



# Spirit Central

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

## **“Are You Open To The Solution? - A Participatory Satsang” (MP3 A323)**

Dr. Lane began the July Satsang by saying, “I thought I’d talk a little bit about ‘Are You Open To Solutions?’ because many times—... you take a look at what’s happening out there— it’s really a binary world, isn’t it? It’s either yes or no; black or white; Republican or Democrat and if you’re not part of the group think ... you get canceled. ... So there’s a lot of that going on.

“But there’s also another important issue. ... I’ve noticed this for a long time but it struck home the other day having a conversation with someone and he was so sure of his response ... It was such linear thinking. ... ‘if this then that’ or ‘these are the signs of something; therefore, it must be.’ So any other possibility, of course, did not exist ...”

“And that’s what we kind of do inside ourSelves, isn’t it? It has to be this way; it has to be that way. ...”

Dr. Lane gave the example of reading an article about “all the small islands in the world that

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## **“Who’s In Charge?: A Participatory Satsang” (MP3 A324)**

Dr. Lane began the August Satsang by saying “... I want to talk a little bit tonight about Who’s In Charge? I can give you a one word answer and that’s you. And I can spell it for you, too. It’s YOU or H-U. Choice is up to you as is the approach.

“We know that we may not be able to quote control events but guess Who’s In Charge of how we respond to them? We are. We’re in charge of

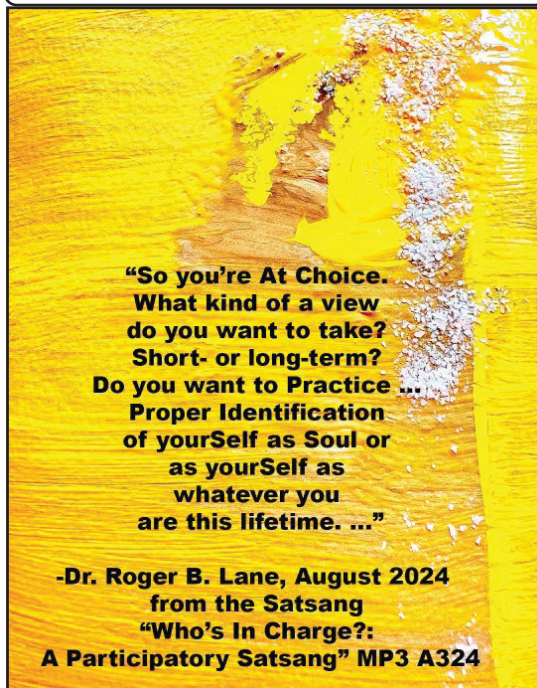
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## **“Anchors Aweigh: Oy Vey? No Way? The Only Way?: A Participatory Satsang” (MP3 A325)**

Dr. Lane began the September Satsang by saying, “I want to talk a little bit about Anchors Aweigh. What does That mean? That expression, by the way, ... means that the anchor is lifted. That which has moored the boat has been lifted so the boat can begin its trip across the water.

“And, of course, we’re talking about the Waters of Life as a Soul. Your Life as a Soul, Which began at the beginning. ‘In the beginning was the word and the word was with God.’ That means that the Soul That was Created, was Created with God, as God, from God and It’s of the Same Material and That’s the Sound Current or the Holy Spirit.

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**“So you’re At Choice.  
What kind of a view  
do you want to take?  
Short- or long-term?  
Do you want to Practice ...  
Proper Identification  
of yourSelf as Soul or  
as yourSelf as  
whatever you  
are this lifetime. ...”**

**-Dr. Roger B. Lane, August 2024  
from the Satsang  
“Who’s In Charge?:  
A Participatory Satsang” MP3 A324**

## **The Human Story**

Dr. Lane’s New Book!

*A Wonderful Holiday Gift!*

Understand the Spiritual Evolution of Mankind!

Available on Cosmos Tree & CRASS websites  
or at the Home Center!

Online On Amazon, Barnes & Noble and More!

Paperback & Ebook out now!

