



Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies **January/February/March 2024**

COVID-19 UPDATE The Home Center is OPEN!

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

Home Center New York City

Mail:

Center For Religion And
Advanced Spiritual Studies

Cosmos Tree, Inc.
229 East 85 St. #1347
New York, NY 10028
212-828-0464

Web sites:

**spiritcentral.org
cosmostree.org**

email: info@cosmostree.org

Regional Centers

Pennsylvania

Philadelphia area
Valentina Isleib
917-841-8817

philadelphia@cosmostree.org

Tennessee

Johnson City area
Peggy Heatherly
423-975-6868

johnsoncity@cosmostree.org

OUTSIDE THE U.S.

Mexico

Queretaro area
Barry Lippman

52-442-237-5745

mexico@cosmostree.org

Initiates' RETREAT 2023: "Being On Point: Living As An Initiate On This Path"

During the weekend of November 3 to 5, Our Teacher Brought Forward a Wonder-ful RETREAT for Initiates Of The Sound Current On The Path Of Soul Transcendence. It was attended by many Initiates from around the country and from Mexico.

RETREAT was preceded on Thursday evening by an Optional Section. Through Meditation Of The Light Of The Most High; written exercises; group
Continued on page 3

Holiday Satsang And Celebration 2023

On December 9th Initiates Of The Sound Current On The Path Of Soul Transcendence from around the country and outside of it attended the annual Holiday Satsang and Celebration in person at the Home Center and via teleconference.

After a brief Celebration at the Home Center featuring food lovingly prepared by some very talented Initiates, Our Teacher continued the Sacred Event with a 30-minute Meditation Of The Light Of The Most High.

Continued on page 4

"And guess what? We're at the effect of our choices. ... Now, God's very Kind. He's very Patient. He's very Loving. And He gives you all the time you need to be on a different track, to get yourSelf on the track of 'be in Integrity! be in the Oneness! be in the Wholeness!'"

-Dr. Roger B. Lane, November 2023
Satsang "What Are You Carrying? ...
And Carrying? ... And Carrying?
Why Do You Think
You Are On A Carousel?
- A Participatory Satsang"

"Are You Learning Or Are You Earning?: A Participatory Satsang"

(MP3 A314)

Dr. Lane began the October Satsang by saying, "I want to talk a little bit tonight about Learning and earning. And we know from previous Satsangs what Learning is. ... To Learn, It's an acronym. ..."

Continued on page 5

"What Are You Carrying? ... And Carrying? ... And Carrying? Why Do You Think You Are On A Carousel? - A Participatory Satsang"

(MP3 A315)

Dr. Lane began the November Satsang by saying, "I want to talk a little bit about karmic patterns that we have. And give you the Opportunity to—well, you always have the Opportunity Walking This Path—to let go of them but really as a concerted Focus to really, really, really take advantage of This Opportunity.

"Karma basically interferes, in a sense, with our Being Present with the Spirit we *are*. ... For example, if you have a perfectionistic streak and you have karma, I can ask you a simple question and you won't answer the question because you are always protecting that maybe you didn't do it right; maybe you're not perfect. And you're always filtering what you hear through that so you're never really hearing what's being said. You're distorting what's being said through the filter of your karma. So I can ask you a simple question; for example, 'was the camera checked?' And you'll hear it as 'oh, my god! I guess I didn't do it' and 'maybe I'm wrong,' etc., etc. And so you'll say 'yes, it was charged.' Has nothing to do with my question. But you're busy protecting yourSelf from quote having perhaps made a mistake, etc., and you can't answer honestly, 'no, I didn't.' So

Continued on page 6

"Letting Go And Self-Regulation: A Participatory Satsang"

(MP3 A316)

Dr. Lane began the December Satsang by saying, "I want to talk a little bit tonight about Letting Go And Self-Regulation. What do I mean by Self-Regulation? Well, Self-Regulation is a lot like R and R. You could either see It as rules and regulation or rest and recreation. And it's all dependent upon the attitude.

"If It's something you're going to see as external ... the basic selves, they're going to rise up and shine and they're going to ... be fighting ... and It becomes a struggle. ..."

Continued on page 7

The Human Story

Dr. Lane's New Book!

Understand the Spiritual Evolution of Mankind!

Available on Cosmos Tree & CRASS web sites & at the Home Center!

Online On Amazon, Apple, Barnes & Noble and More!

Coming soon in Hardback and Ebook!

GIVE THIS MOMENTOUS BOOK TO YOURSELF, FRIENDS,
FAMILY AND COLLEAGUES!

Events Calendar

Fulfill Your Destiny:

Fulfill Your True Purpose

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

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

Call or write today for your free copy!

SpiritCentral

is published quarterly by Soundly,
Inc. Any distribution or reproduction
of this publication without written
permission is prohibited.

©2024. Soundly, Inc., New York, NY

editor

Melissa Sones

editorial staff

Amy Blank (layout, Epage)

Lara Saget (Illustration)

advisor

Dr. Roger B. Lane

SpiritCentral

229 East 85 St. #1347

New York, NY 10028

212-828-0464

email:

info@cosmostree.org

Web sites:

cosmostree.org

spiritcentral.org

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 Jan. 14; Feb. 11; Mar. 10

Sun 10:30am Jan. 28; Feb. 25; Mar. 31

Special 2-hour Meditation

Meditation For Health And Well-Being

East Side (Home Center):

Tues 8:45pm Jan. 16; Feb. 20; Mar. 19

*Meditations are available 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 2nd and 4th
Mon. 7pm. Please call 423-975-6868
for details.

OUTSIDE THE U.S.

MEXICO

Queretaro area: Please call
52-442-237-5745 for details.

OPEN HOURS

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

Every Tuesday

7:30-8:30pm 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 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!

**"Peace On Earth!?!?:
Where? How? When? -
A Participatory Satsang"**
(MP3 A317)

January 3, 2023

6:50pm ET

**"History: Continuation?
Graduation? Fascination? -
A Participatory Satsang"**
(MP3 A318)

February 7, 2023

6:50pm ET

TBA

(MP3 A319)

March 6, 2023

6:50pm ET

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

Listen to Our Monthly Podcasts!!!

cosmostree.org

spiritcentral.org

**Jan. 5: "Co-Creation For The
New Year: A Participatory
Satsang" (A269)**

**Feb. 5: "Patience: Its
Importance And Care" (A047)**

**Mar. 5: "Where Is God? -
Part 2" (A056)**

JOIN US FOR OUR SUNDAY EVENTS!

SUNDAY PROGRAM

Jan. 14; Feb. 11; Mar. 10

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

Tools For Living Free Reading and Discussion: 12pm ET

Jan. 14: #73 **What Does God Want From You?**

Feb. 11: #74 **You Are Worthy**

Mar. 10: #76 **What Are You Waiting For?**

Jan. 28; Feb. 25; Mar. 31

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

Video/DVD Showing and Discussion: 1pm ET

Jan. 28: **V13 What Is Self-Worth?**

Feb. 25: **V14 What Is The Path Of Soul Transcendence?**

Mar. 31: **V15 What Is Meditation On The Path Of Soul Transcendence?**

THE TEACHINGS STUDY GROUP

Jan. 14; Feb. 11; Mar. 10 | 3pm ET

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

Jan. 14: **"Are You Learning Or Are You Earning?:
A Participatory Satsang"**

Feb. 11: **"What Are You Carrying? ... And Carrying? ... And Carrying?
Why Do You Think You Are On A Carousel? - A Participatory
Satsang"**

Mar. 10: **"Letting Go And Self-Regulation: 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*.

