



# Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies **January/February/March 2025**

**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 2024:** **"Travel Light. Period."**

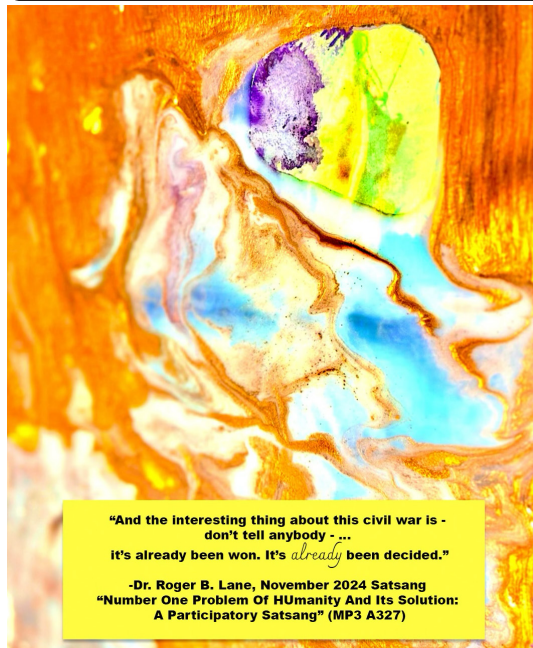
During the weekend of November 8 to 10, Our Teacher Brought Forward a Wonder-ful RETREAT for Initiates Of The Sound Current On The Path Of Soul Transcendence. It was attended by many Initiates from around the country and from Mexico.

RETREAT was preceded on Thursday evening by an Optional Section. Through Meditation Of The Light Of The Most High; group work, written exercises; activities and Listening to an MP3 of the Satsang "What Are Your Values? How Valuable Are You?" (A112) we were Given the Opportunity to deepen our Understanding of Self-Regulation, including sharing What Self-Regulation means. Sharing included "FOCUS into Spirit"; "Choosing  
Continued on page 3

### **Holiday Satsang And Celebration 2024**

On December 21 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 Attendees who are very talented cooks and bakers, Our Teacher  
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**"And the interesting thing about this civil war is - don't tell anybody - ... It's already been won. It's *already* been decided."**

**-Dr. Roger B. Lane, November 2024 Satsang  
"Number One Problem Of HUmanity And Its Solution:  
A Participatory Satsang" (MP3 A327)**

### The Human Story

**Dr. Lane's New Book!**  
**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 TO YOURSELF,**  
**FRIENDS, FAMILY, COLLEAGUES AND ENEMIES!**

### **"Do You Need To Take Your Picture To The Framer?: A Participatory Satsang"**

(MP3 A326)

Dr. Lane began the October Satsang by saying "Many of us think we have an understanding of what's going on, what's happening, etc. And if I were a betting man I'd bet that in about 99.9 percent of the time  
Continued on page 5

### **"Number One Problem Of HUmanity And Its Solution: A Participatory Satsang"**

(MP3 A327)

Dr. Lane began the November Satsang by saying "OK. So camera lady has given the OK. OK and the debate will proceed and what's the debate? But the debate is the civil war. What causes the civil war? The ego or the mind or the lower consciousness, the lower self.

"And what's the war about? Well, it's about slavery. ... enslaved to all the things along the negative polarity: the emotions, your thoughts, a whole spectrum of them.

"And the civil war is between the ego ... or the lower self or the mind and the Spirit That you *are*. And it ... takes place in the biggest battleground that there is and that's inside of us.

"And the interesting thing about this civil war is—don't tell anybody—... it's already been won. It's *already* been decided.

"And the Victory belongs to Spirit and the Commanding General is and was the Christ. So it's already been decided; the Victory has already been won.

"And most of us don't know that and/or won't acknowledge it so we're busy fighting the civil war inside ourSelves and we're losing.

"So what do we do if we're losing this battle?"  
Continued on page 6

### **"Commitment: For Whom? To Whom? When? - A Participatory Satsang"**

(MP3 A328)

Dr. Lane began the December Satsang by saying "... I want to talk a little bit tonight about Commitment and let me start by saying What It is. Commitment in short is an Agreement—a Spiritual Contract—That you make with the Spirit you *are* and That's What you *are* in essence; you're Spirit.

"And we know that the Spirit can not be mocked. So if we Commit to something then we're literally bound to it. Not in the oppressive sense but in the Fulfillment sense. It needs to be Fulfilled. That's the Agreement.  
Continued on page 7

# 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!

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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 Jan. 12; Feb. 9; Mar. 9

**Sun** 10:30am Jan. 26; Feb. 23; Mar. 30

Special 2-hour Meditation

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

East Side (Home Center):

**Tues** 8:45pm Jan. 21; Feb. 18; Mar. 18

\*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 2<sup>nd</sup> and 4<sup>th</sup> 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](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!

**"Upon What Are You Acting?: Affect? Effect? Defect? - A Participatory Satsang"**

(MP3 A329)

January 1, 2025

6:50pm ET

**"How Is Your Attitude?: Traumatic? Dramatic? Courageous? - A Participatory Satsang"**

(MP3 A330)

February 5, 2025

6:50pm ET

TBA

(MP3 A331)

March 5, 2025

6:50pm ET

## Listen to Our Monthly Podcasts!!!

cosmostree.org  
spiritcentral.org

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

Feb. 5: "The Predominant Emotion On This Planet"  
(MP3 A096)

Mar. 5: "Behind The Screen Of Anger: A Participatory Satsang"  
(MP3 A293)

## JOIN US FOR OUR SUNDAY EVENTS!

### SUNDAY PROGRAM

Jan. 12; Feb. 9; Mar. 9

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

Tools For Living Free Reading and Discussion: 12pm ET

Jan. 12: #100 Questions, Questions. Looking For Answers?

Feb. 9: #102 Power: The Knowledge Of Peace, Surrender To The Self

Mar. 9: #103 The Only Reality

Jan. 26; Feb. 23; Mar. 30

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

Video/DVD Showing and Discussion: 1pm ET

Jan. 26: V3 Abundance Consciousness

Feb. 23: V4 The Twin Towers Of Acceptance And Gratitude

Mar. 30: V5 The Power Of Choice

## THE TEACHINGS STUDY GROUP

Jan. 12; Feb. 9; Mar. 9 | 3pm ET

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

Jan. 12: "Do You Need To Take Your Picture To The Framer?:

A Participatory Satsang"

Feb. 9: "Number One Problem Of HUmanity And Its Solution:

A Participatory Satsang"

Mar. 9: "Commitment: For Whom? To Whom? When? -

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*.

## Winter Semester

### The Checklist For Daily Living Class

5 weeks, Wednesdays, February 26 - March 26

7:45-9:15pm

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

Taught by Dr. Roger B. Lane

- Learn to enhance your God-given days by being with the Lord, God;
- Be Present with God *moment-to-moment*;
- Learn to keep clear throughout the day;
- Assist in the Spiritual Evolution of the planet!

Open to all Initiates and Encouraging Initiates who have already Participated to Participate again.

Payment: \$62 and additional payments of \$31 for Classes 2 - 4 or \$150 for Series if paid in full when registered for Students enrolled in a Degree Program of the Seminary or \$63/\$31.50/ \$155 for all others. All payments are nonrefundable and nontransferable. Please make checks payable to CRASS, 1461A First Ave. - Ste. #182, New York, NY 10075. For more information call Registrar, Amy Blank at 708-846-1031 or email [info@spiritcentral.org](mailto:info@spiritcentral.org).