**GIVE THIS MOMENTOUS GIFT  
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COLLEAGUES AND ENEMIES!**

## **SPECIAL THANKSGIVING Meditation Of Gratitude**

**NOON - THANKSGIVING DAY**  
Available at the Home Center & by Teleconference  
(Please arrive 10-15 minutes before.)

**Learn to Live in Gratitude!  
Bring Friends, Family, Loved Ones, Enemies!!!  
Email info@cosmostree.org for details**

*Join Us For ...*

**THANKSGIVING DAY**

*Meditation Of The Light Of The Most High*

**CHRISTMAS DAY**

*Meditation Of The Light Of The Most High*

**NEW YEAR’S DAY**

*Meditation Of The Light Of The Most High*

**See Page 2 and Epage for more details!**

# 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, Epag)

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](mailto:info@cosmostree.org)

Web sites:

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

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

## JOIN US FOR OUR SUNDAY EVENTS!

### SUNDAY PROGRAM

Oct. 13 and Dec. 8

(No Program November 10)

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

Tools For Living Free Reading and Discussion: 12pm ET

Oct. 13: #97 **The Inner Life**

Dec. 8: #99 **The Nature Of The Soul Is Joy**

Oct. 27; Nov. 24; Dec. 29

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

Video/DVD Showing and Discussion: 1pm ET

Oct. 27: **V22 What Are You Doing For The Rest Of Your Life?: An Invitation**

Nov. 24: **V1 The Foundation For Understanding That You Are The Spirit**

Dec. 29: **V2 Forgiveness**

### THE TEACHINGS STUDY GROUP

Oct. 13 and Dec. 8 | 3pm ET

(No Program November 10)

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

Oct. 13: **"Are You Open To The Solution? - A Participatory Satsang"**

Dec. 8: **"Who's In Charge?: A Participatory Satsang"**

Please read articles or watch Video/DVD prior to attending!

For details or to attend via teleconference

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

More details also on the Events page included with this Issue of *SpiritCentral*.

### NEW YORK

#### *Meditation Of The Light Of The Most High*

**M** 7:30pm; **W** (except 1st Wed. of the month) & **Th** 6:10pm;

**Sun** 10:30am Oct. 13 & Dec. 8

**Sun** 10:30am Oct. 27; Nov. 24; Dec. 29

Special 2-hour Meditation

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

East Side (Home Center):

**Tues** 8:45pm Oct. 15; Nov. 19; Dec. 17

\*Meditations via teleconference

### MEDITATIONS

Doors close five minutes prior to times listed. Instruction provided.

### PENNSYLVANIA

**Philadelphia area:** Every Thursday 6:30pm. Please call 917-841-8817 or email [philadelphia@cosmostree.org](mailto:philadelphia@cosmostree.org) for details.

### TENNESSEE

**Johnson City area:** Every 2<sup>nd</sup> and 4<sup>th</sup> Mon. 7pm. Please call 423-975-6868 or email [johnsoncity@cosmostree.org](mailto:johnsoncity@cosmostree.org) for details.

### OUTSIDE THE U.S.

### MEXICO

**Queretaro area:** Please call 52-442-237-5745 or email [mexico@cosmostree.org](mailto:mexico@cosmostree.org) for details.

### OPEN HOURS

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

**Every Tuesday**  
**7:30-8:30pm ET**

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

*Unless otherwise noted*

### VIDEO/DVD SHOWINGS

The 22-part VIDEO Series "Understanding the Spirit You Are" is available for viewing or purchase at all Centers and for viewing on cable television stations listed below:

### NEW YORK

#### **New York City:**

Every Thurs. 6:30pm.

Spectrum - Channel 1997

RCN - Channel 84

Verizon (FIOS) - Channel 35

#### **Brooklyn**

Every Sat.- 4:30pm

Cablevision - Channel 68

Spectrum - Channel 35

RCN - Channel 83

Verizon - 43

For those outside New York

City, please go to [mnn.org](http://mnn.org) at

6:30pm Eastern, Thursdays,

Scroll down to "Spirit Channel"

Click on "Watch Now"

### SHOWINGS & DISCUSSIONS

Last Sun. of every month

1-2pm at NYC Center

### Join Us For An Hour Of Spiritual Instruction!

**"Do You Need To Take Your Picture To The Framer?: A Participatory Satsang"**  
(MP3 A326)

**October 2, 2024**

**6:50pm ET**

**TBA**

(MP3 A327)

**November 6, 2024**

**6:50pm ET**

**TBA**

(MP3 A328)