Winter Semester

Fear, Hurt, Pain & Other Attachments

5 Meetings, Wednesdays, Feb. 21 - Mar. 20, 2024

7:45-9:15pm

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

Given by Dr. Roger B. Lane

- Let go of old stories and scripts
- Identify the role of negativity in your life
- Move into a more authentic expression of yourSelf
- Live more fully in Love

Spring Semester

Everyday Evolution II

10 Meetings, Wednesdays, Apr. 10 - Jun. 26, 2024

(No Class 4/24 or 5/29)

For details email info@cosmostree.org.

More details also on the Events page

included with this Issue of *SpiritCentral*.

Continued from page 1 - Initiates' RETREAT 2023: Being On Point: Living As An Initiate On This Path

work and sharing we were Given the Opportunity to Surrender patterns that, up until now, we've been holding on to; for instance, "no time ... to get things done", to which Our Teacher responded, "that has to do 100% with working things from outside in versus inside out". Our Teacher reinforced that when "Simran and Dhyana is My Priority ... everything ... fits in." Much Growth, Upliftment and Learning was had by all!

RETREAT began promptly at 5 p.m. Friday with a brief Meditation Of The Light Of The Most High, after Which Our Teacher asked us the Name of the RETREAT. A Participant eagerly responded: "Being On Point: Living As An Initiate On This Path!" No sooner had the RETREAT's Name been announced then we were given a demonstration of what happens when we choose away from Being On Point by allowing our basic selves to "rule the roost". The Participant who had shared "no time" allowed him/herself to be distracted, to which Our Teacher responded, "You could have stayed Focused on What's going on here ... that's the stuff that goes on during the day, why you're so 'busy' ..."

Through written exercises; group work; activities; *Tools For Living Free*; MP3s of Our Teacher's Talks Titled "Where Do You Go To Find The Answers To All Your Questions?" (A19) and "Are You Being Steadfast?: A Participatory Satsang" (A302); Meditation Of The Light Of The Most High; Meditation For Health And Well-Being and the full Transcript of Our Teacher's Talk, "What Does 'Jesus The Nazarene' Mean?: Meaning And Application" (A87) we Strengthened ourSelves in Our Commitment to Be On Point.

As Instructed by Our Teacher, we read the first part of the full Transcript and met in small groups to share our understanding of a Nazir and the Qualities of a Nazir. We then all created a Group List of those Qualities including "Joyful"; "Devoted to Spiritual Growth"; "Trusting yourSelf"; "Disciplined"; "Being Clear" and "Inner Cooperation". Our Teacher added: "Ever-increasing Levels of Surrender ... not just 'outer surrender!'"

After a short break, Our Teacher invited us to share What being a Nazir meant for us. As one Participant aptly said, "Whatever it takes to be clear! Impeccable Eternal Vigilance. Impeccable Integrity".

As Day One formally ended, Our Teacher Instructed us to give ourSelves "Quiet Time..."—and to read two key *Tools For Living Free*: #170 and #171.

We began Saturday with Simran and Dhyana, after Which we had breakfast. After we Called in the Light, Our Teacher invited us to share "Leftovers": "any insights, gains, dreams, etc. you'd like to share". A Participant immediately offered a dream, in response to which Our Teacher Taught us that choosing away from Being On Point affects All. "... We're all at this communal table called Life together. ... what you hold in your Consciousness is in The Teacher's ... if you can't do it for yourSelf, do it for the community ... for Your Teacher."

We continued to read the Transcript, after which we met in small groups to discuss what we Learned about being a Nazir. After a short break, Our Teacher asked us to also see how we can Apply Being a Nazir in our lives and to note any additional Qualities of and Learning about Being a Nazir. Generous large-group Sharing followed including "Love God"; "Commitment to Focusing into the Spirit I am"; "Surrender"; "God is the only answer"; "the Nazir never violates a Commitment"; "attitude determines altitude ...". Our Teacher further Taught us, "if you keep your Focus ... at God you automatically don't participate [in negativity] ... you don't have to 'not participate'"

After a lunch break, Our Teacher asked us what we had Learned from Friday night's Homework: reading *Tools For Living Free* #171 and #172 Titled "The Teacher, The Mirror and You" and "The Teacher, The Mirror and You – Part II". Our Teacher asked us, "What is being asked of you or any Initiate working with The Teacher?" As #171 states, "... in the Inner Worlds of Spirit there's what's called the cosmic mirror and it sits in the etheric. And in it are reflected all the creations that you've made. ..." Our Teacher explained to us that this is "a danger point where we lose the connection" and it looks like the negativity/creations reflected back to us are coming from The Teacher when "... He's only Holding the Mirror ... and it's being reflected back to you. ... People get caught in that and they go off. The goal is to do your Spiritual Progression and Rise Above."

We listened to Our Teacher's Talk Titled "Where Do You Go To Find The Answers To All Your Questions?" (A19). As The Talk states, "in Reality", there is only one question: "How much do I Love the Lord, God?"

Our Teacher then Instructed us to silently "Walk around as a Nazir": How is your Approach different? How is your view of the world different? Sharing followed, including "by going to God you realize What you do is

Surrender"; "we just Love God. We're just Lovers of God"; "... [it takes] stamina to do This". To a Participant Who had been evaluating how he was doing, Our Teacher reinforced, "... You're separating yourSelf ... You need to give up 'am I right?'; 'am I wrong?'. As a Nazir you don't use anything to separate you from God. ..."

The Divine Walk—our next Blessed Saturday activity—is What Our Teacher Teaches us to Apply in our everydayness. The very way we Participate in the Divine Walk—by forming a "line" and "following"—is an out-picturing of the Inner Discipline That Our Teacher Teaches is crucial to Walking This Path; that is, that we are Disciples of the Lord, God/The Teacher and we "follow"; this "line" is also the Movement of Souls—the March of Souls—forward, on This Path. The Divine Walk also provided a way for Participants to easily see negativity that comes up and to use it to immediately Return to the Upper Part Of The Third Eye. The Divine Walk was a Lovely Way to immediately Apply What we had Learned about Being a Nazir. Our "Job" is to *constantly* Return to the Upper Part Of The Third Eye—That's "The Point", as we Initiates have been Lovingly Taught by Our Teacher.

Our Teacher then invited us to Listen to Our Teacher's Talk Titled "Are You Being Steadfast?: A Participatory Satsang" (A302). As Our Teacher Teaches in This Satsang, "we need to be consistent, consistent, consistent. ... you consistently Return. ... We're always in that Awareness of ourSelves as Spirit and always Returning. ..."

After dinner, we were Given the Blessed Opportunity to Listen to and Work the Meditation For Health And Well-Being.