God moment-to-moment"; "Direct my consciousness"; "Allow Upliftment"; "Be Open to Grace"; "Remind mySelf I am Spirit"; "Eternal Vigilance"; "Giraffe Consciousness"; "Chanting My Tones"; "I am Worthy"; "Loving Discipline" and "Reaffirm the Spirit I am". We were also Given the Opportunity to break into small groups and discuss when we need to Self-Regulate and how to do It as well as to walk around and picture the result of inwardly Applying Self-Regulation in our lives. We also wrote down what it is we need to do to Self-Regulate and we created a New MO based on Our Learning. Our Teacher Instructed us: "you have an MO for the rest of your life." We were Given the Opportunity to Receive Much Growth and Upliftment!

RETREAT 2024—Titled "Travel Light. Period."—began promptly at 5 p.m. Friday with Our Calling in the Light Of The Most High. Our Teacher then asked us to go around and share what we want to get out of RETREAT. One Participant shared "... Traveling Lightly ... *Consciously* using Self-Regulation to stay Present and to move further into Trusting Spirit and knowing that it's all handled." Our Teacher further Educated us: "... a big part of why I call It 'Travel Light. Period.' has to do with when we sit in Simran and Dhyana and being able to go into the Soul Body and just Ride the Sound Current, Ride the Sound Current, Ride the Sound Current. ... many of you stay with what comes up or use to study your 'problems' or look at your karma or whatever. You don't keep Returning to the Upper Part Of The Third Eye and you'd rather stay on the level of the karma, of the karmic frequency. So part also of what we'll do at This RETREAT will give you the Opportunity to Travel Light. That means also Travel Light with no baggage. ... I purposely didn't say 'lightly'. I said 'Light'. So you're 'forewarned' about What this RETREAT is about."

Through Meditation Of The Light Of The Most High; group work; written exercises; activities; many *Tools For Living Free* as well as MP3s of Our Teacher's Satsangs, we Strengthened ourSelves in Our Commitment to "Travel Light. Period."

After dinner we were Given the Blessed Opportunity to meet in small groups and discuss how best to Travel Light; to Integrate It into our lives; and "what it looks like when you manifest It".

We were then Given the Opportunity, as Instructed by Our Teacher, to read *Tools For Living Free* #180 Titled "The Alpha And Omega Of Each Day: A How-To Manual". This *Tool* is comprised of Excerpts from the Satsang "The Alpha And Omega Of Each Day: A Participatory Satsang" (MP3 A185).

RETREAT is a Very Special Opportunity to Receive much-needed additional Instruction on Simran and Dhyana—the Meditation Technique Taught At The Time Of Initiation—and to have many Opportunities, including on Friday evening, to be On Point with It. Our Teacher said This: "Check the Framework: Simran and Dhyana *exactly* as Taught! That's the first thing. ..., when you don't keep your head and neck up straight it stops the Flow ... many of you fall asleep ... you need to check that. Nurturing yourSelf is Loving the Spirit you *are*. ... Loving yourSelf is Self-Regulation. A sloppy Simran and Dhyana gets you very sloppy results. .... Perfect Practice makes perfect. Self-Regulation ... is Self-Love. You need to be within the Guidelines."

As Day One formally ended, Our Teacher Gave us Homework: to give ourSelves Quiet Time and to read *Tools For Living Free* #120 and #132 in that order. #120 is Titled "The No-History Lesson: Be Born Anew". As Our Teacher states in This *Tool*, "... We can live in our history—and we all have history—or we can decide to let go and open up into the Fullness of our Being. ..." #132 is Titled "The Wealth Is Inside Of You", Excerpts from the Talk "What Are You Waiting For?" (MP3 A16).

Saturday we began the day with Simran and Dhyana. Then, after we had eaten breakfast and returned to the RETREAT meeting room, Our Teacher asked us to Call in the Light Of The Most High, after Which Our Teacher asked us to share any insights and gains/increased Understanding of Self-Regulation; Doing Our Simran and Dhyana and Living our Values. One Participant shared This Participant's Learning that all solutions are in Spirit and how, Through Grace, This Participant had been Led to have a potentially serious medical situation checked out so early on that, per the sharing, the doctor exclaimed "I've never had this happen! Who are you?" Another Participant shared how easy Simran and Dhyana is at RETREAT: "... I was 'way up here' and wasn't aware of falling asleep ...", to which Our Teacher responded, "... you were in your Soul Body ... Traveling in the Inner Worlds, Which is obviously less dense ... you also did It with The Teacher, too, but The Teacher's always with you ... Remember ... What's the Name of This RETREAT? ... Travel Light. Period. It's You in the Light. ..."

Our Teacher then asked us to share Leftovers: anything other than Self-

Regulation and/or It's use in Simran and Dhyana; any dreams; honest questions, etc. One Participant shared her "experience in Simran and Dhyana": "... it was like ... my whole body was Vibrating ...", to which Our Teacher responded, "that's simply the effect of being in the Soul Body at Spirit, in Spirit. It's Vibratory Frequencies. ... but you're all Vibration. ... If you're Waking up to the fact that you're Spirit, why wouldn't you have that experience? ... You need to understand something, too. ... You're not going to be harmed. ... It's a Natural Process. ..." To another Participant, who went on and on sharing a story, Our Teacher Emphasized: "It's really important you cut to the chase ... it's important to do that inwardly ... Just be and sit in the Spirit!" And to a Third who was measuring himSelf by "success" in the world, Our Teacher Taught: "That whole way of measuring yourSelf you need to let go of ... Who's more Successful than someone using the Life God has Given them to Know God, themSelves, as Spirit! ..."

After a short break, we were Blessed with yet another Opportunity to do Simran and Dhyana *exactly* as Taught, followed by sharing. "It felt like you were Carrying me," one Participant said, after which Our Teacher further Explained, "How It really works is the Consciousness I Hold—through the Crown Chakra—is actually That Energy you are Receiving. Yes, you are Held. Held up. ..."

After lunch we were Given the Opportunity to read *Tools For Living Free* #16 Titled "Being Present In The Moment".

Our Teacher then asked us to share, "what do you need to do to improve Your Focus?" One Participant shared that "reading the *Tool* I had this experience that the *Tool* Itself gives the experience of what's written in the *Tool* just by reading It." Our Teacher Clarified: "It's not that the *Tool* Itself gives you the experience but It's because The *Tool* has the Energy of the Consciousness That's with The Teacher and the Soul in you reCognizes It and goes to the Place in the Inner Worlds That The Teacher—through the *Tools*—is Talking about so you have a *Direct Experience* of What you're reading. ..." To a second Participant who was blaming themSelf for not "staying up There" in Meditation, Our Teacher Taught, "it's OK to drop. The Focus is on Returning. .... Self-redirection, right?" A Third said, "I was late the last session ... clearly, I need improvement ... fear came up for me ..." to which Our Teacher responded, "... I'm not interested in the negativity. ... Are you willing to use That Understanding in your life that you don't need to focus there at all? ..." The Participant shared, "Choose God. Make the Choice and keep making It; Returning. Keep Returning." Our Teacher immediately followed up: "Are you willing to do That ...? It means giving up a lot of story; giving up a lot of history. It means giving up who the hell you think [name of Participant] is. We have a deal, [name of Participant]?" The Participant immediately said "yes". "And the deal is really with yourSelf," Our Teacher continued. "OK and some of you may have been aware of it, the line of energy coming. There's a real Spiritual Agreement you have with yourSelf and Spirit. And Spirit will not be mocked. ..."

