



Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies **January/February/March 2026**

COVID-19 UPDATE

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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A How-To Exercise

From The Human Story

By Dr. Roger B. Lane

In Every Issue

Starting Now!

Do It Now &

As Often As Needed

To Help You Be Lifted

And Upvibrated!

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Initiates' RETREAT 2025: "BEYOND AHIMSA"

During the weekend of November 7 to 9, 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 group work; written exercises; activities and reading *Tools For Living Free* we were Given the Opportunity to deepen our Understanding of Agency, beginning with the Opportunity to answer Our Teacher's Question "What is Agency?" Sharing included "Personal Responsibility" after which Our Teacher Educated us using practical and Illuminating examples. "So

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Holiday Satsang And Celebration 2025

On December 21 Initiates Of The Sound Current On The Path Of Soul Transcendence from around the country and from others 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 continued the Sacred Event with a Fifteen-minute Meditation Of The Light Of The Most High.

Then, before beginning the Holiday Satsang, Our Teacher thanked Initiates Who do Service, whether typing up WHAT'S IMPORTANT?!?! the Magnificent Tool given to Participants in The Teachings Study Group; cleaning the Center; writing, illustrating and

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"... And that's the choice we all have. How are we using this 'time'? Are we using it to get in the Now, Now, Now, Now, Present, Present, Present, Present or not?"

"Most of us spend our 'time' in pain, in fear ... and doubt. ..."

"We have to *always, always, always* be in That Spiritual Flow. ... and again and again and again, we're calling our focus and our attention to It. ..."

-Dr. Roger B. Lane, October 2025

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

A Participatory Satsang" (MP3 A338)

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

(MP3 A338)

Dr. Lane began the October Satsang by saying, "I want to talk a little bit about how we're using our 'time' here. ... According to The Teachings we understand that really there's no such thing as 'time' and that it's simply a psychological concept.

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"How To Participate In Life: A Participatory Satsang" (MP3 A339)

Dr. Lane began the November Satsang by saying "I want to talk a little bit about How To Participate In this thing called Life ... in a world where ICE agents may be roughly arresting people ... where people are killing each other ... where dot, dot, dot ... what do you do and how do you do it bearing in mind, particularly, that we are Initiates Of The Light Of The Most High?

"To Me the answer's real simple. We know that the Way of the Soul is detachment. But detachment doesn't mean that you don't care ... we need to approach things in a disinterested manner but disinterested doesn't mean uninterested or not caring; it means Neutral. So we need to be Neutral. We need to have a consciousness of 'hey! whatever's going on, it's part of the karmic flow and it's karmically correct'.

"So if I want to change things then the best way for Me is to realize that 'hey! it is correct as it is *and* that doesn't mean that in the future it can't be changed'. But at the same time realizing that even in the so-called 'future' — ... the Now moments, Now moments, Now moments have added up and we're into what's called the 'future' - it may still be karmically correct to have the same situation or it may not be.

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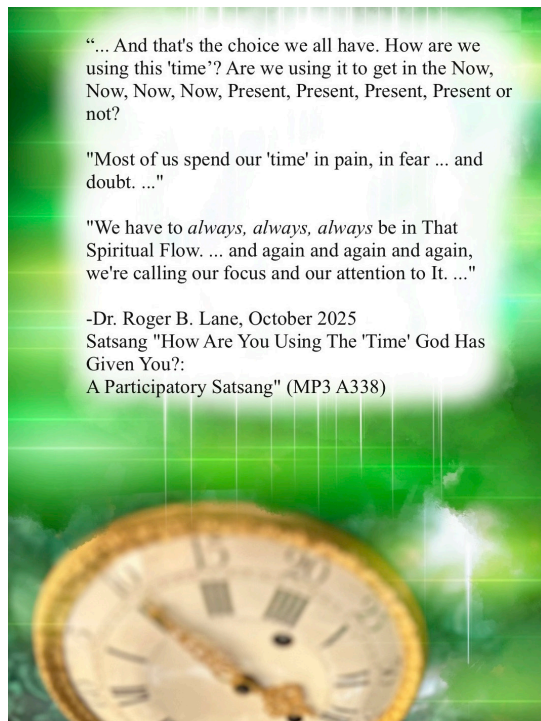
"Decisions: Exclusion? Inclusion? Precision? - A Participatory Satsang" (MP3 A340)

Dr. Lane began the December Satsang by saying, "I want to talk a little bit tonight about Decisions. ... I was moved to give this Talk by some Students Who had made a Decision and then within a week or two had completely forgotten about It ... And I've noticed that the Application of What we've Learned somehow doesn't get to happen ..."

"Last Satsang was about 'How To Participate In Your Life' ... Loving, Caring, Sharing and with a lot of Neutrality ... based, really, on Decisions we make. And I want to talk a little bit about That. ..."

"A couple weeks ago there was an article in the paper about females in this country — when

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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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. 11; Feb. 8; Mar. 8

Sun 10:30am Jan. 25; Feb. 22; Mar. 29

Special 2-hour Meditation

Meditation For Health And Well-Being

East Side (Home Center):

Tues 8:45pm Jan. 20; Feb. 17; Mar. 17

*Meditations are available via
teleconference

MEDITATIONS

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

BROOKLYN AREA

Please email Laramsaget@gmail.com.

PENNSYLVANIA

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

TENNESSEE

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

OUTSIDE THE U.S.

MEXICO

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52-442-237-5745 for details.

OPEN HOURS

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

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

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

Unless otherwise noted

VIDEO/DVD SHOWINGS

The 22-part VIDEO Series
Understanding the Spirit You Are
is available for viewing and/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

WATCH ANYWHERE ON YOUR PHONE/TABLET/COMPUTER!

Every Thursday at 6:30 pm ET

Go to mnn.org, click "watch"; then

"watch live" and "Spirit/watch now"!

CENTER SHOWINGS/ DISCUSSIONS

Last Sun. of every month

1-2pm at NYC Center

Join Us For An Hour Of Spiritual Instruction!

**"Who Is Your DJ? What Is
Spinning?: A Participatory
Satsang"**
(MP3 A341)
**January 7, 2026
6:50pm ET**

**"Are You Being Care-Full?: A
Participatory Satsang"**
(MP3 A342)
**February 4, 2026
6:50pm ET**

**TBA
(MP3 A343)
March 4, 2026
6:50pm ET**

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

Listen to Our Monthly Podcasts!!!

cosmostree.org
spiritcentral.org

**Jan. 5: "What is Loving?"
(A003)**

**Feb. 5: "Letting Go, Letting
God – Part III: A Participatory
Satsang" (A124)**

**Mar. 5: "Speaking Your Mind:
Mindless Chatter Or Are You
Out Of Your Mind?" (A093)**

JOIN US FOR OUR SUNDAY EVENTS!