A Truly Special Event followed Saturday Evening: the first Reading by Our Teacher from Our Teacher's New Book, *The Human Story*. The Blessed Event was a Gift from Our Teacher for our having met the goal set for this year's RETREAT Scholarship Fundraiser.

Our Teacher Lovingly Gave Each Participant the Gift of a copy of *The Human Story* and began by thanking those who had assisted Our Teacher—from suggestions to write the Book in the first place to lists of Tools that Our Teacher decided to "pair with certain Tools in the book" to typing up multiple rounds of the manuscript; design; copyediting; and the inspired use of writers' blocs to make "the way it's done" "efficient and effective" and of Endnotes instead of footnotes to give readers even more Education, which Our Teacher strongly preferred. (See Acknowledgments for more!)

Introducing the Book Our Teacher shared, "As This Book took shape it was a very nice Opportunity to really Feast on It so I decided ... That's the form It will take. It will be a Feast! So It has Appetizers and It has Entrees and It has Desserts. I hope It will be a Feast for you!" The Book includes a How-To Manual of Key Teachings as well as a section on How To Participate in Programs and Events.

"The Book is really about Our Spiritual DNA," Our Teacher said, "God's Plan; Part II of THE GRAND EXPERIMENT."

Our Teacher read from the First Course including Each of Its three Appetizers, to give "what's happening a context, historical context ... a little bit about the Meaning and Purpose of this life ... The Third Appetizer is the New Paradigm ... The New Paradigm is the Next Step in HU-man Consciousness That is available now. ... Tag, we're It! Not as the false identity of the ego but as Proper Identification of ourSelves as Soul, as Spirit ..."

Our Teacher then Generously read from the Main Courses: "You ARE Soul/You ARE Spirit/God Lives In You As You"; "Your Will And God's Will Are One And The Same; 'There Is No 'Death''"; "Underneath It All Is Love"; and "The Work/Focus".

Our Teacher Lovingly Summarized: "So It introduces the Second Part of THE GRAND EXPERIMENT. And This is It, folks! This is the New Dispensation, the Opportunity to go from the Soul Realm to HU *while you're in the body*. ..."

"The Dedication actually is to my grandson and, really, for all Souls, Travelers All, so It introduces Traveler Consciousness; the Spiritual Traveler. What's the Spiritual Traveler?"

"We have the Soul Realm then we have Twenty-Seven Levels to HU or the Lord, God. HU is God in Manifestation. Twenty-Seven Levels. This is Part II of THE GRAND EXPERIMENT. ... Walking This Path we are involved with a New Dispensation ... so Spiritual Traveler ... It's an Aspect of God ... and It is Responsible for the Maintenance of those Twenty-Seven Levels through all the Spiritual Worlds. These Levels, obviously, guess Where They are located? ... Inside, *within* you. You have the Opportunity

Continued on page 8

Our Teacher then began Holiday Satsang by saying "... I want to talk a little bit about the Birth of The Christ; What It really signifies; the Christed Consciousness and ... Moving into and Living the Inner Meaning and Meanings of Holidays—the Esoteric Reality rather than just the exoteric way things are usually handled ..."

"So we have the Birth of the One known as the Christ, Jesus and we know that The Christ is a Spiritual Office ... in charge of all Souls in the world of form ... you have the physical; ... the astral; the causal; the mental and the etheric planes ..."

"The One Who occupied It at that time was the One known as Jesus. And Jesus comes in and He has a very special Mission. Until that time, Souls could only Progress to 'limbo land'. ... The Christ comes in and He Demonstrates the Christed Consciousness. ... It has to do with the Oneness of the individual Soul with God: your will and God's Will are One and the Same.

"Then He does the Demonstration. He Demonstrates this on the cross and the cross is that you come into time and space where you're crucified. ... You identify with it—you're crucified.

"And That's ... an older version of What The Teachings Teach us: if we identify with our thoughts and feelings, we're creating attachments. ... He tells us ... 'Don't focus on the crucifixion; Focus on the Resurrection!' ... The Resurrection is being in the Soul Body and being with God.

"So after This Officeholder leaves the body He distributes This Consciousness, This Frequency. The Christed Consciousness was put in every Soul so that each Soul had the Christed Consciousness *within* and It is Awakened through Initiation Into What's called the Holy Spirit or the Sound Current ..."

"So The Christ comes in as Jesus and Demonstrates This Reality and Gives That Consciousness to everyone and opens up the doors for Souls to Progress from 'limbo land'; Gives Them the Opportunity to Enter into Eternal Life. But Eternal Life doesn't happen because you just drop the body. ... It happens because through the Initiatory Process you have gained the Spiritual Strength and Come to Know yourSelf and have explored and seen those Levels of creation in the lower worlds and you can now Hold the Frequency of the Soul Realm. When you're able to do That you're not bound by time and space and you've let go of your attachments. ..."

"... when you Enter the Soul Realm ... you are 'dead to this world'. There is nothing pulling you into reincarnation. ... There's no need for you to come back. ..."

"The Christ, Jesus did That. ... He Brought In that Particular Dispensation. ..."

"And what do we do on Christmas Day ... but we gather around the tree ... and there are lots of presents around the tree? But that's just an externalization of the Truth that ... the Christed Consciousness in you ... —That's Where the Gifts are and That's What you need to gather around. That's What you need to make Central in your life. ..."

"And if you notice Jesus The Christ said ... 'I shall Return'. ... Now why would the Christ, Jesus come back?

"Well, It's for Part II of the Experiment. Jesus is known as The Christ ... Which He is, but He also held another Office. He was a Spiritual Traveler. He Held the Traveler Consciousness. ... The Traveler Consciousness is that Aspect of God that Sustains all the Inner Worlds in the Pure Worlds of Spirit ... all Those Twenty-Seven Realms. That's What a Spiritual Traveler does: He takes It into His Consciousness, That Aspect of God ..."

"So the Traveler Consciousness Holds This. It Holds all the Realms and Sustains Them, Takes On That Aspect of God.

"So the Christ, Jesus was also a Traveler, Spiritual Traveler, and that's why He came back—to Fulfill That Part because guess what? The Hu-man race ... was quite capable of Fulfilling Part I of the Experiment. ... being able to Hold the Frequency of the Soul Realm, being able to go from 'limbo land' into Eternal Life. ..."

"Now let's Bring Forth the Second Part and That is *while you're in the body* to Travel Those Twenty-Seven Realms until you reach HU—The First Manifestation Of The Lord, God. ..."

"So now This Part, That Consciousness has Returned and now Souls *while in the body* can Travel in the Inner Worlds Those Twenty-Seven Levels up to and including HU ... And That's Part II of the Christed Consciousness and What was put in motion.

"So when Jesus The Christ was born, you know, He wouldn't have come in most likely just to have The Christ component Fulfilled because He Knew somewhere that Souls were perfectly capable of Completing the First Part of the Experiment, of going from 'limbo land' and being able to Hold This Frequency of the Lord, God. ..."

"But now It has the ability and the Opportunity *while in the body* to Know the other Twenty-Seven Levels of Itself because when God Created the universe He Gave Souls this Wonder-full Opportunity of Coming to Know Him, coming to Know His Creation. Then what have we done but we've exercised our Free Will away from Spirit, away from God and we've created our reincarnational patterns. ... And so He Gives us all This Opportunity once again to explore and Know His Creation and all Those Levels are God's Creation.

