



# Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies **April/May/June 2023**

## **COVID-19 UPDATE** **The Home Center is** **OPEN!**

**Proof of vaccination or a  
negative COVID test within  
24 hours required to enter.**

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

#### **Mail:**

Center For Religion And  
Advanced Spiritual Studies

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New York, NY 10028  
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#### **Web sites:**

**spiritcentral.org**  
**cosmostree.org**  
**email: info@cosmostree.org**

### **Regional Centers**

#### **Pennsylvania**

Philadelphia area  
Valentina Isleib  
917-841-8817

[philadelphia@cosmostree.org](mailto:philadelphia@cosmostree.org)

#### **Tennessee**

Johnson City area  
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#### **OUTSIDE THE U.S.**

##### **Mexico**

Queretaro area  
Barry Lippman  
52-442-237-5745

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### **"Acceptance: Are You Applying It Equally?: A Participatory Satsang" (MP3 A305)**

Our Teacher, Dr. Roger B. Lane, began the January 2023 Satsang by Calling in the Light Of The Most High and leading us in a Process. "Lord, God, send us Your Light! We put this time together into Your Light for the Highest Good! Now, inside yourSelf just let something come up that you need to Accept. It could be in yourSelf. It could be in others. [Pause] Now do whatever you need to do to Accept it. [Pause] Now let something come up that you cannot accept in others. [Pause] Now ask yourSelf, can you accept that in yourSelf? OK. [Pause] Now, let something in the world that you can't accept come up. [Pause] Now ask yourSelf, 'are there things inside yourSelf that you can accept, that you *can* accept?' [Pause] Now ask yourSelf, 'if you can't accept these things in the world what do you need to do to make it all OK?' [Pause] Now, when you can, bring your consciousness back here and anyone is free to share who'd like to share. ..."

One Participant shared: "I need to be at the Upper Part Of My Third Eye and simply Allow the Flow" after which Our Teacher asked, "of What?" "Of Spirit". Our Teacher then asked: "... How does that move you into Spirit?" "It Lifts me above what, up until now, I'm not accepting." Our Teacher further asked, "What are you going to do about the gap between Acceptance ... and the part of you that doesn't accept?" Participant: "Ask for that to be taken". Our Teacher continued to Educate us: "OK. That's a good idea, yeah. Just release it into the Spirit. Have the Spirit release it. ... Also keep going to the Upper Part Of The Third Eye, the Upper Part Of The Third Eye, the Upper Part Of The Third

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### **"Shame And Guilt And Proper Identification: A Participatory Satsang" (MP3 A306)**

Our Teacher, Dr. Roger B. Lane, began the February Satsang by saying "I want to start tonight's Satsang with the definitions. ... 'shame' has to do with falling short of an ideal. Not measuring up. And it's interesting. ... one of the reasons that religions were founded was to bring about an ideal.

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### **"Do You Hear Me? How To Really Listen: A Participatory Satsang" (MP3 A307)**

Dr. Lane began the March Satsang by saying "... I want to start ... by talking about ways we can really, really, really hear someone. And it's not just 'oh, yeah, I heard you. I heard the sounds - blah blah blah. ... No. But I really Listened and I was there for you.'

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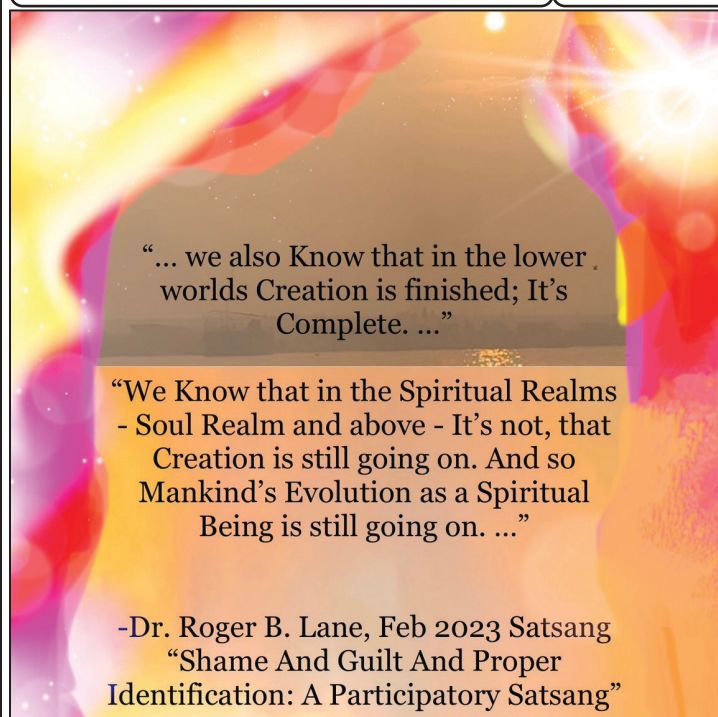
### **The Teacher's Birthday Satsang And Celebration 2023**

On Saturday, March 4th, many Initiates Of The Sound Current On The Path of Soul Transcendence Participated in the Celebration of Our Teacher's Birth in-person at the Home Center and via teleconference from around the country and Mexico.

