



Spirit Central

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

“More (Or Less) On The Ego: A Participatory Satsang” (MP3 A320)

Dr. Lane began the April Satsang by saying, “I want to talk a little bit about the ego and what The Teachings Of The Path Of Soul Transcendence say about it, how we approach it, etc. I know I’ve talked a little bit about it before but I wanted to share some more.

“And the first thing that we all need to be aware of is ... there’s a purpose that the ego has. God wouldn’t have placed it in Our Consciousness unless it had a Purpose. And what’s Its Purpose? But Its Purpose is to be In Service to the Spirit That you *are*. It’s to be In Service.

“What does This mean? Well, if you’re Initiates On The Path Of Soul Transcendence and if you are taking the Nazir Approach—the Approach That This is Who and What I *am*; This is my Focus; This is my Commitment; This is My Deep Heart’s Core Coming Forth; This is Who and What I *am*—if we’re Living as a Nazir then we’re always in Service to the Spirit That we *are* and That is in Its Fulfillment and in the Fulfillment of the Purpose of why God’s Given us This Incarnation to Know ourSelves as Soul, as Spirit.

“And the ego is In Service to That.

“This is very important. The ego is not a Tool. It’s an Instrument. It Vibrates, as it were, and Resonates with the Spiritual Flow and as Spirit. God’s placed It within Our Consciousness for a Purpose.

“We’re not here to get rid of the ego or do anything else like that. We’re not here to use the ego to get rid of the ego. None of that stuff. But we are here to use the ego properly In Service to ourSelves as Soul, as Spirit.

“How do we do That? Well, let’s take a look by seeing how the ego works things ...

Continued on page 3

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, Barnes & Noble and More!
Paperback & Ebook out now! Coming soon in Hardback!
GIVE THIS MOMENTOUS BOOK TO YOURSELF, FRIENDS,
FAMILY AND COLLEAGUES!

“Conflict Resolution Made Easy: A Participatory Satsang” (MP3 A321)

Dr. Lane began the May Satsang by saying, “I want to talk a little bit about Conflict Resolution ... It can be said in one word. And it’s a simple three-letter word and That’s God. You know, there are no conflicts in Spirit. There are no problems in Spirit. ... ‘The Peace that passeth all understanding’ is in God, in Spirit. ... God lives in us as us so the Resolution is *within* us. ...”

“I’m going to be strongly ... focused on the inner conflicts we have ... And, really, that’s where all conflicts originate. ... And they’re projections onto the world. The difficulties we have ... with people, with situations, etc., they’re found within us. ... That’s the karma. ...”

Continued on page 4

“Are You Exploring? Deploring? Boring? - A Participatory Satsang” (MP3 A322)

Our Teacher began the June Satsang by saying, “I want to talk a little bit about how to be with and how to Work The Teachings Of The Path Of Soul Transcendence. And I’ve noticed that many of you have an almost magical thinking about The Teachings ... Almost like if you do x, y and z and quote ‘behave’ that you’ll be absolved of any kind of hurt, pain, etc., etc. and then you can make any choices that you want and somehow magically you’ll get the result that you think you ‘should’ have.

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“So the ego is always coming out of a place of power and control. It always is working from the illusion of separation, that it’s alone in this world and it’s ‘me against the world’, ‘me against others’ ... the very antithesis of that we’re all One, Which is the Living Reality and the Truth.”

-Dr. Roger B. Lane, April 2024 from the Satsang
“More (Or Less) On The Ego:
A Participatory Satsang”
MP3 A320

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

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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 July 14; Aug. 11; Sept. 8

Sun 10:30am July 28; Aug. 25; Sept. 29

Special 2-hour Meditation

Meditation For Health And Well-Being

East Side (Home Center):

Tues 8:45pm July 16; Aug. 20; Sept. 17

*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!

"Are You Open To The Solution? - A Participatory Satsang" (MP3 A323)
**July 3, 2024
6:50pm ET**

"Who's In Charge?: A Participatory Satsang" (MP3 A324)
**August 7, 2024
6:50pm ET**

TBA
(MP3 A325)
**September 4, 2024
6:50pm ET**

**Satsangs
by Dr. Roger B. Lane**
Available at All Centers

Listen to Our Monthly Podcasts!!!

cosmostree.org
spiritcentral.org

July 5: "What Are You Protesting?: A Participatory Satsang" (A288)

Aug. 5: "Hey, Good Looking! For What Are You Looking? Why Are You Looking? Where Are You Looking? Are You Focused On Looking? - A Participatory Satsang" (A280)

Sept. 5: "The Alchemy of 'Defeat': A Participatory Satsang" (A273)

JOIN US FOR OUR SUNDAY EVENTS!

