



Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies **July/August/September 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

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“What Is Simultaneous Awareness? – A Participatory Satsang” (MP3 A308)

Dr. Lane began the April Satsang by saying, “... Simultaneous Awareness ... It’s the Awareness That you’re in the physical ... but you also are Aware of yourSelf as a Soul, as Spirit and Where you are Truly. ...”

“... the Soul lives on many, many Levels. And we need to have Awareness of all the Levels that we are Awake on, that That Soul has been Awakened on. ... if you’re working from the etheric then you need to have the Awareness of you’re in the physical and you also Simultaneously are Aware of all the levels that you’re Awake on - the astral, the causal, the mental and the etheric. And the same thing goes for Soul on the Soul Realm. All the Levels that you’re Awake on. And then if you’re Working and have the Blessing of this Wonderful Dispensation of being able to be Awake and Progress past the Soul Realm *while you’re in the body* you need to have the Simultaneous Awareness of ... being in the physical and also of all the Levels that you’re awake on. All Those Frequencies.

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“... Choose into It. Those are the Guidelines. They’re set up on This Path for a simple reason that They’re found to be the Way to make your trip, your Walk down the Path, through the Path and as the Path as easy as possible. And it’s also set up that when you Follow Them and work with Them, you’re in a complete Attunement and It helps to Actualize you ...”

-Dr. Roger B. Lane, June 2023
Satsang “Living The Guidelines:
Inexpedient? Impositional?
Actualization? – A Participatory
Satsang”

“Do You REALLY Want To Learn? – A Participatory Satsang” (MP3 A309)

Dr. Lane began the May Satsang by saying, “I want to talk about Really, Really and Truly wanting to LEARN. And it’s important that we understand What Learning is and how to Learn. ...”

“... start with the first letter ‘L’ and ‘L’ stands for Loving, Loving Unconditionally. So we approach each situation from That Place of being Loving, of being entirely Present. ... No judgements. Complete Acceptance and being Present as the Spirit you *are*. Practicing Proper Identification. That’s the ‘L’ for Learning.

Our Teacher then gave an example of someone’s saying something and then saying to Our Teacher, “I know what you’re trying to do’ ... And she was completely separate; not Present. And if she could figure out what the other person was trying to do then she could defend herSelf appropriately and know what to do and what not to do. How’s that for a definition of ego! ...”

Our Teacher continued: “I wasn’t trying to do anything. I was just giving her the Gift of being completely Present. Learning to be with someone or in a situation and not regard the situation or the person as ‘other than’. But to be Present within herSelf. I wanted to give her the experience of being completely Present, completely Loving ... without any conditions. ... Relationships and situations to the ego are all about power and control, etc. I’d Given this particular person ... the Opportunity to come into the Oneness and come into Loving Unconditionally, Being Present.

Continued on page 4

“Living The Guidelines: Inexpedient? Impositional? Actualization? – A Participatory Satsang” (MP3 A310)

Dr. Lane began the June Satsang by saying, “I want to talk a little bit about the Guidelines we have; Living the Guidelines; guidelines in general but also specifically Those on This Path.

“When we’re driving we have the guidelines: only go a certain speed limit; you need to be buckled in; if you’re going to change lanes ... you need to signal. All sorts of rules and regulations and guidelines.

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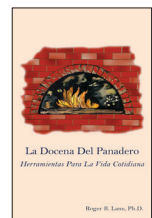
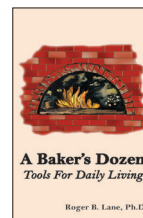
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GO THERE!



Events Calendar

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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 July 9; Aug. 13; Sept. 10

Sun 10:30am July 30; Aug. 27; Sept. 24

Special 2-hour Meditation

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Lane and to experience personal
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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
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for viewing on cable television
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Every Thurs. 6:30pm.

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Verizon (FIOS) - Channel 35

Brooklyn

Every Sat.- 4:30pm

Cablevision - Channel 68

Spectrum - Channel 35

RCN - Channel 83

Verizon - 43

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SHOWINGS & DISCUSSIONS

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1-2pm at NYC Center

Join Us For An Hour Of Spiritual Instruction!

