



SpiritCentral

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies **October/November/December 2025**

COVID-19 UPDATE The Home Center is OPEN!

Proof of vaccination within two years or proof of a negative COVID test within 24 hours or, if have taken public transportation within 72 hours, a COVID test upon arrival is required to enter. Masks required and provided.

Home Center New York City

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spiritcentral.org
cosmostree.org

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WATCH IT LIVE ON YOUR PHONE/TABLET/COMPUTER!

The Series Of Spiritual Learning
Understanding The Spirit You Are!

Given by Dr. Roger B. Lane
Every Thursday at 6:30 pm ET
Go to mnn.org, click "watch"
on navigation bar,
then "watch live" and then
"Spirit/watch now!"

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"What Have You Left Hanging?: Your Hang-Ups? Your Laundry? Yourself? – A Participatory Satsang" (MP3 A335)

Dr. Lane began the July Satsang by saying, "I want to talk a little bit about ... incompletes. Why are incompletes very, very important to pay attention to? Because incompletes, well, they are karma. That's karma. The incompletes that we have they go into the etheric and they become part of your karma. But also, obviously, if we're walking around with a bunch of incompletes, all that energy, there are lines of energy with that. They go out into the world and you have lines of energy out there and the power is being taken from you, from you, from you. You're giving over your power ... and it can affect you very severely and have incredible ramifications for health ..."

Continued on page 3

"The Paradox Of The Finish Line: A Participatory Satsang" (MP3 A336)

Dr. Lane began the August Satsang by saying, "I want to talk a little bit tonight about the Paradox and, really, the illusion Of The Finish Line. ..."

"And I noticed ... in dealing with a lot of Students that the focus is very much on getting something done. ... And They'll just ... bump down into getting it done and sacrifice any understanding and accuracy. That the focus is so strong, this illusion we have of getting something done and it's finished.

"And I thought, wow! where does that come from? ... We're so materialistic, of course, we're going to have to get it done. ... Bingo! and it's done. Isn't that the whole materialistic point of view? That, hey! we're in the body. This is it and it's one time and with that false identification into the physical it all comes down to, well, 'let's get this done; this done then this done then this.' ..."

"In our consciousness, we tend to set up goals. ... 'And then I'm going to cross this finish line and then I'll get onto the next finish line and onto the next finish line.'

"But the interesting thing is it doesn't work that way Spiritually. That whatever you have set up and, actually, to be correct, those arenas have been kind of pre-selected in the sense that hey! they're to bring out your Spiritual Learning, your karmic learning and we're going to use those ballparks. So you may have finished this project but have you finished the Learning? ..."

"There are lots of things in life I would have loved to declare over and be over but they're not.

"When we're working things Spiritually ... it doesn't just end with us and our action ... just

Continued on page 4

"The Trauma Of God's Love" (MP3 A337)

Dr. Lane began the September Satsang by saying, "I want to talk a little bit tonight on The Trauma Of God's Love and I've Shared with you this story: many, many years ago I was walking down the street and I had this realization of the incredible amount of Love That there is for us. That all there is is Love and my response was 'wow!'"

"And I was really, really angry. And the anger lasted for many, many days because how come nobody taught me That? How come nobody walks around with That Point of View? ... How come we're not living accordingly? Why don't we know That?"

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"And we know that an Initiate lives in the Nowness. One moment coming, one moment coming, one moment coming, one moment coming, one moment coming. And just as each moment, each nanosecond, is complete in and with itself and completes itself - next one, next one, next one, next, next, next. And It's an endless series of Now, of Being in the Now. We need to have that same approach with our incompletes. ... Complete this. Complete this. ... We either complete it outwardly or we complete it inwardly but we need to complete it. ..."

-Dr. Roger B. Lane, July 2025
Satsang "What Have You Left
Hanging? Your Hang-Ups? Your
Laundry? Yourself? - A
Participatory Satsang" (MP3 A335)

A How-To Exercise

From The Human Story

By Dr. Roger B. Lane

In Every Issue Starting Now!