SUNDAY PROGRAM

Jan. 11; Feb. 8; Mar. 8

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

Tools For Living Free Reading and Discussion: 12pm ET

Jan. 11: **#142 The Democratization Of Consciousness – Part III: Equality**

Feb. 8: **#143 Our Responsibility For Now Taking Initiation Into
The Sound Current**

Mar. 8: **#149 Simple, Simple Prescriptions From God's Drug Store**

Jan. 25; Feb. 22; Mar. 29

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

Video/DVD Showing and Discussion: 1pm ET

Jan. 25: **V15 What Is Meditation On The Path Of Soul Transcendence?**

Feb. 22: **V16 What Is The Theology Of The Path Of Soul Transcendence?**

Mar. 29: **V17 What Are The Teachings Of The Path Of Soul Transcendence
And How Do We Use The Teachings?**

THE TEACHINGS STUDY GROUP

Jan. 11; Feb. 8; Mar. 8 | 3pm ET

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

Jan. 11: **"How Are You Using The 'Time' God Has Given You?:
A Participatory Satsang"**

Feb. 8: **"How To Participate In Life: A Participatory Satsang"**

Mar. 8: **"Decisions: Exclusion? Inclusion? Precision? - A Participatory
Satsang"**

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

For details or to attend via teleconference

email info@cosmostree.org.

More details also on the Events page

included with this Issue of *SpiritCentral*.

Winter Semester

TWO CLINICS TAUGHT BY DR. LANE

ACCEPTANCE CLINIC

Wednesdays, February 11, 18, 25

2:15pm Eastern

- Experience the Reality of the First Law of Spirit
- Let Go of Agendas that no longer serve you
 - Surrender to the Spirit you ARE

SPIRITUAL ECONOMICS

Wednesdays, March 11, 18, 25

2:15pm Eastern

- Knowing the Source of Supply
- Living Abundance Consciousness Prosperously
 - Definition of Wealth!

Open to Initiates Only

Payment for Acceptance Clinic: \$90 for Students enrolled in a Degree Program of
the Seminary or \$92 for all others. For Spiritual Economics Clinic: \$90/\$92. All
payments are nonrefundable and nontransferable. Payments must be made in full
prior to the start of the Clinic. Please make checks payable to CRASS, 229 East
85 St. #1347 New York, NY 10028. For more information call Registrar, Amy
Blank at 708-846-1031 or email info@spiritcentral.org.

Continued from page 1 - Initiates' RETREAT 2025: "BEYOND AHIMSA"

many of you ... you'll say 'oh, it was just a habit! ... is that Agency? ... How can you make it into Agency instead of 'oh! It's just a habit. I'm used to it'?" A Participant responded, "it's a conscious choice," after which Our Teacher Instructed: "Yeah, that you Chose. You've taken Ownership. ..." Our Teacher Followed Up: "What about somebody who says 'I'm sorry I acted out ... but it just wasn't conscious'? ... Agency is to own up to it and Let It Go ... Agency is Choosing into God or Spirit". Our Teacher further Taught us that many of us confuse "Agency" with "free agency ... meaning you can do what you want. ... If there are Guidelines in place ... you need to work within that Framework ..."

We were also Given the Opportunity to break into small groups and "write down three things in your life ... that you would like to now work from a place of Agency" followed by sharing within our small groups and then having a group "secretary" share each group's most salient points with everyone present. These Points included Commitment and follow-through; Integrity; Acceptance; Knowing I'm Supplied and Being On Point. We were then Given the Opportunity to revisit our three areas and see if we want to change anything; to walk around and picture the result of inwardly Applying Agency in our lives and to share with everyone present, in a few short sentences, "What Agency is in your life". This writer Learned from Our Teacher that she has "Agency, period" and that I "don't have Agency" by doing something in order to "have it". I had originally stated, "I have agency by giving mySelf the Commitments I've made ..." to which Our Teacher Responded, "What were you asked to do?" I repeated the Instruction: "tell us in a few short sentences what Agency is" and then restated the answer: "Agency is giving mySelf the Commitments that I've made and starting Them right away and finishing Them as needed; Practicing Eternal Vigilance; listening to mySelf; Listening to The Teacher and Celebrating the Spirit I am". Our Teacher then asked, "Are you aware of the difference?" to which I replied "Yes". "What's the difference?" "I could breathe." "Good!"

Our Teacher ended the Optional Section by Lovingly Reminding us: "RETREATS ... go on all the time in Spirit and What I'd like from you is to keep Working It inside yourSelf: 'How can I give mySelf more Agency?' 'What do I need to do?' ... So you're always On Point with Agency. ... The Power's in Surrender ... That's probably the Essence of Agency. What are you Surrendering to? The Spirit you are. ..."

Our Teacher then Gave Each of us two *Tools For Living Free* as a Graduation Gift. They were #170 "The Teacher, The Mirror And You" and #171 "The Teacher, The Mirror And You – Part II".

RETREAT 2025 – Titled "BEYOND AHIMSA"—began promptly at 5 pm Friday. We Called In The Light Of The Most High and were Instructed to do Simran and Dhyana "as Taught at the Time Of Initiation" for ten minutes. Our Teacher then asked us to go around and share what we wanted to get out of RETREAT. To a Participant Who shared "be ... intentional with where I focus my consciousness, where I focus my thoughts ... all on God", Our Teacher responded: "Why would I want to think about God? ... It's ... Allowing your consciousness to be at Spirit. All you have to do is Surrender to That." Additional Participant responses included "Be a Nazir"; "Live in God's Heart" and "At-One-Ment" after Which Our Teacher wrote "At-Tone-Ment" in large letters on a flip chart. "When you're at Your Tones, It's really Who you are. ... It's At-One-Ment, isn't It?"

Through group work; written exercises; activities; many *Tools For Living Free* as well as an MP3 of One of Our Teacher's Satsangs, we Strengthened ourSelves in Our Commitment to Being in BEYOND AHIMSA.

After a dinner break, Our Teacher asked us to read *Tools For Living Free* #140 Titled "Are You Pulling The Wool Over Your Eye?", comprised of Excerpts from the Satsang of the Same Name Given by Our Teacher.