**December 4, 2024**

**6:50pm ET**

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

**Available at All Centers**

### Listen to Our Monthly Podcasts!!!

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

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

**Oct. 5: "Who's Your Walking Partner?: A Participatory Satsang"**  
(MP3 A270)

**Nov. 5: "The Best Thing You Can Do For Anyone"**  
(MP3 A026)

**Dec. 5: "Where Do You Go To Be Fully Satisfied?: A Participatory Satsang"**  
(MP3 A232)

## Fall Semester

**Taught by Dr. Roger B. Lane**

### Understanding The Spirit You Are - Part II

10 weeks -- Wednesdays, beginning October 9 from 7:45 - 9:15pm EST

(except 1st Wednesday of the month when Class begins at 8:15pm; no Class 11/27)

**NO PREREQUISITES!**

- Experience the Living Realities of Spirit
- Grow in understanding "What Is Self-Worth?; "What Is Meditation On The Path Of Soul Transcendence?"; "Surrender And The Path Of Soul Transcendence" and more!
- Learn keys to Apply The Teachings Of The Light Of The Most High
- Live Free!

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

weren't necessarily countries ... that because of climate change and the increase in the water levels they thought that these islands would become ... underwater ... they would just disappear. ... the whole point was that they had mocked it up as either/or ... if the level of water increases then these islands will disappear and none of that happened.

"And they also found something else interesting. ... a lot of it had to do with coral reefs and the life of coral reefs, etc. and there's been ... fear that with the increase in the water temperature, etc. that these coral reefs will die ... they found that ... coral reefs were, in fact, dying ... but what they had completely left out was ... the species of fish ... that kicks up all this extra sand ... and the coral reefs wind up being reborn. They come alive again ..."

"I thought ... this is really fabulous. This is kind of like what we need to do as individuals and, also, collectively. We need to keep ourSelves open to all the solutions that are possible. Even if we don't know what they are, we need to be open to them.

"Years ago, I started writing a book. It was going to be entitled The Future History of Mankind. And one of the chapters was Bringing Forward a New Paradigm for the mind. Instead of either/or it's both and. ... And we have a tendency to think completely binary. It's either one or the other. If the water rises then this will happen to islands. If the temperature of the water increases then coral reefs will die.

"We're not open to the broadness of the whole problem, of the whole solution. ... And we need to do that within our own consciousness. We need to think in terms of 'hey! you know, maybe my approach was not correct' instead of insisting on 'this is the way.' And keep doing it. And keep doing it. And keep doing it. 'Hey, it hasn't worked so far why am I thinking it's suddenly going to work?' Isn't that the definition of craziness? To keep doing the same old thing but you think it's eventually going to work? ..."

"But we can't do this [ed.'s note: Dr. Lane is referring to the "both and" paradigm] in our thinking unless we go to the Place Where there are solutions and the Place of Solutions is, of course, in the Spirit we *are*. So if we have an agenda nothing, nothing, nothing, nothing is going to be in our agenda other than what we've put there. ..."

"So we need to give up our agenda. We need to be open. We let go of the struggle. We give it over to the Light. ..."

"Whenever we feel frustrated that we're not getting our way, it's not happening the way we think it should, etc., then we need to take advantage of that and we need to let go and restart and go to Spirit. It's only after we give up our internal struggle and go to Spirit that the solutions can come forward. ..."

"The nature of the mind, it's going to be in duality. ..."

"Watson and Crick—they were at a dead end. They couldn't get any further. One of them was smart enough to know, 'OK. That's it for my mind.' ... And he opened up to his work and the solution in a dream state. And he got the answer in the dream state. Let go of his agenda. Let go of the insistence. Letting go of the seeming 'rational' part of ourSelves. ..."

"If you're real smart you'll let go ... let go of its being in charge ... and Allow the Spirit to Bring Forth the solution. ... When we go to That Place of Knowing ourSelves as Spirit, That's Where the solution comes because the mind does not have a stranglehold on our consciousness. ..."

"There's nothing higher than our consciousness. We're at the Apex of Creation. ... We *are* the Lord, God. Ain't nothing higher than the Lord, God.

"And Spirit Itself is the Solutio. It is The Solution and It Brings Forth solutions on all These Levels. ... So we don't yet know What's inside of us and What's inside of us is the Spirit Where all the solutions are. That's Where God is; That's Where the solutions are. ..."

"But we need to make the box big enough ... if the water level rises it's not just two elements in the system ... No. There can be all these other things happening, too. It's so extensive; it's so vast. It's not a question of, 'OK, the water gets hot, the reefs die.' You're just going to stay with that? Yeah, but they become alive again and then there's the other actions of water and fish, other things happening.

