



Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies **October/November/December 2023**

COVID-19 UPDATE The Home Center is OPEN!

**Proof of vaccination or a
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Masks Required.**

Home Center New York City

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"I Don't Want To Be Here": Flee? Be? Missing Words? - A Participatory Satsang" (MP3 A311)

Dr. Lane began the July Satsang by saying, "I want to talk about the 'I don't want to be here' phrase that I've heard many Initiates tell me. ... They're talking about being on this planet. And it really is true; they don't want to be here.

"And it's true simply because, as they say, I do not 'want' so there's no 'wanting' to be here. ... That's not the issue. They've agreed to be here so they're saying the truth, 'I don't want to be here'. But not in the way that they think their meaning is. If you deconstruct what they're saying, they're saying, there's no 'wanting' to be here. And that's right. There isn't any 'wanting' to be here on their part because they've agreed to be here.

"And this thing we have within us—'I don't want to be here. I don't want to be here. I don't want to be here'—I can understand that personally very easily. But I also want to show you how to work that and why it comes up and what it's doing in your life and why it's there.

Continued on page 3

"... We need to watch the
attitude with which we Apply
The Teachings."

"... we need to approach It
until we have the Knowing
that we are One and the
Same with the Lord, God;
we need really to approach
Spirit or God as Co-Equals.
We're Created out of God's
Image, we are Created in
God's Image, too, Which
means we are Created out
of the Sound Current, out of
the Holy Spirit, out of the
Shabd. Okay, so we're
Created out of This, the
very Essence That Spirit is,
That God is, so we're One
and the Same. ..."

-Dr. Roger B. Lane,
September 2023 Satsang
"Application: Supplication?
Obligation? Maturation? - A
Participatory Satsang"

"Inner And Outer Reference Points: A Participatory Satsang" (MP3 A312)

Dr. Lane began the August Satsang by saying, "I want to talk a little bit about Outer And Inner Reference Points and what's the difference. ... Inner means it's going to be based on an Inner Experience, either your Inner Knowing; an experience in Nighttime Travel; an intuitive flash; through a dream or so. An outer experience is something that happens in the physical world.

Continued on page 4

"Application: Supplication? Obligation? Maturation? - A Participatory Satsang" (MP3 A313)

Dr. Lane began the September Satsang by asking us to "go inside" and answer some questions. "There's no right answer. There's no wrong answer. There's just what's so for you. So let Me Call in the Light Of The Most High: 'Lord, God, send Me Your Light! We put this time together into Your Light for the Highest Good.' Now within yourSelf just ask yourSelf 'are you Applying The Teachings Of The Path Of Soul Transcendence?' [Pause] 'How are you Applying The Teachings Of The Path Of Soul Transcendence?' [Pause] 'What is your approach

Continued on page 5

The Human Story

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THANKSGIVING DAY

Meditation Of The Light Of The Most High

CHRISTMAS DAY

Meditation Of The Light Of The Most High

NEW YEAR'S EVE

Meditation Of The Light Of The Most High

See Page 2 for more details!

Events Calendar

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Fulfill Your True Purpose

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Dr. Lane's *The Sound Current:
The Path of God-realization*
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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. 8; Nov. 12; Dec. 10

Sun 10:30am Oct. 29; Nov. 26; Dec. 31

Special 2-hour Meditation

Meditation For Health And Well-Being

East Side (Home Center):

Tues 8:45pm Oct. 17; Nov. 21; Dec. 19

*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 or
email philadelphia@cosmostree.org
for details.

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Johnson City area: Every 2nd and 4th
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OPEN HOURS

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

Every Tuesday

7:30-8:30pm 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

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6:30pm Eastern, Thursdays,

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SHOWINGS & DISCUSSIONS

Last Sun. of every month

1-2pm at NYC Center

Join Us For An Hour Of Spiritual Instruction!