**"I Don't Want To Be Here":
Flee? Be? Missing Words? -
A Participatory Satsang"**

(MP3 A311)

July 5, 2023

6:50pm ET

TBA

(MP3 A312)

August 2, 2023

6:50pm ET

TBA

(MP3 A313)

September 6, 2023

6:50pm ET

Satsangs

by Dr. Roger B. Lane

Available at All Centers

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**July 5: "The Real Internal Revenue
Service: Having The Lien Released
- A Participatory Satsang"**
(MP3 A192)

**Aug. 5: "What Are 'Lines Of
Energy'? Are You In Line Or Are
You Lined Up? - A Participatory
Satsang"**
(MP3 A206)

**Sept. 5: "How To LEARN: A
Participatory Satsang"**
(MP3 A239)

JOIN US FOR OUR SUNDAY EVENTS!

SUNDAY PROGRAM

July 9; Aug. 13; Sept. 10

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

Tools For Living Free Reading and Discussion: 12pm ET

July 9: **#62 The Remedy To Fear**

Aug. 13: **#63 The Democratization Of Spirit**

Sept. 10: **#65 Exercise Your Right To Vote**

July 30; Aug. 27; Sept. 24

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

Video/DVD Showing and Discussion: 1pm ET

July 30: **V7 Living The Truth**

Aug. 27: **V8 "The False Self vs. True Self" Game**

Sept. 24: **V9 How To Sacrifice "The Sacrifice"**

THE TEACHINGS STUDY GROUP

July 9; Aug. 13; Sept. 10 | 3pm ET

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

July 9: **"What Is Simultaneous Awareness? - A Participatory Satsang"**

Aug. 13: **"Do You REALLY Want To Learn? - A Participatory Satsang"**

Sept. 10: **"Living The Guidelines: Inexpedient? Impositional?**

Actualization? - 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*.

Summer Semester

LIVING THE TEACHINGS

5 weeks | Wednesdays, August 23 - September 20, 2023

7:45-9:15pm

(except 1st Wednesday of the month when Class begins 8:15pm)

Given by Dr. Roger B. Lane

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"Doesn't necessarily mean that you have to hold That Awareness for a long period of time but you have to be able to have It come forth [ed.'s note: Dr. Lane is referring to Its being in *Conscious Awareness* as It is Present with you] and be Present with It and have the Knowing. It's really, really important.

"And why is this so important? Because we as Souls go to Fulfillment of ourSelves as Soul, as Spirit. And what does It mean to be Conscious? What does it mean if we, as The Teachings say, we are the Living God? Well, is God asleep on any Level? He wouldn't be God if He were. But That's also Who and What we *are* so we need to be able to have Simultaneous Awareness. ... Some of you do and can hang with It, so to speak. Some of you will ... dismiss It. One of the key ways of dismissing It is making strange interpretations. ..."

Our Teacher then gave an example of being Awake on the mental level and making misinterpretations. "... hey! I was in the museum and I saw all these inventions and I saw all the thinking and the philosophies that have gone on. ... Oh, yeah, you know I've always wanted to go to ... the one in Vienna or the one in Paris ... I've always wanted to go to the library at the New York Philosophical Society. ... No. You're misconstruing it. On the mental realm, what's there? ... All our thoughts that we've ever had; all the inventions that have ever been made—they're all lodged there. And what do creative people do ... artists, creative thinkers ... but they roam, as it were, that arena. They roam That Realm ... That Frequency. And what makes them creative is they synthesize ... and combine stuff and put stuff together in a new way. ..."

"Because we Know that Creation on the Lower Levels - the Levels below the Soul Realm—It's all finished. ... It's not finished in the Worlds of Spirit—in ... Levels above the Soul Realm. It's not finished.

"And this is Where Awareness is very, very key ... Because we can guess what? We can create on Those Levels but in order to do it we have to be on Those Levels; we have to be able to hold That Frequency, etc. So we have had to have done Our Progression (to that Level.)

"But how can we Create something new? And how can we even Create if it's already been created? So there needs to be the Awareness of what's going on on the Lower Levels; what lies There; what's lodged There and from That then we can Work and Create anew.