We again formed small groups with each Participant sharing his or her answers to four key Questions: how do you create violence?; what and whom does it affect?; how do you line up with not committing violence?; what Tools do you have [to support you in This]? Our Teacher Instructed: "Ahimsa is defined as non-violence in thought, word or deed. The first couple of questions are pre-Ahimsa. Then move into AHIMSA. How do I line up with non-violence?" The secretary of each group wrote down the salient points and shared them with all of us. These included that we create violence through willfulness; that doing so affects All of Creation; that we line up by being Neutral, Patient and letting go of past reference points and that Tools we can use to Live in BEYOND AHIMSA include the

Blue and Red Books; Surrender; Chanting Our Tones; and SST (Simran; Service; Tithing).

Our Teacher further Educated us on how all of creation is affected by the choice into violence. "... You know a tsunami? That's what it is. ... when you do any of that stuff and persist in it it creates all that disturbance. So the best thing you can do is be kind and gentle. We're truly all One and it really is a tsunami. ..."

Our Teacher then Reviewed the Flow of Spirit from God: the Sound Current issues out of the Lord, God Himself and travels "down" through the Twenty-seven Levels until It hits the dual worlds where It splits into the Positive Polarity or the Sound and the negative polarity or magnetic light. Our Teacher Further Explained: "... The Spiritual Energy can also go down the negative polarity but the negative energy, the magnetic light, cannot go down the Spiritual Polarity ..."

As Day One formally ended, Our Teacher Lovingly Gave us Homework: to read *Tools For Living Free* #162 Titled "The Forbidden Truth You Already Possess", comprised of Excerpts from the Satsang "The Forbidden Truth You Already Possess: Guilty? Possessed? On Point? – A Participatory Satsang" Given by Our Teacher.

Saturday we began the day with Simran and Dhyana. Then, after breakfast, we returned to the meeting room and Called In the Light Of The Most High, after Which Our Teacher invited us to share Leftovers: any dreams, insights, gains and/or honest and relevant questions. One Participant Who did not show up for Simran and Dhyana and was, therefore, outside the Guidelines for RETREAT, said, "I apologize to everybody for the violence that I created by not being at the Meditation and it was a tremendous Learning experience because I couldn't even Call in the Light after that," to which Our Teacher Responded, "when we remove ourSelves from the Forcefield we remove ourSelves from the Grace, from the Action of Grace. ... God/Spirit/The Teacher wouldn't violate your creation." The Participant again apologized and thanked Our Teacher for the Learning he received. Our Teacher Lovingly Responded: "Pleasure's Mine! Take the Learning! It never happened. ... It's been erased. That's Part of The Grace. And That shows you the stupidity of holding things against yourSelf. You live in Grace. You live in Grace. It's Cleared Out. It's Wiped Out. It's Handled. The Master's Taken it On. ... If you sit in judgments on yourSelf you're denying the Field of Grace. ... you might as well Live in the Reality of Living in the Field of Grace. Talk about living in BEYOND AHIMSA!"

Another Participant shared a dream after which Our Teacher said that this dream had a lot to do with "viewing Spirit as something scary. ... You're not letting It in ... Allow yourSelf to go in the Soul Body. ... When you do Simran and Dhyana, you're dead to the world. ... no attachments. If you do Simran and Dhyana correctly, It's a Wonder-ful 'death' ..."

After a short break, we were Given the Sacred Opportunity to Listen to the Satsang "Are You In A Loving Relationship With The Lord, God – A Participatory Satsang" (A229) Given by Our Teacher, in Which Our Teacher Emphasized that "the Power Is In Surrender ... we have to let go of volition!"

We again broke into small groups and answered two Questions: "what have you Learned as of now regarding AHIMSA?" and "How can you support yourSelf in AHIMSA?"

After lunch, we had "Tools Time ... spend time getting more familiar with the Tools," as Our Teacher had Instructed. To help us, we were Given the Gift of a comprehensive List of hundreds of Tools of Growth and Upliftment made available through the Grace of Our Teacher/the Lord, God, including Many at RETREAT. Our Teacher's beautiful book of poems, *Water Mountain*, sold out as Initiates lined up to have Our Teacher inscribe this Magnificent Tool as well as *The Human Story*, Our Teacher's groundbreaking 2024 book.

After Tools Time, we broke into the same small groups and shared 1) what being with and as God – looks like; what it's like, how you handle things, etc.; 2) what you need to do to be in Alignment, to be with and as God; 3) what Tools do you need to support yourSelf; 4) specific examples of what your life is like Being with and as God; and 5) do you Commit? We then shared our discoveries with the group. One Participant shared having "the experience of how nonpersonal the journey of the Soul is from fear of God to Love of God ... we all have fears or things come up with money or business ... which I got was some way of separating mySelf from Spirit like using that or using something, whatever it was—up until now—to

laying out the Newsletter or “Donating and being of Service That way”. Dr. Lane noted that \$2000 in Scholarships have been given out for CRASS and \$1500 for Cosmos Tree this year, with 100% of the latter coming from Donations put into the “Scholarship Jar” That is on the front table at the Home Center. This writer has Learned from Our Teacher that Donating in this way whenever one is at the Home Center is a very important Tool/Way to give to ourSelves.

Our Teacher Continued: “I also want to take the time to encourage you to do Service. It’s the Highest Form of Expression of Loving God. ... A Wonderful way to Acknowledge and Be in the Spirit you *are* ...”

Our Teacher Lovingly Instructed: “it’s a great idea to change habits you have ... if you come to the Center once-a-week, come two times a week; if you haven’t taken Classes, take Them ... if you have a lot of excuses ... they’re just a protection racket.”

Our Teacher began the Holiday Satsang by saying, “I want to talk a little bit today—today’s the Holiday; It’s a Holy-Day. Wholeness and Oneness. And That’s WhereHealth comes from. It comes from Wholeness and Oneness. ...”

“And isn’t That The Message of The Christ? ... remember we’re not talking about any of this religious stuff ... It has to do with Spiritual Reality and the Nature of Our Being and Who and What we *are*.”

“And Jesus The Christ—the reason It’s called The Christ is that He, as Many have, have occupied this Particular Spiritual Office, the Office of The Christ That’s in charge of All Souls below the Soul Realm. So Jesus The Christ comes in and He’s born in a manger and a manger is like a trough, for feeding animals.

“So that in itself tells us something. That He’s Given us a Transmutation of ourSelves and He’s illustrating That. Instead of eating from the lower worlds, from the things of the world, from our animal nature, etc., we need to go into the Spirit.

“And in case you missed It, the Crucifixion is all about that, isn’t it? It’s all about being identified in time and space and quote ‘dying’. And It Teaches us the Remedy for how to be here. We go into the Soul Body. ...”

“Then, of course, after He ... seemingly left the body then That Consciousness is distributed to All Souls and That Responsibility is *within* us. The Christed Consciousness is *within* us.