"Are You Learning Or Are You Earning?: A Participatory Satsang" (MP3 A314)

October 4, 2023

6:50pm ET

TBA

(MP3 A315)

November 1, 2023

6:50pm ET

TBA

(MP3 A316)

December 6, 2023

6:50pm ET

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

Available at All Centers

Listen to Our Monthly Podcasts!!!

cosmostree.org

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**Oct. 5: "God's Grace & Protection:
The Story Of The Guru, The Store's
Cashier & Its Customer -
A Participatory Satsang"**
(MP3 A249)

**Nov. 5: "What Have You Bought
And Are You Still Paying For It?"**
(MP3 A075)

**Dec. 5: "Your Reflexes - Your
'Nervous System' Indicator: A
Participatory Satsang"**
(MP3 A107)

JOIN US FOR OUR SUNDAY EVENTS!

SUNDAY PROGRAM

Oct. 8; Nov. 12; Dec. 10

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

Tools For Living Free Reading and Discussion: 12pm ET

Oct. 8: **#68 Freedom Is Just Another Word For God**

Nov. 12: **#69 Trusting God Is Trusting Yourself**

Dec. 10: **#70 The Inner Truth And Its Implications**

Oct. 29; Nov. 26; Dec. 31

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

Video/DVD Showing and Discussion: 1pm ET

Oct. 29: **V10 The Ego's Revenge: False Pride**

Nov. 26: **V11 The Only Real Question**

Dec. 31: **V12 Giraffe Consciousness**

THE TEACHINGS STUDY GROUP

Oct. 8; Nov. 12; Dec. 10 | 3pm ET

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

Oct. 8: **"I Don't Want To Be Here": Flee? Be? Missing Words? - A
Participatory Satsang"**

Nov. 12: **"Inner And Outer Reference Points: A Participatory Satsang"**

Dec. 10: **"Application: Supplication? Obligation? Maturation? - 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*.

Fall Semester

Taught by Dr. Roger B. Lane

Understanding The Spirit You Are - Part 1

**12 weeks -- Wednesdays, beginning October 18
from 7:45 - 9:15pm EST**

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

- Experience the Living Realities of Spirit
- Grow in "Acceptance"; "Gratitude";
"The Power of Choice" and much more!
- Learn keys to Apply The Teachings of the
Light Of The Most High
- Live Free!

Please see the Events page in this Issue of SpiritCentral for more details.

"You know, this earth—it's a funny place. This Living your life is quite an Opportunity. It's really quite something. ... Here in ... the most negatively charged of all the places There's Spirit, There's God. There's The Divine. In the karmic fields, guess what? Is the Opportunity to Lift into Spirit, into Knowing Who and What you *are*. ..."

"And sometimes what's happening when we're running 'I don't want to be here' is a memory pattern has kicked in. We have a memory of Where we've been and how Magnificent It is in the Worlds of Spirit. ... the Lightness of It in comparison to the earth, etc. ... So many times when we say 'I don't want to be here' it's only half a sentence. 'I don't want to be here because I Remember how it was Where I came from.' Sometimes that goes on.

"A lot of us—if we're honest with ourSelves and if we're Initiates on This Path—we basically want to flee when? But when we're coming up against our karma. And, yeah, it takes Great Courage to see the Face of God. ... Great, Great Courage.

"Yeah, It's part of our Responsibility and It also takes Tremendous Courage. So we want to have and we do have that Courage. Otherwise, we wouldn't be charged with this Responsibility.

"And sometimes 'I don't want to be here' is missing the words—'I don't want to be here when I'm hitting up against my karma because I like to take the easy way out ... and I like to just flee and let me pretend that I can escape from the Spirit I *am*, that I can escape from mySelf, that I can escape my Responsibility, that I can outrun the time allotted for me on this planet as a Soul. ... I don't have to be Responsible.'

"Not going to happen. Not going to happen.

"We're held Accountable. And that's the nice thing. Because What does It mean to be Accountable? It forces you ... really into Who you *are*. You can't get away with anything. There are no surprises. It forces you back into yourSelf, into being in Integrity and into finding out Who and What you *are*, Which is Spirit, Which is Love, Which is the Living God Itself.

"And so when you say 'I don't want to be here' you're really saying many times 'I don't want to be here to come into the Conscious Awareness and the Living of the Truth that I *am* Soul, that I *am* Spirit, that I *am* the Living God. I don't have to do That. And I don't want to have to be Free. Excuse me! let me be in bondage.'