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To Help You Be Lifted And Upvibrated!

Events Calendar

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NEW YORK

Meditation Of The Light Of The Most High

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

Sun 10:30am Oct. 12; Dec. 14 **Sun**

10:30am Oct. 26; Nov. 30; Dec. 28

Special 2-hour Meditation

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Tues 8:45pm Oct. 21; Nov. 18; Dec. 16

*Meditations are available via teleconference. Email info@cosmostree.org for instructions.

MEDITATIONS

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

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Philadelphia area: Every Thursday 6:30 pm. Please call 917-841-8817 for details.

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Johnson City area: Every 2nd and 4th Monday 7 pm. Please call 423-975-6868 for details.

OUTSIDE THE U.S.

MEXICO

Queretaro area: Please call 52-442-237-5745 for details. Meditation For Health And Well-Being - Mondays 5:30 pm; Meditation Of The Light Of The Most High - Tuesdays 6:00 pm.

OPEN HOURS

Opportunities to speak with Dr. Lane and to experience personal and Spiritual Growth and Lifting into the "positive" energies. A reservation is needed to call in.

Visit cosmostree.org, click on Offerings then on Open Hour. Reservations can be made up to one week in advance.

Every Tuesday

7:30-8:30 pm ET

Every Wednesday

4:30-5:30 pm 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. 6:30 pm ET

Spectrum - Channel 1997

RCN - Channel 84

Verizon (FIOS) - Channel 35

Brooklyn

Every Sat. - 4:30 pm

Cablevision - Channel 68

Spectrum - Channel 35

RCN - Channel 83

Verizon - 43

To watch online go to mnn.org at 6:30 pm ET Thursdays, click "watch" on navigation bar, then "watch live" and then "Spirit/watch now"!

SHOWINGS & DISCUSSIONS

Last Sun. of every month

1-2 pm at NYC Center

Join Us For An Hour Of Spiritual Instruction!

"How Are You Using The 'Time' God Has Given You?: A Participatory Satsang"

(MP3 A338)

October 1, 2025

6:50 pm ET

TBA

(MP3 A339)

November 5, 2025

6:50 pm ET

TBA

(MP3 A340)

December 3, 2025

6:50 pm ET

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

Available at All Centers

Listen to Our Monthly Podcasts!!!

cosmostree.org
spiritcentral.org

Oct. 5: "There's ONLY God! What About Me?: A Participatory Satsang"
(MP3 A182)

Nov. 5: "Co-operation: Disempowerment? Discordant? Alignment? - A Participatory Satsang"
(MP3 A246)

Dec.. 5: "Are You Open To The Solution? - A Participatory Satsang"(MP3 A323)

JOIN US FOR OUR SUNDAY EVENTS!

SUNDAY PROGRAM

Oct. 12; Dec. 14

(No Program November 9)

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

Tools For Living Free Reading and Discussion: 12 pm ET

Oct. 12: **#122 The Truth Of Our Own Spirit**

Dec. 14: **#126 Give Your Garbage To God!**

Oct. 26; Nov. 30; Dec. 28

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

Video/DVD Showing and Discussion: 1 pm ET

Oct. 26: **V12 Giraffe Consciousness**

Nov. 30: **V13 What Is Self-Worth?**

Dec. 28: **V14 What Is The Path Of Soul Transcendence?**

THE TEACHINGS STUDY GROUP

Oct. 12; Dec. 14 | 3 pm ET

(No Program November 9)

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

Oct. 12: **"What Have You Left Hanging? Your Hang-Ups? Your Laundry? Yourself? - A Participatory Satsang"**

Dec. 14: **"The Paradox Of The Finish Line: A Participatory Satsang"**

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

For details or to attend via teleconference email info@cosmostree.org.