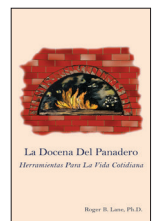
The Celebration began with the Blessing of the food and enjoying refreshments Lovingly prepared by some very talented Initiates.

Our Teacher then began The Teacher's Birthday Satsang, Which is Spiritual Instruction, That was Momentous this year.

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



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A Spiritual Perspective!  
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Paperback!  
And in the  
cosmostree.org store!  
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## 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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## JOIN US FOR OUR SUNDAY EVENTS!

### SUNDAY PROGRAM

April 9; May 14; June 11

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

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

April 9: **#57 Why Is God Hidden?**

May 14: **#58 What Is Love?**

June 11: **#59 The Recipe For Success**

April 30; May 28; June 25

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

Video/DVD Showing and Discussion: 1pm ET

April 30: **V4 The Twin Towers Of Acceptance And Gratitude**

May 28: **V5 The Power Of Choice**

June 25: **V6 Commitment: The Gift Of Giving Your Self To Yourself**

### THE TEACHINGS STUDY GROUP

April 9; May 14; June 11 | 3pm ET

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

April 9: **"Acceptance: Are You Applying It Equally? -**

**A Participatory Satsang"**

May 14: **"Shame And Guilt And Proper Identification:**

**A Participatory Satsang"**

June 11: **"Do You Hear Me? How To Really Listen: 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*.

#### 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 9; May 14; June 11

**Sun** 10:30am April 30; May 28; June 25

Special 2-hour Meditation

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

East Side (Home Center):

**Tues** 8:45pm April 18; May 16; June 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.

#### 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](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 ET**

**Every Wednesday**

**4:30-5:30pm ET**

*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!

#### **"What Is Simultaneous Awareness? - A Participatory Satsang"**

**(MP3 A308)**

**April 5, 2023**

**6:50pm ET**

#### **"Do You REALLY Want To Learn? - A Participatory Satsang"**

**(MP3 A309)**

**May 3, 2023**

**6:50pm ET**

**TBA**

**(MP3 A310)**

**June 7, 2023**

**6:50pm ET**

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

**Available at All Centers**

### Listen to Our Monthly Podcasts!!!

[cosmostree.org](http://cosmostree.org)

[spiritcentral.org](http://spiritcentral.org)

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

**May 5: "How Are Your  
Investments Doing: A  
Participatory Satsang"  
(MP3 A169)**

**June 5: "Are You Listening  
Or Listing?: A Participatory  
Satsang"  
(MP3 A181)**

### Summer Semester

**TBD**  
**Stay Tuned!**

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

Eye. Returning to the Spirit. OK? And what happens when we're in Proper ID?" Participant: "There's no separation." Our Teacher continued Teaching us: "... that's true. In Reality, there's really no separation. When we're not in Proper ID we're the ones who are creating the illusion of separation. ..."

"It [separation] is illusionary. Alright. The First Law of Spirit is What? Acceptance. ... Let's have some others share ... then I'd like to get into why that First Law of Spirit is as crucial as It is. ..."

A second Participant shared: "The two main things that kept coming up for me ... was (sic) ... Surrender and letting go" to which Our Teacher responded: "Surrender, letting go and the person before you just spoke about going into Spirit and Surrendering and letting go of all the stuff that couldn't be accepted. OK. Alright. ..."

A third shared: "... in Acceptance 'what is' ... Once I'm in the Acceptance. ... I'm in the Present. I'm with God. ..."

Our Teacher reinforced for us "So the whole predominance of Surrender; Letting go and Acceptance and Neutrality or being Neutral: 'it is what it is' ..."

After the Enlightening Process, Our Teacher said, "I want to talk a little bit about why Acceptance is as important as It is. If you can't accept then obviously you have a judgment. If you have a judgment then you have an attachment. ... And if you do that then that stops the Flow of Spirit because you are attached to something outside of yourSelf, consciousness has gone there. It's not available to Spirit. ..."

Using the example of someone "who really seemed to have a lot of judgments on someone else for just the way they led a part of their life", Our Teacher explained "... she had blocked the Flow of Spirit. If she had simply Accepted where the other person was then that just Allows the Spiritual Flow to happen. ... A judgment stops the Flow of Spirit immediately.

"So, Acceptance is so crucial just for your inner well-being or your inner state of health ... Being in Alignment, being in Attunement, being in the At-One-ment. You need to make it Acceptable within yourSelf. ... So, it doesn't mean you have to like it but if I hold a judgment on that person I make that person more important than God and, since we're all One, I've stopped the Flow of Spirit to mySelf. ..."

"We all have so much trouble Understanding and Knowing That we're One. That we do affect the other completely. ... A butterfly flapping its wings on the other side of the world affects us. ... We all have the same Consciousness whether active or dormant. ... That means we're really Responsible. We're really Responsible. ..."