SUNDAY PROGRAM

July 14; Aug. 11; Sept. 8

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

Tools For Living Free Reading and Discussion: 12pm ET

July 14: **#91 Be With God – Now!**

Aug. 11: **#94 The Divine Plan And You**

Sept. 8: **#96 The Family Solution**

July 28; Aug. 25; Sept. 9

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

Video/DVD Showing and Discussion: 1pm ET

July 28: **V19 The Final Surrender And The Path Of Soul Transcendence**

Aug. 25: **V20 Living Free And The Path Of Soul Transcendence**

Sept. 29: **V21 What Do We Do On The Path Of Soul Transcendence?**

THE TEACHINGS STUDY GROUP

July 14; Aug. 11; Sept. 8 | 3pm ET

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

July 14: **"More (Or Less) On The Ego: A Participatory Satsang"**

Aug. 11: **"Conflict Resolution Made Easy: A Participatory Satsang"**

Sept. 8: **"Are You Exploring? Deploring? Boring? - 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*.

Meditation For Health And Well-Being

Get Quiet

Let Go of Stress

Receive the Gift of the Healing Light
Of The Most High

Home Center

Tuesdays 8:45pm

(doors close at 8:40pm)

July 16, August 20, September 17

Also available via teleconference!

The ego wants to maintain its power, its control so it approaches the world and it approaches others—quote ‘others’—from that reality. It’s all about power and control.

“I got a letter recently from somebody who went on and on and on and on about some Class Where The Teacher had called upon members of the Class to help this person Lift and Grow. And the person experienced it as ‘The Teacher had turned the Class against me’ plus ‘how rude of The Teacher to do this’. You know—and I thought that this was really a wonderful demonstration of this person’s coming out of the ego—from the ego—it’s ‘either me or them. ... I’m not willing to Surrender. I’m not willing to Let Go. These people are here to help me do That so let me perceive them as the enemy ‘cause they are the enemy. They’re the enemy of my staying in the status quo. ... And The Teacher ... He’s got to be against me because He’s here to help me Lift and Grow. That’s against me,’ according to the ego, you see.

“And the fascinating thing ... was that this person had gotten caught in this ... many years ago and it was clarified and explained ... and the person was still there.

“So the ego is always keeping track. It has an inventory of whatever its agenda is and what it’s using. So ‘I’m a victim. I’m a victim. Things are against me. People are against me. The world’s against me’ and it’ll keep track and it will lodge its offenses. It will lodge its complaints, as it were.

“So the ego is always coming out of a place of power and control. It always is working from the illusion of separation, that it’s alone in this world and it’s ‘me against the world’, ‘me against others’ ... the very antithesis of that we’re all One, Which is the Living Reality and the Truth.

“But, you see, if the ego surrenders that—and, by the way, the ego is not going to surrender that. You, as a conscious self, need to work with your basics, which is hooked up with the ego, to assist in that process—then the ego gradually ... is moved into its proper place. And that’s done by your having a relationship with it, not by your identifying ... with it.

“So the ego is about power and control. And if it fears it’s going to lose its power, it’s going to believe that it’s a victim or it’s going to work very, very hard to make you wrong ... Because what happens when the consciousness realizes ‘hey, The Teacher’s on my side. It’s all about Lifting and Growing. And I can’t relate to The Teacher anymore out of this emotional, mental category’. What do I do? But I have to Surrender. ‘Oh, I can’t Surrender! That means the ego’s out of business’. Well, not really ... It just has discovered that it’s been in the wrong business, as it were, ... in the guise of being on your side and for you, that it’s really against your Upliftment, your Growth, your Fulfillment of yourSelf as Soul, as Spirit.

“So the ego gets the opportunity to move ... into the right business and what’s its business but to be Of Service.

“So ... let’s take a look at ... the many ways we can use the ego properly.

“So if we’re running some stuff, take a look, ‘oh, What do The Teachings say about this?’ ‘Am I in Alignment with It?’ ‘What do I need to do to bring mySelf into Alignment?’ ‘Do I Commit to That?’ ... And then it becomes part of your everyday reality.