Our Teacher then gave an example of "if I wanted to invent something what would I do? ... I would also roam the halls, as it were, in the mental realm. I'd go ... and look and see what do I need? What's been used? How's this stuff been combined? Oh, OK. ... I need a new combination. What has all this stuff contributed before? And where's it gotten us to? And what's the deficiency so that we need something new? Alright.

"And then I'd go into Spirit. ... Oh, OK, what is it that's needed and it may be something that isn't lodged in the lower worlds, that's never been here before. Spirit may Bring Forth something new and I may combine it. ... Oh, something brand new. There it is.

"But also ... inside ourSelves we send out the Frequency of Who and What we *are*. We merge It with God and guess What? We've created a Light Source, as it were. We've Created the Spirit we *are* and we Strengthen It, Strengthen It, Strengthen It and we've brought It upon ourSelves and from That, because we're all One ... What happened but we're Vibrating as Beings. ... We're constantly, constantly Vibrating and we're Transmitting. ..."

"So That Light Unit that I brought in just by Focusing on the Spirit I *am*, guess What? It's made available. You guys just got it. Just got it [ed.'s note: Dr. Lane is pointing to some Participants That had Allowed Their Consciousness to be Moved to the Inner Worlds Where This Takes Place and experienced *directly* What Dr. Lane has just described.]

"So the importance is real clear. The importance is I'm Aware of what happens here. I'm Aware of mySelf as a Soul, as Spirit and Living in the Spiritual Worlds. And I also get to enJoy that whole Reality. ... I get to have fun.

"Do you know how reassuring it was ... to have That Experience [ed.'s note: Dr. Lane is referring to Going into Spirit] That I can be with God *while I'm in the body*. ... there was nowhere to go. I didn't have to make It happen. I didn't have to do anything. ..."

"Being in the body didn't interfere with That and so many of us walk around with 'Oh, I can't wait to finish up and get out of here!' But that's separation. ... It's an attachment. ... That ... will probably cause you—if you hold onto it—to come back and do the very thing you are resisting and fighting, which is being here.

"So if we can have Simultaneous Awareness then it also helps to strengthen our Knowing that we *are* Soul, that we *are* Spirit and, thus, It helps us disidentify with ourSelves trapped in this world, in this body. It helps us to Know that we're more than this thing called the body with its thoughts and its feelings. ..."

Our Teacher then gave us the example of "someone who went on and on ... about what was going to happen in the quote future. ... And I let her have that experience. ... what was the learning? ... That when we identify with our feelings and with our thoughts we get to reincarnate 'cause all this person was doing was projecting her thoughts, taking them for real and putting them into the future. ... That's called being unconscious. ... That's not having anything to do with Awareness. It's unawareness. ..."

"You'll pay the price. ... Well, you projected onto the future. ... No one's more powerful than you. Well, you're going to have to live that reality. ... It's going to be some lifetime. So whatever we're not aware of we project it ... and we have to live it out.

"That's kind of getting at why it's so important to have Simultaneous Awareness. ... If you know that you're doing that and you know what's there ... you get to be free of it. ... if you're an Initiate, ... you'll always check inside yourSelf, What are The Teachings on this? Eventually it will dawn on you, 'I really was believing my thoughts. ... I don't need to do that anymore. ... Let me keep going with My Progression, let me keep going with My Progression ... and let me enter into ... Eternal Life Where I'm Free from the bondage; where I'm free from the Wheel.' But not to be driven ... but merely as a byproduct of sitting in Devotion, Loving God. ..."

"It's interesting, tonight happens to be the first night of Passover and the Passover story and the Easter story—they're all the same. The Passover story deals with slavery in Egyptland, so the slaves unto the Pharaoh in Egyptland. And what's the Pharaoh in Egyptland? But it's symbolic of fate karma. And they go through the desert. What's the desert but it's human life, incarnation ... come to the mountain ... and, of course, what do they do? They worship false idols. Isn't that what basic selves do? They all go for the 'bright lights' and those become god.

"And then eventually the Word of God, the Ten Commandments ... meaning the Spiritual Law is received. And what's the Spiritual Law? Well, you reap what you sow. ... And following the Spiritual Law ... you come to the Promised Land. But the Promised Land isn't here. ... It's not a physical location on the earth. But It's in you as a Soul when you're in the physical. And That's made available to you *while you're in the body*. ... The Promised Land is Spirit, is Soul, is God. ..."