"Responsibility is the Ability to Respond as the Spirit you *are*. That's What we *are*. We're Spirit. ... That's crucial. You don't have to like it. You don't have to love it. But you need to Accept it. ..."

"And what we tend to do ... is we'll condition Accepting our Responsibility ..." Using the example of someone "of one particular nationality that had a major, major engagement ... with another nationality and ... there was ... a holocaust ... and ... close to a million people of his nationality lost their lives. ... And he said to me, 'you know, I love everybody ... except those ...' and he mentioned that nationality." Our Teacher Instructed, "I thought, 'you know, you blew it. They may have killed a million but you just killed yourSelf' ... We need to practice Acceptance across the board. It's not conditioned. You can't say 'I love everybody in the world except people from that country'. Well, that doesn't help you, doesn't help them. ..."

"I'm going to work it as the Spirit I *am*, Which is that it's karmically correct or it wouldn't have happened. ... every single One of those million Souls Who dropped the body because of that conflict was all karmically correct. Those were exactly the Ones that it was karmically being balanced out with. ... We need to have that Knowingness. ..."

"There are no exceptions to Acceptance. Acceptance has no exceptions. Or Acceptance is all-inclusive. ... You have to include everything and everyone in your Acceptance, including yourSelf. ..."

"And it's really important to know that when we Accept things within ourSelves it means that we're Neutral about them. It doesn't mean that we don't do anything about them. So, for example, I can accept that my golf game isn't the world's best and I can be Neutral about it. But it doesn't mean that I let it sit there. It does mean that I have the option to let me work on my golf game; let me practice; let me get instruction; let me, really, really pay attention and let me work with the Light Of The Most High also and really, really, really improve my game and enjoy it'. ..."

"So, it also means the attitude with which you do things, with which you make the change. ... If I play better I'm going to enjoy it better, it will be more fun ... that's one thing but if I do it for a negative reason not to be etc., etc., well ... that's just another attachment.

"So, when we change things we want to apply Acceptance Equally. So, we can't accept things within ourSelves and then go to change things with a negative attitude. ... 'I'm going to do Simran and Dhyan *exactly* as Instructed. Oh, OK, That's in Fulfillment of me, That's to my advantage. Good'. But if I do it as 'oh! if I'm not doing It properly that means I'm a "bad Initiate" so I'm going to do It properly so I can be a "good Initiate"' well, you can see duality. When we come out of duality and do things and change things from that point of view—good versus bad, etc.,—we're in attachment. We're not in Full Acceptance. We're not in Full Acceptance.

"So, it's Acceptance practiced across the board. ..."

"There's a reason why Acceptance is the First Law of Spirit: so that we can be Present. It's a Gift we're given and It's a Gift that we can apply to ourSelves so that we can be Present. ... We can Allow the Spiritual Flow and we can participate in the Oneness because people—no matter how asleep their consciousness may be—... they're aware of non-acceptance. They're completely aware. On some level it registers. ... We're aware of it and it can be painful ... so why create barriers to anybody? Why create barriers to yourSelf as well? ..."

"So, with Acceptance we find a way of just being in this world Neutrally, Lovingly and Peacefully and from There we can start to make real, real change; not to make it quote better but simply in Fulfillment of ourSelves as Soul, as Spirit, and That's the Attitude we need to take and that's the Place we need to work from.

"We'll stop with that."

After the Satsang, Our Teacher Generously answered the question "If I have a negative feeling toward someone that person perceives it on some level ... why care what that persons feels? ... I can't control that person's feelings" following the Satsang Giving us yet more Growth and Upliftment. Our Teacher Taught us a lot more in this very Generous Q & A including this: "... I can appreciate that but ... it's not that you care or not care in the sense of controlling anybody else's feeling or you're not responsible. It's ... obviously in the dual worlds ... So, let's say you have a negative thought towards someone so it goes in the mental realm and it oscillates there and it affects that but guess what? Because we're One, what you're doing to that person since you're there as well on that level, you're alive on that level, you're doing it to yourSelf. Yeah, we say 'other person' but that doesn't mean that it's 'other'. It only looks that way.

"We need to really see things in terms of our being in the Oneness. As the creator we're doing it to ourSelves ... you don't want to hurt anyone not because they're 'other' than you and, yeah, they do feel it but ... because if they feel it you feel it because you're One and the Same. ..."

"It's not trying to manipulate someone else so that they don't feel anything. You're still involved with something outside yourSelf but from the Place of Oneness That we're all the Same. We're all on these levels together. Just like ... negative actions, negative thoughts, etc., they not only go past—to use that word—person in the body and affect that but they also go into the Inner Worlds and affect all of creation and, ultimately, that's what we are. We have charge of all of creation. I don't mean that in a grandiose way but That's our Level of Responsibility."