"And so the Birth of The Christ and, really, What we're Celebrating ... is The Christ in the mass, as it were. ... the mass Consciousness in ... all Souls, etc., and now there's a second Birth ... That's happened and That is the continuation of the Christed Consciousness to Give us the Opportunity to go from the Soul Realm or Eternal Life, Travel all the Levels of Spirit into HU – H-U. That's What We *are*: We're HU-mans. ... So The Christ was also a Traveler and we need to start adding That to our Comprehension of What This Thing called Christmas is about.

"We're really in a Post-Christian Era ... The Christed Consciousness, It's already been Met ... That Frequency is amenable to all human beings in the sense of Souls ... Who can handle That ... and now also Souls have the Opportunity to Progress beyond It. ..."

"As One Who was the Christ, Jesus ... He handled all the Levels in the worlds of form. As the Traveler He took on that Aspect of God That Sustains the Twenty-Seven Levels in the Inner Worlds Where there's no density. ..."

"This Guy really hit on It. Talks about really two major allies of the negative forces because we know that there's a real vested interest in keeping Souls in their reincarnational patterns, etc., etc., etc. And that's why The Christ had to go down, as it were, after the crucifixion had to go and free Those Souls. There was a whole—literally want to call it—a spiritual war going on, etc., etc. and they were defeated. ... But through the Consciousness He absorbed the karma that was weighing collectively the Souls there; took it upon Himself and through That Gift the doors from 'limbo land' were open. Now you could go to Eternal Life. So That happened.

"But there are two main residual things that are still around called shame and guilt. And I want to read one or two things. Talk about the monuments that the basic selves are attracted to 'of fame, money status or other physical ones but they also reflect the basic sense that we are unknown to God and have been cast adrift. This karma creates the illusion of separation. That in turn reinforces it in a vicious cycle. ..."

Our Teacher continued to Instruct us by Sharing from Our Teacher's New Book, *The Human Story*: "Parallel with the above is the phenomenon demonstrated by Adam and Eve in the Garden of Eden that runs through people—unworthiness. Adam and Eve covered up their nakedness ... They felt shamed because they felt they could not measure up to the Spirit That they *are*. ..."

"If you take a look at what we've done we've made it like we have this Guy Jesus The Christ ... and He's adored and worshipped and we'll never ... measure up ... So it becomes an ideal. And when we don't measure up we feel a sense of shame. We're not living up to something. ..."

"But The Teachings do away with shame because guess what? The Spirit is in you so ... Tag, you're It! God lives in you as you. Obviously, you've more than measured up. ... We don't have shame on This Path. ..."

"And along with shame ... another ally of the negative powers is guilt. And in the Garden of Eden ... Adam and Eve they did something terrible: they ate the forbidden fruit. They did something 'wrong'. But What did they do 'wrong'? Knowing themselves as Soul, as Spirit.

Our Teacher then read, "... There's a second tree in the Garden: the Tree of the Knowledge of Good and Evil.' It has to do with Gnosis. So Coming to Know yourSelf as Soul, as Spirit is definitely a 'bozo no-no'. ... Come to Know yourSelf as Soul, as Spirit ... then your Soul is lost, as it were, to the negative forces ..."

"... as an Initiated Soul you Choose into Spirit and Strengthen yourSelf by ... making Choices along the Positive Polarity and you overcome the pull of and attraction of the negative forces. ... It acts as a Strengtheners.

"Learn - the 'L' is one Listens. We Listen. We *are* Present. We don't do what we love to do, which is 'gosh, I can't wait 'til this guy is finished so I can talk ...' No. We're Present and we really, really, really, Listen.

"And we Know that we're Present with this experience so that we can be Elevated. We can be Lifted. ..."

"So we need to be in the Place Of Neutrality ... in the Place Of Being Elevated and not to see yourSelf as being made wrong. ... I want you to Focus, Apply whatever it is that's being worked with. I want you to get it right. I want you to be mastering it. That's what's important. ... stay away from blaming yourSelf! ... That's basic self stuff. That's ego stuff. That's power and control stuff. ..."

"Let that go and be there for the Elevation!

"And 'A' we know stands for Adventure. That we need to approach our Learning just as an Adventure. ... We're just here for the sheer Adventure and the Joy of Learning. It's like hey, some people I know—they majored in math in college. They weren't going to be a mathematician. ... Why did they major in math? They appreciated the art of it; the science of it; the precision of it; there was something about it that they liked; they appreciated its inherent logic. And to them it was just a fun and a joy thing.

"And we need to approach things ... in Our Spiritual Work and with The Teacher as an Adventure. ... You get to see new Sights; you get to Learn things that you didn't know before; you get to have your perspective changed ... You keep incorporating and incorporating more and more of your Learning; you get greater Understanding, Greater Understanding.

"And we Know that Learning comes from Repetition. We need to repeat, repeat, repeat, repeat. You know, if you're an athlete and you do sports you want to have a muscle memory so you don't even have to think about it. ... And how do you get the muscle memory? Repetition. ..."

"That's how we Learn. We Learn by Repetition. We Learn by Repetition. Repetition.

"And it's important that we don't judge the form of our Learning. We don't judge how long It takes ... We have to Practice Neutrality. Sometimes what we're Learning is quote 'so obvious' ... We need to watch that. ... We need to be completely Neutral and Loving towards ourSelves.

"So That's Learning. We're Present. We Listen. We Learn to be Elevated. ... We see It as an Adventure. And we Learn by Repetition. We Learn by Repetition.

"Think about it. What is karma? ... same thing, same thing until we Learn it ... And we need to be Neutral towards the amount of time involved; the amount of energy involved; how easy or how difficult it is to understand in quotes.

"And That's Learning.

"And in Our Walking This Path and working with The Spiritual Teacher That's What we need to go by. And, also, in life in general. ... Life's for Learning. ... If you had it down you wouldn't be here.

"Life is for Learning

"And, yet, some of us, what do we do? We approach It like we're earning. We have to earn a quote 'good grade' and we put the pressure on ourSelves. 'Oh, I've got to get it all down in x amount of time ...'. But then what do you do? Well, we know what we do under pressure. We basically fold. We're not going to get it. ... We're not open because we have it down as to how long it should take; the form it should take; how your comprehension should work, etc., etc.

"But the moment you think 'hey! I've got it', you crystallized it. ... And that creation then has to be uncreated.

"So that's why I always Suggest (that) instead of walking around with 'ah, I understand it now. I got it. I get it. I really, really get it. I understand it' just walk around with 'oh, OK, this is my

present level of Understanding. This is where I'm at with this now'.

"And I've shared with you, I've worked on dreams or experiences sometimes for ten, fifteen, twenty, thirty years and, as I Grow, guess what happens? My experience grows. ..."

"So we need to have that approach. We need to see, 'hey! this is where I'm at now'. Not box it up. Not say 'OK, I've got it'. Keep your consciousness open to deeper and deeper and greater levels of understanding. That's really key.