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

SPECIAL THANKSGIVING

Meditation Of Gratitude

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Meditation Of The Light Of The Most High

Christmas Eve

Christmas Day

New Year's Eve

New Year's Day

6:10 pm ET Each Day

Available In Person At The Home Center & Via Teleconference

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Continued from page 1 - "What Have You Left Hanging? Your Hang-Ups? Your Laundry? Yourself? – A Participatory Satsang" (MP3 A335)

"But that's all kind of like a negative approach. I want to look at it positively and that is that we're Initiates and that we are Responsible for ourSelves, for keeping our Inner Environment clear. ..."

"I got the idea to talk about tonight's subject ... I had a conversion recently with an Initiate and I got to see—while I'm talking to this person—this person's auric field was very disturbed. And so I took a look and I saw the reason for it and I talked to this person about it and she was very forthcoming, very giving about the situation and really willing to be a Student so there wasn't the usual defense or anything else like that. It was just the opposite. And she shared with me that 'hey! yeah, I really was disturbed because of someone's ... behavior ... but I didn't know what it was'. And she left it at that. So that was an incomplete ..."

"We know that we're all One so it affects all of the Inner Worlds and all of creation as well and all this person had to do was just ask herSelf, well 'What is The Teaching here?' 'Do I really need to know what it is that has to be released in order to have it released?' And, obviously, no ... So she needed to ... get back to being clear inside herSelf. ..."

"But what got to her was that the line of energy was out into the world. She'd given over her power and what ruled the roost? Was it God? Was it Spirit? Was It Being in Integrity? No. It was not knowing what it was to be released. And not being lined up with The Teachings. ... All you had to do was do the releasing. [ed.'s note: Dr. Lane is refering to doing the Two-Part Release Technique] ..."

"And all that time that's separation because we made something more important than God. OK."

"And then I was Working with another Initiate and the problem quote was all sorts of feelings that she had. ... It involved just a simple process of being able to objectify a situation and you wouldn't have had all these feelings because it would have been just an objective situation and it would have become completely manageable."

"But this person allowed all these feelings to run the roost ... and stayed with it."

"And it became like 'hey! ... not only do I have dirty laundry, I'm going to shove it in your face'. ... Then it became an excuse not to participate with some of the agreements, etc., that were said ... then ... a whole series of mistruths ... so as not to own up to Their Responsibility ... and went down that road. There's a helluva lot of karma that got created with that. ..."

"I see pride, real pride with this. 'Boy! look at this!' ... if pride can make the angels fall, well, it sure can make a HUMAN Being fall. HUMAN Beings sit at the Apex of Creation. We're at the very top of all of Creation so you can imagine the fall. ..."

"What is the whole point of Walking This Path? ... for our Focus to go to God, That Which we are ..."

"We have Free Will. We have Agency. ... Agency means that you have the Power and the Choice ... I Choose into the Spirit I am. ... I Choose into the Guidelines. It's an active Choice. ... You're Surrendering to the Spirit you are—That's the Agency. ..."

"If we're ... coming from That Place inside ourSelves ... we need to finish up, take care of business. ..."

"I've told the story of giving up smoking. That if I gave up smoking I was always at the point of smoking so I had to work it another way. How did I have to work it? I had to work it 'well, I'll go for health'. 'I'll go for feeling better'. And not set it up ... against anything else. When we have Agency we're going for something, not against."

"And many of us we don't want to put out where we're at. We don't want to complete something. If we're interacting with someone we'll stop short. ... We won't put out what we need from them. If we have an inner flinch ... we won't take a moment and go inside and allow ourSelves to get past the flinch point ... It can be ... 'oh, the person won't like me' ..."

"We allow our hang-up, as it were, to get the best of us ... we've broken our Oneness. We've hung up on ourSelves, really. We've stopped the Spiritual Flow. We don't Participate in It. We've allowed our basic selves to rule the roost."

"But that incomplete—it's going to have to be handled sometime. It may be handled via Grace ... it may be mitigated for you ... but ... you're delaying the inevitable. ..."

"Let's be really good Environmental Engineers within ourSelves. Let's really take good care of ourSelves. If we have a lot of incompletes, take care of them. ..."