Participant continued: "... The moment that negative thought comes up how can I prevent somebody from reacting to that on some level?"

Our Teacher continued this crucial Instruction: "It's not that you can prevent it. Really, what I'm talking about is not something that comes up and passes through you ... but rather something that you persist in. And also ... if something comes up for you and—even if it just flashes through and it's a negative thought—if you're really being ultra-Responsible you want to take it back to yourSelf. ... and see where it is you get caught or, at least, ask Spirit to release whatever's in you that gets caught on that because it wouldn't bother you in the other person unless there was something in you. ... it has to do with the individual karma. ..."

"Once again, we're not responsible for what just passes through but for what we hold there. ... The importance of, really, this Satsang is to impress we're all in this together and we *really* do affect each other and that we're all One. And if you're making an exception to Acceptance then you're not just stopping the Spiritual Flow within yourSelf, you're affecting the Spiritual Flow, period. ..."

To purchase an MP3 of This Satsang, go to [cosmostree.org](http://cosmostree.org), click on shop/download on the upper right and then put A305 in the search box at the top of this page.

And it's ... interesting how it manifests. ... in the Judeo-Christian world you have this quote ideal of the Ten Commandments. You have to live up to the Ten Commandments. You have this ideal of the Christ. And they're an ideal. It's something to aspire to, something to which you aspire.

"And 'guilt' is having to do with you've done 'wrong'. You've done 'wrong'. And isn't it interesting that if you ain't measuring up, you've done 'wrong'. ... this whole guilt/shame field ... is really filled with self-recrimination. ..."

"So shame is based on something that's in the external world. And is very in the dualistic worlds. It's duality. So is guilt because things like 'good' and 'bad' - you can only have 'good' in terms of 'bad'; you can only have 'bad' in terms of 'good'. ... you can only have 'hot' in terms of 'cold' and 'cold' in terms of 'hot' so right away you're involved in the dual worlds. ..."

"So all this guilt and shame ... We're all coming from a negative perspective and we're denying the Spirit That we *are*. It's all about denial or ignorance. ... It's a false identification. ..."

"If you take a look at Adam and Eve in the Garden they're ashamed and they cover up their nakedness. ... we know that nakedness has to do with that the sheaths or the bodies or the frequencies around the Soul, they're the clothing, as it were. ... And they're standing naked so they're just in Their Soul Body. And as Soul ... They don't feel that They can measure up ... to this Thing called God. ... Completely ignoring ... that there's another Tree in the Garden having to do with Gnosis, with Knowledge, Knowledge of Self. ... Because in Gnosis you Come to the Knowing of yourSelf as Soul, as Spirit, That you're One and the Same. One and the Same. That's really important.

"So they're in their ignorance. ... they're living in shame, not living up to this ideal as if God's removed from them. As opposed to ... what the other Tree is saying ... Knowledge of yourSelf. Know yourSelf as Soul, as Spirit. ... That's What we're doing in the bodies because we've forgotten.

"But the Teachings give us a really lovely perspective on it. ... We've gotten now this Opportunity to Remember. So we're in a Remembrance Pattern and we Know how to Remember. ... It's through the Christed Consciousness. It's through the Sound Current. Through the Holy Spirit. ..."

"With the Christ, Jesus came the Opportunity for Souls to enter into Eternal Life and escape from 'limbo land,' from Souls being confined there. ... In the karmic field ... we have this 'not-good-enough' nonsense. ... Not measuring up. ..."

"... I am writing a Book that has to do with What I call the Grand Experiment. What the Experiment of the Christ was all about, both the Initial One and, as He said, "I shall Return". And What the Return is about and how That has affected and Given Tremendous Opportunity to all Souls. ..."

"And we also Know that in the lower worlds Creation is finished; It's Complete. ... We Know that in the Spiritual Realms—Soul Realm and above—It's not, that Creation is still going on. And so Mankind's Evolution as a Spiritual Being is still going on. ..."

"And the Christ, Jesus, the One Who had That Consciousness Who was known ... in the body as Jesus Returns to complete an Experiment. ... the fact of this Return is just proof that all this nonsense of shame and guilt is just that ... because there would have been no Return if mankind had not measured up to this quote ideal. If HU-mankind did not move into Gnosis of Knowing Itself as Soul, as Spirit the rest of the Experiment couldn't have been done. ..."

"So we're talking about shame and guilt ... based upon ignorance; based upon ignoring that we *are* Soul, that we *are* Spirit; based upon false ID. ... Identifying with our thoughts and our feelings. ... the Teachings Teach us something really practical: 'oh, that's another ticket to the reincarnational carousel'. ... you get another ride ... because you're identifying with the things of form. ..."

"So shame and guilt, part of the negative field ... part of ignoring the Simple Truth that we *are* Spirit. ... The Remedy is Positive ID. Do you think that Adam and Eve would be covering their nakedness if they Knew they were Soul? ... There's nothing to be embarrassed about. They're standing in their Soul Body. ... That *is* God. That *is* Spirit. That's the Same Material as the Great Oversoul. ..."