“So He’s Given us, as it were, the diagnosis of who and what’s going on in human form. And the diagnosis is toxic psychosis. ... We think we’re ‘dead’ instead of that we’re One with God. We think we’re separate. ...”

“So we’re talking about the Oneness with God. And That’s really What the Message of Christmas is. It’s the Christ-mass. Out of the great mass, out of the great karmic mud ... out of the great uroboric swamp we need to become *conscious* and rise into Our Christhood. And Christhood is Our Consciousness is One and the Same with God.

“And we need to do This Knowingly and Willingly. ...”

“I know It’s a Christmas Holiday but I want to talk, too, a little bit about post-Christ, the post-Christ era, as it were. So we have Jesus The Christ, That Quality of God, of Oneness, coming into the body. ... He tells us ‘hey! we’re One with God’ and then That Frequency is put in our Consciousness. And That has to do with the First Part of the GRAND EXPERIMENT. Now Souls can go from ‘limboland’ into Eternal Life, into the Soul Realm. ...”

“And remember He must have been pre-cognitive, which, of course, is pretty funny because if You’re The Christ, obviously, there is no beginning and end. It’s all There. And those of you have had the Spiritual Experience of no time will understand This. ... So The Christ, Jesus Knew ‘hey! I have to come back. I have to come back because mankind is going to be successful in this EXPERIMENT. It’s going to be able to go into the Soul Realm. It’s going to go into the Soul Realm’. ...”

“Jesus The Christ said, ‘I shall Return’. And why does He need to Return? Well, because He had a Knowing That mankind would not only successfully complete the First Part of the EXPERIMENT, was able to go into Eternal Life, enter ... into the Soul Realm from ‘limboland’, from the lower worlds but that mankind is ready to start Its Spiritual Progression while It’s in human form through all the Twenty-seven Levels to HU.

“So when Jesus The Christ comes back ... He’s come back as The Traveler, The Traveler. And What’s The Traveler? But the Traveler is the One Responsible, among Its many other duties, of sustaining all of creation because That’s a Quality of God. That Quality of God is Known as The Traveler.

“And One of Its duties is to assist Souls in Their Progression from the Soul Realm through the Twenty-seven Levels to HU—H-U ... the First Manifestation of the Lord, God. And That’s Where we get HUMAN from. HU—H-U. We’re

HUMans. Yeah, we’re Spirit That is in the body.

“We’re not the body; we’re not the mind; we’re not the emotions. We’re Spirit.

“By the time the Soul has Progressed into the Soul Realm ... It Knows It is One with the Father. ... It Knows That and Knows That consciously and can maintain That Frequency ... It can Hold That. And The Christ, Jesus Knew that man will have success with That and be able now to do Part II *while in the body*.”

“And That’s also Part of This New Dispensation. Before—if you had reached the Soul Realm—you needed to leave the human form. ... You had to do It in Spirit only. Now you can do It *while you’re in the body* as well.

“So think about What The Christ, Jesus is telling us! You have ‘peace on earth, good will towards men’. How you going to have peace on earth? ... Look at all the fighting and the factionalism ... and all the sectarianism and all that goes on. Well, we know when the *within* is the same as the without, as it were, ... Which means that as the below is Aligned with The Above meaning we’ve Aligned ourSelves with the Spirit we *are*. We’re One and the Same and we Know That and we have That Identity, then That’s Peace.

“So There’s the Plan. There’s the Divine Architect’s Plan for the HUMAN race. All Souls will do That Progression sooner or later. And it’s good will and when you have That and you have Peace obviously you have good will towards mankind.

“But Spirit/God’s also talking about Himself. He only has good will towards mankind because It’s One and the Same. And you also have God’s Will. It’s All God’s Will. That’s the Divine Plan. Sooner or later, bingo! everyone Participates in It. That’s Good Will. ...”

“And the first time around, yeah, He was really Jesus The Christ, comma The Traveler but He had to hold back on The Traveler Part. But somehow He Knew ... That That Part of Him would be activated [ed.’s note: Dr. Lane is referring to being active on this planet as The Traveler was already “activated” in His Consciousness].

“Think about it! Think about the enormous ... Knowing He had about mankind and the faith in mankind, yeah, and the Knowing that, yeah, hey! mankind is perfectly capable of doing This, of Recovering its Knowingness, of recovering its, as it were, Its Divine Oscillation and of *Living accordingly!* ...”

“The Christ comes along as a Reminder of Our Oneness but He’s also doing something dastardly. What does He tell us? He tells us ‘... if you think I’m here to make you feel good ... I’m not. I’m here to stretch you into Who and What you really *are*. ... Remember Who and What you really *are*’. ...”

“To give up our enslavement to this illusion of separation and That’s the Gift. That’s the Real Gift and That’s the Real Promise, you see?”

“And we also have the Assurance and the Knowing This is the Divine Architect’s Plan. Sooner or later It’s going to be Fulfilled by Each Soul. So what is there to worry about? ... Doesn’t matter how much money you have ... the color of your skin ... how educated you are. It only matters how much you Love God - not emotionally, not physically, but as an Attunement to That Divine Oscillation *within*.

“And we need to be a bit of an explorer. ... the Real Exploration is *within*. Worlds Without End are *within* us. They are *within* us ... and, of course, These Worlds Without End, These are the Spiritual Realms. These are the Spiritual Worlds. ‘In My Father’s house are many mansions’. Those are the levels. All the levels ... the Soul is in possession of because It *is* God. Real Simple. It is One and the Same with God.

“So, of course, all of creation and the uncreated, too, is *within*. It’s all *within* us. You know.

“And isn’t it a great mystery ... how can all this stuff fit *within* us? Well, (if) we’re identified with the body you may have a hard time. However, if you’re identified with the Spiritual Body That is attached, as it were, to the physical, well, then it’s easy to see how it all is able to fit in. ...”

“But the Soul cannot have the experiences that It has below the Soul Realm unless It’s in the body. Why is that? Well, because God’s Given us Free Will. We have Free Will. And we have Free Will to Choose into the Spirit we *are* or not. We have Free Will to choose into the negative polarity or the Positive. ...”

“And, yeah, through our existence as a Soul ... we’ve created a lot of karma. But What’s The Christ, Jesus saying about that? Well ... what does it mean when it’s said ‘He died for our sins?’ Well, The Teachings Teach us that our sins are what? It’s simply our not knowing or our forgetting that we *are* Spirit, that we *are* Soul. Of course, we created that karma because we’ve forgotten; we chose not to Remember. And so we made creations away from

"And that the reality's real simple. It's all about Now. Now. Now. ... And that at Each of these Nows, we need to be Present, we need to be Present. ..."