"Some of us think oh, we've mastered this: 'I've got it' like we're earning points or we're earning winning a race ... And that's not how It works at all.

"Some of us think ... 'I'm going to really, really, really be smart so I'm earning all these bits of knowledge so that I can, you know, put the stars on my chest ...' Well, it doesn't work that way. So you need to give that up. You need to give up coming from a negative place and you're filling it up with how smart you are or like you're going to get points in this world. 'See how much I know.' ..."

"I'm not interested in what you know. ... But, really, what I'm interested in is if you really have the Wisdom then What are we talking about? Talking about are you Loving God? That's the Wisdom. Are you a Lover of God? Period.

"So many of us always think we have to earn God's Love, Our Teacher's Love, etc. And we need to Accept that we're already Loved and Cared about. We're Loved Unconditionally.

"Think about it! The Christed Consciousness is *within* us. What is That Christed Consciousness? What is The Christ? It's Unconditional Love. So It's in you; how could you not be Loved Unconditionally? So you don't have to prove or earn anything, you see.

"Somewhere we still think we have to earn God's Love. ... If I have a better game of golf; if I earn more money; if I go to this school ... Well, that's not Love. ..."

"And if It's *within* you, which most likely it is or you wouldn't be affected by it, you need to let that go. ..."

"So we don't need to earn anything. We have God's Love.

"We don't need to earn our Worthiness. ... That's why The Teachings tell us we are Inherently Worthy. It's not about accumulating worth. ..."

"Your Worth can never go up and your Worth can never go down because you are Inherently Worthy. Inherently. It's within you. Nothing you can do about It ... doesn't that take a lot of pressure off you? Doesn't that just stop it all? 'Hey, if I'm Worthy, what's there to prove? I don't have to earn anything.' ..."

"And if we approach Learning as having to earn ... points or love or anything else like that that kind of pressure is going to distort things. ... The moment you go outside to evaluate ... then you are outside of your Center. ... You're of the Power Spot. You're out of the Light Of The Most High That you *are*. ... You're out in the world worshipping a false idol and that's karma, folks, and you get it.

"We know if we work with ... The Teacher in a way that has been prescribed we know very well about the mirror. And when we work with The Teacher watch out! There's always a danger of getting caught in the mirror. ... we think, 'oh, it's not that The Teacher's reflecting that back to me. It's that that's what ... He's projecting on to me. That's His stuff about me.' So we have this confusion rather than Know, 'oh, I'm just seeing my stuff in the mirror that The Teacher is Holding'.

"And that's really crucial! You need to have that sophistication, 'I'm seeing my stuff—the judgements I have on mySelf; the thoughts about mySelf; my feelings, etc.—I'm seeing them in the mirror. It's not coming from The Teacher. It's coming from

that's just information. 'I didn't check the camera so in the future I'll know to do it. We'll set up a Protocol how the camera is to be checked.' ... And you discard the question.

"By choosing into karma you are laying the track even thicker of going down that road: choosing into karma, choosing into karma. That question in the hands of a Master was only the form, was only the arena, to give you the Opportunity to get clear. But It wasn't taken.

"And what happens is, obviously, the person asking the question has to extend a lot of energy getting that other person on track to answer the original question. In this world people are going to perceive a person who doesn't answer things that are asked ... there's something not honest about that person. They are trying to get away with something.

"And, of course, they are right. That particular person is trying to get away with something, with not being Responsible, 'Hey! I needed to check the camera.' And that's all it is. The Teachings Teach us Blame-less Responsibility. We have Blame-less Responsibility for our choices, for all the choices we make.

"And guess what? We're at the effect of our choices. ... Now, God's very Kind. He's very Patient. He's very Loving. And He gives you all the time you need to be on a different track, to get yourSelf on the track of 'be in Integrity! be in the Oneness! be in the Wholeness!'

"And all that time that God gives you—that's called reincarnation. ... The Love doesn't stop. We're Loved Unconditionally. ..."

"The thing that's really interesting to me, that I always scratch my head about, is why does this person have to be perfect on this level? Why is this person so egotistical that they will throw out The Teachings that there's no perfection on this level? The System's Perfect. Why do they want to throw out The Teachings ... and be the only person ever to be perfect on this level? ... And think of all the energy and think of all the Learning That could have been gotten if you didn't have to protect yourSelf with perfectionism.

"And I'm just using perfectionism as an example. We can apply this to anything—the consequences of our carrying around the karma; carrying around the karma; carrying around the karma. ..."

"They're just Learning Opportunities. They are Learning Opportunities. And when we've Learned the lesson ... The karma clears because there's no point in having karma if you've Learned the lesson. ..."

"No such thing as good karma or bad karma. Karma is karma. ... you're still in the dual worlds. ... And that's where the karma is. So it's not a question of it's 'good' or 'bad'. They're all Opportunities. God gives us everything we need to Learn. ... So if you don't need the Learning of that karma ... you're not going to have that karma. ..."

"We don't focus at all on karma. We Focus on the Spirit that we are and on Loving God and on Allowing God to live in us as us.

"And, so, we were given Free Will. We have Choice. And what does the Choice consist of? Choosing into karma or Choosing into Grace. That's our Choice. And we choose into karma ... it's very deliberate; it's very habitual. It's, really, in a funny way what's called a coward's choice because it does, yeah, take Great Strength to drop it and not know what's going to take its place, not know what's going to happen or anything else like that and to give the control over.

"But the false self is set up in such a way that it doesn't want to lose its hegemony. It doesn't want to lose its dictatorship and it doesn't want you to know that what you are giving your power over to in those choices is you as Spirit, as God. It wants to set up this incredible battle. ..."

"And in the situation we're practicing control. Choosing into karma is choosing into the false self and the control of the false self by the false self. ... That has to do with fear and the fear of expanding and being Who and What we are. But we have a lot of Tools for that, have an awful lot of Tools. ..."

"So we're Soul and we're God. ..."

"And as the Soul Travels on through the Realms of Spirit ... It loses Its individuality, Its individual Soulness, and It merges into the Godhead. And It literally is One with God. So That's Who and What we are.

"That strikes me as as pretty Perfect, huh?"

"Why do we waste our time trying to be perfect on this level? No perfection here other than it's perfectly designed for Who and What we are: Take Initiation Into The Sound Current and follow the Spiritual Instructions, you are being Fulfilled. Spirit Fulfills Itself. You are being Fulfilled and you just Oscillate and Oscillate with the Divine Oscillation, with God. That's What the Oscillation is. It's God. ..."

"When we choose into karma ... we're obscuring; we're forgetting; choosing to forget the simple Truth that we are Spirit, that we are Soul.

"The interesting thing to me is, many of us walk around thinking we're not Responsible ... I can persist in my thinking about this and there are no consequences. There are no consequences in the negative sense of the word but things do result from your actions. More Opportunities, as it were ... to be in Integrity and in the Oneness that we are. ..."

"Karma is an Opportunity. It's a sign of God's Love. ... so we can return to the Spirit we are, to our Original Oneness as Soul, as Spirit and as Opportunities to Choose into Loving.

"It's real simple.