"But isn't that what we all do individually ... we don't stand up for the Power of Who we *are*. ... not the power of dominion over or war ... or 'my country's going to invade your country' ... or 'I make more money than you' ... or any of that garbage. ..."

"The test for Reality is can you take it Home with you? Can you take it before God? ... can't take shame with you. You can't take guilt with you. ..."

"... We're not here to master anything in the lower worlds. We're here ... to be Masters of the Spirit we *are*. ... That is crucial! ..."

"As you move into Gnosis and Knowing yourSelf as Soul, as Spirit and the Simple Truth That God lives in you as you and you start Practicing Proper ID, Proper Identity, there's nothing to be ashamed of because you're It! You're measuring up to It! It's *within* you! ... You're just in the Process of ... being Awake. ..."

"If we go into Practice Proper ID then we Know that ... we are all the Same. ... And we all have an Equal Opportunity ... to Come into that Knowing and everybody ... every Soul, eventually ... is going to Come into This Gnosis because That's the Plan. ... Equality and Equity already handled, folks! ..."

"And we also need when we Practice Proper ID is to let go of the judgements on ourSelves and we need to regard ourSelves as God does, as The Teacher does ... we need to Love ourSelves unconditionally. ... Love of yourSelf as Soul, as Spirit; a deep Appreciation of yourSelf, of having this Opportunity here in the body to Know yourSelf as Soul, as Spirit and to enjoy the life that God's Given you ..."

"And if you live in That Knowing and in That Fulfillment, guilt and shame will not be in your kingdom at all. And by that I mean, yeah, you may have brief moments, etc., etc. You know, we're all in this thing called the body. So, yeah, it will be there. It's part of collective consciousness— or unconsciousness, really. ..."

"What are we feeding? Guilt, shame or our Knowledge of ourSelves as Soul, as Spirit? Are we acting as the Spirit we *are*? Because eventually you're going to have to anyway and if you've been Blessed to receive Initiation Into The Sound Current, why not do It now? Start now! Do It *each and every moment*. ... Yeah, you'll forget. Use It as an Opportunity to Remember. Not as an Opportunity to get into guilt or shame or anything else like that. Use It to Remember! Use It to Remember! Use It to Remember! ..."

"... We can use all that negativity—the fear, the anger, the hurt, the pain—to make a Choice. Make a Choice. ..."

"So I'll be the first to admit there's a real attraction ... for shame and guilt, for being just like everybody else. ... But when we live in Integrity, guess what? We feed the Spirit we *are*. We don't feed the ignorance and we use our ignorance to leap into Gnosis.

"And It's that simple.

"So when we Practice Proper ID What are we doing? But we're Acknowledging that we're Spirit. We're Acknowledging that God lives in us as us and we Know we're Responsible and ... yeah, ... guilt and shame ... has a pull ... so we see the attraction of that and yet what do we do? We just Be ourSelves. Be the Spirit That we *are*. Be the Spirit That we *are*. ..."

"And the Soul in Its Progression when It enters into Eternal Life, What does It do? It sits in Adoration of the Lord, God. It lives in That Frequency. You can Hold that Divine Oscillation. And It can be with the Lord, God Free and Clear.

"So you can't be with the Lord, God and Hold That Divine Oscillation and be That Which you *are* with shame and guilt.

"So I Lovingly Suggest if you'd like to enter into the Soul Body, like to be with God, like to enter into the Truth of the Reality of yourSelf as Soul, as Spirit, in the Reality of the Simple Truth of God living in you as you Choose other than entering into shame and guilt.

"And let me end by saying I believe in the easy way. ... So It's not ... two steps of 'oh, I'm not going to enter into shame and guilt' and then the second step is, 'OK, I'll Focus into Spirit.' ..."

"I Lovingly Suggest you simply Focus into Proper ID, into the Truth of yourSelf as Soul, as Spirit and guess what? Shame and guilt won't be in the picture. ..."

"It's real simple.

"And we'll stop with that."

Dr. Lane Generously responded to a question asked following the Satsang.

To purchase an MP3 of This Satsang, go to [cosmostree.org](http://cosmostree.org), click on shop/download on the upper right and then put A306 in the search box at the top of this page.

## Continued from page 1 - "Do You Hear Me? How To Really Listen: A Participatory Satsang" (MP3 A307)

"Because my experience even with many of the Initiates is that They don't Listen. They don't even hear. And what they're busy doing is either defending themselves; waiting for you to be quiet so they can talk; or kind of sparring with you. You know, they project all sorts of stuff onto you and they've got to be busy fighting you ... Of course, they're not dealing with you or what you're saying; they're dealing with something inside themselves that's unresolved.

"And that's what we do and it's almost like a 'power trip'. ... 'My voice and my thoughts and my opinions ... are more valid than yours.' ... And when we Listen ... we need to be Present, entirely Present ... we just have to be an empty slate ... and be there for that person. We can't be running stuff about ourselves or about the person. You need to be Neutral, very, very Neutral.