"But wait a second now! Hold on! ... if I'm in bondage a part of me knows that nobody's enslaving me. ... I'm enslaving mySelf by taking my thoughts for real, by taking my feelings for real. I'm enslaving mySelf. ... How do I get out of this dilemma? It's like I'm trapped here. ..."

"You're not trapped, see. And that's a basic feeling tone ... that people have. ... Many, many times when they say 'I don't want to be here' ... they feel trapped. ... What's trapping them? ... They are ... by running their negativity, by insisting on it. There's a whole Satsang devoted to this, of the race, this thing called the race, right.

"And what wins the race but slow and steady, as it were. Walking This Path is a steady, steady, steady, steady Commitment to yourSelf, to the Spirit you *are*. It's not a bunch of ... emotional highs ..."

"But you got to take it beyond the emotional and the thought component and have it become a Living Reality and Live accordingly. And do you have the Courage to do That? Can you Trust Allow and Receive? Can you Trust, Allow and Receive?

"And so much has to do with Trusting, Allowing and Receiving and being able to Surrender. ... in a sense of giving yourSelf over, giving yourSelf over to Spirit. ..."

"And many times when we say 'I don't want to be here' we're also realizing how much of our time and energy has gone into ... trying to control people; trying to control situations. And we haven't yet inside ourSelves made it okay to Surrender. We haven't yet come to the Place of Knowing that we're Surrendering to ourSelves, to the Spirit we *are*. And That is crucial!

"It's not a question of whether you want to be here or not. You've agreed to that. It doesn't happen without the agreement before you come into a body. ..."

"And many times when somebody says 'I don't want to be here' they are also saying 'I don't want to be here because I was drawn magnetically, because I was drawn by the karma I created. I don't want to just go 'round and 'round ... anymore and yet I'm afraid of the Solution'. The Solution is here. ... The Solution is real simple. It's God. It's Loving God. The answer to everything is Loving God. ..."

"We're afraid of what's going to happen when we let go, we Surrender. ... when we Trust ..."

"But when we start running stuff inside ourSelves ... 'I don't want to be here' ... Then we're participating in the negativity and contributing to it. And, of course, keeping our Purpose at the forefront of our consciousness is crucial ... If we can Know at those moments, hey! yeah, things may be coarse; there may be so much density here; ... it's a karmic minefield, etc. If we can keep the Purpose of our being here, that amongst all this stuff, that this is where we come to Know ourSelves as Soul, as Spirit. The Infinite is in the finite. This is where we have the Opportunity.

"And we need to move into Gratitude. Thank You, God, for this Opportunity. Despite appearances. ... stay with how Blessed and Fortunate you are. And it takes Courage. It does take Courage to do That. It's so easy to go outside and run a list of how terrible things are and these are the reasons why. ..."

"The Objective Reality is, you've agreed to be on this planet. And if you're an Initiate, you've agreed to take Initiation and come to Know yourSelf as Soul, as Spirit. And you have the Opportunity, the Great Opportunity to be moved beyond the prison that you've created, Through the Open Door [ed.'s note: Dr. Lane is referring to the Upper Part Of The Third Eye] into the Spirit that you *are* and to Live There.

"It's real simple.

"Do you want this Responsibility? You don't want this Responsibility? Doesn't matter. The objective fact is, you have that Responsibility.

"It's real simple.

"And to Me the Truth is if I can be here anybody can be here. Anybody can be here.

"You're going to flee from being Free? Well, good luck to you. You're not going to go far. The Spirit in you will not mocked. That's for sure. You can't flee the Freedom. I guarantee you that. You can only Surrender to the Freedom.

"Any time you feel like 'hey, I don't want to be here' ... Know that's a pretty good sign that you need to Remember your Purpose here so move into That.

"And if you're going to be here, be here Now. Be here Present, in the Present. Entirely Present as permitted by the Level you're working on. Past, the future—it's all contained in the Now. ..."

"That's the Responsibility. And whether you want it or not, you got It.