"If I honestly ... believe I ... cannot do it then I need to handle it within mySelf. ... I put mySelf on notice. I will tell Myself, 'hey! this project that was due in three days; I need you to take your energy off of it and I will let you know when we can get back to it' ... That's part of our Responsibility. ... That part of ourSelves listens real well ..."

"The part of us that makes the Commitment knows exactly what's going on and really, really, really is bound to it and with it. We're not going to fool ourSelves and when we have these unfinished projects, when we have these unfinished Commitments, we have separation."

"The Commitment is not to the project. It's not to the person. It's to ourSelves and to the Spirit we are. And we need to Honor That. ... It's a way of staying clear. It's a way of Being in Integrity."

"And the same thing happens ... we go through life and negativity comes up. ... it just comes up and goes out, that's it, fine but if we find ourSelves hanging out with it then we need to take care of it. Otherwise, we're leaving it there and ... we keep separating ourSelves from the Spirit we are."

"You know, and once again I just want to point out that so many of us use our incompletes and the reasons we haven't completed it as something to shove in your face. 'Well, I couldn't do it ... because I'm annoyed at you because of what you did'. Well, that person didn't make you annoyed. Something in you responded that way. That person gave you an Opportunity; the situation gave you an Opportunity to get Clear. Something was brought up for you to get Clear. Use it! Be smart! Keep the Inner Environment clear! ..."

"Of course, you're an Initiate, the whole Focus is on doing your Simran and Dhyana *exactly* as Taught. In the Process everything else drops off. But we need to do our part, too. And anything that comes up is a steppingstone so we can *actively* participate with that ... whether it's a karmic pattern ... an outer commitment to ... finish up something. Those New Year's Resolutions ... we're karmically responsible for them. ..."

"Anything that we allow to come between us and the Spirit we are is a false idol. And anything that we allow to have power over us is a false idol. And we have the Agency to choose into Being with and as the Spirit we are. It's real simple."

"And we know that an Initiate lives in the Nowness. One moment coming, one moment coming, one moment coming, one moment coming, one moment coming. And just as each moment, each nanosecond, is complete in and with itself and completes itself - next one, next one, next one, next, next, next. And It's an endless series of Now, of Being in the Now. We need to have that same approach with our incompletes. ... Complete this. Complete this. ... We either complete it outwardly or we complete it inwardly but we need to complete it. ..."

"Do you want to go with the Spiritual Force, as it were, the Spiritual Energy Field or do we want to go with the karmic one? And I Lovingly Suggest we go with the Spiritual Energy Field because that's Who and What we are. It's real simple."

"And we want to be really good Environmentalists and Environmental Engineers."

"So in that spirit, I'd like to do a Process and we'll close with It. So I'll Call In The Light Of The Most High. 'Lord, God, send me Your Light! We put this entire time together into Your Light for the Highest Good'. And let whatever is incomplete—just one thing—come up into your consciousness within you. [Pause] OK. Now, finish it. Allow it to be finished any which way you'd like. [Pause] OK. Now, allow another situation or project or Commitment that's unfinished to come up. [Pause] Now, allow it to be finished. [Pause] Now, allow another situation or Commitment or project that is unfinished to come up and allow it to be finished. All for the Highest Good. [Pause] OK. Now, when you can bring your consciousness back here."

"OK. So we'll stop with that."

An Enlightening Question-and-Answer Session followed during Which we received even more Growth and Upliftment!

because I've finished being in the body I'm finished. It's over. No, it's not because as creators you're Responsible for your creations and you're going to come back and come back and come back at the effect of your creations or your karma, your creations away from the Spirit you *are*.

"So how can it be over when it's over? We have this funny thing called 'death'. And we tend to regard it as 'Oh! it's over. That's it.' ... No, it was just that Soul's Expression during that lifetime is over but that Soul continues. It's gone, as it were, just into a ... different Room in God's House. ..."

"Unless It has Completed its karmic journeys ... it's not over. It's called reincarnation.