"And many of us ... we make all sorts of translations. ... 'Oh, yes, I remember four weeks ago this person said that' and you tie it up together and you conclude something. ... those of you in the therapy field ... the game is if you give it a label ... then you can quote 'treat it'.

"But all of us kind of suffer from that affliction. ... we want to categorize; we want to place the conversation in a certain framework so we can deal with it. ... But it doesn't have to be like that. It could just be an honest exchange. That you really don't have to bother making translations or judgements about that person, labeling them or anything else. ..."

"Also, we tend to hold a person fixated in time. And we tend to believe that everything that comes from this person is from the same part of the consciousness, as it were. It doesn't work like that. ..."

Our Teacher then shared "someone telling a story of ... this person ... stumbling down the street, completely drunk, peeing all over himself ... 'it was a nightmare! ... Amazing he didn't get picked up for public drunkenness!' ... Whoa! Then he discovered this person had just lost his wife of 50 years and that's how he was dealing ... with that loss. So we don't know the framework out of which someone is coming and we tend to superimpose and think that we 'understood'.

"And we also know that if we have translated something and interpreted something that we've crystallized it. And then we've become karmically responsible for its creation. ... It may not be valid at all. ..."

"What we need to do is just literally take it at face value until proven otherwise. Until it's proven otherwise, take what the person is saying at face value.

"Also, many of us run a historical context. 'Ah, OK, yes, you know, this person acted in this manner many, many times before; therefore, it's going to be the same'. Well, maybe. Maybe not. You don't know.

"But stay open. ... it's our job to stay Neutral and watch all that stuff we run and be Present.

"And, really, the only way to do This is if we Practice What I call Proper Identification. That if we see the person as just that person, well, you're going to filter so much of what's being said. But if you see that person as 'oh, that's the container for the Soul, for the Spirit' and you Allow That Expression then you can really, really, really be there for that person.

"... You're witnessing the Spirit That that person is. You're witnessing the Reality of That Being. And you're not reducing that person to personhood, which is where we all get into trouble. ..."

"So we need to do all of those things. We need to be completely Neutral; no judgements; no translations. We need to be entirely Present. We need to be a blank slate. And we need to identify the other person as Soul, as Spirit.

"And, of course, we can't do that unless we've Identified ourselves Properly. I can't know that you're Soul, that you're Spirit unless I know That about Myself. ..."

"... if we're Practicing Proper ID, What are we doing? We're not only there for that person we're there for ourselves, ourselves as Soul, as Spirit and we're just having an encounter. ... with someone.

"So That's really What's needed: Knowing Our Divinity. Knowing the other person's Divinity. And relating to that person from that Place of being Present, being Neutral and Practicing Proper ID.

"And if we're in the Presence of The Divine we don't sit There and go 'I can't wait until this is over'; 'wait until I say my piece' ... 'I can just run circles around this person with my thoughts'. We don't do that. ... when the person says x, y, z we don't say 'that means a, b and c'. We're just Present with that.

"And we know the world is a big classroom ... with ... many, many, many grades. So what we do is we're working it as an Initiate Of The Light

Of The Most High and we are Present on that level that that Being is coming from and we do what's called Holding The Light. We see them as a Soul. We Allow Them Their Expression and we also Know that They'll get Their Learning if they need to get their Learning. My job is to be there Present with Them and let that Being have an experience of being not just heard ... but really Listened to and Understood. ..."

"And if you take a look at the word 'Understanding' ... it has to do with standing under or being supportive so you're Supportive of that person just by being Present. ... and That's really crucial. ..."

"Now it doesn't mean that you're a punching bag. It doesn't mean that you ... bear the brunt of all that person's negativity. ... But with Proper ID if you see that person as Soul, as Spirit then you can just do gentle reminders. ... And you ... deal with each other respectfully. That's really crucial instead of, we really tend to dismiss each other. ... Why is your opinion any better or more intelligent or more informed than the other person's? ..."

"This is what we do instead of being open and Loving. And without an exchange of ideas and information, learning about each other you're just going to get nowhere. You're going to get nowhere.

"So we need to do that and we do that by just Honoring the Spirit That we are. Same Spirit in the next person and the next person and the next person. ..."

"And so when we communicate we communicate really by Loving. ... we need to be Aligned within ourselves with the Spirit we are ... when we Listen. ... And not sit there waiting for the conversation to be over ... and run your stuff ..."

"And if you're really astute you may kind of guess that I'm not just talking about Listening to someone. I'm talking about Listening to the Sound Current. ... Initiates On This Path, We Listen to the Sound Current, to the Holy Spirit. Another Name for It is the Audible Life Stream, the Extension of God and the very Essence of What God is made of and what our Soul is composed of—the Word, the Sound Current, the Holy Spirit ... That's What we are.