"The other thing is, 'I don't want to be here' ... you're attaching to the very place you don't want to be. You're creating this reincarnational pattern that's going to cause you to come into body after body that you don't want to be a part of.

"Where's the smarts in that? Just for an emotional reaction? Doesn't make any sense.

"But if you pay attention to the Spirit you *are*, you pay attention deep inside yourSelf, you'll see There's a Wonder-ful Tapestry, a Wonder-ful Organizational Ability that your Life has and has had. Your Life has been very Organized, as it were, and that underneath It all there's just Love; there's just Kindness; there's just Mercy; and there's just really the Sweetness of this thing called Life. ... there's always That Inner Sweetness. There's always another Drop of Honey and another Drop of Honey and another Drop of Honey, the Nectar of the Sound Current, of Spirit, of God.

"This is where It's Realized Consciously [ed.'s note: Dr. Lane is referring to Knowing ourSelves as Soul, as Spirit]. This is the Blessing of this place called the earth. You have a Great Opportunity.

"I Suggest you take advantage of It.

"And we'll stop with that."

*To purchase an MP3 of This Satsang, please go to cosmootree.org, click on "shop/download" on the upper right and on that next page, put A311 in the search box on the upper right.

"And let me start by talking about how we can work The Teachings using Inner And Outer Reference Points. So The Teachings are the Outer Reference Points. They're the Objective Reality described by The Teachings. They're the Objective Reality of Spirit, of God That the Path Of Soul Transcendence Brings Forth. How do you Know They're True? How do you Know It really is so?

"Well, you don't as a being in this body. You don't because you've forgotten Who and What you *are*. That's why you're here. So the way we work that is—let's just say It's The Teachings about attachment and The Teachings about attachment basically boil down to attachments create our misery: that's the pain—'Humankind is in pain because we have attachments and if we attach to a thought or a feeling and we take it as reality then that attachment becomes what we're responsible for and rubberbands us into another body because what we've done is we've taken something other than God and made that real, worshipped it.'

"So here we have The Teachings on attachment. Alright. So how do you Know if It's so? How do you verify It? Well, you verify It by an Inner Experience.

"Let's just say you had a feeling of fear come up. And whenever you had a feeling of fear come up, you had enormous pain in your leg, for example. And you've been hobbled by this and hobbled by this and you went to see doctor after doctor ... and there was stuff going on in your legs because, of course, as Co-Creators we *are* Responsible and we *are* Powerful so we created something to match what was behind it.

"You know, it's really interesting to Me, so many of us go to doctors and we want to get better and it'll be taken care of, etc., etc. and if you do this, take the right medicine then that'll be the cure, etc., etc., and we want the relief and we think we've gotten to the cause but we're at the effect of it. We're at the effect of what we've put in motion. So that what's manifesting physically is simply the effect of what we've put in motion karmically.

"So here we have This Teaching about attachment. You attach to a thought, attach to a feeling; think it's real; then that becomes your reality and it does cause incarnations.

"So you have an experience where this fear is coming up. You know, I can hardly walk around, my leg's really bothering me, etc., etc. I decide, 'wait a second! I'm not going to go with the fear. I'm not going to feed the fear'. And then you realize, 'well, wait a second! Hold on! While I was staying away inside mySelf from the fear, I was walking around and I was doing all this stuff and I had no pain in my legs and I had a lot of mobility. Oh, OK'.

"So there's the Learning. You've had an Inner Experience about attachment, 'Hey! if I give my power over to a thought or a feeling, take it as real, then I'm in karma and I've created the attachment'. And then you go, 'Oh, OK, so The Teachings, They verify my Inner Experience. So now I Know That Teaching is right on. It's the Truth. It describes perfectly what's going on. And I verified It because I've had the Inner Experience.'

"And if you notice in working with Me, yeah, I'll give you the outer framework—the Outer Reference Point—but I also point you towards ways of having the verification process go on *inside* yourSelf so that you can verify It and Know It's True and then you have a deeper understanding, 'Oh, yeah, that's what I experienced. Oh, OK.' And It puts It in a perspective.

