID - well, of course, I can handle anything that comes my way. I may not like it. I may not care for it. ... But the Truth is there's something in it for Me and for My Learning so I need to Practice Proper ID, Which is that I'm a Soul here and that there's karmic learning. I'm just using Myself as an example. That there's karmic learning that goes on.

"And the fifth thing is really one of Grace. That we know that God *is* Present here, that there *is* a Living God. It's not a God up in the sky that we need a clergy for to be the middleman for ... That's It's a Living God. We all have the Christed Consciousness within us. It was placed within us. The Christed Consciousness is our will and God's Will are One and the Same. So underneath it all is God. Real simple and that He's here. ..."

"Why do we want to Hold The Light? Well, we want to Hold The Light for a very simple reason. Because That's Who we *are*. We are the Spiritual Light. ... Whether or not we've chosen into It this lifetime doesn't matter; we're still That. And we're all One. We're all One. ..."

"And all we have to do is just be That Which we *are* and we can Hold The Light. And we're all in this together. And do we affect each other? Well, going with that illusion that there's 'each other', yeah, we do. When we Hold The Light what are we really doing but we're Honoring That Which we *are*, Which is the Spiritual Light. ..."

"Obviously, we can't Hold That Frequency of the Spiritual Light - or we wouldn't be wearing bodies - so we drop. The trick is to keep Returning, Returning, Returning, Returning, Returning. What are we Returning to but to the Spirit we *are*, the Light Of The Most High That we *are*, to God Himself? Returning to That, Returning to That.

"So Holding The Light really means you're Manifesting That Which you *are*.

"And, to wrap it up, when we began we Chanted HU. H-U. And HU is the First Manifestation of the Lord, God. And we're HUmans. So That's Who and What we *are*. We're the Manifestations of God. We're the Outcroppings of Spirit from the Inner Worlds. Our Soul has come from the Inner Worlds out into this world. ..."

"And a lot of us make the mistake when we resist Surrendering, Surrendering to Spirit, Surrendering to God, Surrendering to The Master. We really are under the illusion that it's something outside ourSelves instead of all we're doing is Surrendering to ourSelves.

"It's the Same Thing with Holding The Light. We're Holding The Light for ourSelves and, in that process, we help others.

"And it's really that simple.

"We'll stop with that".

Dr. Lane Generously answered the questions asked following the Satsang, Giving us yet more Growth and Upliftment!



from.' ... And it comes from basically two things, which are one) was to 'follow through.' ... And the other is 'to complete'. To complete. Now isn't that just interesting in terms of — whether or not you're Walking a Sound Current Path, doesn't really matter — in the sense that you're all going here to Completion.

"Obviously, if you're Walking a Sound Current Path, you have the Opportunity to go to Completion this particular lifetime if you choose That. And if you're not Walking a Sound Current Path, doesn't matter; you're going to go to Completion anyway. It's just because That's the Divine Plan.

"That's What the Divine Architect has set up for us. We go to Completion. So we're going to have as many embodiments as we need to in order to go to Completion. And I refer to Walking This Path as we're going to Completion.

"So That whole System is we're Souls having experiences in bodies. It's Perfect. It's Perfect just as It is. Because That's the whole point of the embodiment pattern. That's the whole point: we go to Completion. How do we go to Completion? We come to Know ourSelves as Soul, as Spirit. But we also Know that tag, we're It! We are the Living God. We are That Spirit. We are That Which we seek. And It's all built into the System, as it were. So It's a Perfect System.

"So if It's a Perfect System, guess what? You don't have to practice perfectionism because the System is Perfect and for you to be a part of the System, you're Perfect, too, regardless of where you're at.

"So Perfection is found in the Spirit we *are* but also in the System Itself. ..."

"Where you are is perfectly fine. And we need to Accept that. Acceptance is the First Law of Spirit. ... It's Perfect because from There we Learn and we Lift and we Grow so It's Perfect. ..."