"So if we have a finish line, we haven't completed something, we haven't gotten the Spiritual Understanding; we haven't gotten the Growth; we haven't moved into Kindness, Loving, Caring and Sharing. Well, that's OK; God's Patient. We'll ... reincarnate 'til we get it. That's fine.

"But we can't think it's over. ... the karmic records—that's proof that it's not over ..."

"If we're working on a Sound Current Path then we're especially Blessed to have all future karma burnt for us and the karma that we create day-to-day gets presented in the current lifetime so we have that Opportunity to go to Completion but—and this is an extremely important but—but we haven't gone to Completion as Soul, as Spirit. The Alpha and the Omega, the Beginning and the End Created by the Lord, God out of The Sound Current, out of the Holy Spirit.

"That's the Soul; It Completes Its karmic journeys through God's Grace. ... It's overcome, as it were, 'death' but the Soul still continues. It's not finished. So the Soul goes on and on and on and on in What I like to call the E-T-C Consciousness. E-T-C.—The Eternal Traveling Consciousness.

"And, now, because of the Dispensation and the Grace with That, Souls have the Opportunity to stay in the body and continue on *while they're in the body* past the Soul Realm into the Levels of Spirit all the way up to HU – H-U. ... That's Our Nature; That's Who and What we *are*. We're HU-mans. We're the Manifestation of God.

"And we walk around with 'hey! I'm gonna finish this lifetime and go Home to God' ... that's not the focus. The Focus is on Knowing yourSelf as Soul, as Spirit; Loving the Lord, God; Knowing yourSelf as That; ... in the Process you finish up. ..."

"If you're doing that to finish up ... you've earned yourSelf at least one if not two return trips so you can be at peace with being here. It's just another attachment. ..."

"We Know that when we travel through ... the etheric realm and we travel through that Portion known as the Great Void or 'death' we have to travel through ... as often as it takes until we can break through without an attachment So even a simple thing like 'oh, my God! I'm going to miss my golf game' ... 'I love that Haggen-Daz ice cream!' ... Those are all attachments and we get to go through and go through and go through ..."

"But then we're not finished. We act as if there's a Finish Line ... but Where's the Finish Line in a circle? ... In the Christed Consciousness, the Consciousness That is One with God, Where is the Beginning and where is the End?

"So when we travel in the Inner Realms ... we're incorporating ... the Frequencies on those levels ... we're being Upvibrated ... then we have a Simultaneous Awareness on all the levels we live on.

"Isn't it funny that we're in the body doing This ... on this place called the earth ... the most negatively charged place in the system and yet we have the Greatest Opportunities here as Soul to spring into Our Knowing as Soul, as Spirit. Wow! Wow! ..."

"It's here that we have the Greatest Opportunity. ..."

"What's the Opportunity for? It's really to Return back to ourSelves, to Know ourSelves as Soul, as Spirit. So what's the difference—the beginning and the end, as it were—between the starting line and the finishing line? ... But isn't it all about consciousness and the Upliftment and Knowing yourSelf as Soul, as Spirit and being able to hold That Frequency? All about being Upvibrated so that you can be in the Presence of God when you leave the body for good?

"Then the process isn't over because guess what happens when the Soul has reached the Soul Realm? Your individual 'Souldom', as it were, goes 'bye-bye'. 'Bye-bye. I'm becoming One with the Living God'. No individuation. Nope. Absolutely no separation. Nope. ..."

"If there's no separation how can there be distance and if there's no distance how can there be a Finish Line?

"Doesn't make any sense other than to our minds, which are structured to think linearly and by category ..."

"It's not finished ... until we've moved into a place of clarity, of Understanding, of Letting Go ... and gotten the Learning and gotten the karmic learning. ..."

"Now, when we Walk This Path, a Sound Current Path, yeah, we get the Opportunity to have the Learning fulfilled in many ways ... at the Discretion of The Master ... it could be done in an intuitive flash; it could be fulfilled in mitigation physically, etc. but the important thing is it must be fulfilled.