Our Teacher then asked us to Participate in an Activity—the Divine Walk—in Which we have the Opportunity to walk in the physical while Walking The Path inside ourSelves *exactly* as Taught, Which means Being Present. How we work things in the Divine Walk is how we do Our Spiritual Work, as Our Teacher has Taught us. How we work it is how we work our everyday lives. As Our Teacher Teaches: Allowing distraction is choosing separation. The sharing that followed included a Participant who said they had been evaluating themSelf; a Second said that they had been wondering if a bystander would "think we're weird"; yet another spoke of trying to go to the Upper Part Of The Third Eye. Our Teacher Shared: "It's not 'trying'. It's Allowing." In response to the second Participant, Our Teacher asked, "do you think you're weird Walking This Path?". The Participant answered "yes". From Our Teacher, This Participant ultimately Learned that they need to make it okay to be on this planet Walking The Path. Our Teacher Advised: "if one isn't lined up everyone is affected ...you can see how important cooperation is ..."

Our Teacher Gave us the Opportunity for yet More Growth and Upliftment by Instructing us on how to do Bhajan—Listening to the Sound. Afterwards, Our Teacher Reminded us that the Sound Current is "the Audible Life Stream."

After a dinner break, we were each Given a comprehensive Initiate-only List of The Many *Tools* of Upliftment and Growth made available through the Love of Our Teacher/the Lord, God. We were asked to spend 45 minutes familiarizing ourSelves with It. At the top of the List is What this writer considers to be the most important *Tool*: Being in the physical Presence of Our Beloved Teacher. This includes Attending Meditations; Initiations; Holiday Satsang; The Teacher's Birthday—in *person* at the Home Center.

continued the Sacred Event with a 30-minute Meditation Of The Light Of The Most High.

Before beginning the Holiday Satsang, Our Teacher thanked Initiates “for participating in your own Growth and Upliftment and having the Courage to be with and as the Spirit you *are*. And I want to thank those who do Service ... There’re a lot of things that go into running this organization that really exists to Serve Souls. Know that’s It’s deeply Appreciated and deeply Noted. ...”

Our Teacher began the Holiday Satsang by saying, “I thought I’d talk a little bit about a cliché that’s used at Christmas time. ... And the cliché is ‘peace on earth, good will towards men’. ... What’s being expressed? Well, a couple of things, a couple of Spiritual Realities. It’s telling you what Peace is. Peace is as the above, so the below. What does that mean? Well, the above is the Spiritual Realms and/or being with the Lord, God. And when we Create This What do we Create? We Create Peace here and Inner Peace. That’s the secret to Inner Peace, isn’t it? To be in Alignment with the Spirit that you *are*. That’s Peace.

“If you look at It on a macro level Peace isn’t just the absence of war. It’s when each individual being is in Alignment with the Spirit they *are* and then it’s groups, tribes, nations, etc., etc. And That’s how Peace comes about.

“But It’s not just peace on earth. ... It doesn’t just happen. Good will towards men, That’s God’s Will towards men. So What is His Will towards men? Well, being At Peace. What does That mean? Well, the outer meaning is kind of expressed in the Bible, isn’t it? ‘Nation shall not lift up sword against nation. Neither shall men learn war anymore. For all men both great and small shall know the power of the Lord.’

“And there’s a real, real important reason why that’s very important outwardly. That war here really loosens the stuff in the heavens. In other words, it’s really, really, really karma-forming. And if you take a look at where the stuff in recent years originated ... centuries ago. ... You’re going to be at the mercy of it. ...”

“So that’s it outwardly but the Remedy’s *always* inward. And it’s telling you What the Remedy is: Peace on earth, you have the below be in harmony, in Alignment and as the above so Spirit and matter are One and the Same.

“And God’s Will is That. And we know that God’s Will, well ... we know that the Christ, Jesus is born and we’re Celebrating Christmas, Christ-mass, the Christed Consciousness coming out of the unconscious, the great uroboros, the great unborn. And That Christed Consciousness is the Knowing that you and God *are* One and the Same. We Know That through being Initiated and Walking and Completing a Sound Current Path. ‘In the beginning was the word and the word was with God’. So we deal with the ‘word’. And what’s the ‘word’? It’s not the written word that’s in the Bible. The Word’s another name for the Holy Spirit or the Sound Current. What’s the Holy Spirit? Well, It’s God’s Spirit, God’s Spirit in the Spiritual Realms, found in the Spiritual Realms.

“So all those Levels from the Soul Realm on up to HU—the First Manifestation of God—That’s God’s Will. That’s God’s Will. So All That is now open. We’re having kind of a Second Christmas in a way. We went from the Birth of the Christ, Jesus to Celebrate That and What are we Celebrating? Ah, now Souls can be in Progression from being caught and stuck in ‘limboland’ where they couldn’t enter into the Soul Realm. ... You have the Christed Consciousness and ... That opened up the Soul Realm then. Now we have a Second Christmas ... And Souls *while in the body* they can Progress all the way to HU *while in the body*.

“Second Coming of the Christ. That’s the Second Coming. ...”

“And so now the Return, Return of the Christed Consciousness and It’s opened up even more. That’s all part of God’s Will.

“And there’s something else that’s being said. Inherent in all This is that God’s Will is that we Progress Spiritually and Return back to Him. That’s His Wish for us. That’s the Whole Setup, actually. ...”

“So there’s This Force, whatever you want to call It ... God’s Will ... That in the evolution of man is ... *always* for the Upliftment of man. ...”

“Now comes this Incredible Dispensation Where ... God’s immediate. Just like That, He’s right there. You don’t have to ‘connect’ to Him. Nothing. Because you’re HU-man. HU has come into being. That Frequency is there. You don’t have to reach for It. You don’t have to up-power yourSelf. ... It’s right there. Initiates, when they sit in Simran and Dhyana, they don’t have to build up their power. It’s right there. ...”

“So on a micro and a macro level God’s Will towards men. It kind of puts to rest this whole separation we have. ... Spirit versus matter. ... Duality versus the Unipolar Reality of Existence, the Oneness of All.

“And you can see what happens. ... the Holy Spirit is God’s Will Extended to us in the physical ... so It’s Peace on earth through and by the Holy Spirit or the Sound Current. And isn’t That how the individual Soul Progresses to That and incorporates It, incorporates It, incorporates It?”

“If you think about it, you Progress, really, by being Upvibrated ... And you’re Upvibrated through the Realms, through the Levels. So God’s Will is that Upward Movement and we as Souls we have that Upward Movement.

.... Up in the sense of Upvibration, Higher Frequency. ...”

“So we’re Upvibrating, Upvibrating, Upvibrating. And That’s God’s Will for us and we Fulfill God’s Will by Being and Living as Initiates Walking This Path.

“Now think about It, too. This is a revolutionary change. Good or God’s Will towards men. What had been the prevailing conception? Well, take a look! Before the Christ comes in it was what? Pretty patriarchal. God’s a tough, He’s a tough, tough guy; He’s a tough guy. And Jonah wrestling with the whale—it starts to make God a little bit more comprehensible; a little bit more of a nice guy; a little bit more compassionate. Then the Christ, Jesus comes along and It’s a God of Love and Mercy. And, as usual, everything is inside out and backwards. So it’s not that God is suddenly getting to be a littler nicer; He’s getting to be a little better behaved. That’s not it. It’s just the opposite. It’s flipped. We human beings—Our Approach within ourSelves is being altered. We’re being Upvibrated. We’re changing. God’s never changed.

“But what’s changed is our relationship to Him. And now we’re at the point where (when) we relate to Him, we’re relating to the Spirit That we *are*. He Lives in us as us. We’re It. Tag! We’re It.