"And The Teachings That I'm involved with Teach us That the Soul Recognizes and Knows where It is in the Inner Worlds by the Sound That It hears on that Realm. Each Realm has a Frequency ... And so the Soul locates Itself, Knows where It is, by That Vibration. ... And It hears Itself and It has to be Present to do So.

"So if we're Initiates On This Path ... We need to be entirely Present. We need to be a blank slate. ... and not run off with our thoughts, our feelings, etc. because that's what we've done as a Soul. ... taken them for real and that's what brings us into body after body ..."

"And, also, when we sit in What the world calls Meditation we really need to know that we're sitting not as a person but we're going into the Soul Body because that's What we are: We're Soul, we're Spirit and we're Riding the Sound Current. We're Riding the Sound Current.

"And so many of us, we seem to be ... amazed that we would have experiences beyond our normal frame of identity ... How could you not ... because your normal frame of identity is you as an ego being isolated in time and space ... None of those factors come into play. It doesn't know Itself as a businessman, ... mother, ... father, ... black, white, green ... none of that stuff can go There and enters into It. ..."

"... we need to Listen ... just being Present with the experience without labeling it; without judging it; without judging ourselves; and Trust that the Spirit in you Knows what to do and that there's a Great Organizing Principle and It will organize Itself, as it were, and Organize Your Understanding if you Allow It. ..."

"And eventually the Soul will be Awake on all the levels that It lives on and have Simultaneous Awareness of all those levels.

"And we need to do that in our daily lives ... be there 100 percent Present with the other person, for the other person ... and be there 100 percent for ourselves when we sit in What the world calls Meditation ..."

"And it's Essential ... that we are in Remembrance ... within ourselves at all times. And there is no difference, really, when we sit in Simran and Dhyana, Which the world knows as Meditation, or when we're in the Presence of someone else. ... in that person is the Lord, God.

"It's real simple.

"We'll stop with that."

To purchase an MP3 of This Satsang, go to [cosmostree.org](http://cosmostree.org), click on shop/download on the upper right and then put A307 in the search box at the top of this page.

Our Teacher began The Teacher's Birthday Satsang by saying, "This will be a very different Birthday Satsang. Usually I talk about ... the Truth of God's Extending Himself into this world, being here with us. And just that simple fact is super important to the Consciousness. Why? Well, obviously we've located God outside ourSelves, etc. Even in some religions God is not only outside of us but He's removed from His Creation.

"Then a major change in Consciousness happens ... So Jesus, the Christ comes and sets up the Understanding that It's *within* us. ... the Christed Consciousness and That is That our will and God's Will are One and the Same ..."

"What matters is that we have this Whole Evolution in the Consciousness That hey! God's Present with us and we're in the Oneness. And That's basically been My Theme ... throughout all the Birthday Talks I've Given.

"This One's going to be ... different. ... Obviously, It's all predicated on That Truth That we *are* One with God and that God is obviously right here. But I want to talk particularly about ... the Real Celebration, What's really being Given Birth to now at this time and Something That has Spiritually not been here before. ..."

"What I want to talk about is ... the Real Mission of the Christ. Remember I'm talking about the Christ ... as Spiritual Office That's been Occupied by many, many people [ed.'s note: Dr. Lane is referring to embodied Souls]. And I want to talk about the Dispensations of the Christ. Notice It's with a "s" at the end.

"The first visit ... He comes in and He Demonstrates ... how to be in the Resurrected Body. ... the Crucifixion: we get crucified in time and space ... so when we identify with the ego, bingo! we get crucified.

"And This is how you rise in Spirit. And It's not through a belief system. It's not anything other than through the Sound Current ... the Holy Spirit. And He Demonstrates there's a Resurrection Process going on to be in the Soul Body and to be with God. ..."

"Well, it's extremely important because Souls, up until this time, were confined. ... they could Progress, Progress, Progress but They couldn't Progress into What's called the Soul Realm or What's been called Eternal Life. ... So we're talking about the Esoteric Reality of the simple fact that you *are* Soul, you *are* Spirit, made of the Same Material as the Lord, God and What is That Material but the Word or the Sound Current or the Spirit or the Soul. God's known as the Great Oversoul. So we're the Same.

"So with the coming of the Christ and the Distribution of the Christed Consciousness ... We have the Ability of Souls now to Progress into the Soul Realm ... and enter into Eternal Life. ... It means that we're no longer subject to karma and reincarnation. ..."

"We have to give up our identification with time and space, with our thoughts and our feelings, with the ego. That's how we get crucified. And go into the Soul Body with God. And There's a Way. The Way *is* the Sound Current. ..."

"When the Christed Consciousness That was in the body of Jesus, when the body of Jesus is left then That Consciousness is distributed to all Souls. And bingo! we now have the Opportunity through That Consciousness, through the Practice of the Sound Current ... Souls now have the Opportunity to enter into Eternal Life. Wow! So They go from being confined to 'limbo land' to being able to enter into Eternal Life.

"Then the Christ says something interesting ... He says, 'I shall Return.' ..."