"So we don't reach the Finish Line until our Destiny is Fulfilled. ... Teachings Teach us that fate is being at the mercy of things we put in motion ... Destiny has to do with the Fulfillment of HUMAN Life and Its Purpose, Which is to Know yourSelf as Soul, as Spirit.

"When we do That ... we've gone to Completion but the Life of the Soul continues. ..."

"So we want to be really, really, really careful. Where are we placing our focus? ... What are we holding onto? What are we taking in a serious, oppressive way? ..."

"Life is very, very serious because of the Great Opportunity but It's not serious in the oppressive way. It's Serious in the Great, serious Opportunity and in the Wonder-ful Opportunity we've been Given. ..."

"Even if we're not Walking a Sound Current Path we're getting the Opportunity to, at least, have some karma cleared or to have it fulfilled. ..."

"Did you get the Learning with that? Did you get to Understand and Value the Sacredness of HUMAN Life? Do you Understand That? ..."

"Inside ourSelves we have a tendency to forget that we're Spirit, that we live in the Spirit and as the Spirit and the Soul animates us. ..."

"Just like the illusion of the reality of this place in terms of the values that are underneath it ... we also tend to take it for real that's there's an end point, that there's a finishing point, etc. ..."

"If we take a Class here through the Seminary we Know ... that It goes on in the Spirit and that we can tap into It anytime that we want.

"But That's Who we *are*.

"So I want to just end by Encouraging you to have a Perspective of Spiritual Understanding. ... even when you go and try to find out 'well, why is this happening?' ... take a longer view approach ... you'll find that the longer view approach brings a lot of Kindness and Compassion to yourSelf. ..."

"It's all about your Upliftment and Growth. ..."

"And it's real simple. The starting point is the finishing point and the finishing point *is* the starting point. It's God and 'in between', so to speak ... It's only God and It's our Responsibility to keep Upvibrating and Upvibrating and Upvibrating and Upvibrating so that at the End we're at the Beginning.

"It's real simple.

"And we'll stop with That."

"And that was kind of a key for me to give up the anger. And the reason ... is real simple. I had an unreasonable expectation and that expectation was very simple: that people or Souls should know This ... so I was 'shoulding' on everybody ... neglecting the fact of why they're here in the body on this planet.

"If they Knew That, they wouldn't be here because they would have Known themSelves as Soul, as Spirit and Know That 'hey! That's all there is is Love, God's Love'.

"And when we come into That Knowing it can be very, very traumatic but I'm not using that word as it's so commonly used. It's used either in terms of an injury: 'Oh! the person has such a traumatic injury'. ... And I'm not using it in the psychological sense ... which means that, really, they can't process what happened emotionally.

"But I'm using it in the original sense. ... it ... means Piercing, that there's a Piercing. ... And seeing that the Love That God *is* is a real Piercing of the veil and It's a real Piercing of the karmic fields. ... cuts right through and hey! that's *all* there is. You mean we've been living under an illusion? Yeah, you sure have.

"And I was doing some work with someone the other day and, basically, the person was talking about that she was basically left breathless working in the Fields of God and ... the assault is on her whole way of being, her ego, the whole karmic system. ... if something's being Pierced then there's got to be a separation for something to come through and the separation is between you and the Lord, God ... and It comes Piercing through, Piercing through, Piercing through.

"And there are all kinds of ways to have that experience. You can have a whole lot of mental thoughts, questions, cogitation. And all of a sudden The Light comes in and ... you can't even probably remember your name. That The Light has come in and taken away all that false identification. You've been Pierced. There's trauma going on but in the good sense. ..."

"But we know that everything is karmically correct no matter how seemingly awful they may be. ... And when we move into this Knowing we then need to move into Acceptance. ... And, if we move into Acceptance and we Know That it's karmically correct, then can there be any trauma left?

"And in my own life I've had a few traumatic events occur and I noticed that the part of me that was not in Complete Acceptance really was kind of the emotional part. ... 'how could this have been done to me?' ... So I wasn't in Complete Acceptance.