"So That the Outer Reference Point of The Teachings Serve, really, as your lab. Not 'oh, yeah, let me see if that's so'; not that kind of an attitude, you know, real macho number but rather as a gentle scientist, 'alright, let me see how this works'. And you're curious and you're adventuresome, 'Oh, OK, let me see what this means, how this is!'

"Or, perhaps, in Nighttime Travel you had an experience of something being released that you've been attached to and you felt

so much better. Or you had an experience of seeing how in your life as a Soul in one of your embodiments you had created x, y and z because of an attachment.

"So These are all Inner Experiences. And some of you have the Ability when I talk about something or describe something you have the Inner Ability, the Spiritual Ability, the Spiritual Strength to go to the 'Place' in the Inner Worlds where that's so and you'll experience *directly* What's being said. So you're having the Inner Reference Point of What's being spoken about, of What The Teaching is, of what The Teacher is saying.

"So you're having an instant verification, an instant validation of the Truth of Spirit, of The Teachings.

"And what do you do if you don't have that Inner Experience? Well, a lot of people may just reject It, reject It or believe their thoughts. So let me give you a real simple one! We know that the Consciousness of The Teacher is placed with you at The Time Of Initiation. And that all that you go through is in the Consciousness of The Teacher so The Teacher's very aware of what you're running.

"So let's just say I were to mention that to you and your response may be 'oh, well, that doesn't Resonate with me'. And we'd be very quick to take that to mean 'oh, well, then that's not true' rather than the truth of what that person is really saying and that person is saying 'I'm not yet Resonating there' or 'I'm not allowing mySelf to Resonate there, to Vibrate there, to be at that Level inwardly so I don't know if It's True or not because it's not my experience yet'.

"So we really need to be careful here that just because it doesn't quote 'Resonate with you' doesn't mean it's not Resonating. And, in Reality, things are all inside out and backwards. So, in Reality, It is Resonating with the Soul in that person but that particular Soul is not resonating with It. It's not Resonating with It out of fear; out of habitual responses; out of self-protection; whatever, it's all karma. Because of the karma that that Soul is Allowing Itself to be governed by, it's not Resonating.

"But be careful and Know that! So the prayer really is, 'Lord, God (or Spirit or Teacher), please bring me to the Level of Understanding, to the Level where I'm Resonating with That so I can see if It is so or not so'.

"Because it's so easy for us to dismiss what we don't yet know. I don't know how to fix the engine of a car ... but I don't walk around going 'well, that car has no engine' or 'it has no battery' just because I don't know how to fix it. So just because you don't know something we need to be careful that we don't dismiss it or throw it out.

"That's super important. Alright. Otherwise we're just operating very materialistically and we get the fruits of our materialism, as it were.

"And the best way is to be open, to pray for the Understanding and to keep Allowing yourSelf to Grow and to Grow and to Grow. Alright.

"Well, an Initiate shared with Me the other day that They had an experience of just being in My Presence and experienced such Love and Joy and They wound up feeling so happy. Well, that's a conundrum, isn't it? Because the Nature Of The Soul is Joy. Happiness, we know, exists in the dual worlds and it's in contradistinction to being unhappy or sad. And, of course, there's no, not even a glimmer, of permanence with happiness. Yeah, OK, you're happy for three seconds and then soon it will fade. It will fade.

"So what was this person saying? You know. This person was saying 'oh, I'm very happy because my personality and my mind got to verify outwardly the Truth that I've Known or Experienced, Which is Joy'.

"And, so, lot of times when we get outer confirmation of something we experience a happiness, 'Oh, it really is right. It really is so'. And that's because we're doing right versus wrong, real or not. We're still in the dual worlds so things are going to be very conditioned, very fleeting there, etc.

to Applying The Teachings Of The Path Of Soul Transcendence?' [Pause] And, lastly, 'how would you like to Apply The Teachings Of The Path Of Soul Transcendence?' [Pause] ..."

Dr. Lane then invited us to share our responses to the four questions.

A first Participant shared, "sometimes ... inconsistently ... Lovingly ... They are the forefront of my life ..."