"If we apply It to all our lives ... all we're doing is improving, improving, improving, improving. And we're in the Oneness of Spirit. We're Allowing Our Nature to Fulfill Itself because as a Soul That's Our Nature. We just Fulfill ourSelves. ... And we're here to Fulfill actually all the levels that we're on (ed.'s note: Dr. Lane is referring to those in the lower worlds) — the physical, emotional, mental, etc., unconscious. ... And the Perfection is on all those levels and Accepting where we're at. We're in the Perfect Place. ..."

"We don't have to change anybody, do we? It's Perfect where they're at. If we think we're responding to them and where they're at, check where you're at. See why you're responding to them. Why does it bother you? ... If I'm really smart what I do is I do Introjection right away. Whatever I'm seeking from that translation, I take it back to Myself. I Know that I'm Loved regardless of whether [Student] makes me a cake. ... And I free Myself ... That frees us of these external attachments that we have, giving our power over, giving our power over, giving our power over.

"So whatever situation we find ourSelves in ... if we Practice Giraffe Consciousness, guess what? We Know What Perfection is. That stuff [ed.'s note: Dr. Lane is referring to karma, whether in the form of our thoughts and/or feelings or outer situations] is brought to us for our Upliftment, our Growth, etc. And it's all Neutral. And we Bless everybody who's been a part of it and we move on. *That's Perfection. That's Perfection.* ..."

"You're always Perfect because you're *always* Soul. You're *always* Spirit. The Remembrance of That is something else. ... And, obviously, if you're Walking a Sound Current Path, you've chosen to Actively Remember That, become again a Member of the Body of God. You've chosen That as a Volitional Way, a very Conscious Choice to Remember Your Perfection. Not to Regain Your Perfection but to Remember Your Perfection.

"So the whole System That's been devised is One of Perfection. We *are* Perfect. There's nothing to perfect. All we need to do is Allow ourSelves That Knowing and Allow - through God's Grace and Kindness and Mercy - His removal of the karma that we created that sits upon us and that blinds us. ..."

"There's Method to this madness. ... it's all Spiritually Correct, handled and orchestrated, our evolution as a Soul, our life as a Soul, etc.

"And That's What we're here for and *That's* the Perfection.

"And how do we go through this life? Perfectly. And My Response is real simple: Live in the Heart of God! Live in God's Heart! ... In the Center of Beingness. In the Center of Reality ... *is* the Lord, God, *is* Spirit. Live Right There! Live Right There! ... We all need to give ourSelves That Particular 'Place' because That's the 'Place' where we live forever. ... And we're all in this Oneness together. ..."

"When we don't give ourSelves the Spirit we *are* and Honor ourSelves as Soul, as Spirit we're not only not helping ... other Souls but we're making it more difficult in a sense because the forcefield gets denser. So if we're not being Who we *are* and we're not living in our Perfection then we're helping others buy into the illusion of separation based upon not good enough, not worthy.

"And isn't it interesting that a major part of The Teachings That I always Teach is that you are Inherently Worthy. You're Inherently Worthy because you're Perfect. And yet the world runs around with just the opposite. ..."

"I saw this beautiful quote by C.S. Lewis today. ... besides his wonderful writing he was a very, very, very astute and revolutionary theologian. The quote was real simple; it said 'you don't have a soul (sic). You are a soul (sic). You have a body.' You have a body. Ain't that the truth! The body is the housing and as soon as we identify with the housing, it's going to crumble and decay. ... In perfect timing ... to the nanosecond ... that is Spiritually Correct.

"So here we are in a body, in this finite thing, in a finite world and yet we're infinite. ... How do we bridge the gap? Trick question. There ain't no gap. There ain't no gap. ..."

"And if we Remember that we're in This Oneness, that we Live in the Heart of God and that everything that's presented to us *is* Perfect and that our life *is* Perfect.