“‘Oh, The Teacher talked in a “funny voice” to me, you know. ...’ ... So if we’re having reactions remember that’s what we’re doing—we’re reacting—which means we’re at the mercy of something outside ourSelves. And so we want to work with the

ego, ‘OK. What did I react to? Why?’ Use it to Lift! Use it to Grow even if I don’t know why.

“And you’ll get *so* many Gifts if you use the ego In Service to the Spirit you *are*. You’ll get Gift after Gift after Gift.

“‘Oh, OK, hey, I’m scared to do x, y and z.’ OK. That’s fine. Feelings aren’t right or wrong. They just are. Alright. ‘What do I have at my disposal?’ And ‘What Tools can I use to be Lifted beyond that?’ ‘How can I position mySelf to be in Spirit’s Ballpark so that Spirit or The Teacher or God can Play with me and I can be moved beyond it?’, you see.

“And the ego, what does the ego love to do but it loves to fight and it loves to struggle. ...”

“See, there’s a big difference between something that you keep around very deliberately and something that you let go of and it comes back around ... Because it’s coming back around ... at a very different Frequency, as it were. ...”

“When we hold onto it what are we doing? We’re keeping it at the same vibration; we’re keeping it at the same place; we’re holding ourSelves back. And when we work things Spiritually, it’s *always* we get clear; we get clear; we get clear; we get clear; we get clear; we get clear.

“We’re *constantly* Letting Go; *constantly* Letting Go; *constantly* Letting Go.

“And we need to use the ego for That Purpose. It’s so easy to get angry at somebody. ... Use that to be free of whatever it is that you think that person did to you. Let it go. ... You don’t need it. ...”

“We also need to educate ourSelves that hey! really, every interaction or every reaction that we have—it’s a Gift. We need to use it all to Lift and Grow, Lift and Grow. ... it’s tempting to go down a negative road. It’s tempting to keep stuff around. You know, it’s tempting to want to haul off and hit, etc. But as long as we do that we’re not Allowing the Solution. ...”

“It’s so easy to go down this road and, ‘yeah, that’s happened every single time in the past’. ... But I’m not going to do that. I’m going to give it over to the Light, put it in the Light; state my preference ... and that’s it and God Hears and bingo! it’s taken care of. It’s taken care of. So I Let Go. ... I had to rein in my ego and then I had to use the ego to give it to God. ... We’re living in Trust, Allow and Receive and that’s it. And the energy comes off and it comes off and it comes off.

“But it takes a conscious effort of working with the basics and the ego. ...”

“This is crucial: We love to figure things out because we love to control things. That’s the ego. But what we really need to ‘control’ is the ego. ... we need to make sure that it’s working in the right business, as it were, not coming from fear and power and control but rather In Service. So I use That Opportunity to be In Service to the Spirit I *am*. I just gave it to God. ... So there’s Trust. My ego doesn’t need to be in charge. God is in charge. It’s always God’s Will. *Always*. ...”

“Even if I insist on going with things (then) what I want to do is, I’ll take a look at it at the level that I’m working it on and see if that makes sense. ... So do I really want to give my energy over to my ego? No. I’m not here to be In Service to my ego. My ego is here to be In Service to the Spirit That I *am*. So let me turn it around and let me give it to God.

“That’s really, really important.

“Of course, the ego also identifies with thoughts and feelings.

"And, if we take a look at what's happening now—we'll use the college quote 'protests'—I'm not sure what they are protesting for. I'm not really sure what they're protesting against. I know the surface but that doesn't really seem to be it. Let's take a look at this [ed.'s note: Dr. Lane is referring to the 'protests'] because there are some key things that tell us a lot about how to work things, etc.

"If you notice, there is no attempt at bringing forth a solution. It's basically 'my side's right, your side is wrong and your side shouldn't exist'. But that doesn't solve anything. That's just cancellation. And it doesn't prove anything. We need to go for a solution. ..."

"If you look at a lot of how the universities 'solve' this issue in quotes ... it was either one or two extremes. They were heavy-handed from the beginning or they completely abdicated their responsibilities and so the protesters could just violate the guidelines and the deadlines and all that with impunity. And then at the end when it got to be ... too overwhelming they had to come in with the heavy hitters: you know, hundreds of cops. ... Buses to haul away the arrested ones, etc.