"By Present I mean with the Lord, God. ..."

"Everyone on this planet is dressed exactly alike. ... They're all wearing a body. ... Unless you're God's first mistake, you've been given the Opportunity to Come to Know the Lord, God.

"And you wouldn't need this Opportunity if you had remembered Who and What you *Are* ... and the separation from you and Spirit—that's called karma and you created that karma and you're at the effect of it.

"If you are working with a Sound Current Master, well, then you get the Opportunity to complete your karmic journeys. If not, you're under the Lords of Karma. So you don't necessarily have to be What's called, you know, Spiritually Clear or in Eternal Life or in the Soul Realm to be Present when I say That. To be Present with God, all you need to do is be Present with God on the level that you're on. ..."

"So if you're not an Initiate (Of The Sound Current), you're going to be present on the level, really, that you came in on and that's fine. But you're going to be nearly present but at least do that! ..."

"The trick is—whether you're an Initiated Soul or not—is to be present on the level that you're working at, that you're Vibrating at.

"Let me give you a good example! The other day I had to pick something up and there was a line of people and I realized I had a choice. I could be my annoyed self or I could simply hang out with God. ..."

"And that's the choice we all have. How are we using this 'time'? Are we using it to get in the Now, Now, Now, Now, Present, Present, Present, Present or not?

"Most of us spend our 'time' in pain, in fear ... and doubt. ..."

"We have to *always, always, always* be in That Spiritual Flow. ... and again and again and again, we're calling our focus and our attention to It. ..."

"We need to be the traffic cop. ... boy! does our lower self have great excuses not to be present. ... 'Boy! I got to do this'. 'Boy! I got to do that'. ..."

"If your consciousness is Present with God it makes it much easier for your body to do what your body has to do and you can probably do it a lot better. ..."

"If your consciousness is hanging out with God, yeah, there's That Alignment ... and you're going to be Lined Up with the Truth of Who you *are*. ..."

"This thing called 'time' is just one Now after the Other, after the Other, after the Other ..."

"That whole Journey of a Soul is one vast Now. ..."

"So even a simple thing like having to wait in line and pick up something ... I still have That Choice. I always have That Choice: Am I going to let the conditions of the store rule the roost or am I simply going to be mySelf and What's mySelf? Well, It's the Spirit that I *am*. ..."

"Our role is to Be Present with the Spirit That we *are* ... make That Choice, make That Choice ... if you have vows, if you have Commitments, if you have promises, those are attachments. That's karma. That's what separates you from the Spirit you *are*. ..."

"But we Know That God's within us. God's *within* us and That's the location and the Door is always open and we Know through Initiation (Into The Sound Current On The Path Of Soul Transcendence) and That Process That God's *always* at the Upper Part Of The Third Eye. ... He's always at the Tenth Door. ... But It's our Soul That comes and goes as It wants and as It can.

"And through Initiation, the Soul does this very consciously. At night all Souls—whether Initiated or not—They're taken out of the body and cleaned up. Otherwise things would be so toxic that they wouldn't survive.

"So all Souls have that ability. Whether They do It consciously or not that's something else.

"But in our use of 'time' ... we can very consciously be with the Spirit that we *are*.

"And we know that in the Meditation Technique That we're Taught we're *always* going to the Upper Part Of The Third Eye, *always* Returning, Returning, Returning, Returning.

"But That's no different from What we need to do when we're not

sitting in What the world calls Meditation. We *always* need to keep going to the Spirit *within* ... regardless of all the stuff we could really allow to pull us out. But it only has the power that we've given it.

"It's not about ... 'the line really upset me.' No ... it didn't. Something in me responded in that way. ... So at *each moment* ... we can make a choice. We're not a victim of our circumstances. ..."

"What's important is that while we're in those circumstances we are at Spirit ... and if we are truly There our circumstances have no ... power. ..."

"The real idolatry is all the negativity ... worshipping that, letting something stand between you and God. ..."

"So at *each moment* that's the choice. What are you going to make important? The Spirit you *are* or negativity? Where's your focus? ..."

"The Spiritual Instruction is not 'go to the Upper Part Of The Third Eye and stay There' ... Rather the Instruction is 'go to the Upper Part Of The Third Eye and keep Returning, keep Returning, keep Returning' ..."

"We know from The Teachings that we live in duality. ... when the Holy Spirit or The Sound Current comes out of God, He goes through all the Twenty-seven Levels of Spirit until It hits duality. And then when It hits the dual worlds It splits and It splits along two poles—the negative pole and the Positive Pole ... the negative and the positive like a battery.

"So you have these two poles going on. The Spiritual Light goes down the Positive Polarity and is the Positive Polarity but It also has that ability to go down the negative polarity, the negative pole or the light. Stuff that originates from the light—it's just the light. It's the magnetic light. And it's the things of the world. It's the feelings, the negative feelings. It's the thoughts. It's the imagination. Anything we have going in there that separates us from Spirit.

"At *each moment* in 'time' is the Opportunity; how can we make That Choice? ... for an Initiated Soul ... It has agreed to have ... *Direct Access* to Spirit. And It's going to have an Opportunity to choose into the Positive Polarity. Choose into Spirit, Choose into Spirit ..."

"That pull ... acts as a Strengtheners.

"A Soul that hasn't Chosen [ed.'s note: Dr. Lane is referring to Souls That have not Chosen to be Initiated Into The Sound Current] and is under the Lord of Karma, while It may not have the Opportunity to choose into the Positive Polarity ... They still have a choice to not choose into the Positive Polarity but just stay neutral, as it were, and then let the Action of Spirit on whatever level they're working from, they've come in from, happen.

"So there's *always* That Choice. They have the choice whether to persist in the anger or not ... whether or not the Soul in them is Initiated or not they always have That Choice. ..."

"They may not have the option to go into the Positive Polarity but they have the option not to participate in the negative and allow the Action of Spirit to come in.

"So every single Soul has a Choice ... Being with the Spirit that we *are*, Being ourSelves or choosing other than That, choosing into karma. And That's the Opportunity ..."

"And every single Soul has the same Opportunity ... and will have the same result. ... *All* Souls are on the same playing field and we all have the same Opportunities and how we take advantage of Them is our choice.

"But I Lovingly Suggest ... Practice the Eternal Now, Practicing the Presence of God. You know, we do the Divine Walk when we go on RETREAT. As we're going through our day always Returning to the Upper Part Of The Third Eye ... *consciously*.