A second replied, "yes, to the best of my ability ... Allowing and Receiving ... be open, Present, taking advantage of the Opportunities to Learn ... effortless TAR [Trust, Allow, Receive]".

A third Participant said, "yes ... Love ... in Loving Surrender ... live as God and Knowing mySelf as Soul, as Spirit. Knowing I'm God".

Another stated, "yes and no ... releasing negativity ... the last two questions I got Allow for both of them ..."

A fifth contributed, "yes ... letting go of attachments ... and the last one, the answer is Trusting God ..."

The final Participant added, "... I sort of smiled and patted mySelf on the back because the answer is yes ... Then a little bit of 'shoulding' ... Love yourSelf ... just more often ..."

Dr. Lane continued, "I was moved to give this Satsang really because of a couple of experiences with Initiates where I really got to see the importance of Applying The Teachings. That They're not some intellectual exercise or an exercise in how quote 'spiritual' you are ... Remember, Spirit is here. Spirit lives inside of us so It's right here. It's in the here and the now.

"And I noted that ... probably 25 percent of the ... Students asking to attend the RETREAT were not asking directly, were not requesting directly but were simply saying the purpose of the email. ... I go, 'wow! had the Class in Communication, direct communication so what else is needed?' And, really, it's choice but what's important about it? Why is it so important? ... But when we go into the Soul Body and we Co-Create or even as our Conscious Selves we Co-Create with God and we put stuff in the Light we need to ask directly. ... There can't be a response because you're not asking for a response.

"So if you say 'hey, I'm emailing you to request approval to attend the RETREAT', well, thank you for telling me why you're emailing me but what do you want me to do about it? ... So that doesn't generate a response in Spirit.

"And so My concern is that when you guys are Co-Creating you're doing It in such a way where Spirit can't respond because Spirit ... can't go against you. You're not asking for a response. You say, for example, 'oh, I would like x, y and z'. Well, OK, that's nice. Spirit doesn't have to do anything about it and isn't doing anything about it.

"If, however, you put it in the Light [Of The Most High] that 'For the Highest Good, Lord, God or Spirit or Master, please dot, dot, dot, dot, dot', well, there you go! ... That engages Spirit immediately. And you got your response. So that's super important.

Dr. Lane then Shared another reason why Our Teacher chose to give this Satsang. "I had an experience ... where I Suggested this person let go of ... negativity ... and the person said, 'can I tell you dot dot dot dot dot dot before?' My job as The Teacher is to allow you your experiences so I said, 'yeah, go ahead' and this person conveyed their thoughts and feelings, etc. The thing was it wasn't a neutral report ... The person was completely engaged in it ... That went on for a bit and then, finally, the Release Process.

"But why put yourSelf through it? Obviously, if you do that with The Teacher you're going to be doing this inside yourSelf all the time ... Why not give it up immediately? ... you have the Two-Part Release; Apply it, bingo! and be done instead of insisting on it, insisting on it, insisting on it and then you let it go.

"But the interesting thing to Me is what you're letting go of is,

you're letting go of the attachment but ... what about the creation that you just had and you just continued to make by keeping it going? ... we know thoughts and feelings that we identify with—that's the pain, that's the attachment. ... that's how and why we springboard into lifetime after lifetime. So that insistence ... We really can't afford it. ... We need to Apply It immediately.

"But not out of a sense of supplication, 'Oh, dear God, please, please' and approach It as if we're beggars because how can we be beggars if God lives in us as us? It's impossible. So we need to watch the attitude with which we Apply The Teachings.

"But we need to approach It as, until we have the Knowing of that we *are* One and the Same with the Lord, God, we need really to approach Spirit or God as Co-Equals. ... We're created out of God's Image. ... We're created out of the Sound Current. Out of the Holy Spirit. ... We're created out of This, the very Essence that Spirit is, that God is, so we're One and the Same. So we want to have a correct approach.

"And we also want to know, hey! that the Spirit I *am* is asking Spirit, the Spirit in me and It's approaching the Spirit in me. So That's Who and What I *am*. So Application is not an obligatory kind of a thing, '... we're supposed to Apply It so let me do it' because that sets up something that basic selves love, which is rebellion ... Your basics will have a field day with the sense of obligation. ... And it's not a correct approach.