"So He Knew that This Experiment would be Successful, that Souls could handle This Incredible Leap in Consciousness and that They had the Ability to go from 'limbo land' into entering into Eternal Life, the Soul Realm.

"And, yeah, we Know that the Soul Realm, once you're There ... there are so many Levels, 27 more Levels, Frequencies, Realms ... in Spirit all the way on up to and including HU. H-U.

"And That's the First Manifestation of the Lord, God. And (embodied) Souls had to leave the body after they had entered Eternal Life to go forward with their Spiritual Progression.

"The Christ said, 'I shall Return.' Whether as That Particular Being or as Someone Holding That Particular Consciousness ... 'I shall Return.' ..."

"What's happened now—but, really, This Birthday Celebration—is the Celebration of ... not just the Return but why the Return has happened. And that has simply to do with the Incredible Opportunity of Souls being able to do their Spiritual Progression *while They're in the body* all the way up to, and

including, HU. They no longer have to leave the body.

"Those of you who are astute, you know you as Souls have been Initiated Into The Sound Current On The Path Of Soul Transcendence. Why do we call It Soul Transcendence? Well, for exactly that reason - so that the Soul has the Opportunity to Transcend the Soul Realm and It has also the Opportunity to Transcend Itself. ... What happens is that the Soul when It Progresses and It enters into Eternal Life, It's done That as an Individualized Unit, as it were, of Spirit, of the Lord, God, of the Divine Oscillation. ..."

"The Soul Knowing Itself as Soul continues Its Progression on the many Levels beyond. And what happens on the Soul Realm? It merges with the Divine. It merges with the Divine.

"Call It The Path Of Soul Transcendence because It can both Transcend the Soul Realm and Its Individualized State of Being.

"And That becomes available *now*. Pretty Remarkable! Pretty Remarkable!

"And the interesting thing to Me is that there was an Experiment. Really, I call It the GRAND EXPERIMENT. ... So you have this GRAND EXPERIMENT of can Souls handle the Frequency of the Soul Realm, of entering into Eternal Life? Can They handle That Progression from 'limbo land' as the highest available to Them into the Soul Realm?

"Remember, Jesus the Christ said 'I shall Return' so somewhere He must have Known that the Experiment would be a Success and that we as Souls could handle This. ..."

"Then, well, what about all the other Realms? Well, They can do It, too, *while in the body*.

"So That's really the Birth of, the Real Birthday, What we're really Celebrating and What's really, really happening is the Ability for a Soul to do all of Its Progression *while It's in the body* up to and including HU. H-U, the First Manifestation of the Lord, God. And we are HU-mans, aren't we? ... That tells us *exactly* Who and What we *are*. We're HU-mans. ..."

Our Teacher then gave the many Initiates Present an Adjustment to the Meditation Technique Taught by Our Teacher at the Time Of Initiation to Align with the "Tremendous, Tremendous Gift" of This New Spiritual Reality. And the Opportunity to sit in Simran and Dhyana and Practice It.

Our Teacher then continued: "So the Birthday today - the Birthday Celebration - is really Giving Birth, Celebrating the Birth of this Wonderful, Wonder-ful Gift, the Sacred Opportunity for all Souls to do all of Their Progression *while in the body*.

"There have been some Souls Working with Me That have continued Their Spiritual Progression beyond the Soul Realm but very, very few in terms of the general population and there have been very, very, very few before. ... But now It's generally available to Souls on This Path.

"So That's What we're really Celebrating and That's What's really been Given Birth to. It's a Tremendous, Tremendous Gift and Opportunity.

"We'll stop with That."

Following the Satsang, Our Teacher shared with us: "I want to Reinforce the Foundation of the Teachings – Simran, Service and Tithing, Where you Honor yourSelf as Spirit, as Soul when you Know Where it all comes from. Service is a Wonder-ful Opportunity to be with the Spirit you *are* and Receive the Upvibration that has been laid out for you. There's no Progress without Simran and Dhyana. It needs to be done *exactly* as Taught."

"... This really marks the Beginning of a New Spiritual Era ..."

Then we began the Sacred Washing of the Feet. Our Teacher Instructed us: "why we do this. It's the only ritual we do ... the Christ, Jesus washed His Disciples' feet. But we do This so that there's the Renewal and the reCommitment to how we Walk on this earth and why we're Walking on this earth and It's really to refresh our memories, as it were, of why we're here: for Our True Purpose."

After the Washing of the Feet, Our Teacher was presented with the Group Gift from Our Teacher's Initiates: Donations to Center For Religion And Advanced Spiritual Studies to support Scholarships and Our Teacher's Travel.

Our Teacher concluded with a Blessing: "We Send the Light Of The Most High ahead for another year of Growth and Upliftment and fun and Enjoying the Life we've been Given by the Lord, God and standing in Our Integrity and Commitment to the Spirit we *are* and in Loving God Who lives inside of us as us."

The Celebration continued with homemade desserts and lots of fun.