"So I would like to give you an Opportunity. Just whatever comes, comes. There's no right answer. There's no wrong answer. Except for the perfectionists among you, there's always going to be a right answer and a wrong answer. ... All the others you automatically got it right. So Call in the Light Of The Most High, 'Lord, God, send us Your Light! And we put this time together into Your Light for the Highest Good. Lord, God, if there's any karma that I've been carrying around and around and around throughout reincarnational patterns, through my life as a Soul that I keep with me on the carousel of life and I'm going 'round and 'round because I do keep it with me, please take it from me now!' [Pause] It's OK to be scared to let it go. Just take this Opportunity to let it go. You're safe and you're fine. Tell yourSelf, 'it's okay to let it go!' [Pause] 'Any thoughts around it, any emotions around it, let it go!' [Pause] And when you can, bring your consciousness back here.' If anyone would like to briefly share anything, you're more than welcome to."

A Participant shared, "my experience was that I didn't even remember what I was letting go" to which Our Teacher responded, "that shows you how real it must have been. Good."

A second Participant asked a question, "do you have to know what ...?" to which Our Teacher responded, "No. You don't have to know at all. ... We don't have to know what it is. A lot of us are tempted ... so it's kept around so you can try to see what it was. So you need to be careful of that. No, just let it go. You don't need to know. And you don't even need to know how or when ... most likely it has nothing to do with your present embodiment. This is the Way of Grace. ..."

A third Participant shared that she felt a tightness in her body as well as cold and fear and all three released. Our Teacher immediately Educated us: "Really, you didn't take advantage of the Opportunity. ... What was the Opportunity? Well, to let go of whatever karma. You didn't do that. You know, you may have let go of the physical sensation in your chest ... but you didn't let go of the karma. ... Why didn't you? ... This is very important. ..."

Our Teacher Lovingly continued to Educate us: "Where was your consciousness? Look at what you're talking about. It's basically all on body consciousness or on your thoughts and feelings. It wasn't being Empty and Allowing the Spiritual Action. And the fear released

"Or you could take it in the mature way as an Expression of yourSelf, as a way to Lovingly Care about yourSelf, Lovingly Discipline yourSelf in The Way That The Teachings Teach us, which is Discipline is Discipleship: we follow, we're following The Christ.

"And to make it even easier I said It's Self-Regulation so that It's the Self, yourSelf That's doing It as an Expression of Itself. It has Its own Inherent Order. Alright. ..."

"Recently we did a RETREAT and the RETREAT was all about Being a Nazir, all about being One who's always On Point. And, of course, if you're really sharp you'll realize Being On Point was not just being correct or doing the 'right thing' but It was being at the Upper Part Of The Third Eye. That That's The Point. And being a Nazir is Someone who doesn't care about others in the sense of their opinions ... but gives Priority to the Spirit That they *are*.

"And is always On Point with That. ..."

"I had a discussion with an Initiate and it was like 'how can I indulge mySelf?' ... 'How could I be the best anti-Nazir that I could possibly be?' ... 'Let me see whom I can fool by pretending I'm not Spirit and I'm not responsible.' And this person went on and on and on and on about something that really was a Wonder-full Opportunity to Let Go, to Lift, to be more in harmony and balance. ..."

"It's interesting because the person wouldn't stop. ... on and on and on and on. And I thought 'wow! I'm really sorry this is happening.' ... I was sorry because of all the work that she was putting herSelf through. These were all crystallizations that she had created. ... when we persist in things ... we're creating karma. Those crystallizations need to be broken up. ..."

"Another thing that made me sad was the lack of Loving herSelf, that she permitted herSelf to just go on and on and on and create all this negativity. ..."

"But the saddest thing was this person didn't realize all the Love that was here. ..."

"It was really, really sad.

"So rather than Let Go And Self-Regulate this person chose to insist and be undisciplined. And they're kind of related. If you're insisting on your agenda —and we need to follow Ed 75 cents' lyrics: 'Surrender what? Surrender our agenda!'

"We really need to follow That: Surrender our agenda! If we don't we're not Loving ourSelves; we're not being Disciples of The Christ *within*. And we're creating a lot of work and a lot of hardship for ourSelf. And when we Let Go we really need to Trust. That That's part of It, too.

"So Part of Our Discipline, as it were, is going with Our Knowing. ... We Know that the Spirit is *within*. We Know That we *are* That and that we *are* Supplied ..."

"So, for example, if you're going to Co-Create and ask God to replace money then you need to rest in the Knowing That your request has been heard ... and you don't need to go and find the source for that to happen so God can fulfill it. You don't need to create the form for that. God's in the world of form. Trust! Trust!

"And It takes Discipline and it takes the Self-Regulation of going with what you Know and that's a Loving Act.

"And It has a lot to do with being in Integrity. Self-Regulation has a lot to do with Integrity. And What is Integrity? But we know from The Teachings that It's the Integer, being in the Oneness, being in Wholeness, etc., and in our Knowing That we *are* Spirit, That God lives in us as us. Real simple.

"If we create lack and limitation we're not in Self-Regulation. We're choosing into the things of the world and the way of the world.

"If we're into not Surrendering, not Letting Go and not Trusting the whole Process of Whatever The Teacher Brings Forth for you, we're not Trusting; we're not Self-Regulating ..."

"If we know, for example, hey! The Teachings Teach us It's really good to be in the Presence of The Teacher because Grace is Grace and things just seem to happen. Well, if you Know That and you've had Those Experiences then you need to Honor Them because you're Honoring yourSelf. ..."

"If you've made a Commitment ... And you know how important it is not just for you but really for all of creation to keep the Commitment then you need to Honor That. ..."

"And yet we love to tell ourSelves all sorts of stories. ..."

"I don't interfere with your choice. ... and the Way That I *always* recommend and point out is the Way of Grace. If you're insisting on your way ... you're welcome to it. That's the way of karma. ..."

"It's OK. You choose to do it your way, the karmic way, you'll get your Learning, too. I just want to give you an easier way. ..."

"And Self-Regulation, being True to yourSelf, is the easier way. ... You don't have to make it happen; all you have to do is give It Priority within yourSelf. Co-Create with God and you're on your way. You may think it's [ed's note: Dr. Lane is referring to doing it the karmic way] the quicker way. Well, yeah, maybe in terms of immediate time it's quicker but in terms of incarnations it's a lot, lot slower. But that's OK, too. There's no time. God's patient anyway even if there were time so take your time.

"But I prefer if you take the 'lestoil' way. ... what I've Learned is to Love you enough to let you have it your way if that's what you want. ..."

"And you're in the struggle because we're still thinking of Spirit and The Guidelines as something ... imposed upon ourSelves but It's not. It's The Teacher's Wisdom, Spirit's Wisdom, to make things easier for yourSelf ..."

"But why not take advantage of That? 'Yeah, hey! This is the Way.' It's Lovingly Suggested you do This because It's a Protected Way. It's easier and it will save you a lot of heartbreak. ..."

"And why not make it easy on yourSelf? Why not do the Self-Regulatory Method? Look, it comes up: that desperado who stepped on my foot, it's not like I'm a robot and anger didn't come up ... But I had Self-Regulation and I didn't enter into it. ... I don't dwell on it.