“So God’s Will is really Extended to man, hasn’t It? God’s Living in us as us. That’s really God’s Will to men, isn’t it? ... It’s right in us. Those Frequencies are all available up to and including HU. And That’s Where Peace is. ...”

“We all need to go towards Peace and the Peace, really, is when you’re in the Soul Realm you’ve entered into Eternal Life. And It breaks away from ‘limboland’, where the Soul was kind of in exile of Itself. ...”

“God’s Will towards men is *constant* Upliftment, *constant* Upliftment. And, really, we Celebrate this Christmas, the Second Coming, the Return, the Ability now to Progress beyond the Soul Realm—That’s part of It. But, also, the Extension of God’s Will ... levels starting of the Soul Realm to HU Extended to man. God’s Will right here.

“So this will be the conclusion ... That means that there’s no separation. God’s Will Extends all the way to man so if God reaches down to man, as it were, lives in us as us, we’re One and the Same. ‘I am in the Father and the Father is in me.’ Real simple. Real simple.

“And isn’t That Where Peace is? Live your life *consciously* Knowing that God Lives in you as you and you really will be At Peace. If you Allow That you will be At Peace. If you live your life Knowing that God is with you and as you you’ll be At Peace. If you live your life Knowing there ain’t no such thing as ‘death’, we’re One and the Same, you’ll be At Peace. ...”

“And you won’t be identified with the material form and, because you’re not identified with it, you’ll have even more reverence for it and understand what a Blessing and Opportunity being in the body is.

“And That’s the Message ...”

“We’ll stop with That.”

The Holiday Satsang was followed by the Presentation of the Group Gift—Donations from Our Teacher’s Initiates to Support The Organization and Its many Programs That Support Initiates on This Path—to the Center For Religion And Advanced Spiritual Studies.

After the Presentation of the Group Gift, Our Teacher further Educated us: “I just want to Share something, too. I had a tough time accepting personal gifts. ... And Spirit just made it very clear that who was I to stop the Opportunity of Giving. So I reluctantly consented ... And then I realized, ‘oh, it’s not about Me; It’s about further Surrender. ... It’s about Surrendering and that further Surrender and being on the Forcefield of many, many Blessings. And you participate in many, many Blessings’. And God knows what happens. Lifetimes of karma are wiped out with the gift, whatever it is, because it’s not the gift. It’s like ‘OK. I’m Surrendering to the Spirit and I’m Honoring It. I’m Honoring It.’

“Because how we Love The Teacher—This is a Bhakti Path—is how we Love God. It’s not about loving me personally. ... It’s about Loving the Spirit, the Spiritual Form of the Consciousness that I Hold but That’s in you. That’s why I Allow it.

That’s also the importance of that. It’s just another ... ballpark to Surrender and Receive God’s Love and Joy. Give, you give to The Teacher, is really ... just a symbol of the Gift of Spirit and That you are willing and Allowing for yourSelf to Receive.

“That’s how that works and that’s why it’s part of What we do. ... The Teacher’s just being used in a body. ... It’s about God. Never confuse the two [ed.’s note: Dr. Lane is referring to the body The Teacher is wearing or Our Teacher personally and the Lord, God]. ... So It’s the Spirit. Because God is so big and vast, puts on a body to join us ... so that we can relate to the Spirit. ...”

“We’ll stop with that.”

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

that isn't true. ... Actually understanding what's going on? Most likely, not. ..."

"I was kind of inspired to give this Satsang by a conversation I had recently with an Initiate. And he was talking about his plans for his life and they're not working out, etc., etc. And all the pain with that. And I thought that was wonderful! Good for him! You know. And that's right out of the textbook, isn't it?"

"But this person felt differently because it was painful. And leaving aside the whatever grandiosity and the ignorance of not really knowing that he wasn't a victim, he wasn't being picked on; it was exactly what's supposed to happen as an Initiate because the Focus here is What? Is Knowing yourSelf as Soul, as Spirit, as being a Lover of God. That's Our Focus: to be a Lover of God.

"And when we get disillusioned it's a wonderful thing that happens because our illusions are being taken away from us. We're being stripped of our illusions. If we're disappointed that's a wonderful thing that's happening to us because our appointments or our expectations are being pulled away from us.

"So we're being removed from our appointments or our expectations.

"And the way the mind works and the way the lower consciousness works is because it's painful, it assumes the pain is because it's being stripped away and so why not keep it around, etc.?"

"But the pain is coming up because it's coming up to be cleared. You're an Initiate Of The Light Of The Most High. Your attachments are stripped from you, are being taken from you and you get to see just how painful having the attachments is. It's not the stripping of the attachments that is painful. Rather it is the attachments themselves.

"So we mistake the pain as coming from the stripping away rather than from the actual attachment that you're getting to see so you can be moved beyond it and be free of it. ..."

"... This Path is a Surrender Path. But the person had framed it much the way an army that is defeated would frame a surrender: they've lost, they've been defeated. So it was either a win or lose.

"And that person needed to reframe his understanding: That, 'yeah, it's a win-win. I can do my life and move towards that which I prefer to have or allow mySelf to be moved towards all those things and—and—my Focus needs to be on God, on Spirit and on Trusting.' See. And make it a win-win situation because, as long as that person was trying to manipulate, engage in struggle, etc., he was really struggling against himSelf and not Trusting.

"So we on This Path we talk about Trust, Allow and Receive. That's very Powerful—to Trust God.

"You know, part of why we have Tithing as Highly Suggested is really for that reason. Yeah, to help you move away from lack and limitation and the attachment to money. But also What? Well, the same thing: to move into Trust; to Know that you're Supplied; to Know That God is the Source and, in fact, you as the Spirit you are, you are That. And so you're really Sourcing yourSelf. To move you away from fear into Love.

"It's all part of That. And isn't the Journey of a Soul from fear of God to Love of God? So we need to in many cases reframe our understanding of what's so or how we approach something. And many of us have it as a win-lose situation. And that's an immediate tip-off that you're coming from ego because ego is always based upon power and control and that's what it does, too: you win, I lose; I win, you lose. Right away that's duality.

"But think about it! We're all Spirit so if you win how can I lose? Doesn't make any sense. So we need to reframe it in that context.

"Alright. If I walk into a store—and this has happened to me

—and I wound up purchasing something that the person in front of me purchased except for some reason the person in front of me got a better price for the exact same item. I have two approaches I can take. One is 'hey! you're cheating me. You're going to win. I'm going to lose.' Or the simple fact that 'hey! we all need to be in Integrity so you need to charge me the correct price, whatever you charged the person in front of me.' You don't have to lose. I don't have to lose. I don't win because you've lost. But What I've done is What? I've helped you be in your Integrity.

"So I don't have to play this game of winner and loser. I need to reframe it into a win-win.

"You know, in terms of what's going on now in parts of the world where one country wants to defeat the enemy forever and ever—you're immediately in a win-lose situation. Think about it! You're in a win-lose: I'm going to win, you're going to lose. But guess what? Isn't that going to come around? Even on the level that you're working it on isn't that going to come around to be balanced out the other way? You're going to win, I'm going to lose. I'm going to win, you're going to lose. I defeat you this time and that's it? Nope. You're going to come back around and balance it out or the people involved [ed.'s note: Dr. Lane is referring to the Soul That is Present with this body] will do that.