"I Lovingly Suggest do the Divine Walk throughout *each moment* of the day. ...The interesting thing to Me is not just that the Divine is Walking in you but the Divine is Living as you. God is Walking—your life—so why don't you cooperate and Walk with God? Real simple.

"And That's the real Purpose of this thing called 'time'.

"Choice.

"And we'll stop with That."

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

"There's all this vitriolic response towards a person either in government or people who support a particular political party ... it's said just out of emotion. But as Initiates ... we need to see the bigger picture. ... if someone is the President of the United States maybe there's a Soul in there and That Soul is working Its Progression and maybe there's something for It to Learn. And maybe since we're all part of the karmic fields we all agreed to be part of it. ..."

"So we're all in this field together, as it were, this karmic field [ed.'s note: Dr. Lane is referring to being in the karmic fields but, Living as Initiates, not of it]. And we've all agreed to be here and we're All Souls. And how would you like to be working out your karma in a very public way? I don't think you would. So, at the same time, you may want to have some Kindness and Compassion also. Doesn't mean ... you have to agree or anything. But just have an attitude of 'hey! That's a Soul going through Its karma to get Its Learning'.

"So we don't need to have any judgments; we don't need to have any anger ... we need to be Neutral. We need to be Neutral.

"And also just on a very kind of elementary level why would you want to hurl negativity at the President of your country? Doesn't make any sense ... So you need to be in Acceptance ... once again, Acceptance doesn't mean you have to like it.

"It was interesting. Here in the mayoral election there was something on the ballot and it was for fair housing and affordable housing. There were five or six amendments that were put on the ballot and three of them involved fair and affordable housing. So if people want to help the homeless, etc., have Kindness and Compassion for them and change things, well, then, guess what? They didn't sit there cursing out the situation; they didn't blame anybody, etc. but they got to work ... they found out how things are approved; they found out how to work it in such a way that could ... at least curtail the amount of time it would take, etc.; they had to work at understanding the system; they had to get God Knows how many signatures you needed to get something on the ballot; ... so you have to put in the work and you have to do it Neutrally and Lovingly and you have to have some kind of understanding of what you're dealing with and you need to be Neutral with the result ..."

"Even if ... it's okay to short circuit or come up with a shorter route to get all this approved it may not work. It may make things more difficult. Who knows? So that what you're doing needs to be on a Nintendo basis: you work hard towards what you believe and in what you believe ... leaving the results to God. If it's karmically correct to work things a different way, fine; if not, fine. So you need to be in Acceptance. You need to be Neutral.

"But sitting on a whole bunch of feelings doesn't do the trick. ..."

"It's nice to sit there and have all these 'wonderful' thoughts and feelings [ed.'s note: Dr. Lane is engaging in sarcasm] but nothing gets done ..."

"So you have to be willing to do the work, to get behind your own feelings, your own thoughts about situations and, at the same time, you need to be Neutral about them. It's fine to work your preferences ... I think everyone should have affordable housing ... but then don't be surprised if you run into a problem with ... all those people who don't want to be in housing ... who don't want be cooped up, etc., etc.? What about those? What about those who can't quite grasp their situation? What about them?

"So we also need to know that every problem that we're solving most likely will create another set of problems. And we need to be open to that and we need to be willing to work on those as well. Because to walk around saying, 'hey! I did the best I could'—that's only half a sentence. It's 'I did the best I could until I stopped doing it,

until I stopped doing anything'. But you didn't see it through. So you need to see it through and we need to leave the results to God.

"We work our buns off and we stand behind what it is we'd like to see change; we understand what the change needs to be; we understand how to do it, etc., and then we put our effort and our sweat and our money into it. ..."

"And, at the same time, we have this detachment (that) doesn't mean you sit there and go 'oh, isn't that terrible what's happening! ...' Well, no. It's not or it wouldn't be happening. It's all karmically correct. ... In This Life you really need to suspend judgments or what we think is 'nice' or 'good' or 'right' or 'wrong', etc., because that's not what goes on here in This System.

"It's a Classroom ... for the Soul to Learn karmic lessons. So how can you have a judgment on somebody who's housing a Soul That's going through Its karma? And we also know from The Teachings that when we have a judgment against anyone we have a judgment on ourSelves because we're All One in Spirit. And that this judgment separates us from God. ... And that's very, very painful.

"So if we walk around going 'how could they do that?' ... 'why'd this happen to me?' ... or feeling like a victim, you want to take all that stuff and flip it around and go 'OK. Well, What's the Learning for me?' 'What's the Learning?'

"And it's very important to see 'others' as Souls and to Know That They're only given what they can handle and the Light [Of The Most High] in Them can handle their situation or they wouldn't be in that situation.

"So we want to watch out for sympathy 'oh, isn't that awful!' ... And we want to be Empathetic ... Which is Holding the Light for That Soul and seeing Them as a Soul ... whether or not they know It is irrelevant. And Know That what they're going through and what's happening is, in fact, for the Highest Good ..."

"If you really had paid attention to The Money Workbook ... It talks about institutions and things changing ... that if institutions cannot change to handle the Frequencies, the Upvibration going on ... then those institutions will be basically dismantled ... because they're not able to serve the Souls That it was designed to.

"So we also want to have an understanding that hey! you know, sometimes in this world institutions and things, they just fall apart ... and that's what's needed so that the next thing can be brought in.

"So we want to have a long-term view also. ... That's very important.

"And we also want to have Compassion ... and an understanding of the whole system. That it's the karmic system. Things move very slowly if they move at all and can be all over the place. ..."

"There's no clear vision ... going on. It's muddled here. So you want to have Compassion for that and you want to take a long view simply because of the time factor involved. Things can take an awful long time to change. ... You need to create as a farmer, really. You're planting the seeds. ... You put it in the Light [Of The Most High] and you ask God/Spirit to Grow it for the Highest Good but you got to put the effort in. ..."

"You can sit there and judge ... or you can get behind your Loving and your Caring and your Sharing in a very Neutral Way.

"And isn't that how to Live Life and How To Participate In Life? Lovingly, Neutrally and in a very Caring Way?

"I think so.

"And we'll stop with That."

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

they give birth so often they're going to have to have a caesarean. ... Many ... females have come to Me, 'oh, yeah, I'm going to have this natural birth' ... and then before you know it bingo! they're having a caesarean. ... This article ... was talking about ... compared to Europe ... how many times more that caesareans are given. And the amazing thing to Me was ... it was based on a device that they attached to the woman in labor that will register distress and ... based on that they make the ... decision that bingo! caesarean has to occur. But for the last thirty years this professional group has acknowledged that the device is defective, it doesn't work and yet they keep using it, using it ..."