"We Know that The Christ came ... He Brought Forth the Grand Experiment. And What was Part One? Part One is the Easter story, isn't it? Another version of slavery ... crucified by time and space and identifying with it. That's how we enslave ourSelves. And there is a Process to go into the Resurrected Body, into the Soul Body and be with God.

"He comes and Demonstrates This and when He leaves the body, the Christed Consciousness is ... Distributed ... to every Soul. ... it means you and the Father are One. You're One and the Same with God. ... as a Vibratory Frequency. This is literally earth-shattering. ... Because Souls in their Progression could advance as far as what's called 'limbo land'. They couldn't make it on up, as it were. ... So now every Soul has the ability to Hold that Frequency of the Soul Realm.

"So That's What we need to do. We need to see the situation in all the Oneness. All in a revelation of ourSelves to ourSelves. There is no 'other'. We're all One in Spirit. ... So you really need to regard each and every situation from That Spot. And Practicing Proper Identification. And with That Loving Unconditionally. That's how you get to be and are Present.

"And That's the 'L' and are you willing to do That? Or are you willing to set up that somebody wants to do something to you and you've dug your heels into ... what and who you think you are with a small 's', that you don't want to change it. ... But realize that you're not Learning and that's your choice. ..."

"So you always want to be in That Place of Unconditional Love, Unconditional Acceptance and seeing each and every situation as yourSelf being revealed to yourSelf ... And to Accept the Gifts that you're Given; especially, Those that come through The Teacher and as The Teacher. ..."

"And, of course, there's no Elevation with the situation, with the encounter. That's What the 'E' stands for. The 'E' stands for Elevation. Are you willing to Elevate? Are you willing to Elevate? Are you willing to be Upvibrated, to be Uplifted?

"Comes many ways [ed.'s note: Dr. Lane is referring to the Upvibration, the Upliftment]. It can come through your efforts, through your Understanding, etc. It can come through God's Grace. God Knows what happens when you're in the Presence of the Teacher! All sorts of stuff can get Lifted and get Cleared up. Are you willing to Allow That? But you can only Allow That if you're in the Oneness of the Spirit you *are* and as the Spirit that you *are*.

"The Teachings that I Bring Forth—They're very, very practical. ..."

"And the 'A' is the Application of Your Learning. ... Are you using It in your life? Not from a place of 'oh, let me check it out and see if it works' but Actively using It and then Learning some more from the experiences of using It.

"And we Know that Learning, the real Learning, comes from the experience inwardly. Many of you when I speak ... have the Direct Knowing. Or during Nighttime Travel you'll be taken; you'll be Learning; and you'll have the Direct Experience and you'll have the Learning. Or, through dreams, etc., what passes as dreams, you'll have the Learning. Or you'll have It through intuitive flashes. There are many, many ways for you to get the Learning. And the Learning is inward. That's how we get the Learning. ..."

"If you don't know from your own experience then make like a scientist. 'OK. This is What The Teachings say'. Alright. Pray for the Understanding that you have That Knowing. ... But have the Inner Experience. Then when you have the Inner Experience, you have the outer reference point, 'Oh, OK, now I Understand The Teachings on this'. And work it that way.

"And, as you have the Inner Experiences ... you'll start to Understand ... just how smart you are. Smart in the sense of Practicing Proper ID, Working with Spirit and Actively Participating in your own Upliftment, Growth and Learning.

"We Know the best way to Learn is through Repetition. ... And That's what the 'R' stands for. It stands for Repetition."

Our Teacher then shared Our Teacher's experience of talking with a Student and encouraging the Student "to come to an Event and be in the physical Presence of The Teacher. ... And the person seemed a little puzzled ... I explained that 'hey! Grace is Grace and you never know what's going to happen with your Participation and being around The Teacher physically.' And, in point of fact, I had set up an Upliftment Pattern for the Soul in this Initiate were he to physically come to the Event. He looked at me ... almost with the expression of, 'are you kidding me? Are you kidding me? I thought I Progressed by using the Tools and doing Simran and Dhyan', the Meditation we're Taught as an Initiate Of The Light Of The Most High. ..."