"We need to Allow all those possibilities within our consciousness. ... It's said that with God all things are possible. And, yet, we tend to walk around 'oh, it can only be this way or that way.' ..."

"We need to be open to the vastness of possibilities. And we need to know and we need to practice the arrival, as it were, of these solutions. And how do they arrive and where do they arrive? In the Spirit that we *are*.

"So we need to be in That Place. ..."

"... a lot of you ... something comes up for you, It's the Truth and you'll just kick It out of the box. ... What will others think? ... So we need to have the Courage of Our Knowing, too ... no matter how discordant it may be with the rest of us or with others. We need to Align with It; back It and Trust It.

"Then, of course, we always have a fail-safe method. We put it into the Light for the Highest Good. '... Dear Lord ... or God, this is what I'm going with. Please, if I need any correction or anything else, please show me what else I need to know. If there are any assumptions underlying this please help me get at them, understand them, etc., etc.' It's very, very, very, very important that we do This. ..."

"We don't place any condition on what comes forward for us and ... we are Practicing Proper ID and we Allow it to come from Spirit. ..."

"And if you're looking for the right answer that's a sign that you're in duality ... That doesn't exist in Spirit ..."

"And there's a part in our consciousness that doesn't want to let go because we think 'uh-oh, if we do Allow the solution to come that means we were wrong.' ... But it doesn't mean you were wrong. It means that you're in a Process of Learning, engaging, Upvibrating, etc., etc. and focused on getting it right.

"Being focused on getting it right doesn't mean that all the times you weren't getting it right you were wrong. No. It means that all those times were movements ... towards getting it right. See, now that's not linear thinking. We need to have that broad ... way of regarding ourSelves, regarding our lives, etc. So many times I hear 'oh! if only I had done this, that, this, that.' Well, if you could've you would've. ... And now isn't the good news that now you have enough distance from it that you could even regard it that way?

"... The Teachings Teach us Blame-less Responsibility so it's completely blame-less.

"And I notice also a lot of us walk around ... 'I should be much further along', which to Me, is probably one of the most humorous things I've ever heard. How can you be any further along than having the karma come up for you to be cleared? ..."

"Lay off that stuff. ... The Teachings Teach us to be Present. That means Practicing Proper ID; no past reference points and no judgments. And Those are Wonder-full, Wonder-full ways to help bring in the solutions. Wonder-full ways.

"And, yeah, we do need to evaluate them. ... Is it appropriate, etc., etc.? We need to have discrimination. But that's very different from rationalizing it away. ... I've got to be open to all those extra considerations. So if I'm looking at something, 'you know, that doesn't work.' And then I went 'OK. I'll kick it out.' I may want to work it differently. I may want to look at that and go 'OK, well, that doesn't work but is there anything that will make it work or have it work?' That's very different. ..."

"So we need to appreciate how vast the field is, all the possibilities, all the solutions. And we need to Practice Neutrality, Proper ID and we need also to go to that Place of Receptivity inside ourSelves, to the Spirit we *are* so that we can Receive Neutrally the solutions. And, of course, ... The Spirit Brings In and is The Solution. It's real simple.

"But we need to know, how big have we constructed reality? ... How big are we being? And how big is this consciousness? And we need to get that right. ..."

"I'm talking about vastness ... And just like in the Inner Worlds: all Those Realms. All The Realms. ... We need to include That. We need to see how Wonder-full we are as Human Beings and how Magnificent we are and from That Framework we need to work our life and Allow the solutions and really we can glide through this life, etc., if we Allow Spirit to provide the solutions.

"And we Know from The Teachings that the mind is busy producing quote 'problems' that it can solve. ... So why don't we just Allow The Solutio, The Solution, to come into our consciousness and it's a consciousness without any problems?

"It's as simple as That."



our attitude, our relationship to what's happening. And we're *always* At Choice.

"It may not seem that way except it's the simple Truth. We can allow the karma to be upon us or we can Choose into the Spirit That we *are*.

"And if we're a Soul That's un-Initiated into the Sound Current we still have the option of choosing other than a negative response or karmic response into the situation, into the relationship, etc. We have that option.

"We may not know what's going to take its place. If we're un-Initiated we can't Choose into Spirit because we haven't agreed to have Access to Spirit. Basically, we have agreed to work out our karma and have that Vibrational Level that we're at karmically be our ceiling and that's okay. God's patient.