"But if we work things within ourSelves we need to respect the lower part of our consciousness, the part of us that's in protest, as it were, and we need to—at the same time—be the conscious parent. We need to be the parent and we need to provide guidance. We need to provide extreme focus; we need to set the ballpark; we need to set the parameters. And it's very important. ..."

"It's like when you teach a dog how to walk on a leash when the dog's a puppy; you always have to reinforce it. Same thing with a child. You always have to reinforce the limits because any kid worth its salt and any dog worth its salt ... they're going to keep testing you ... and you need to keep reasserting yourSelf or asserting the limits.

"And it's really interesting. There are many parents who grow up thinking 'well, I can't really discipline my child because it will interfere with their creativity'. ... But the child walks around feeling unloved because there were no limits set and so the kid's scared because there's no ballpark. And the child doesn't know that they're loved. Has no clue. So it's important.

"And The Teachings Teach us *Loving Discipline*. But many of us we get into this pattern where we allow our basics to run the roost and then we have to really clamp down so hard and then, of course, there's resentment, resistance, etc.

"And we always need to go for the solution. That needs to be our focus.

"And many of us, we have a whole repertory of excuses to keep it going and we have a whole inventory of the reasons why we need to keep our agendas going. You may have great reasons, etc., but guess what? That just ... keeps you in karma.

"I was struck by something that one of the leaders of the protests at a local university said. A tape of his was shown where he spewed violent, violent anti-Zionist statements. And the school suspended him and he honestly thought that the only reason for his suspension was because of the color of his skin and his sexual orientation. ..."

"Took no responsibility. We need ... to know that we *are* Powerful. Not in terms of standing up against quote 'authority' ... But ... in terms of that we make our own decisions, that we affect others. I think that's really crucial. Many of us don't know that we're Powerful and we do affect others. And, yeah, we can get into moods, we can get into nasty moods. We can permit our negativity to just outflow and outflow ... we're all One and we're all affected by it. And we're not helping others.

"And why can't you Self-Regulate? Why can't you *Lovingly Discipline yourSelf*? Discipling ourSelves is not a matter of coming down hard on ourSelves after we've let the lower self get away with murder, so to speak. But It's *Loving Guidance* like a parent *Lovingly* directs a child. Or ... like an advisor in college advises his advisee ... how best to go through this minefield; how best to live in this social

setting, etc. Out of Love and Caring.

"What so many of us have is this sense of also taking everything personally so that what somebody says becomes 'oh! It's directed against me' ... Be really smart! Then use it as an Opportunity to move beyond your response. You know, we walk around so often with 'oh! They made me angry. They made me angry'. And many of us, like the protesters, we want to prove our point ... that our side is right and the other side is wrong. But that just keeps it going.

"And we know from The Teachings that if we're into 'right' and 'wrong' then we're into duality. Not a question of 'right' or 'wrong'. It's 'OK. How can we work this out together?' 'What do we need to do?' ..."

"We need to hold ourSelves accountable. We are accountable ..."
 "We need to take responsibility. Part of the Conflict Resolution—whether external or internal—is taking Responsibility: seeing that we affect others, seeing that we need to regulate ourSelves. ... Because you're Responsible for your environment and God Lives in you as you so it's very important to Honor That. And That's a Sacred Space in there and It needs to be Honored.

"You know, when we work with the lower self it's not that we're ruling the roost over them and rendering them powerless. It's exactly the opposite. It's rather we're acknowledging the power they do have, the energy they do have *and* we decide what purpose it's going for. That's crucial! We decide the focus.

"When we want to solve any kind of conflict we need to determine that the focus is always towards ... the Resolution, towards the solution. It's not to get into an inner argument ... or an outer argument of why you're 'right' ... It's 'We're in this thing together. How can we work it?'"

"The protesters in the university—they're in it together. And it's so easy to get into the 'me versus you' kind of mentality. Or the physical world versus the spiritual world.

"But God's here. He's in the world. He's in you Living as you. ... It's real simple.

"The Christ said, 'Tag! You're It!' ... We're It! We have That Responsibility. It's an Awesome Responsibility in that It's Full of Awe. ... God *is* Awesome and we *are* That and we *are* Awesome and we have This Awesome Responsibility to come together within ourSelves and with others.

"And, of course, when we work things from the ego ... It's all about power and control. ... Who's going to win, etc., rather than conciliatory. ..."

"But if you've won there's a loser. ... And if we're all One then that part is you. You've lost as well. And it's played out in terms of karma and reincarnation. Yeah, you lost the Opportunity, as it were, to be in the Oneness, to Know yourSelf as Soul, as Spirit. You've lost the Opportunity to live pain-free because you chose into separation.