Dr. Lane continued: "It's not a bunch of ego tasks. ... It's a Way of Grace. ... How many times has it been put out ... that it's important to be around The Teacher physically? Give That to yourSelf as often as you can! You never know what's going to get cleared, how many lifetimes, etc. ... How come it never registered ...?"

"But then I had to move into the 'R'. Of course, let him get his Learning through the best way there is: through Repetition. And he

may need to hear It 472 times before he Learns It and Applies It. My Job is to make sure you get the Learning ... isn't to judge you or make sure that you've gotten It on the first time or the second ... or that you're a quick study.

"In reality, why would you be a quick study if you have karma upon you? Kind of impossible. ..."

"My Job is to be also Neutral, the 'N' in Learning. Neutral. And your job is to be Neutral. Not judge how long it takes; how come I didn't get it and compare yourSelf with ... other Initiates. ..."

"You Learn as you Learn, at your pace based entirely upon what's karmically correct and how The Master Works with you according to your karma. That's very, very individual.

"So you need to be Neutral, not judge how quick or how slowly in quotes 'you're Learning'. There's no time, anyway. ..."

"You need to be also Neutral in terms of how you get your Learning. 'Why did I have to get hit by a truck?' ... Because you needed to get hit by a truck. That was karmically correct. ..."

Our Teacher then told us a story ... of Spirit asking Our Teacher to do something and Our Teacher "didn't do it. I was very hesitant and reluctant to do it. And got into a cab and bingo! ... The cab got into an accident. It was hit from behind. And, of course, as soon as the cab was hit from behind I Knew 'hey! that was God's nudging Me, Spirit's nudging Me, 'OK. You've got to move on it now, Kiddo!' Alright and I did. ... 'Thank YOU.' ..."

"And I was very Neutral. I didn't judge MySelf. I certainly didn't judge Spirit or God. ... That's what it took, yeah, that's what it took. And My Focus was on 'gee whiz! Look how Loved and Cared about I am! Spirit gave me this nudge. Wow! That's Love and That's Loving.'

"And It was just a very, very Neutral ... Action. I needed a push. ... And I got the push. ... Didn't matter the form it took; didn't matter anything. ... It was just perfect.

"So we need to be Kind to ourSelves. We need to give ourSelves the Loving.

"Underneath it all there needs to be the Commitment. ... Watch your defenses; watch your judgements on yourSelf. Be Open to being Upvibrated ... to having Direct Experiences; to your Learning, etc.

"Also, you know, if we walk around 'oh, I've got it' ... we have a crystallization. ... it's going to have to be broken up. ... through your efforts because you crystallized it. ... So you don't want to crystallize anything ... that limits Your Understanding. You know, there are dreams and experiences I've had that I've worked on for ten, fifteen, twenty years or more, sometimes thirty years. ..."

"And It's always a nice Adventure. It's really a nice Adventure, this constant Learning, Allowing yourSelf to be Upvibrated. So rather than ... walk around thinking, 'oh, I've got it! I've got it! Yeah, that's it!' (choose) 'Oh, OK, hey, this is My Understanding at this point. Spirit/Lord, God/Master Bring In whatever else I need'. And keep it in Your Consciousness. Keep yourSelf open to it.

"Keep yourSelf willing to be Enlightened by That, by more of It; more of It; pieces of the puzzle, pieces of the puzzle ... There are lots of pieces in the puzzle called your life. ..."

"As Soul, as Spirit What are we but Love, but the Lord, God. If we keep That in mind and keep a perspective of ... the Understanding is going to be big and vast; it's going to take time; it's going to take Courage; it's going to take patience, it's going to take being on top of it; it's going to take perseverance, etc. And It's going to take Loving Kindness towards yourSelf. It's going to take Loving Kindness towards yourSelf.

"Life is for Learning.

"And you're the subject of the Learning and you're the Learner and you're the very thing you're Learning.

"Pretty neat Set-up!

"We'll stop with that."

To order an MP3 of this Satsang, go to cosmostree.org; click on shop/download in the upper righthand corner and when on the next page, put A309 in the search box. Then just click on the link for the Talk for further details.