"And, of course, the First Law of Spirit is Acceptance. And I Knew That I had to be Guided into Forgiveness. The importance of Forgiveness can never be overstated. But I had to Forgive what was done. ... that is what the word says ... For-Giving yourSelf the Spiritual Flow. When I moved into Forgiveness I really was Replenished and I really was Present. And the component of that—Forgetfulness—moved in, that I Forgot about that. Because you can Forgive but you can not Forget. So you need to Forgive and Forget. And, of course, you can't do that when you're working in the emotional realm or in the psychological system. You may be able to find ways to bypass it, as it were, the trauma. But that's different from letting it go.

"And when we have a traumatic event what we want to do is move into Acceptance, move into Forgiveness no matter how difficult that may be. I'll be the first one to tell you, 'hey! sometimes it's so freaking difficult.' But what may help you realize that and what may help you is that Forgiveness is not about the situation or the person that you're Forgiving. It's about *you* and your being Clear and your Allowing the Spiritual Energy to Flow. I've told this story once, maybe twice. But I'll tell it again because it's very apropos. That my wife and I were—I forgot where we were—we were at some hotel and we were in the swimming pool and we heard a bunch of people talking about what the Nazis had done. And, as they were leaving, they were speaking very loudly so even though we were sitting on the other side of the pool we could hear them and, as they they were leaving the pool area, they said 'and I'll never forgive them'. And My thought was 'oh, Jesus! they've done just the same thing that they've accused the Nazis of doing'. But they did it to themSelves. They just killed themSelves by keeping that going. That's a hook into karma, into negativity. Keeping the trauma going, having the power outside yourSelf. That keeps the reincarnational pattern going. Even though the event or the events are over you're keeping them alive.

"But why not move into Acceptance? Just Accept it. You don't have to like it or anything else. But there's a reason ... for everything that happens ... and you're going to sit here and judge. Well, good luck! ... We all kind of go outside and we blame ... rather than Accept and rather than go into 'hey! what's the Learning? What's the Learning here?' ..."

"It's all about Acceptance, isn't it? ... And then when we Accept we can Forgive.

"So what I'd like you to do is take a moment or two and we'll Call In the Light and just let two or three traumatic events in your life come up and just Allow them to be washed away by God's Love. And move into Acceptance. Move into Forgiveness. [Pause]

After the Process, Our Teacher invited us to share our experiences.

A first Participant shared, "... a scenario came up around work where ... my bosses basically fired me and didn't tell me there were any options for me. ... I knew that I still had seniority and I didn't want to do it but I had to exercise my right to basically put somebody else out of a job. ..." Dr. Lane then asked, "What was traumatic about that?" to which this first Participant replied, "... I had to do something that hurt somebody else." Our Teacher further Educated us: "that's a projection. You were hurt and you made translations about yourSelf and that's what you need to let go of. ... You're hanging on there ... to the hurt ... to the story you hurt someone else. ... You may want to incorporate The Teachings That have to do with agency and that people are responsible for their own response. ... You didn't cause that response; it's her response. ... What would happen if you gave up having a lot of your energy tied up with this?" This Participant said, "I'd feel a lot lighter" to which Our Teacher Lovingly responded, "Is that OK? Are you sure?" to which the Participant responded, "Absolutely!" "Then stop using this to weigh you down!" Our Teacher Instructed.

A second Participant shared, "... When I did the Process ... I had two traumatic things come up for me. It was all gone. ... It was like a profound experience. ..." Our Teacher asked, "And were you able to have them cleared?" to which this Participant responded, "Absolutely! ..."

Another shared, "So I had about four people pop into my consciousness. ... what I realized experientially is that none of those people did anything against me. ..." Our Teacher asked this Participant, "... How come you chose to have those people in your life even as a child? ..." after which this Participant shared, "... what you're leading me to is that in a way I do have agency because I chose this incarnation and I chose the family that brought forward certain experiences. ... I'm bigger than all of this. ..." Dr. Lane further Taught us, "No. As Spirit you're bigger than all of it. As Spirit it doesn't really exist. But what limits it and what conditions it is not Accepting and not practicing Forgiveness. ..."