"But by choosing other than getting into the negativity the un-Initiated Soul has the Opportunity not to pile it on, not to add more karma.

"But Initiated Soul ... when It takes Initiation, It agrees to move beyond the dual worlds. But we are here in the body and we Know from The Teachings That The Sound Current Emanates out of the Lord, God Himself ... and That His First Manifestation is HU. And then It travels through all the Levels of Spirit and then when It hits the dual worlds It splits. When It goes down the Positive Polarity or That of Spirit It's called the Sound. When It goes down the negative polarity It's called the Light.

"The Soul can Travel along ... the Positive Polarity but also the negative polarity. The light [ed.'s note: The light referred to here is the magnetic light, emanating from the lower worlds] can only travel along the negative polarity.

"So when someone says, 'oh, yeah, I work with the light' then you mean the magnetic light. Initiates work with the Light as well but It's the Spirit or the Sound That's going down the negative polarity. But, also, Initiated Souls have the option to Choose into the Positive Polarity. They can Choose other than (into karma) and have access to Spirit while un-Initiated Souls can't Choose into Spirit because they haven't agreed to That. ... You haven't given yourSelf the permission, That Training and that's okay. But un-Initiated Souls, while they don't have That Access to Spirit because they haven't agreed to It, guess what? They can have fulfilled a portion of their karma or they can, as it were, choose other than that and not create additional karma.

"So we're always At Choice. We're always In Charge. ..."

"But the Spirit in us always is being 'homeopathic,' as it were. It's always Vibrating as and with Itself. So that It's always going to draw you to That because That's Who and What you *are*. You *are* Spirit and you have That Choice.

"So there goes victimhood. We can't be a victim.

"So many of us say, 'I don't like what's happening to me' ... or 'I don't like the situation I'm in'. But who created the situation? You did. If for no other reason than that's the ballpark in which you're going to get your Learning. And who created the need for that Learning? Well, you did. So in a way you're doubly responsible and you're doubly In Charge. You're In Charge of your response to the situation—your relationship to it—and you're responsible for the relationship itself.

"So being annoyed and angry at it is just a way of making God wrong, making yourSelf wrong and practicing false identity.

Because everything, if you're an Initiated Soul, is Given to you by God/The Master ... for your Upliftment and Growth. And, yeah, there's Grace so it can be worked many, many ways, according to what's for the Highest Good and what The Master decides is most beneficial for you. That's how it works.

"But, also, guess what? We flip-flop in our understanding of it, too. We think it's something we have to endure or go through or something against us where, in Reality, it's something for us. It's all part of our Lifting and Growing and our Upvibration Pattern, our Upvibration Pattern.

"So that means we're Responsible. ... And, of course, we're Accountable. ... You're proof that you're Accountable because you wouldn't be here ... if there weren't things you have to Learn here. If there weren't some karma here.

"And, many of us, we tend to take a very short view of things. ... 'I'm this person.' 'I'm that person.' ... But you don't know the karma that's pushing that person, that that person's allowing to push them. ..."

"But when you come to Know That you're Soul and Spirit then you're taking the longer view, the longer view of things and Practicing Proper Identification of yourSelf as Soul. So if you're sitting around going 'why do I have to go through this?' ... you need to go through it because ... it's the Opportunity to be moved into Wholeness and Oneness as the Spirit you *are*, Knowing yourSelf as Soul, as Spirit, and Swimming in the Ocean of Love and Mercy—the Whole Purpose of This Life.

"And how come you Guys won out of all the other Souls trying to get into bodies? How come you Guys won out to get This Opportunity? Must be a pretty Big Opportunity here!

"So you're At Choice. What kind of a view do you want to take? Short- or long-term? Do you want to Practice ... Proper Identification of yourSelf as Soul or as yourSelf as whatever you are this lifetime. ..."

"But The Teachings Teach us to Practice Proper ID and Allow the Actions of Grace. This Path has nothing to do with karma. ... Couldn't care less what your karma is. The Whole Focus is on Loving God, Loving God, Loving God and, in the Process, Coming to Know yourSelf as Soul, as Spirit and, yeah, Completing your embodiment patterns [ed.'s note: Dr. Lane is using embodiment here as interchangeable with reincarnational], sure.

"But that's very secondary. ..."