"But, really, you're Spirit, you're Soul and you do It because It's part of Who and What you *are*. You Apply It because that's your MO internally. You're internally regulated. See, this is really important. The regulation is internal. ... Very much like it looks like The Teacher is outer ... but if you're really honest and ... have given yourSelf Walking down the Path, you come to see that, first of all, it's not the physical form of The Teacher that's The Teacher. It's the Spiritual Form. It's the Consciousness that He Holds and that He Brings Forth. That's The Teacher ... And That Teacher is in me. ... God really is The Teacher. That's the Spiritual Form and That's in me. So, yeah, It's in me and It's me. Nothing external about that ... but it's completely internal.

"And to be true to That, to be true to yourSelf, you stay internal. You stay with the Truth and with Proper ID. And That's the Self-regulation. That's the internal Self-regulation. That's really crucial.

"It's not being imposed on you, 'oh, my God! I got to Apply The Teachings because if I don't something terrible's going to happen' ... So we also have to do It not from a place of fear ... but really from a place of Loving Kindness to ourSelves. We have to be Kind to ourSelves. To Love and nurture and care for the Spirit that we *are*. It's real simple. ..."

"God and the Sound Current and The Teacher: They're all One and They're in you. ... So how can you be a beggar? You can't. How can you feel obligated to do What you *are*? You can't.

"This is really a matter of Proper Identification, Proper ID and Knowing That and doing That.

"And Choosing into doing It *immediately*. Don't sit there and indulge yourSelf ... where you just want to get into it some more. Give it up! Give it up! Give it up! Because every second you're involved with that choice is away from God, away from Spirit, away from yourSelf, reinforcing and continuing to make karma. That's painful. ..."

"And the interesting thing is, it's all based on a 'should've'. Well, it should've happened according to you, not for the Highest Good ... 'oh, it didn't translate into money' ... And so you dismiss it, which to me is so shockingly obvious that I'm always surprised that people fall for it because obviously it's the false self ... at work. Also, if you put things in the Light for the Highest Good, you need to trust God's Plan.

"But if we kick it back, 'oh, OK, hey! what I'm really saying, 'let me take a look at this experience, let me take a look at this! I had an outer experience of validating something inwardly and I was so happy. So since I Know that being in Joy is actually True as the Nature Of The Soul, that That Teaching is really right on well, then, guess what? Then aren't I Responsible to be in My True Nature if outwardly it's going to make me happy, well, why do anything to make me happy if I can just be in Joy? Oh, so why don't I just stay in Joy, stay with Joy, stay with the Nature Of mySelf as Soul!'"

"So many times outer confirmation, Outer Reference Points confirming Inner Ones bring about and will help you really decide to go with your Inner Knowing, Which, by the way, you're Responsible for anyway. So sometimes you'll circle around It, as it were, come back to It from the outside to inside yourSelf.

"Don't worry about how the validation comes or the form that it takes! Whether it goes from out to in or in to out. Doesn't really matter. What matters is, 'OK, am I Living my Knowing? Am I living my Value? Am I being Responsible? Am I being Responsible? Period.

"And we also know about reference points that are past reference points and we know that once we start going down that road then guess what? We've precluded any Action of Grace because we're in time and space and we're all identified with this thing called time or history. ..."

"See—and it's interesting if you take a look at it even from the point of view of the Levels in the lower worlds—you're just going along with the same old stuff; nothing new is going to emerge. But if you take the same old stuff and combine it in new ways and use it differently you get creativity, don't you? And you get some new stuff.

"So using past reference points without giving yourSelf the Opportunity to synthesize it, combine it, work with it or anything else like that, take it as the gospel truth, well, then, guess what? You're just going to go down the karmic road. It's happened once; it's happened fifty times. Yep, and you keep setting it up that that's how it is. It's going to obey the master—which is you—because you *are* powerful Co-Creators. You set it up, 'hey! this is how it is. This is how it is'. Is it the Reality? No. But it is for you because you've chosen to limit It.