"And they're there for, really, our safety and our protection so that there's also some order and that it makes it easier for everyone to go about his or her business.

"They may be disappearing but we do have social graces that ease the flow of social interaction. ... We have rules and regulations, really, for everything so that we can help to bring out order out of chaos.

"And with This Path we do have Guidelines and They are for Your Safety in a sense. And They are for Your Protection. But Protection is meant a little differently here as well. It's not to Protect you from harm or getting hurt. That's basically not appropriate to What we're involved with. But It is Your Protection in the sense of that your actions are really Protected; they're informed with Grace; they're informed by Learning Opportunities ..."

"If you stay *within* the Guidelines, it makes it easier, as it were, for you to ease on down the road, to Walk The Path.

"And I was moved to give this Satsang by something I saw the other day ... something in Me was extremely distressed by it. As you know, with Everything that's done here at the Center There's a Forcefield with it. This person doing Service had an Agreement that It would be done x, y and z and this person decided just to ignore it and do It a completely other way.

"And I was distressed by it for the very simple reason that that's what it did. ... By this person ignoring the Spirit and choosing into karma—that echoes on all the Levels of consciousness and so a disequilibrium is set up. That shot of negativity goes right through the Inner Worlds and it causes distress, as it were. ..."

"And we *are* that Powerful and That's part of what we all need to realize. We do affect all of Creation. We *are* That Powerful.

"And many of us—we are great believers in the Guidelines as long as They're expedient to us. If it's not expedient—oh, if, my gosh, we're going to have to take a moment to Surrender, Let Go and Surrender into it—we're just not going to bother. We're going to do it our way. And, of course, as your Spiritual Teacher, I respect doing it your way but doing it your way means that you learn through karma.

"I can just offer you the Way of Grace. If you'd like to Learn via Grace, in a Graceful Manner, please, welcome to It! But once you step outside the Guidelines what you're saying is 'I don't need the Protected Action and the Loving of My Teacher. I'm going to do it my way. I'm going to do it through the karmic fields'.

"And, as Your Teacher, I need to respect that so you're welcome to it but I suggest you may want to take the Easy Way, the Way of Grace.

"And it's interesting, many of us see the Guidelines as something external. It's something 'foreign' to us. It's something outside of us that's imposed upon us by an authority. And any good basic self is going to resist that so we need to work with that and we need to be mature. And when we mature and, really, use It as a Surrender Point, as a Letting Go Point, we get to see, 'well, wait a second! Hold on now! ... It's not something outside of me. It's Something that I *am*. If I line up with It, I'm really lining up with mySelf. And They're not outside of me'.

"It's just like The Teacher. The Teacher looks like He's outside of you, 'there you are, there I am', etc., but that's only how the ego sees It. ... and how does the ego operate other than through power and control. ..."

"And, of course, that doesn't exist Spiritually. It doesn't exist in Working with The Teacher, Working with the Guidelines. It only exists when you fall victim to the illusion of separation: that you're separate from Spirit; you're separate from God; you're separate from The Teacher.

"And we need to move past this whole sense of 'oh my God! These rules and regulations are outside of me' and when you do that, rules and regulations—the R and R—become Rest and Recreation.

Yeah, it is restful to be within and I do recreate, constantly create, from and as the Spirit I *am*. It's really, really an easy way of moving down the road. ... Its very, very, easy..."

"We need to move past that [ed's note: Dr. Lane is referring to moving past regarding the Guidelines as "foreign" to you].

"Another thing about These Guidelines is when you Surrender to Them, you Align with Them. Then you start to discover that, really, They're you and They're for your Fulfillment and They are you. And It's really for your Actualization. You're just Actualizing yourSelf through the Guidelines by using the Guidelines.

"We, obviously, do a lot of work working with Forcefields. They're not to be violated. You need to be in accord with Them. It's not a question of setting up something and then going against the Guidelines or going against the Forcefield because it's not convenient for you or because it seems like you didn't choose It. But you can always and are *always* free to Choose into It. Choose into It. Choose into It.