Dr. Lane continued, "I hope that with the little bit of work that was done now that there are some things that really stand out in order for us to Allow ourSelves to be moved beyond the trauma. One is Acceptance. That we need to Completely Accept what happened. That it's Spiritually Correct. And we need to also let go of any translations that we've made of the event. ... So whether you're blaming yourSelf or judging yourSelf in any way: 'I'm not a good person because I followed the system in which I work and I exercised my right to claim this job.' And, yeah, there may be consequences of that but that's not your responsibility and that doesn't say anything about you as a person. And then we also need to really Practice Giraffe Consciousness and we really need to Know That *everything* is karmically correct but That it also happens for our Upliftment. ... It was Orchestrated by Spirit for your Upliftment and Growth.

"Another thing we need to do: Know that it's us that's having the response and when we say 'I'm upset with Susie Q' that's a real clue that your energy and your power is going out. You got a line of energy going out to that person. That tells you right away you're in karma.

"If you're being honest about it, you go 'Well, I'm upset inside mySelf about Susie Q'. That frees up—there's nothing going on between you and Susie Q because Susie Q's not even a part of it. You're acknowledging it's your reaction. It's your response.

"And the final thing is, once again, is the importance of Forgiveness. Even for yourSelf. Even for yourSelf. ..."

"So there we are back to What? God's Love Piercing through. The Trauma Of God's Love. The ego Letting Go. ..."

"The Trauma Of God's Love also includes ... no judgments, no lines of energy out, no attachments or anything else like that. It really has to do with the Surrender of the ego or the Letting Go. ..."

"By Surrender I don't mean like an army in defeat. But It's going to be you as a conscious self, as the traffic cop, directing yourSelf into Letting Go, Letting God and Allowing yourSelf to be Pierced by God's Love. ..."

"The ego is very hooked up with our identity in time and space. Remember Jesus on the cross. He's nailed to the cross. What's the cross but time and space and when we Let Go of that then we have Our Resurrection. We're moved into the Spirit we *are*. But we have to use That. We must use That. ..."

"But if you notice one doesn't happen without the other. But if you also notice that the Resurrection can't happen without a) your permission and b) if you're insisting on the trauma. ... we hold onto all this trauma ... it's like we've nailed ourSelves to the cross and we're not going to permit the Resurrection.

"I mean you can't have Easter without having Christmas and what It represents. But there's no point to Christmas and what It represents unless you can have the Resurrection and That's the whole point.

"We Know that as we go through the Initiatory levels and we Enter into What's called Eternal Life or the Soul Realm then we've Lifted beyond the veil and there won't be that Piercing. What we do is we break through the levels. In other words, we increase our Frequency, our Vibration until we can hold the Frequency on those levels. And we're just then with the Spirit on that level.

"So what are we doing? We're doing the Piercing. We're doing the Piercing. We're doing the Piercing.

"So, really, the Spiritual Approach is really just the opposite ... instead of being Pierced we're doing the Piercing. We're Upvibrating. ... we're Piercing the illusions. We're Piercing the karma. Go in the Inner Worlds, you Follow The Teacher in the Inner Worlds, etc., etc. and you [ed.'s note: Dr. Lane is referring to you as Soul] push through those levels. You're Piercing the karma that you created that's on those levels. And then you come to the Soul Realm, to Eternal Life and, yeah, that's right. Absolutely Clear. No density, no karma on those Levels from the Soul on up into The HU, The 27 Levels. ..."

"Think about it. When the Soul has Entered into Eternal Life there is no karmic record. ..."

"And we have ways we work things. I think you got a pretty good prescription how to handle trauma and a proper attitude but also Spiritually and we need to have the big picture with ourSelves, our Spiritual Progression and it's All Love. It's All God's Love, All God's Will.

"And we need to let go of our fear of the trauma with That and of the hegemony and 'superiority' of the ego and of the mind.

"We'll stop with that."