"But God's Kind and Merciful ... so we get lifetime after lifetime to come together. ..."

"What's really important is the Practice of Proper ID. ... all the conflict we have ... it's all based on misidentification. You think you're this person ... you think you have this set of beliefs. You think you are from this country ... etc., etc., etc. All things of the lower world. All body identified. ..."

"Wide is the way but narrow is the gate that leads unto Eternal Life'. Yeah. And we all live in the Oneness of the Holy Spirit. And we need to remember That and we have the Opportunity *at each moment* really, as it were, to make Peace, whether it's because of an external conflict or whether it's because of the inner conflict that we have.

"Now, I'm sure you've come across people who always want to make you wrong ... OK. That's fine. Love them enough to let them

"Doesn't work like that.

"It means that as Initiates Of The Light Of The Most High we have access to Spirit, *direct access* 24/7. At the Time Of Initiation the Spiritual Form of the Master was placed with you and through That Consciousness you have *direct access*. And, as the Levels in you start to Awaken, then you have, ... to be grammatically correct, more nearly *direct access* as you go along.

"And we know that below the Soul Level the Office Of The Christ is in charge of all Souls and it goes through That Christed Consciousness. At the Soul Level and above, we go through the It of Itself from the Soul Level on up through the Manifestation of God for the first time as HU and That Consciousness is What's Known as the Traveler Consciousness. And all ... Those Levels are *within* you. No pun intended but the only difference ... between you and The Teacher is The Teacher's Awake on Those Levels and you're not yet.

"And you start to Awaken on Those Levels.

"And That's What The Teacher helps you do—to Wake Up on Those Levels.

"And we know also that there's a New Dispensation that Souls *while they're in the body* have the option to Uplift and Travel through the Realms from Soul on up through the HU Consciousness.

"But we still need to go through our daily experiences; we still need to make the choices; we still need to be Responsible.

"Some of you still use The Teachings as a respite or as a remedy from feeling bad, compulsions, obsessions, that sort of thing. And that's only secondarily that They really have that effect.

"Really, The Teachings and Method you have are Wonder-full Ways of Exploring the Spirit That you *are*.

"Some of us have an approach of ... I can't wait to get off this planet and go Home to God. ... both of those are an incorrect focus because that whole approach is just another attachment. ..."

"You're not seeing this planet in Its Purpose, which is as a school; as a karmic learning; ... the only place in the lower worlds that the Soul has the ability, the Opportunity, to go to Completion. ... But that's not the Purpose of This Path. I was speaking with someone today who mentioned it as One of the Purposes of This Path but It's not at all. The Purpose is to become a Lover of God; to Know yourSelf as Soul, as Spirit; to Know that the Subject, Which is you, and the Object, Which is God, *are* really One and the Same.

"And you go to Completion or go Home to God as a byproduct of the Loving. ..."

"Some of us think '... if I use The Teachings ... I'll have the results that I want' '... if I go for a job interview or ... an interview for a school or ... for a citizenship ... I'll get the result I want'. But we practice Nintendo—work our buns off and leave the results to God. We need to be Neutral.

"Yeah, but ... My Teacher told me 'it'll go well'. Well, it did go well. 'Yeah, but I failed it'. No, you didn't. ... The Teacher said it would go well because it did go well. ... you had an Opportunity to move beyond your karma. You were Given That Opportunity. 'Oh, I was afraid I'd never get the job ...' ... You had an Opportunity to rise above that, whether it was speaking up, whether it was doing the Inner Work. ..."

"And isn't That part of The Teacher's Job—to present the karma to you and to Give you the Opportunities to move beyond it? ..."

"We need to have the Spiritual Focus, the Reference Point: ... 'This was an Opportunity. What was I presented with? What do I need to Learn?' 'Oh, I was so afraid going into the interview.' Yeah, well, that's your karma upon you. You got an Opportunity to see it then; you got an Opportunity to be Lifted above that. Did you take It?

"You know, reminds of, recently somebody said—it seemed like a complaint—that 'oh, there was a Window of Opportunity That opened up. Why was it so short?' Which to Me is extremely funny because what the person was really saying was, 'well, can't I keep doing this negativity? Can't I keep acting and insisting on

my karma and still have an Opportunity to have it worked out by Grace?' Well, you can't have it both ways. And, in Reality, Spirit, The Master, Whatever you want to call It—God—doesn't have to extend you even That Opportunity. But I noticed that in this situation the Master extended It to you several times and you didn't take It. You didn't take It. He kept It open for you.