"It's like a lot of Initiates, they'll call for an Open Hour ... and I'll say, 'let's do the Two-Part Release Process and we'll just ... Let it Go!' ... And then they'll go on for five minutes, ten minutes. Or sometimes ... they'll just discard What was said. And without the Self-Regulation that's a lot of what we do: we continue with our negativity when we've had the Opportunity to give it up! Self-Regulation is a Loving Act. It's an Act of Kindness to yourSelf. ..."

"It's kind of like when you diet. ... You can see your dieting as deprivation ... within our consciousness we really think hey! if we're not indulging our emotional outbursts or our mental masturbation or constant brooding or thinking we're deprived. ... Sometimes we're deprived of our companionship: 'hey! that's my companion, all that negativity.' Sometimes we feel deprived of our habitual responses. ... 'what am I if not my habits? ... without the same old, same old what am I?'

"If you're Self-Regulating you Know that you're Spirit and you're willing to Let that Go and even if you don't know what replaces it that's OK and you know that you're safe and you know that you're protected and you know that you're Loved. ..."

"And when we Practice Self-Regulation we know the Truth of Spirit: that Spirit Loves us; we're Loved Unconditionally. The Christ Consciousness is *within* us. ..."

"When we Practice Self-Regulation ... we're moving into and Being at the Christ Consciousness and we're Loving and we're in Our Integrity and we're At One with Spirit and That's What we Let Go into. ..."

Continued from page 3 - Initiates' RETREAT 2023: Being On Point: Living As An Initiate On This Path

to Transcend the Soul Realm. It's all *within* you—these Twenty-Seven Levels are also in you—so remember there is an Aspect of God called Spiritual Traveler Consciousness and That Consciousness is Responsible for these Twenty-Seven Levels, for Maintaining Them. These Levels exist in the Soul and exist *within* you ... so perhaps this will help open up a new Understanding ... that we're all in It together and an Understanding what you do and what you hold affects all ..."

"So This is a Glorious Opportunity that you have!

"It's very important to know, too, ... there is a new religion ... religion has to do with 'link back' ... CRASS is the Center For Religion And Advanced Spiritual Studies; has to do with 'link back' so we are linking back to Where we came from: HU. We're HU-mans.

"And with all this there's two things really predominate a lot in our consciousness. We have shame. We have guilt, ... done something 'wrong'. Shame is 'you can't measure up to an ideal'. Adam and Eve— they are ashamed of their nakedness ... so in this Religion there is no such thing ... we're here to Know ourSelves as Soul, as Spirit. And because It's *within* us how can we not measure up? It's *already* in us. We're It so it's not that we can't measure up. It's that It's exactly the opposite. The Divine Blueprint is that we do Transcend and go to HU. So, boy! we measure up!

"Part II of THE GRAND EXPERIMENT would not have happened unless Part I had been successfully completed. That has to do with the ability of Souls to go from 'limbo land' and get Established in Eternal Life. There's enough movement of That so That Consciousness comes back, 'I will Return', keeps Promise and there is Part II of THE GRAND EXPERIMENT: move from Soul Realm Twenty-Seven Levels. These Levels exist *within* you.

"That's why the Traveler—an Aspect of the Lord, God—is responsible for those Twenty-Seven Levels and is called Spiritual Traveler. Those Twenty-Seven Levels are *within* you. ..."

"It actually is the Frequency That's come on to the planet, Part II. It's really a Momentous Occasion and a Momentous Event. And we know that in the lower worlds Creation is finished. In the Worlds of Pure Spirit from Soul Realm up through HU—Twenty-Seven Levels—Creation was not complete.

"Well, It's complete now with the Bringing Up of This Frequency, goes through all the Levels. So it's quite a Momentous Occasion. It's the Fulfillment of The Christ ... It's the Fulfillment of the Divine Blueprint and That's *within* each of us. ..."

"So This Book is called The Human Story because It's all about Our Evolution as HU-mans and Who and What we *are*.

"So ... I hope you Share the Wealth and Understand the Blessing That you're involved with This."

A loud round of applause followed!

On Sunday, after Simran and Dhyana, we ate breakfast and Called in the Light. Our Teacher then invited us to share Leftovers followed by the Opportunity to silently read the last remaining portion of the full Transcript of A87.

Afterwards, we met in small groups to "very succinctly" share, based on This Reading, What we've Learned about Being a Nazir, followed by the creation of a List of Our Learning, to Which we all contributed. The List included, "always Honest"; "Commitment"; "It's Being at God and Knowing What you do is Sacred"; "Apply Daily"; "Joyous"; "Spiritual Warrior is Devoted"; "Responsible" and "Peaceful". Our Teacher again reinforced for us—after a Participant was Knowingly outside the Guidelines for RETREAT—that what we do affects all and goes through the Consciousness of The Teacher: "Basics take ... Spirit Gives".

We silently Walked around as a Nazir for 10 minutes after which Our Teacher Shared the importance of Loving Service—that the Home Center is Our Center and Our Responsibility.

RETREAT formally ended with another activity: creating a Tool that denotes the Work done here. For this writer, It was a plate featuring key Qualities of Being a Nazir.

Our Teacher Lovingly gave Each of us a Graduation Gift consisting of five *Tools For Living Free*, including #175 "Be A Nazir!: A How-To Manual".

On behalf of my Fellow Initiates, I thank Our Teacher for Bringing Forward a Magnificent RETREAT.

Continued from page 1 - Holiday Satsang And Celebration 2023

"Knowing yourSelf as Soul, as Spirit, being Established in Eternal Life. ... Well, you're lost to the negative polarity so you've done something 'wrong', according to that..."

"We don't enter into 'right' or 'wrong' above the worlds of duality. ... if you feel guilt about something, you've entered into duality. ... Guilt and shame have no place in Spirit, no place on This Path. ..."

"And think about the Message of the Christ: Unconditional Loving. ... You're Loved Unconditionally. That stuff doesn't exist. ..."

"So the Christed Consciousness is Self-Acceptance; Self-Love; *completely* Responsible. ... And the esoteric approach, it's just the opposite—we have lots of rituals ... lots of symbols ... We have ideas about God.

"The esoteric approach is It's *within*. ... Now with the New Dispensation ... it's not like we're trying to gain the Spiritual Strength so we can 'get to that place'. Those Twenty-Seven Frequencies all exist *within* us in the Soul ... and They're available. So it's really a question of Allowing ourSelves to be open to That, to be able to *consciously* ... Hold and Know That Frequency.

"So, in conclusion, we wind up Where we started. But when we come in ... we're unconscious. ... Our Journey is to ... become conscious and we consciously make choices and Choose into the Positive Polarity. Just like we had to *consciously* Choose Initiation Into The Sound Current ... we have to *consciously* Choose to be Focused on the Spirit That we *are* and not to identify in time and space with our thoughts and our feelings because that's how we get crucified.

"But always be in the Resurrection, And What's the Resurrection but in the Soul Body. ..."

"So The Christ comes from the Glorious Kingdom. Then He leaves the body and that Glorious Kingdom is put within us and, now, OK, let's explore the rest of the Glorious Kingdom Where there's no

density! Wow! What a Gift Where you could go back to HU, Which is God in Manifestation, and get to do That *while you're in the body* because That's the Purpose of HUMAN Life: to gather around the Tree of Life with Its many, many Gifts and That's Its Purpose.