"Those are the Guidelines. They're set up on This Path for a simple reason: that They're found to be the Way to make your trip, your Walk down the Path, through the Path and as the Path as easy as possible. And it's also set up that when you Follow Them and work with Them, you're in a complete Attunement and It helps to Actualize you whether It's 'I have to listen to Satsang' or 'I need to do this' or 'I need to do that' you move from, 'oh, OK,' grudgingly doing, 'alright, I'll do it, OK' ... to actually be pulled towards It. ... If you haven't done Your Simran and Dhyana early in the day, you're going to find yourSelf dragged back to It. ... It's got Its own pull because the Spirit in you wants to go There. ..."

"And that's the Whole Point of the Guidelines. It helps you touch into the Spirit you *are* and, at the same time, It helps the Spirit you *are* be the Spirit that you *are* [ed.'s note: Dr. Lane is referring to helping you to Manifest as the Spirit you *are* as you Touch into The Spirit you *are*].

"And it's not a question, once again, of is it convenient? Is it expedient? No. It's a question of Love and Respect for The Teachings, for the Forcefield, for the Guidelines, for the Spirit you *are*. It's all about you and Loving yourSelf.

"See, and I realized I got pretty upset at that person. ... What upset me was to see in black and white the blatant disrespect she had for herSelf, the disrespect she had for herSelf as Spirit and the complete ignoring of Who and What she is. There was no Integrity there. There was just complete false identification, trapped in time and space, etc., complete forgetfulness.

"You know, but behind the forgetfulness is a memory somewhere and we're always free to Choose. If you're an Initiated Soul that access to Spirit is *always* Present with you. The Teacher's *always* Present with you. The Choice is always there for you to make.

"And I just hated to see that person sell herSelf short. ... Really selling herSelf out ... to the moment, whatever feeling or thought was passing through.

"And we Know from The Teachings that if you identify with your thoughts or your feelings ... you take them as reality ... that's what creates the karma and that's what sets up your cycle of reincarnational patterns. ..."

"Isn't it nice that you have Choice! You can Choose into Spirit or choose into karma. ... as Initiates, you have That Access to Spirit so take advantage of It! Use It!

"Yeah, and I realize this may play into a lot of having to be Eternally Vigilant, yeah, ... not out of 'oh, my God! I may screw up. I may make a mistake'. That's not within the ballpark of The Reality of This Path. It's 'oh, OK, yeah, I'll Practice Eternal Vigilance because I'm Spirit and Spirit is *always* in Its Integrity. And, yeah, I'm Choosing to Manifest That'.

"It's real simple. Choosing to Manifest That.

"Of course, it's all done through the Grace and the Gift of the Sound Current or the Word, Whatever you want to call It.

"But if you notice Jesus the Christ said ... 'I shall Return.' ... So that means He Knew ... that the First Part of the Experiment would be successful. ... Why does He come back? And This is What's happening now, in these times. It's That Particular Frequency that has never been here before and That's the Frequency of the HU.

"The HU Frequency is made available. And Souls can do This *while they're still in the body*. They can Progress from the Soul Realm all the way on through the ... 27 Frequencies all the way on up to HU—H—U—First Manifestation of the Lord, God. Wow. Not possible before. ..."

"So the Christ, Jesus comes back. ... But now Souls have the Opportunity: instead of having to leave the body when It entered Eternal Life ... because of this New Dispensation It's able to do It *while It's in the body*. That's quite a Progression! ..."

"So we're talking about Awareness of Itself, the Soul having Awareness of Itself ... the Soul can locate Itself because It Recognizes the Sound on the Realm That It's on ... Each Realm has a Particular Frequency. ... The Soul is really good at Knowing where It is and Listening to the Sound on That Particular Realm and It Knows where It is.

"When the Soul has entered into Eternal Life and is in the Worlds of Spirit ... There's no density There. ... It's formless. ..."

"In the Upper Worlds When It's become One with Spirit ... It's through the It of Itself ... that It Progresses.

"And This Awareness of being here and being quote 'elsewhere' becomes even more and more ... solidified and you Know It's all One and the Same. Spirit, matter, One and the Same. ... We let go of the striving, the pushing, this belief in 'death'. ..."