"So a lot of us think we can ... do whatever we want and our actions and our focus have no consequences. ... And that Our Teacher will really disrespect us and ... disrespect our choices and ignore our choices into karma and ... violate our consciousness. Doesn't work like that. Spirit respects your choices. The Teacher respects your choices. ... This Whole Path is the Way of Grace. And you're free to work it as you wish. ..."

"If you notice, in our daily lives, we're always at choice and we have to direct ourSelves. And we can feel the magnetic power of the lower self and how it wants to continue its stuff and how it also wants to go out for affirmation in terms of numbers; ... of what people said; what their friends think; ... what their spouses think ... And we'll ignore our own ... Truth, ... Which is really the Truth for everyone. ..."

"We're all children of God in the sense that our Souls are Created in God's Image. ... We are of the Same Material. We're of the Sound Current ..."

"... blue, black, green, poor, rich, famous, a beggar ... we're all the Same. ... All that stuff is false identity ..."

"... when you deplore someone or some part of That [ed.'s note: Dr. Lane is referring to Creation]—It's all God—then you're deploring God. ... Let go of the judgment! ..."

"But let's start Exploring! Let's start seeing Who and What we *are* as Spirit and how Magnificent we *are*! ... And let's start having Compassion and Kindness towards 'others' who may not yet know and may be exhibiting behavior or other traits that are very unpleasant to us but are simply a result of That Being's not yet Knowing, not yet Remembering, That It *is* Spirit, That It *is* Soul.

"And so we extend Kindness; we're Compassionate. And Compassion doesn't mean 'aw shucks, isn't that awful.' No. We're empathetic. We Hold the Light because we Know that the Light in them is the Same Light That's in us. It's the Light Of The Most High. And we Hold the Light for that Particular Being. And we let go of the judgments. ..."

"And so many of us are fascinated by our own stuff and our own noise and our own storytelling. And we tend to get bored ... if nothing's really happening. So we love the excitement ... whether it's outside; whether it's inside; and we just gravitate towards that.

"But you'll find that if you stay *within* in the Spirit That you *are*, it's pretty exciting! It's pretty, pretty Wonder-full! ..."

"You can stay *within* and start Exploring! Start Learning! And Start enJoying the Inner Excitement!

"It's really quite something! ..."

"So I want to convey the excitement that's *within* and, really, Lovingly enCourage you to really engage with It [ed.'s note: Dr. Lane is referring to the Spirit we *are*]; to really, really Appreciate It; to really, really Explore, take the time ... to really Know about It. And to Work This Path as It's intended. ... It's a Way to Know yourSelf as Soul, as Spirit.

"And It all happens in the Upvibration Pattern ... We're being Upvibrated 'back' to Where we came from, 'back' to the Beginning. We *are* the Alpha and the Omega; we *are* the Beginning and we *are* the End.

"And What we do in Simran and Dhyana is we kind of ... Walk back. We've ... forgotten Who and What we *are* through our choices through all our incarnations ... and now we get the Opportunity to go 'in' and 'up', as it were, instead of living a life 'down' and 'out' ... have the karma upon us and being pushed out into the world. We go 'in' and 'up'. We go 'in' and 'up' ..."

Continued from page 3 - "More (Or Less) On The Ego: A Participatory Satsang" (MP3 A320)

The person whose letter I quoted identified with feelings, thought they were real. ... And then holds it around. ... And it's just another attachment.

"And we want to work with the ego and have the ego just Surrender—drop, drop, drop, drop—because the ego, out of its own volition, it's not going to do that ..."

"And we need to use everything according to Its Purpose and the Purpose of the ego is to focus. Where it focuses, ah, you're the one that controls ... the direction of the focus. Where am I *consciously* going to be Focused? Into negativity or into Spirit? I'm always at Choice. ... Even if we don't know what's gonna take its place. ..."

"One of the ways that the ego feels like it's in control is to know the outcome. ... What do I get out of it? What's in it for me? What's in it for me? ... And we have Spirit and Spirit is always Give, Give, Give. The Nature of Spirit is to Give.

"So we want to work with the ego to be In Service to ourSelves, to give to ourSelves the Upliftment and the Spirit That we *are*.