"And it's interesting to me that a lot of this stuff is happening in the part of the world where ... they really carry on feuds for centuries and centuries. Leaving aside any knowledge of the karmic law, so you want to set it up 'hey! let's not enter into this thing called war: I win, you lose.' And then you're going to come back around, you know, when I'm going to lose or you may keep losing, etc., etc. but it's going to be never-ending.

"That's why in the Bible it's very clear. 'Nation shall not lift up sword against nation. Neither shall men learn war anymore.' Because what's 'loosed' here is 'loosed' in Heaven. It's going to come around and around and around and around again. That's what's happening now. Thousands of years ago these same peoples were involved in wars and battles and killings. ... But even if you're ignorant of the Spiritual law, the karmic law, you could still rework things. Have the courage to reframe. You need to have the courage to reframe. And change it from 'I'm losing, you're winning' or 'I'm going to win and you're going to lose' to 'let's all win this together. Let's come up with a solution where we can both win!'

"And it's interesting to me if you take a look at the growth of a lot of companies what do you see them doing? They're either making their employees shareholders or they pay them a percentage of profits, etc. And they have the most success. And the framing with all of that is real simple. It's 'win-win'. It's not 'me against you'.

"So, they're really doing away with an ego approach. What I call an ego approach. And many of us live from that space. We live as egos. ... we're these isolated beings in this big world and it's 'me against the world'. But how could that be so if Spirit's in you, if God's in you? Matter of fact, the Worlds Without End: They're All in you. They're All in you!

"Whoa! Mamacita! They're All in you!

"You go against someone, you're going against the Spirit That you are and it goes through all the Inner Worlds and effects all the Inner Worlds and you—as the author of that violent act—it comes back to you. Comes back to you.

"We're having a lot of quote bad weather: violent storms, violent hurricanes, etc., etc., doing an awful lot of damage. But that doesn't come out of nowhere. Man shall have Dominion over all things. Yeah, even the weather. Even the weather.

"So we need to reframe our thoughts and thoughts are linked in



Well, we come up with a lot of strategies ... to win. If I do this and that and this or that then I'll be successful in the world and that will mean that I'm Blessed and I'm special or ... I'll make a lot of money and ... death won't pertain to me. And on and on and on we run strategies to be the victor because we pretend that the battle's not been won by the Spirit in us.

"And so what we're doing is we're killing time. We're just going around in circles. ..."

"We're taking it for real so we keep fighting and we keep fighting ..."

"Doubt is why we have the civil war. 'I doubt that Spirit is here.' 'I doubt that we are One.' 'I doubt that God is with us.' 'I doubt that God cares.'"

"So why am I running doubt? And why am I going to war over it? Well, the way the consciousness is set up it seems like all wars, that it's a war against the 'other'. That here is someone other than us; they look different; their culture is different ... they're 'other' than us.

"But the 'other' than us in this case is Spirit because it's a self-perpetuating ... circle ... if I doubt that God is Present with me, well then He's not me and He becomes the 'other'. Oh, and, of course, if He's the 'other' ... He can't be with me. And we go in circles ... and like any war it's always against quote the 'other'.

"But The Teachings Of The Path Of Soul Transcendence and, really, any Spiritual Teaching, tell us we're all One. ... But why do we run this doubt? ... Has to do a lot with false ID. We think we're hooked into the ego, hooked into time and space. And if we run doubt ... we're involved in a power trip. We want to have dominion over ourSelves and how can we have dominion over ourSelves if we Allow Spirit? See? Because Spirit is the 'other' and then we'll be occupied, as it were, by an occupying force, by the enemy, by the 'other' ..."

"And we perpetuate this and we perpetuate this. And why do we perpetuate this? Well, we're really afraid ... of that aspect of ourSelves, Which is really Who we are ... Whatever we can't accept within ourSelves is projected out there, is the 'other', so you're the 'other'. The Spirit is the 'other'.

"And then you have These Teachings Of The Path Of Soul Transcendence That not only say that we're Spirit but It says we're the Spirit *within*. And It says God Lives *within* us as us. And says that we're God.

"Well, if we're God and God Lives inside of us ... we're the 'other' and then so it becomes a process of assimilation, assimilation, assimilation.

"But what do you have to do to Accept That? That the 'other' really is you? You can introject it; take it from out there and give it proper location, which is *inside* yourSelf.

"What do you need to do to Accept It? ... We have this fear of Spirit, of God. Why? Because underneath it all we feel unworthy. God's *within* us but we can't Accept It ... that God's *within* us and Lives in us as us and That we're Spirit and That we're created Free.

"And all these things that we buy into—doubt, fear, unworthiness, etc., all those things along the negative polarity—that's what we're enslaving ourSelves to; that's what we're enslaved to; we're the ones enslaving ourSelves. We're exercising our Free Will That God's Given us to take that for reality and pretend that not only has the civil war not *already* been fought but it's not been won and Spirit has not already won. ... 'But I'm so special I want to be really, really stupid and pretend that That's not so, that the Christ, Jesus hasn't won That for us'.

"And isn't that the major problem? We doubt that we're One with Spirit. We doubt that Spirit is *within* us. ..."

"But it's not a question of whether you're worthy or not. God Lives *within* us as us. Well, That should tell us how Worthy we *are*. We're Inherently Worthy. That's What The Teachings Teach us: we're Inherently Worthy. And guess What's *within* us but the Spirit That we *are*. And the Christed Consciousness was put *within* us in our consciousness thousands of years ago when the Christ, Jesus left the body. ... What's the Consciousness but your will and God's Will are One and the Same.

"I remember ... years ago ... going to a funeral of a beloved street pastor ... And they had this beautiful procession ... and the lead priest quoted—I believe it's from Matthew— ... it was the verse of 'I am in the Father and the Father is in me'. And I thought, 'well, you know they've got That right. They're not going to top That Truth.' ... And isn't That the Truth! 'I am in the Father and the Father is in me'. There ain't no separation, is there? That's the Truth of Who we *are*. We *are* Spirit and we *are* Soul.

"So we Live in this Oneness. ... And individually and collectively That, as it were, is the quote problem that needs to be solved. And how do we solve a problem? Well, we go to the Solutio Where the Solution is. We go to God. ..."

"We Walk The Path Of Soul Transcendence and the karma that blocks our Knowing of the Spirit That we *are* and that causes the seeming separation—we created that karma—and yet there's God's Love. And it's dissolved simply by our Focusing on the Spirit That we *are*.

"So we Focus on the fact that the Victory's been achieved *already*; That we *are* Spirit and That's Who we *are*. And guess what? It becomes, as it were, Self-Revelatory. The Soul is Revealing Itself to Itself. That's What's happening.

"We sit in Simran and Dhyana, What the world calls Meditation, and if we do It *exactly* as Instructed the Soul is Revealing Itself to Itself. It's getting to Know Itself. And, of course, isn't That the Purpose of HU-man Life? To Come to Know yourSelf as Soul, as Spirit. But you know, it's very easy to say 'yes, we are One with God'. ... But It's very different to Know It with a capital 'n' [ed.'s note: Dr. Lane is being humorous here to illustrate the extra effort needed to Know that, just as 'Know' starts with a 'K' and not an 'n', so, too, the extra effort is needed to Know rather than just to know.] To Know It as a Soul ... It's not an idea. It's not a construct. It's The Reality.

"So if we're Spirit then we have What? We have Dominion over all things. So we sit at the Apex Of Creation. And, of course, This Dispensation, What's happened? And the Thing called the Traveler Consciousness—What's happened? But now the Christ, Jesus Came Aboard and He Gave Souls the Opportunity to go from limbo into Soul Consciousness or Eternal Life. ... And now This Dispensation we can go all the way on up through the Levels from Soul to HU – H-U. Alright.