"What happens when a Soul goes to Completion? You won't know That Being was here. ... the only karma is the Original Karma because you were created as Soul. ... And all you guys have to deal with is fate karma, the karma that's been assigned to you in this particular lifetime. Pretty easy. ... I don't even know if it's one percent of what you're dealing with versus what the Master ... takes upon Himself and does for you. About 99 percent if not more, ... He can do it. ..."

"And so Simultaneous Awareness brings us into the Reality of, yeah, we're in the body but we're not of it. ... We have thoughts and feelings —they're not real. I can't take them before God. Matter of fact, those are going to be the very things that keep me separate from God. ... I'm still enslaving mySelf. ... I'm still crucified on

the cross. ... It's the cross of my own making. ... But I'm denying a Reality and That is the Christed Consciousness, That my will and God's Will are One and the Same. ..."

"God's Will is All Love. ... Love stands for letting go of volition every time. ... We need to let go ... and Allow the Will of ourSelf with a big 'S' ... and That Will is to Know ourSelves ... as Soul, as Spirit.

"And in order to Fulfill That ... we need to have that Simultaneous Awareness ... so we're going to need to Know everything about Those Vibrations, those Frequencies ... experiencing ourSelves as That; understanding how the game is played with our basic selves, etc.; understanding how the Consciousness is set up and Why It's set up as It is.

"Going Home to God is really quite a Wondrous Thing. It's Awesome in the best sense of the word and It's fun. ... But also there's an Art to It and we want to come into This Appreciation of ourSelves as Soul, as Spirit ... of This Whole System and the Magnificence of It. You know, we see a sunrise or a sunset or we see a beautiful physical thing; we see a waterfall, etc., we feel the ionization around the waterfall and we marvel, etc.

"But Knowing ourSelves as the Spirit we *are* is completely and totally Marvelous. ..."

"You move beyond the confines of your bodily consciousness and you've moved into Spirit and yet, at the same time, you have the Awareness of yourSelf here. ... My being here in the body didn't interfere at all with my experience of Being with Spirit, as Spirit. ... It was the Same. ... There was no distortion. ..."

"The Reality is the Reality.

"And the Simultaneous Awareness of That Reality is hook, line and sinker in Alignment with the Purpose of our being here: to Know ourSelves as Soul, as Spirit. And It's Part of That Fulfillment.

"And It helps you Appreciate Who you *are*, What you *are* ... the Path That you're involved with; God's Grace and His Kindness and His Mercy.

"We'll stop with that."

Our Teacher generously answered the question asked following the Satsang, giving us yet more Growth and Upliftment.

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"And That's really the Whole Point and Purpose of the Guidelines and What They're there for.

"So I Lovingly Suggest you be real, real smart and give the Guidelines to yourSelf. Honor Them because by Honoring Them you're Honoring yourSelf as Spirit, as Soul!

"They're something that's a part of you. They *are* you. They help you Express as That. They're not imposed.

"And the interesting thing is, this person - if it hadn't been intervened with - the action that she took out of expediency well, guess what? It would have resulted in a lot more time being taken to get That Upvibration because It would have gone through the karmic fields. And once you make That Choice, It may not be in your present incarnation. That's Your Choice.

"... part of My Job as The Teacher is to make sure that you get the Upliftment, the Upvibration that you need and, yeah, I do offer the Way of Grace but out of Love and Kindness you were given Free Choice and I Respect and Honor That so you can Choose which way you're going to get the Upvibration, Upliftment—karmically or through Grace.

"But Know that what you think may be expedient for you at the moment may be the long way! ..."

"And the Guidelines, like Everything Else on This Path, are ultimately designed for us to Love God, Love the Spirit we *are*, Love the Soul and *be* That Love. So the Guidelines are both a Tool to assist you in That and a Point of Expression as well.

"So I Lovingly Suggest Follow the Guidelines. Live the Guidelines and Be the Guidelines no matter how difficult at the time it may seem; no matter how time consuming it may seem; no matter how inexpedient They may seem; no matter how impositional They may seem. Follow the Guidelines!

"Let yourSelf have the experience of using Them as a Surrender Point, Surrender Point, Surrender Point, Surrender Point until you come into the Knowing that 'Tag, You're It' and then you Express from That Place.

"It's really that simple!

"We'll stop with that."

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