"You know, it was interesting, on a RETREAT an Initiate had an experience of really realizing that what They were focusing on projected and made their reality. So it was 100 % his determination what the reality would be, depended upon where he chose to focus.

"That's a Wonderful Responsibility. ..."

"So where we Focus is crucial.

"So if we Focus on disproving, for example, The Teachings that's probably not going to happen but because a part of us hates to be wrong you may very well go out the door so that you're seemingly not made wrong and can still on some level think you're right. If you set it up as 'Oh, I'm a teacher. I'm a teacher and I know everything' life's going to be pretty dull and pretty boring.

"But if you set it up as 'Oh, you know, life's for Learning. This is going to be fun. Life's one big laugh and let me work It as I Know to work It. Let me work It as The Teacher Teaches us. Let me validate by My Inner Experiences, the outer reference of The Teacher and The Teachings. Let me validate Them and if I don't have that then let me Choose Consciously to go with the Authority of The Teacher and The Teachings and pray and keep asking for the Inner Understanding so I'm really bringing mySelf into Resonating: Resonance with the Reality of Spirit.

"And, of course, isn't that What the Soul is doing? It's Resonating, It's Vibrating. ..."

"... what we do all the time, we regulate; we clamp down; we don't Allow ... You're feeling nice and clear? 'Oh my god! I have no frames of reference for this. I didn't grow up that way. Let me be just like my family or like everybody else and regulate mySelf, regulate mySelf.' ... I'm talking about regulating in a negative, limiting way. You know that we get our limitation. We get what we create. We get our focus."

"It's very important for us to Allow ourSelves to be in Our Integrity. What does Integrity mean? It means working the Inner Reference Point, the Outer Reference Point and going with Your Knowing, going with Your Knowing. You may be in a field of maybe 6000 people, maybe you and maybe somebody else may Respond That Way but you need to be in Your Integrity and go with That, go with the Inner Knowing.

"Basics love to be like everybody else. ... most Souls are on a downward spiral reincarnating ... so, yeah, that's the job of the basics.

"But your job is to Live in Integrity. And we have the Outer And The Inner Reference Points to help with That.

"I Lovingly Suggest you use Them wisely.

"We'll stop with that."

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Continued from page 5 - "Application: Supplication? Obligation? Maturation? – A Participatory Satsang" (MP3 A313)

You need to trust ... the timing of It. ..."

"So we need to watch the time frame. We need to watch are we running our agenda? Are we applying our plan or are we Allowing God's Plan?

"And I just wanted to remind you of the immortal words of Ed 75 Cents Faust, the great rapper, 'Surrender what? Surrender our agenda! Surrender what? Surrender our agenda!'

"That's what we need to do. Give up our agenda because ... if your agenda had worked for you, you wouldn't be here. So you're kind of living proof that you're making it hard on yourSelf. And I'd love for you guys just to make it real easy. You know that old song 'Make It Easy On Yourself'? Take it easy on yourSelf! Allow God's Agenda! With your insistence on doing it your way, your insistence on keeping stuff going emotionally and dramatically and in your mind, etc., keeps you attached, keeps you out of the present and is very, very painful.

"So we need to Apply things immediately. And in our Maturation Process, Which comes about from our Applying, Applying, Applying ... and Walking down the Path Of Soul Transcendence *exactly* as Taught we get to see that 'whoa! Tag, we're It! We're It, folks! This

is It and I'm It and I'm Responsible. I'm Responsible to be Who and What I *am*. Wow! What a Blessing! What a Pleasure! Wow! ..."

"So I really want to encourage you to Apply from a Loving Heart. ... To do It always and absolutely and That It's second nature. ... And, yeah, because It's a Maturation Path you may have to start with, 'ok, I'll do It' ... But what's important ... even when those thoughts and feelings are floating around, Identify with the Spirit you *are* and as the Spirit you *are* and you'll come to 'hey! The Teachings are all inside of me. This is Who and What I *am*. This is part of the Action of Grace. This is how to live swimmingly. This is how I swim in the Ocean of Love and Mercy."

"And it's really that simple."

"We'll stop with that."

An Enlightening question-and-answer session led by Our Teacher followed.

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