"The next day the same paper ran an article about how some hospitals were reducing this. And the reporter had followed up with a major, major hospital. Matter of fact, it was such a big research hospital that it even had its own PR department. And this reporter had enough integrity and enough smarts to know 'well, hey! you know, this hospital, yeah, it's putting this out and it's reducing it and it's getting so much PR but, obviously, it's just bringing in a lot of money and grants so I'm going to ask like the small, rural hospitals how they're doing this' and she interviewed five of them ..."

"When she asked them 'what's the most important thing you did to reduce the occurrence of caesareans?' ... they all said word-for-word, 'the Decision.' That was the most important thing. And once they made the Decision they really stood behind It so they had midwives educating the doctors on how to re-position the patient as the labor progressed, etc., etc. They had posted notices 'don't even think about giving your patient a caesarean unless ...'—they had all this listed so you couldn't even call down to have an operating room ready unless you had done these many things before.

"But the interesting thing to Me was hey! they made That Decision and they stood with It. And that was fascinating. ..."

Dr. Lane Shared another Enlightening example. "For some strange reason ... I have come to appreciate a TV show called 'The Toronto Airport' ... a recent show ... had to do with a very big storm coming ... they had 200 takeoffs in that shift and they decided to cancel 45 ... they only cared about three flights, to get out three flights ... the other 152 flights ... if they did, great; if they didn't, well, you know, that's how it is but they just focused on these three flights. And they showed what they had to do to get them out the door, so to speak, on the runway to take off. One plane—they couldn't open the cargo door. Well, they tried all this stuff, couldn't do it. So, finally, one of the mechanics got the bright idea, 'well, let's just try a power screwdriver!' and they tried it and sure enough the latch worked and bingo! they opened up the cargo door and they loaded, etc., etc.

"But then something happened. A passenger became unruly. Why did she become unruly? Because they said that the medical device that she had brought on the plane could not be carried on the plane. She insisted. So went back and forth, back and forth, back and forth 'til finally someone contacted, made contact with whoever decides the rules and the regulation is real simple: yes, that manufacturer makes lot of different models and the model that this lady had could not be, in fact, brought on the plane. It had to be put in the cargo hold. But because she had been declared unruly she was kicked off the plane and because she had been kicked off the plane they had to go get her luggage. So to find her luggage in the hold of the plane took quite a bit of time.

"There was another plane that they were trying to get off on time and bingo! they were going to meet the deadline. What happened, though? As one of the stewardesses was going down the aisle of the plane closing the overhead bins, a piece of luggage fell on her head and she fell to the floor. So they had to deal with it. And then once they dealt with her medically, etc., etc., they had to then follow the rule of this airline—which is of a bilingual country—that the cabin crew cannot be just bilingual. They must also speak the language of the country of destination. So guess what? They had to find a cabin attendant who could speak that language so that took a little while. Alright.

"So 'the best laid plans', you're probably thinking.

"And what happened to the third plane? Well, it's perfectly fine. It was going to leave on time except for this guy in the terminal who decided to activate the fire alarm and also go through the exit door onto the tarmac. And because of the weather conditions you couldn't see anything so everything at the airport had to stop because they were

afraid they'd run over this guy. Finally, they found him.

"Then what happened? All three planes left and two of them had left no later than thirty minutes past the takeoff time and the other one left a couple of minutes early.

"Everything was done to back up their Decision. ... they did whatever they had to ... and, yeah, stuff happened and they had to handle that extraneous stuff ... they still bore in mind their original Commitment: we're going to get these planes out of here. ..."

"So many of us ... we get completely diverted ... we get into false id ... and we've forgotten that Decision. ..."

"Recently ... I was speaking with someone and this person was involved with ... handling the organizations of the 9/11 families, survivors, etc. and some other groups before the court. And he was telling Me that he had worked many, many years on things. And during the years of Covid he would sit in the housing that he was in in the basement with his mask—it all was closed up—and work on this case for years and it was so complex and so difficult. And it finally went to court and he spent nine hours arguing that day. And the case was so complex and so complicated. And he said, 'you know, I'm sworn to secrecy, so I can't tell you everything that was involved but it was a very difficult case and it was so difficult that it took the judge a good year to write his opinion'. So he wrote his opinion and the case went in his favor so it becomes the first time that a foreign government can be sued in this country for terroristic reasons if you can prove x, y and z. This happened just a couple of months ago. And, of course, what did the foreign government do? They appealed it in two courts. So he's sitting there not knowing if years and years of his work will come to fruition. But he also realizes, hey! you know, even if it gets appealed and it gets overthrown ... somewhere he may have planted a seed.

"So sometimes we need to take a very long view ... if you're doing The Kind of Work that gets done here [ed.'s note: Dr. Lane is alluding to His work] sometimes you need to take it not just generationally, as it were, but eons and eons and eons and ... that makes it so easy—doesn't it—to practice Nintendo—work our buns off and leave the results to God ... let Spirit do whatever is best ... for the Highest Good ..."

"But the thing with all three examples ... the caesarean ... the airport ... this legal case was the Decision to really be on top of it; to keep That in the forefront; ... and they stood behind It; and they put their time and their energy and money behind It.

"And, once again, yeah, we need to do it Lovingly ... Caringly and ... we leave the results to God. ..."

"Just like with those three examples things are going to happen ... there's always going to be something that we need to take care of but also if we're not careful it'll pull us out ... but it only pulls us out if we give it the power to pull us out. So we need to be lined up. And we need to have ... the intention because ... the road to hell is paved with good intentions. ... but ... the intention doesn't mean that we're backing it up. Are we Aligned with It? And are we Living from That? ..."

"We're talking once again about Honoring Our Commitments. ... 'these three planes are getting out' ... don't care how many times the planes have to go to the de-icing station ... 'we're getting those planes out' ..."

"We like to Live Clearly ... It's important to Honor Our Commitment; stand behind Them; stand behind the Decisions we make; also be prepared that hey! the results? That's for God to Decide. You know, it may go nowhere. It may have an immediate impact ... who knows? That's not the point.

"The Point is that It's all about the Fulfillment of the Self and in That Self we're all One and the Same. ... I put It out and It was part of my Fulfillment and if It's part of My Fulfillment then It's a part of the Greater Whole and, of course, there is no 'Greater Whole' because I am the Greater Whole and the Greater Whole is me. 'I am in the Father and the Father is in Me'. That's What the Christ, Jesus said. ..."