"Think about it! You agreed to this life. You agreed to what you'll be presented with this lifetime ... or you wouldn't be here. So, yeah, you've been forewarned. Now, I'm telling you again: It's all Perfect. And we Live in the Oneness of the Holy Spirit and we need to Remember That and Know That.

"And if we're running stuff like not good enough, not worthy it's just illusory. It's just Humankind's defense against God, against the Spirit that we *are*.

"We have a reaction. ... I call it a cancerous reaction because what happens in cancer? But something in the body is perceived as foreign and something that we have to do battle against. ... That's how we perceive God or the Spirit: like It's something outside of us we have to ... do battle against.

"We need to work it just the opposite. We have a saying that 'The Power's In Surrender'. We need to Surrender to That Which is *within* us. And not only is That What's *within* us It is, in fact, us. Because the Perfection is Knowing that the Lord, God lives in us as us. We're God's Manifestation.

"Real Simple.

"And everything in our life is the Opportunity to Know and to Manifest That.

"Real simple.

"That's The Perfection

"We'll stop with that."

Continued from page 1 - "From What Direction Are You Responding To The Opportunity Called Life That You Have Been Given?: A Participatory Satsang"

"And those who are here they're not here because it just randomly happened. There's rhyme. There's reason. ... There's an Overarching Blueprint - the Divine Blueprint That is *within* each Soul and there's also a very particularized One for the lifetime you've agreed to. ... So if you've agreed to It how can you be a victim? ... You can't.

"And you've denied Your Power and the Reality of what's so. ..."

"Another approach is we're reactive in this life. We just react to everything. We never initiate, just react. ... and that means we're always at the mercy of our thoughts, of our feelings, etc. We're always into our karma and creating karma and we're always in judgment. ... 'I shouldn't have been treated like that but I was so let me respond this way'. ... So you're always engaged externally. ... There's no freedom in that at all.

"And then we have what I call the storytellers. ... they sit and they just observe Life happening to them with no real participation. But inwardly they can hold grudges, they can feel like a victim ... they never kind of do, they just tell stories. ..."

"It does forget something ... and that is there's a Way to be in this World Neutrally, not just observing It. We're not here to be a scientist and observe life. But we're here to participate in It. So how can we participate in It? We've been given the solution. ... The solution was simple. Neutral. Do it Neutrally without judgement, without judgement.

"Really, the Solution is to do it in God's Name. ... But when I say we do It in God's Name What's really being said? Well, Initiates Of The Sound Current ... we're Initiated Into The Sound Current and Our Spiritual Practice has to do with the Name of God as He Manifests on the Realms. And if we keep Our Consciousness There and we're Neutral and we're with God there is no karma. ..."

"So we have a Way of Being in this world and going forward and being an actor. ... an active participant in our life. And, yeah, the Soul lives on many realms and all of these realms are to be expressed on and are to be fulfilled, as it were. So holding back doesn't really do it. Being a victim doesn't really do it.

"When I say Actor, ... I don't mean narcissistically or anything else like that. ... Spiritually: the world was created just for you, for you just to have your experiences and your Learning. ... we need to use the Spiritual Approach and Spiritual Viewpoint with these terms. ..."

"But isn't it interesting that the victim and the storytellers and the reactors - they all forget one thing and That is the Reality of Who they *are*? And how much more of an Actor can we be than being Responsible for the simple fact that you're wearing a body. ... You've incarnated. Didn't happen out of the luck of the draw. It happened because you were an Active Participant in this Process.

"So if you're active as a Soul in your incarnational pattern, why not be active in Your Life in the body when you do enter the (current) body? ... And there's a way to be active, as mentioned, in God's Name: Neutrally, Practicing Proper ID.

"And, you know, I was taught by Spirit that there really are basically three approaches: forward or retreat and the third one is not very common. It's used very infrequently because there are very few Souls capable of That. But it has to do with Directional. ... And Directional has to do with taking Direction, as it were, from Spirit, from the Lord, God. Sometimes that involves waiting, actively waiting; sometimes it means going forward; sometimes it means withdrawing from the field of action; sometimes it means holding steady or Holding the Light [Of The Most High] for others. ..."