"So here we are as HU-mans and we Know from The Teachings That That's Who we *are*. We are HU—H-U. We are the First Manifestation of God.

"So Where we are as HU-mans ... We're denying ... that we're simply outcroppings of the Lord, God. ..."

"Once again, it's that false identity ... crucified by time and space ... And we allow that to win, to rule the roost. ... Doubt becomes that way of being and we protect our fear and we keep walking around this planet feeling unworthy.

"But, In Reality, we're Kings and Queens of Heaven. We have Dominion over all things. We're Spirit.

"We have the choice. Am I going to engage in the civil war or am

"Some of you have had the experience that when you have Committed to something you felt Spiritual Energy come in for that and That was the Agreement. It is the Spiritual Contract ..."

"Just as ... before you take on a body you have a Spiritual Agreement that you as Soul have agreed to. You agreed to It. If the Soul is to be Initiated It meets with the Spiritual Form of the One That will be The Master. Non-initiated Souls meet with the assigned lord of karma. But in both cases They get to have the final say in what is going to be that fate karma, what karma they're going to have in the lifetime that they're taking on a body. So there's That Spiritual Agreement.

"Obviously, the Original Karma—That's already been decided. The Original Karma is when God Created you a Soul. ... Fate karma is what you'll deal with this lifetime and then there's stored karma or future karma. And it works differently for the Soul That's Initiated because the Initiated Soul, Initiated Into The Sound Current, That Soul has the Opportunity following the Spiritual Instruction to Complete Its karmic journey. ... Obviously ... It can't have stored karma. It can't have future karma. So it's handled differently.

"And then there's the fourth karma, which is the day-to-day karma, the karma that the Soul creates each particular day of Its existence in the body. If the Soul is not Initiated It gets assigned to future lifetimes. If It's an Initiated Soul, obviously, if It's to go to Completion as a byproduct of Its Knowing Itself as Soul, as Spirit It can't have karma assigned to future lifetimes. So It has karma assigned to the present one. Oftentimes it's same-day karma.

"And other than to say that the karma for the Initiated Soul is handled differently—It has access to Spirit because of the Master's Grace. Other than to say That ... since The Teachings don't focus on karma, although for this particular Satsang I was asked to explain it ... Our Focus is on the Spirit we *are*, Knowing ourSelves as Soul and Loving God. That's Our Purpose.

"So when the Soul That is to be Initiated ... before It incarnated ... before the Soul takes on the present body It has Agreed. There's a Spiritual Contract. There's a Spiritual Contract with every single Soul and It is to be Fulfilled.

"That karma is our Opportunity to Learn and Grow and to Know ourSelves more as the Spirit we *are*. ... Karma's an Opportunity. ..."

"But when it comes upon you be smart enough ... to take the Learning. Then that completes the Karma. Karma's not punishment. ..."

"What are we talking about with Commitments? We're talking about Commitments as a Spiritual Contract ... and It exists in our everydayness. If I say 'hey! I'm going to meet you at 3 o'clock and we're going to pick up what we need ... to do this work', then guess what? There's a Spiritual Energy That's with that ... there's a line of energy from Me to that situation.

"And if I fulfill it ... that's complete. ... If I don't do it it's a line of energy out there ... That line of energy is ... a separation from the Spirit ..."

"But you really need to know that we're Learning as humans how to be HU-man—the First Manifestation of the Lord, God. So we're Learning Accountability; we're Learning Responsibility. And we *are* held Accountable even if we don't know It. ..."

"You might as well know it now very consciously that we *are* held Accountable and we *are* Responsible. ... we ... get away with ... absolutely nothing.

"To whom does the Soul make the Commitment? When I said, 'OK I'll meet you at three o'clock ...' That Commitment was to mySelf as Spirit. ... I made That Commitment to mySelf, to the Spirit I *am*.

"And also because we're One Spirit ... The Soul with That is still committed to that action so a secondary effect is you're effecting 'others' by That. ..."

"You know, we're all in this thing called Life together and we do effect each 'other'.

"And many of us don't know that because we don't know how Powerful we are. ... We are extremely Powerful and we do affect 'others'.

"And, you know, if we have these lines of energy out there and they're not fulfilled. ... And we have enough out there we really can get seriously depleted and we can wind up seriously ill. ..."

"Commitment is to mySelf. I owe it to mySelf ... to be in Integrity, to be in the Oneness of Spirit. ..."

"But if we're really being Responsible we also need to do something else. Remember that line of energy out there? It's still going to be out there. Forty years later, it's still going to be out there. ... So as a Responsible Creator, I then have to tell the basic selves, the false self ... that 'hey! I need you take the energy off of that Commitment and I'll tell you when It's on again' ..."

"But it's another level of Responsibility so whether I do it or not I'm Responsible. ..."

"I'm also Responsible—whether or not I know it I'm responsible for that karma I created because that's a separation from the Spirit I *am*. ..."

"That line of energy, that karma can snap Me right back into another incarnation ... So it's a real, real separation. ..."

"It's not trivial because it's about Responsibility; it's about caring for 'others'. And It's about caring for yourSelf. And that's, that's really the name of the game ..."

"And some of us are really, really cavalier. ... Or, in the case of Initiates and not fulfilling the Guidelines; They don't complete the Protocol, Which is really there to make it as simple as possible. ... And the argument's always the same ... 'I didn't agree to That.' ... Yes, you did. ... You signed the Contract with yourSelf ..."

"It's a Contract with yourSelf. ... We even say it in the Explanation. ... It's with you. ..."

"This kind of cavalier-ness it's mocking the Spirit That you *are*. ..."

"Commitment isn't an oppressive thing. ... if you're still at the point of taking whatever it is ... as ... something imposed upon yourSelf ... any lower consciousness ... is going to revolt against it ... But you need to take it inside of you. ... And know that hey! Those are Guidelines for the Spirit you *are*. The Spirit Attunes to That and actually *is* That and It just helps you ease on down the road. You take It for yourSelf and instead of an outer authority take It as an Inner Authority.

"Otherwise you're wasting your time ... pretending you're not Responsible but you are Responsible. ..."

"Remember What the Christ, Jesus said, 'Ignorance of the law is no excuse'. ..."

"You'll need to welcome your Learning of Responsibility, Blame-less Responsibility, Accountability ... because ... every Soul has That. ..."

"We need to take That Learning. ..."

"If you need to come to an event at a certain time and then you show up late ... 'hey! I don't wear a watch' ... 'how am I supposed to know?' ... you're still Responsible. ..."

"So we need to know that our Commitments Allow us to stay Clear and to be Clear ... and to be able to Focus more on God, on Spirit. ..."

"So Commitments are a Wonder-ful Opportunity That we really need to wholeheartedly meet because we're really meeting ourSelves. And we can do It with an attitude of resentment or we can do it with attitude of Acceptability. 'Hey! I committed to it. It needs to be done. Hey! that's fine.' ... Even if I don't want to go. ... the Commitment takes priority. ..."

"That's also part of why we have ... Class Guidelines. Because if you slough off your Commitment then guess what? You're also going to slough off the Instruction on how to Spiritually Walk This Path. ..."

"Commitments *really* are God's Way. ..."

"You've got lines of energy ... separating you from the Spirit you *are*. God lives in you. How are you going to get that energy to go to God inside of you? You can't. It's outside of you so the power's outside. You've given over your power. ..."

"But it's very hard in a way to be at the effect of having done that. ..."