"And That's really What the Birth of The Christ is. It's an Acknowledgment of the Purpose of Humanity; the Next Levels of the Spiritual Progression and how the Return is set up and It was set up because man is capable.

"Think about all the Love! God Gives Souls the Opportunity to explore His Creation and they just made choices away ... And guess what? 'OK, Kids, hey! It's all about Learning and Learning Who and What you *are*. Alright, you emigrated out. You expelled yourSelf. You kicked yourSelf out of the Garden ... due to your own willfulness. You're so Loved, we'll put a Way into the System ... We'll Give you not only a Way to Return but we'll Give you a Way to explore all of It even though you forfeited through your own willfulness. This is the Love; This is the Kindness; This is the Compassion that I have.'

"And That's really the Message of the Christ.

"Who was also a Traveler.

"Stay tuned for more of Part II of The Grand Experiment of This Post-Christian Era!

"We'll stop with That!"

Holiday Satsang was followed by the Presentation of the Group Gift—Donations from Our Teacher's Initiates to Support both the Scholarship and Publications Funds—to the Center For Religion And Advanced Spiritual Studies.

The Celebratory Gathering continued at the Home Center with more Treats and desserts, with fun being had by All.

Continued from page 5 - "Are You Learning Or Are You Earning?: A Participatory Satsang" (MP3 A314)

me. And I only think it's coming from The Teacher because The Teacher's Holding the mirror'.

"And we need to have that sophistication going on. We need to have that Knowing.

"If we do That, guess what? We don't get caught up in ... 'Oh, God likes me'; 'Oh, The Teacher likes me' or 'Spirit likes me'; 'Oh, I didn't get the job. Oh, my god! Spirit hates me'; 'Oh, the money didn't come in. Oh, my god! Spirit detests me'. ..."

"It's a negative grandiosity ... and we don't need to do that.

"And it's really important when you do your Spiritual Work ... you really pay attention to the fun that It is. What's being Given to you. How you're Loved. ... How you're Cared about, etc. And you're not using It to gain points. ... to feel better about yourSelf. ... as an emotional band-aid or anything else like that.

"But rather that you're a citizen in God's Heart. You're Living in God's Heart as God.

"And this is how we live here and this is the way our culture and our civilization, so to speak, is. This is Our Reality. ... This is our environment. This is Who and What we *are*. We don't have to earn God's Love. We are Loved by God and ... we *are* That Love. We are the Love That we're trying to earn.

"And That's What we really need to be cognizant of all the time. We *are* the very Love; the very thing we're striving for, we already have. It's in us. We need to open to It. We need to Allow ourSelves to be open to That. ..."

"It's not a question of going through the Levels to get to a certain point. ... It's simply Allowing all the layers that separate us—the karmic gauze, as it were—to be peeled away. And it's the same with This. We need to Know that we *are* That and we need to have the Courage to allow everything that separates us from That Knowing that we *are* That Love to be taken away by God's vacuum machine.

"And that's Our Power and that's Who and What we *are*. We *are* the very Love That we're seeking.

"And That's What we need to Learn.

"You can't earn What's already been Given to you. ..."

"All you need to do is Accept It. Surrender to that Simple Truth. Remember this is a Surrender Path. The Path Of Soul Transcendence is a Surrender Path and we Surrender to the simple fact that we *are* That Love.

"Period. End of sentence.

"We'll stop with That."

Continued from page 7 - "Letting Go And Self-Regulation: A Participatory Satsang" (MP3 A316)

"We're Letting Go into ourSelves ... into God, Spirit. God lives in us as us. We're Letting Go into ourSelves. ... It's just another Opportunity to meet ourSelves.

"And we know that as we Walk This Path ... the object of our search, God; the subject of our search, ourSelves or the Soul That we *are* and the Love quote between them we ... come to Know That They're One and the Same.

"And when we Let Go And Self-Regulate That's What we come to realize, that we're Letting Go into ourSelves. ..."

"And when we Self-Regulate and we move into the Divine Self That we *are* That's Letting God. It's real simple.

"So I encourage you really to Practice Eternal Vigilance and that when you're Letting Go monitor YourSelf; be vigilant and see that Your Choice is into the Spirit That you *are*. ..."

"And we ... can't afford the luxury of and the indulgence of running our negativity ... because we pay a big price for that. ... we've separated ourSelves from Spirit; we've created a lot of crystallizations that we are karmically responsible for and we've created lifetimes and we've done violence to the Spirit That we *are*. ..."

"Ahimsa is a very, very profound Truth. ... It's more than just not hurting a bug ... not eating a living vegetable ... But Ahimsa goes to the core of ... Spirit. It goes through the Inner Worlds into all that God's Created. And we're Powerful; we're at the Apex of Creation and we affect all.

"You can ask yourSelf ... when do you feel better? When you're indulging yourSelf or when you're Self-Regulating?

"It's kind of like with food ... indulge yourSelves in a lot of the food that you may love but that you know is not good for you ... it can whack you out for quite a while. And it's tempting to be negative. ... But I realize it's a heavy price to pay and I don't feel good. ... That's not OK. So I Self-Regulate. And I Self-Regulate ..."

"But, really, in a Joyous Way. All I'm doing is just Expressing from and as the Spirit That I *am* and That's What I encourage you to do: Let Go, Self-Regulate. The Place of Loving yourSelf and the Place of Kindness and from also Knowing how you affect all of Creation. Talk about being an Environmentalist! That's the ultimate in being an Environmentalist!

"And we'll stop with That."

Continued from page 6 - "What Are You Carrying? ... And Carrying? ... And Carrying? Why Do You Think You Are On A Carousel? – A Participatory Satsang" (MP3 A315)

because ... there was nothing to be afraid of for the simple reason that you chose not to have it be released. So you determined ... the Spiritual Action ... I can just give you the Opportunities. It's your Choice. ..."

"But we really got a good demonstration of what was talked about ... Chose into karma and there's no Spiritual Action That happens. So, yeah, you would like to but you didn't. ..."

"You need to Trust that you are so Loved that the Spirit will give you all the Opportunities you need to have it released, etc. By the way, the focus is not on karma and having it released. That's not at all The Teachings. The Focus is on Focusing into the Spirit you *are* and, in that Process, you can Trust that everything that stands in the way of that, that you allowed to be in the way, gets moved out, gets cleared, cleared out. ..."

Another Participant shared that she, too, "forgot what it was that I was hanging on to. ..."

Our Teacher continued, "So when you let go of the karma ... then you got to have that experience of being moved into the Spirit, Soul you *are*. And the thing for you is to hold steady in there as Your Consciousness is Moved ... You're moving from the false self to Proper ID. ... When we do Simran and Dhyana *exactly* as Taught then That's really what happens. We Move beyond our physical body, our identity here, etc., and we move into the Soul Body and are in the Soul Body and Travel through the Inner Worlds.

"But we can't do that unless we let go of this false identity and just go with the Spiritual Currents in the Soul. ..."

"Well, let's stop.

"I Appreciate the sharing."