"We can and we often do let our fears stop us so we've given over our Power. ... It's not OK if you really want to be an Active Participant in Your Life. ... Even doing nothing creates karma. ..."

"In the Pure Realms of Spirit creation isn't finished. It's still going on. ... And we as Souls, particularly as Initiated Souls That have access to Spirit, we can allow that Spiritual Energy *within* us to go to Spirit and It will be used in Creation, whatever needs to be Created.

"Also, some of us put even people or situations or countries, etc., Into The Light [Of The Most High] for the Highest Good. So if we let the Spirit we *are* go to That Place then That's a great contribution to whatever Spirit wants to Create around It. ..."

"What many of us do ... we forget that It's HU-man. We forget that HU is the first Manifestation of the Lord, God. And so we forget this Whole Opportunity called Life: It's a Divine Opportunity.

"And we're all identified with the body and the world of form and the things that go with it, our thoughts, our feelings etc. ... It's a Lovely Opportunity. Whether we take It or not, that's the individual's choice. ..."

"So when we Identify Properly we identify as Spirit, that the body's the container for This Thing called the Soul, for the Living God. And we Allow our Focus to be There and at That Frequency. And then we give our energy to the Spirit we *are* and in the Inner Worlds it will be used for the Highest Good. It's all a Great Contribution.

"But we can't do this ... if we're tied up with our thoughts and emotions. And That's why the Teachings Teach us that entanglement is a sure sign of karma. When we're all ... involved in negativity ... we're ... ensuring the energy doesn't rise. ... That's what we need to do: we need to rise to the Occasion. ... Well, the Occasion is that you're Blessed; you're fortunate to be in this thing called HU-man Life. That's the Occasion. How do you Celebrate It? ... You Allow the Spirit *within* you to go to Spirit. ..."

"Remember, God's given us Free Will. ... So we're at choice how to live Our Lives, how to respond to It instead of running judgements ... or instead of sitting back and just watching the movie of Your Life. Well, it's not a movie. ... It's active drama. ... It makes what you do in this lifetime extremely important. ... You're going to be at the affect of it. ..."

"And because you were given this Wonder-ful Opportunity to come to Know yourSelf as Soul, as Spirit and Knowing that God lives in you as you ... we're at the effect of what we put in motion so we're the cause. ... when we talk about the Cause with a capital 'C' ... It's synonymous with God ... That's the link back. That's What's put it all in motion and motivates everything.

"So, the cause is you. So you are Actor but underneath it all there's a bigger Cause: The Lord, God and for you to Attune and Know and bring yourSelf into That. That's the Action that you need to take in This Life. You can't do It storytelling. You can't do It as a victim. You can't do It as reactor. You can only do it as an Actor.

"And if you're fortunate enough you'll be a Directed Actor by the Great Director Himself, by the Lord, God. And, of course, as we go up and through our Progression, we come to realize 'Oh! that was me. That was the Spirit I *am*'.

"That Realization and that Knowing comes about only if you are an Active Participant in your own Progression in the life that God has given you.

"There's a Way to do it. Yeah, all roads lead to Rome ... But that's where they lead. But 'wide is the way, narrow is the gate that leads to Eternal Life'. So There is a particularized Way. It involves Discipline. It involves being Active. It involves always being at the top of your game whether or not you want to.

"There's always going to be resistance. God in His Mercy and His Kindness He's put that in the System because guess what? That's just another Opportunity to exercise Free Choice, Free Will and to Choose into the Spirit you *are*, into the Positive Polarity.

"And the more you Choose into It the easier It becomes. The easier It becomes the more you Choose into It. The more you Choose into It you Know That you're That.

"It's real simple.

"We'll stop with that".

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