"We talk about we're all One. ... We're One in Spirit, as Spirit. ... And really what we hold in consciousness affects everyone on the same Forcefield. ..."

"When that's put out ... 'hey! what you hold in your consciousness ... really goes through The Teacher' ... a lot of Initiates, They couldn't

## Continued from page 3 - Initiates' RETREAT 2024: "Travel Light. Period."

Lovingly Suggested, too, is Applying the Tools in the Desserts section of The Human Story, Our Teacher's New Book and spending time on Our Teacher's website drogerblanephd.org. The cosmootree.org website is a virtual Library of Our Teacher's Tools: Over 300 Talks Given by Our Teacher right there to download on your phone or computer! If you're not Applying SST—Simran, Service, Tithing—you can choose to start now. Check out spiritcentral.tv for Enlightening interviews with Our Teacher on Teachings including Nintendo and Joy. And There's so Much More on This List—really, in This Grand and Sacred Library That Our Teacher/the Lord, God has Given us out of Love.

Then came a Special Event!—a Reading by Our Teacher from Our Teacher's New Book, The Human Story. This Event was a Gift from Our Teacher for our meeting the goal set for this year's RETREAT Scholarship Fundraiser.

As Our Teacher has noted, "As the Book took shape, it was a very nice Opportunity to really feast on It so I decided ... That is the form It will take. It will be a Feast!"

Our Teacher began with the Appetizers Section, Which Gave us a "basic Understanding of Reality" and of the tremendous Growth in Consciousness that has taken place—from the Death of God Movement to how this Growth has been "demonstrated through religions, theologies and spiritual movements."

This Growth, as outlined in the Book, has prepared us for the Spiritual Movement taking Place now!

We Learned that Creation in the Realms above those of form is not finished and that the Highest Frequency—HU, the First Manifestation of God—is "Our True Nature". As Our Teacher Read to us: "Tag, we're It!"

As Our Teacher further Read: "Now is the time for further Growth in Consciousness." Our Teacher then emphasized the importance of Practicing Proper ID and that Our Purpose here is to Know ourSelves as Soul, as Spirit and What a Magnificent Gift this life is to Fulfill That!

Our Teacher then Read from the Entrees Section. Our Teacher Shared the Tremendous Gift "that has just now become available because of What I call THE GRAND EXPERIMENT"—through Initiation into the Sound Current going from "limboland" to Eternal Life to actually doing Our "Entire Progression *while in the body!*"

We Learned that Part II of THE GRAND EXPERIMENT is here now and is "anchored in a body on this planet."

As Our Teacher Taught us through the Reading, we can now go from the Soul Realm all the way to HU—*while in the body*. "Wow!" to quote Our Teacher! We Learned that This is why The Path is named The Path Of Soul Transcendence.

As Our Teacher Shared: that Underneath It All Is Love—as the Fourth Entree in The Human Story is Titled.

After the Reading, to Educate us further, Our Teacher Generously Summarized: "... What I'd like to Share also ... I talk about inherent in the Christ Giving us Part I of THE GRAND EXPERIMENT, was Giving us the Christed Consciousness ... enabling Souls Who were in 'limboland'—that was as far as the Soul could progress—to go from 'limboland' into Eternal Life. That was Part I of THE GRAND EXPERIMENT.

"Part II of THE EXPERIMENT, Souls can now go from the Soul Realm on up through HU. ... But the Christ, Jesus said something really interesting. He said, 'I shall Return. I'll Return. So He must have Known something. Why would He Return? He Returned for a really simple reason: for Part II of THE GRAND EXPERIMENT. Part II is to go from the Soul Realm to HU. But when He said 'I shall Return' He had to Know something. He had to Know He would be able to Give us Part II of THE EXPERIMENT. He had to Know we as Souls were capable of Fulfilling the first Part of THE EXPERIMENT or He Knew It would be successful.

"Let's see! Experiment! Let's try It out ... but behind It there's a Knowing. 'Oh, yeah, they can do It and I'm going to Return to Give them the other half.'

"So, in other words, the Christed Consciousness Knows What we're capable of. The Christed Consciousness is in us. So, yeah, you have That Ability. And That Consciousness ... It's in all of us.

"The Consciousness That goes from the Soul Realm on up through HU—First Manifestation of God—is What's called the Traveler Consciousness or the Spiritual Traveler Consciousness. That's in each of us.

"So you can see the Evolution of Souls. And the Spiritual Progression. And *inherent* in this world is this Spiritual Force That's evolving Souls and Lifting so Part II of This EXPERIMENT—the ceiling gets raised ... you're in 'limboland', that's as far as you can go. First Part is Christ comes in: You can now go into the Soul Realm and be in Eternal Life ... Part II

comes along: go from the Soul Realm to HU and the Particular Dispensation Brings... What got opened up here, from Soul Realm to HU ..."

Our Teacher further Summarized in the Question-and-Answer Session That followed the Reading: "What I'd like to do is explain a little bit about ... the Traveler Consciousness. So here's the Soul and up here [ed.'s note: Dr. Lane is pointing to the Level or Realm above the Soul Realm] all the way to HU you have the Twenty-Seven Levels. All These Levels from the Soul through HU. That's Known as the Traveler Consciousness ... It's all God. But that Part of God from the Soul through HU is Known as the Traveler Consciousness. ..."

"So you have the Traveler Consciousness. Soul Transcendence is the Ability of the Soul to go from the Soul Realm or the Soul Level 'above' so It's Transcending the Soul Realm and, also, once the Soul starts getting in to What I call the 'the Clear, Cold North Country' It loses Its individuality and It does What? ... It merges into the Godhead. ..."

As soon as Our Teacher finished, loud applause broke out!

Our Teacher then Gave us Homework: to give ourSelves Quiet Time and to read Tools For Living Free #35 Titled "Sacrificing 'The Sacrifice'".

Sunday began with our Sacred Meditation Practice. Then, after breakfast, Our Teacher asked us to share Leftovers: "insights, gains or dreams you'd like to share".

Leftovers began with a comment on Saturday night's Reading: "the first time it was like I was in a fog. ... last night ... I had the exact opposite experience ..." Our Teacher Elucidated: "You 'ain't' the same as you were ... So I hope you Appreciate Your Progression and what you put into It ... you may want to keep going back to It [The Human Story] ..." Another Participant shared waking up feeling exhausted. Our Teacher asked, 'so what got exhausted out of your consciousness? ... Just give up your ego-based reality. ... I really Suggest you give up your romance with all your thoughts ... you need to give yourSelf Permission to Walk The Path". A Third shared how much they enjoyed Saturday night's Homework, Which was to read Tools For Living Free #35 Titled "Sacrificing 'The Sacrifice'": "... I really got It in a different way. ... a ... deeper knowing what You were saying. ... Sacrifice what we think we are and we're not sacrificing anything good or anything we need." Our Teacher Taught us: "You also have to Sacrifice 'The Sacrifice'; have to Sacrifice the suffering and how hard it is and 'how much I suffer because I try so hard' ... You have to Sacrifice your negative reactions. ... all that stuff is just hot air. ..." A fourth Participant also shared the Power of Saturday night's Tool: "For years I have had a bunch of negative thoughts that have been hanging around ... So last night ... there was a Process ... I did It and all that stuff was gone instantly ... after years of trying it finally happened. It wasn't a try; it was doing it!" Our Teacher responded: "give up 'trying' because 'trying' can be very trying."

We then Listened to an MP3 of Our Teacher's very important Satsang Titled "You Are Worthy" (A5). As Our Teacher says in This Talk, "... it's in the little moments you let go ... and move into the Place of Knowing you're Worthy and you Reinforce It ..."