"I hear so many Initiates, 'I can't wait to get off the planet'. ... That's just another attachment. ... You Chose to come. ... Maybe you need to change your relationship to it and your Choice of how do you see it? And see it for what a Blessed Opportunity It really is. ..."

"And it's the only place where you can leapfrog and Complete your karmic journeys. It's the only place where you can rise above the plane that you came from, the Frequency that you came from, right here in the most negatively charged planet, place in the whole (solar) system is That Opportunity.

"Because in the Levels below the Soul ... you can only Progress in Those Levels so This has got to be quite the Opportunity and the Opportunity needs to be in the forefront so that we're always Knowing What This Opportunity is and we're always making choices. We're not victims.

"And, somehow, many of us have it wired up Accountability means blame. It doesn't. ... Practicing Blame-less Responsibility ...

"And many of us as Initiates, when the anchor is lifted up onto the boat and the voyage begins, many of us through the Process of Initiation, go 'Oy Vey!' And it's 'Oy Vey! I'm in trouble. This is going to be so hard. ...' And we run our stuff. And we have all these imaginations. ..."

"The basic self, which is part of the negative worlds and part of your lower consciousness, is trying to preserve the hegemony ... of that great illusion of the ego that you're this isolated being in time and space. So it concocts all these kinds of things and then, of course, being real smart it's going to use seeming evidence. ... and it will pick anything. ..."

"All in an attempt to protect our fragile egos ... So we go 'Oy Vey! ... there are all these ... things I have to do.' It only looks like that because to the individual that's what it is. It's an individual. Doesn't already know or, accurately, it has forgotten that it's Spirit so it's this lone wolf, this ego, this thing operating in time and space ... It's crucified because it identifies itself as being in time and space, you see.

"And so here comes the Initiatory Process and It opens the Soul up, as it were, and starts the Awakening Process. Starts to Know Itself on all the Levels It lives on. And That's perceived as a threat ..."

"And in our ignorance, which means we are ignoring the Spirit we *are*, what do we do but we're struggling against ourSelves ... against the Truth of Our Being ..."

"And, also, if we stop the 'Oy Vey!' we get to have Smooth Sailing. ..."

"How can we have That? The mind loves to create problems and then it can solve it. ..."

"It's very important what you do because guess what? You're in charge. ... Part of that 'Oh Vey!' is 'Oy Vey! I really *am* that Powerful. I really *am* Responsible.' Yeah, you *are* Responsible. ..."

"And we know that in the first year of being an Initiate ... you are to develop Devotion; Consistency and Devotion. Devotion to the Spirit you *are*, to the Practices to help you Realize That and Know That ... regardless of ... what your husband or your friend says or anybody else says but to have the Inner Consistency. ..."

"The ego ... it's to be used properly and that is in Service.

"... when you Allow the Spiritual Journey to unfold and when you Allow the Upvibration you are in Service to the Spirit That you *are*. That Upvibration is in Service to all of mankind. We're all One and the more you Allow the Upvibration the more you're doing for 'others' as well. ... The weight of the karma is lessened. ..."

"Inside ourSelves we get bombarded by what I call the collective noise. And we need to Learn to Listen to ourSelves, to Strengthen That, to really, really Listen to ourSelves. It may be different from what others are hearing or saying. But you Listen to your Inner Knowing. You have your Inner Pilot There [ed.'s note: Dr. Lane is referring to *within*].

"And the reason why there's all that noise is because everybody's trying desperately to drown out the Real Sound—the Sound Current. If you've ever felt a mass excitement or a mass hysteria going on you can get a really good sense of that. Where's the Focus? Where's the Focus? ..."

"But we all suffer from a mass hysteria, don't we? The negative pole is very, very strong. ... This is the most negatively charged place in the system. ... And yet ... it's the only one where you can leapfrog ... to Know yourSelf as Soul, as Spirit and to Love God. ..."

"And there are some who go 'Oh, No Way! ... No Anchors Aweigh for me! ...' And they resist ... they hit upon their karma and they say 'uh-uh ... ain't going to make the effort. ...' That's fine ... Initiation goes with you as a Soul ... What's another lifetime or two

or three? ... But at least Know what you're doing. ... You're refusing to be on that Sailboat Sailing across the Waters of Life.

"We take Initiation, What do we do? We Learn how to go into the Soul Body and be with God. ..."