"That's What's in it for you, see.

"Remember, the ego is part of the Divine Economy. ... We just have to recognize Its Purpose and use It. ..."

"The point is, how are you using the ego? How is the ego being In Service to you? What are you doing? ..."

"But we need to assert in the sense of 'yes, I'm in charge. I need you to x, y, z, etc., etc.' And any basic, which, as I said, is hooked into the ego, worth its salt, it's going to give you a run for your money. ... But if we keep asserting and keep Disciplining from a Loving space—Discipline, being a Disciple of The Christ ... it'll eventually come around. It will get the Learning because it equates Discipline with Love. Loving Discipline is Key. ..."

"We need to have the Love for ourSelves and the respect for ourSelves. And we need to *constantly* Honor the Commitment of really Being a Nazir, of being on target, of being Focused. And the ego has a very, very important place in That because we can't do it without the ego.

"But, left to its own devices, things are going to get pretty egotistical ... You're going to be very isolated, feel very 'individualistic'; in quotes 'you against the world'. All about power and control. Unless we use Loving Discipline. When we Discipline it then it becomes the owner, as it were, of the rightful business, which is In Service, In Service, In Service. ..."

"It's not going to say, 'hey, you! You need to direct me'. ... You need to take that upon yourSelf! ... you need to be the one in charge ..."

"And you need to be the one to move the ego from a place of power and control and in charge to a Loving Servant of the Lord, God.

"We'll stop with that."

An Enlightening Question-and-Answer Session Led by Our Teacher followed during Which we received even more Learning, Growth and Upliftment!

Continued from page 4 - "Conflict Resolution Made Easy: A Participatory Satsang" (MP3 A321)

have it. ... God's not through with them. They'll get Their Learning. They'll get whatever they need to know to Know that they're Spirit, they're Soul. Trust. So Trust in the Process.

"But when we go to God with That Knowledge of ourSelves as Soul, as Spirit no conflict exists. We're At One. We're at Peace. So when we work things inwardly within ourSelves or we work things outwardly it's important to always do That: Knowing that we're Soul, Knowing that we're Spirit; move our consciousness or Allow our consciousness to be moved to God and Live and operate from That Place. ..."

Our Teacher then Led us in a Process: "I'd like for you just to let whatever comes up for you come up for you. Let a conflict arise or what you're dealing with, etc. It could be an inner one, it could be an outer one, doesn't matter. Just let it come up. Now, just give it to God. Let it go! Give up holding onto it and let it go! [Pause] And you may find it's scary to be free. Just let it go! Now, let another conflict come up. [Pause] Now give it to God and let it go! [Pause] And, lastly, let a third conflict come up, inner or outer. Go to God and let it go! [Pause] OK.

"And we'll stop with That."

Continued from page 5 - "Are You Exploring? Deploring? Boring? – A Participatory Satsang" (MP3 322)

"It means we Live from the Place of Spirit ... and from There there's tremendous Neutrality.

"It's very paradoxical. The Clearer we are the more we can be in the world and enJoy it. We're in the world but we're not of it. ..."

"So be in the world but not of it and from That Place we can Allow all things; participate in all things in a Loving and a Caring way; Hold Neutrality; Hold the Light Of The Most High; Be the Spirit That we *are* and just enJoy the Ride. ..."

"I wish you all the Joy of Coming to Know yourSelf as Soul, as Spirit and really seeing how Magnificent That is; how much fun It is; and how incredibly exciting It is to be HU—H-U, Y-O-U. ..."

"You get to Appreciate yourSelf; get to Appreciate the Spirit you *are*; ... get to Appreciate the Creation but mostly you move into Love, Love, Love, Love. ..."

"And no matter how much you love someone—and the love of a parent for his or her kid is extraordinary—... God's Love for us is hundreds and hundreds of millions of times greater than that.

"And we get to experience That. And we get to Know That. And we get to Know That we *are* That. And we are Charged with That. All Souls are Charged with Entering into Eternal Life sooner or later. And that's why and how this planet is set up.

"But, also, we're Charged with Living Accordingly so that Our Life really needs to be an Expression of This Love and of This Caring and of the Courage because it takes Great Courage To See The Face of God. ..."

"So I Lovingly Suggest you open the Present—*every day, every second*—of your own Divinity. ..."

"So have fun with It! ... EnJoy It! Be in Joy and simply Love the Spirit you *are*! ..."