As we neared the end of RETREAT, Our Teacher Instructed us to create an art project that "puts together for you what you've Learned about Self-Regulation, Worthiness and Travel Light and What It means to be Spiritual and Walking This Path."

We then formed a circle for the Convocation. Our Teacher began: "Thank You, Lord, God for Allowing us to be in Your Presence for Learning that we *are* Soul, that we *are* Spirit and for Your Allowing us to Approach You and Know You and Be You." Our Teacher continued: "Please send us a Blessing of Strength so that what we've Learned and how we've Upvibrated and Incorporated our Learning into our being is Applied in our daily life as we Lift and Grow and Manifest as You. Thank You."

Our Teacher invited us to share, with Many of us Thanking Our Teacher for Bringing Forward this Magnificent RETREAT and for Our Teacher's Love and Generosity and Compassion and Patience and Example of Being in Joy.

As a special Graduation Gift Our Teacher then Gave us three Tools For Living Free to read within the week. They were #9 Titled "Allowing God To Be Here For You"; #10 "Choosing To Live In Grace"; and #11 "You Are Worthy Of Abundance!"

On behalf of my Fellow Initiates this writer thanks Our Teacher for Our Teacher's Love and Generosity and Compassion and Caring and Love: All Qualities of God.

As Our Teacher said at RETREAT, "you Know how to Thank Me. Love God!"



**Continued from page 5 - "Do You Need To Take Your Picture To The Framer?: A Participatory Satsang"** (MP3 A326)

with feelings so we may really need to reframe our feelings as well. ..."  
 "And let's go to something really sweet, to the Sound *within* us, to Spirit *within* us. ... That will be our main meal. That's All we need to eat anyway. So there're Opportunities ... There's no blame. Nothing personal. And we use it to Lift.

"And What runs through all is What? Acceptance. Acceptance. We don't have to like it. We need to Accept it.

"We need to Accept it.

"So what I'm going to do is I'm going to ask you a question, the same question a few times. You need to take whatever comes. There's no right answer, there's no wrong answer. You need just to Allow whatever to come come. And so here we go. 'What do you need to reframe within yourSelf?' [Pause] Now reframe it. [Pause] 'What do you need to reframe within yourSelf?' [Pause] Now reframe it. [Pause] 'What do you need to reframe within yourSelf?' [Pause] Now reframe it. [Pause] And once more. 'What do you need to reframe within yourSelf?' [Pause] And now reframe it. [Pause] Alright. Now bring your consciousness back here.

"And, in addition, we all need to do an existential reframing. We all need to reframe our understanding of Our Relationship with God. Instead of having It within us that we're separate and we're trying to connect to, etc., we need to reframe It that It's One and the Same. We are One with God. We *are* the Spirit That we are seeking. We *are* the Love That we are seeking. That I and the Father are One and the Same. That needs to be our reframing.

"And if you work things that way you'll have the picture.

"And we'll stop with That."

Our Teacher led us in an Enlightening Question-and-Answer Session following the Satsang during Which we received even more Growth and Upliftment.

**Continued from page 7 - "Commitment: For Whom? To Whom? When? - A Participatory Satsang"** (MP3 A328)

care less. ... They are not saying the Truth. They are not saying ... 'I'm choosing to ignore the Spirit That I *am*.' ... They never say that. ... They'll always say ... 'doesn't vibrate with me', which is the opposite of the Truth. It does Vibrate with them; they don't Vibrate with it because of the karma that's upon them.

"So what's being said here but other than ... that's another form of Commitment. You're Committed to the Oneness. You're Committed to keeping the environment clean, the Inner Worlds ... the outer is just a reflection of the inner. ... It's not going to happen unless we start having respect and know that we're all One.

"That beautiful verse ... that says 'I'm in the Father and the Father is in me'.

"Real Simple. We're all One and the Same.

"We come from God. We *are* God, etc. And our *conscious* going back to God is our reason for taking on this body and What helps us do that? Honoring our Commitments. ..."

"You're Responsible and It's going to be Fulfilled sooner or later. How soon is up to you. How comfortable you are in your lives as a Soul ... is up to you because we know that attachments are the reason why man has pain. Humanity is suffering because of its attachments.

"So on both a macro level and a micro level Commitments are of utmost importance. They're part of the Parcel Of Freedom.

"And you don't have Freedom by not Honoring Your Commitments. You don't have Freedom by not having Commitments.

"You have Freedom by Fulfilling Your Responsibility.

"And we know that Responsibility is ... the Ability to Respond as the Spirit you *are*. And That's What we do when we Honor Our Commitments.

"And we'll stop with That."

**Continued from page 6 - "Number One Problem Of HUMANITY And Its Solution: A Participatory Satsang"** (MP3 A327)

I going to go with the Truth that hey! that's already been won. ... The Christ won that *already*.

"Well, I'm no dummy. And I Know from The Teachings that hey! 'lestoil' is the preferred way. Let me use 'lestoil'! I don't have to reenact as real the civil war. I can just take the Fruits of the Victory, as it were.

"What are the Fruits of Victory? Knowing mySelf as Soul, as Spirit and along with That goes Kindness and Compassion and Mercy. Those are all Parts of What the Victor Lives by and What the Victor consumes and Gives out.

"So we've already won inside ourSelves. And the only reason we keep fighting and keeping the doubt going is because of our fear based on unworthiness. ..."

"The Teachings Teach us you *are* Inherently Worthy. ... That the Journey of a Soul is from fear of God to Love of God. ..."

"But it was interesting to me in this recent election that there was so much worry about what would happen if that candidate won; what would happen if that one won.

"And we Know from The Teachings that worry is the handmaiden of doubt and that's what we're all doing. We acted as if Spirit or God had no say in this election, that it was just, you know, a contest rather than a Soul going through Its karma and whatever was karmically correct ... that is not only the deciding factor but that would be the only factor in the race. ..."

"All the anguish ... doesn't change any of it. ... all the name-calling ... does nothing but create additional karma.

"So we also need to acknowledge, What's behind the curtain? ... But It's just Love. That's behind it all. It's Love.

"The moment we start entering into warfare ... we've chosen into ... separation and into unworthiness and perpetuating our fear and the creation of the 'other' so we become alienated from ourSelves, from Who and What we *are*.

"We know that the remedy of ignorance is education and we need to re-educate ourSelves ... into the Knowing of the Real Truth that we *are* Spirit; that God Lives *within* us as us and that we have the power to decide which way we're going but ... we also Know that the game is rigged and that eventually, eventually Education will win out and the Knowing of It That we *are* Spirit, That we *are* Soul, That we're One and the Same as the Lord, God.

"And that It's not a death sentence. ... It's just the opposite. That being Overshadowed by the Christed Consciousness or by God, as it were, is What enlivens us, not threatens us ..."

"And we Know that 'wide is the way but narrow is the gate that leads unto Eternal Life'. And that *moment-to-moment* we need to make that Choice to go through the Gate. What's the Gate? The Tenth Door; the Upper Part Of The Third Eye Where the Soul sits in the body.

"Real simple. Real Simple.

"And if you're an Initiate On This Path, At The Time Of Initiation the Spiritual Form Of The Teacher is placed with you right at the Crown Chakra. ..."

"So we can pretend all we want. But it's a losing game. That's What we as Initiates are required to Know and have That Responsibility but guess what? All of the HU-man race has That Responsibility. And That was why the earth was Created.

"You know, God's very patient. ... Take all the time you need but you're kidding yourSelf.

"We'll stop with that."