"The earth—it's like that; it's one big classroom with lots of grades in it, lots of Souls Vibrating at different frequencies. And it's really important to understand the frequency that we're vibrating at, to have Love and Compassion for all Souls and Understand where they're at and Trust the System.

"You know, God's The School Teacher. Everyone's ... going to get ... Their Education. You know, it's interesting, sometimes an Initiate will say basically—if you cut through what they're saying—is 'Dr. Lane, why did You bring that experience to me? I didn't need it. Why did I have to go through it?' Well A) most likely you didn't have to go through it because there was Grace with it. If you had to go through it I'm not particularly sure you'd be talking to Me now. And even if you were it would be a lot different.

"My Job is to bring you the karmic experiences that you need for Your Growth. Yeah, there're different ways through Grace but they're being brought to you. And so often we have a real judgment on the experiences that we have: 'We "shouldn't" be having that!'

"And many of those who say 'No Way' are just sitting in judgment on themSelves and on the experiences they have. ..."

"And we have all these delusions and the self-illusions about ourSelves but they're all creations. Guess what happens when we sit in Simran and Dhyani *exactly* as Instructed? All these crystallizations ... they all get knocked off.

"And many of us prefer our delusions and illusions to the simple Truth of Who and What we *are*. And many of us will say 'No Way' when It's Anchors Aweigh. ..."

"And what basics selves assert really has no reality to it ... the only Reality is Spirit. ..."

"There is such a thing as the negative forces—the loyal and royal forces of the opposition—and they love to keep Souls coming and coming ..."

"And that's why we've got to, with Grace, make an effort. Make an effort.

"One of the things I love about This Path is It involves *both* effort and Grace. ..."

"And in order to have Smooth Sailing the weight on the boat has to be distributed well. You've got to work with the wind, etc. Jesus the Christ said 'the wind blows. Where it originates from, who knows. Where it goes, who knows.' And, obviously, the wind was the Sound Current. ..."

"Jesus the Christ wasn't lying when He said 'no one comes to the Father except through Me' ... But What He was saying is, 'I Hold the Christed Consciousness. Those are the frequencies of the lower worlds. You cannot get through and to the Father, to God, other than by going through These Levels.' So He was talking about It Spiritually, as the Spirit That He was, as really the Great Spirit That He was. ..."

"So the Christed Consciousness and God are One and the Same. ... Your will and God's Will One and the Same. ..."

"Jesus the Christ had a Special Dispensation. ... to Open Up and make possible the very Real Voyage into the Soul Realm so that that whole state of limbo that many Souls were in, that was altered. And Souls could go back to God, Enter into Eternal Life.

"And now we know that, yeah, that all Those Levels, the Twenty-Seven Levels beyond the Soul into HU, to the HU Realm—the First Manifestation of God—all Those are now available to Souls in a body. That the Christ said He was going to Return and He did Return. He Returned now and now These Levels are available.

That's very different from ... 'wasn't I stupid?' ... 'I can't believe I did this.' ... with the judgment comes the stoppage of the Flow of Spirit from the basics to the conscious self. ..."

"But who is In Charge of that creation? ... Does that mean you can't make a quote mistake, an error? ... No. That's how you get Your Learning. No judgment on That. But when we sit in it and persist in it ... that's what we've created ... created this separation from the Spirit we *are*. ... that's very painful.

"And speaking of Who and What is In Charge, guess what? Guess Who's In Charge? God. It's God's Will That determines everything. And It's our job to be in Alignment with That. Of course, The Will is to come on Home. ... 'In the beginning was the word and the word was with God.' ... The very Essence of God, That Which God is Composed of, as it were, is the Soul *within* us. Same Material. We're Created in God's Image. ..."

"So here we are Created in God's Image with the Same Material ... made out of the Sound Current. And by forgetting That ... we've created the karma that's upon us so the antidote is to do the opposite of that, which is Remembrance of Who and What we *are*, Which is the Sound Current, the Spirit That we *are*. And we go 'in' and 'up', 'in' into the Soul Body and 'up', as it were, Vibrationally, Which is the exact opposite of going 'down', into the karmic fields and 'out', out into the world. We're in the world but not of it.

"And it's so easy to feel the pressure of being pushed 'down and out', as it were.

"But as an Initiate we have the Opportunity and the Blessing and the Tools to work it another way, not to buy into it.

"And at any moment we can make That Choice. ..."

"Grace is Grace and when the karma's upon us we can feel the weight of the karma. But Grace moves in there. There's no density. There's no weight.

"You know, One of the things I love about This Path is that It's not a question of one or the other. ... It's both. It's effort *and* Grace. You make the effort. Where are you going to place your consciousness? With what are you identifying? Spirit? The Light and Sound That you really *are*? The Soul That you *are*? Or with the karmic fields?

"You know, some of you have told me that you've gotten a sense by watching the political climate—I guess there's been one convention so far—that they have a sense it's happening on Mars. And what they're really saying is 'I'm not emotionally involved with that.' Not

that there isn't caring, etc., etc. 'I'm not emotionally involved with it. I'm not all caught up with it. I'm Neutral.'

"And That has to do with Practicing Proper ID. You're not your thoughts; you're not your feelings, etc. ... so many of us are all caught up in that ... in our emotions, in our feelings, etc. and we're all part of, really, the great unconscious, as it were.

"But as we start to gain in consciousness ... we start to separate out. ..."

"But, also, where's our focus going to go—to the noise in the outer world or to the Spirit within us Where the Real Wealth is? The Wealth is *inside* of us.

"Part of my reason for writing The Human Story was to describe just how Wealthy we really *are*. Not only where the worlds without end are located and What they are like but so we get a sense of the richness of us and how Incredible we are as HU-mans. HU. Back to HU.

"And That's What Resonates *within* us. It's HU. That's the First Manifestation of the Lord, God. That's What's In Charge. And That's What we need to Align with because ... the game's rigged. ... sooner or later, guess what? We're all going to Know ourSelves as Soul, as Spirit, because That's Part of the Divine Blueprint ... how long it takes ... that's kind of up to us.

"But we're In Charge of when we wish to have That Alignment take place; of when we wish to Walk and Be That Path. And, also, when we want to Surrender to the Spirit That we *are*.

"That's Our Choice.

"But My question always is, 'well, how can you be a victim of your own Soul ... of Who and What you *are*? How can you be a victim of God when you're That, when you *are* God, when you *are* Spirit?'

"You might want to take a good, good look at That and understand that hey! The Spirit in you, That's What's In Charge. It's not Me In Charge. ... I can't even get most ... Initiates to follow simple Instructions. ... They're In Charge. They're In Charge of how much They Allow The Teacher/The Master to Work with Them. ... They're In Charge of their Own Progression.

"You're all In Charge. You have That Power. ..."

"Get this clear! There's nothing outside of you. (And there's) Nothing outside of you that is running the show. It's You.

"Who's In Charge? Tag! You're It!

"We'll stop with That."

"That is the Way. Yeah, there's only One Way. ... It really is such that 'wide is the way but narrow is the gate.' The gate is very narrow. ..."

"And we can't go through with our karma. ..."

"Jesus the Christ said, 'I go to the Father and I prepare a place for you' and that He sits at the right hand of God. Well, That had to do with What He was opening up to Souls. ..."

"And This particular Dispensation now That you're involved with, guess what? Now you can go all the way: the Twenty-Seven Levels to HU. Wow! Wow! ..."

"This is really crucial: We Know that the Holy Spirit or the Sound Current, Light Of The Most High comes out of the Lord, God Himself. And when It goes through the Levels, as it were, and hits the Soul Realm, It splits. (And) along the negative axis It's called the light; along the positive It's called the Sound. The negative axis, this magnetic light, it cannot go along the Positive Polarity. The Sound Current, however, can go along both the Positive Polarity and the negative polarity.

"So guess what that means? The Reality is, the Sound Current is right here along and as the negative polarity, so that the negative polarity contains God. The infinite is in the finite and the finite is in the infinite.

"Or, to put it Biblically, 'I'm in the Father and the Father is in Me', said the Christ, Jesus. ... Whoa! And That's the way It is. ..."

"And we want to go with the Truth of Our Being That we *are* Soul, we *are* Spirit. When we sit in Simran and Dhyana What do we do? We go in the Soul Body and we're with God and It's Smooth Sailing.

"So I encourage you to Allow Smooth Sailing in your Life.

"Let go of all the complications that you make. Let go of all the karma you choose to run ... just because you have karma you don't want to be bound by it. That's part of the Grace with This Path.

"And we'll stop with That."

Our Teacher Led an Enlightening and Spirited Question-And-Answer Session following the Satsang.