"Ain't no difference. Ain't no separation. ..."

create separation" to which Our Teacher said: "... You're coming from a place of you did something wrong and My Understanding of why all that stuff is there is it's not like you deliberately conjured up this ... it's that it's there in you as Soul as it is in All Souls for the ultimate purpose of your Upliftment, to Strengthen you in your Choice ... into the Spirit that you *are* but That's 180 degrees opposed to your approach. It's not like you did it... you may persevere in it in order to separate yourSelf. It's not like it comes up by your own device. ... So whatever this mentality is 'I must have done something wrong' has got to go. ... very analogous to 'I'm here on the planet because I've fallen'. ... You make it like you're doing something diabolical to keep yourSelf separate ..." Our Teacher Further Elucidated: "Well, of course, it gives you that to fight against so you could be 'good' ... But we don't live in the dual worlds as Spirit so there's no duality so 'good' and 'bad'; they don't exist. ..."

This same Participant shared that when she was speaking about being in Alignment with God This Participant had "the experience of such bliss and Joy ... like the ultimate bliss ... which was part of my mockup 'I should be there' ... at bliss," after which Our Teacher further Educated us: "So, in other words, you're so special that you're God's mistake because you're here. Oh, I see. I've always found that judgments on yourSelf are all based in ignorance. One-hundred percent. ... You're definitely holding yourSelf back ... even though you're not living at home you're still hanging out with it [a family pattern of making yourSelf wrong]. What do you need to do?" "Drop it completely!" was the response.

Another Participant shared that This Participant's relationship with the Tools had changed from "something arduous" to "all Tools are just a choice" after which Our Teacher Lovingly Suggested: "maybe the next step with that is to see the Tools not as something outside yourSelf that you reach for and have to do but rather as something inside yourSelf and you can just work with It inside out."

After a short break, Our Teacher invited us to Participate in an Activity—the Divine Walk—in Which we have the Opportunity to walk As Our Teacher Instructed, in the physical while Being At God inside ourSelves *exactly* as Taught. How we work things in the Divine Walk is how we do Our Spiritual Work; It's how we work our everyday lives. Afterwards, Our Teacher asked us to take an Inner Inventory: "where were you inside yourSelf? ... Did you follow the Spiritual Instruction and keep Returning to the Upper Part Of The Third Eye while following that line, as it were, through the midsection of the person in front of you? When you found yourSelf, ... drifting somewhere else did you reFocus? ... Did you allow your thoughts and feelings to govern or were you exercising Agency and reFocusing?" Sharing included "felt Gratitude"; "stayed Focused"; "the peacefulness ... of allowing whatever it is is going to come". In Response to one Participant's sharing that "things were coming up ... and coming up ... I was making a lot of effort to Return ...", Our Teacher Elaborated: "stuff is supposed to come up and you just Walk through ... like it's not there ... You're the one looking and evaluating and observing ... you're keeping yourSelf in it. You need to really watch those set-ups. ... You were constantly wondering how well you're doing ..." To a Participant Who shared that it took a lot of effort not to look back at nearby paw prints from a dog, Our Teacher Shared: "look how you set it up ... you set it up not to look at the dogs ... so you were always attached to it. ... Just follow the direction that you were given ... so you may want to see how you set things up in your life like that to make things hard on yourSelf."

After a dinner break, as a Special Gift from Our Teacher because we had met our goal for the RETREAT Scholarship Fundraiser, Our Teacher Honored us with A Series of Saturday Night Events beginning with Leftovers after Which we were Graced to be present as Our Teacher Ordained Lara Melanie Saget "into and as a Minister of the Light and Sound of the Lord, God in the Tradition of the Melchizedek Priesthood".

As Our Teacher Taught us: "Melchizedek was a precursor of The Christ, Jesus not only in the sense that He announced It, 'He's coming! ... John baptized by water but watch out! This is Baptism by fire!' and, of course, He's talking about the Spiritual Baptism. So He was a precursor in that sense but He also was a precursor of The Christ and an ideal both royal and ruling ..."

"Remember: Jesus The Christ said, 'My Kingdom is not of this world'. So He was talking about the Spiritual Kingdom and That's Where the ruling is. Man sits at the Apex of Creation and rules creation. And in the Christed Consciousness you have That Awareness, That Knowledge

and, in fact, part of the duty of The Christ is He's in charge of all the Souls. That Office, remember It's an Office, That Office is in charge of all Souls below the Soul Realm. So He's a ruler in that sense ..."

"That's the context for how we Ordain Ministers. Why do we do That? They do serve ... as My arms and legs and carry the Frequency and ... It's a Wonder-ful ballpark for That Soul's Fulfillment on this level and ... It serves quote 'others' but, really, has a lot to do with Their Growth."

As Our Teacher Gave Lara a leather-bound Certificate from the Seminary Division of Center For Religion And Advanced Spiritual Studies Our Teacher said, "You're welcomed into the Ministerial Community!" Much applause and congratulations from her Fellow Ministers and Initiates followed.

Our Teacher Continued to Grace us with a Reading from Our Teacher's Book, The Human Story, "specifically ... Parts I and Parts II of THE GRAND EXPERIMENT".

Our Teacher Summarized: "Souls are stuck in 'limboland'. They can't enter into Eternal Life so let's see if They can do this! So Jesus The Christ comes. Remember: The Christ is a Spiritual Office in charge of all Souls below the Soul Realm ... when He leaves the body the Christed Consciousness is distributed to All Souls. That Gives all Souls the Opportunity to enter the Soul Realm ... into Eternal Life. Not available before the Christ came.

"Jesus said ... 'I shall Return'. Why would He Return? ... because He Knew His Mission was in two steps. First step was making The Consciousness available ... to Enter into the Soul Realm ... you know ... there are Souls Progressing into Eternal Life ... so it's time for Part II.

"What is Part II? Part II is here now and It gives Souls the Opportunity to go beyond the Soul Realm, upLift through the Twenty-seven Levels to HU *while They're in the body*. Before you couldn't do That with Your Teacher. Now you can. ... That's Part II of THE GRAND EXPERIMENT. Let's see if human beings can do This!

"And lo and behold The Christ came back to do His Part ... of This EXPERIMENT. That's why I want to read What I put into The Human Story.

"The second reason is we talk about Jesus The Christ ... because He Occupied That Office ... It's a Spiritual Office ... but we don't talk about Jesus as The Traveler ..."

"What's the Traveler? ... there are Twenty-seven More Levels from ... the Soul Realm or Level all the way on up to HU—the First Manifestation of the Lord, God. The Spiritual Office in charge of This is indeed the Office Of The Traveler. They tend to come, maybe They All come from That Realm, Which is most uncommon. They come from the Level of HU and They're in charge of all the Souls, all the Worlds of Spirit without density, matter or anything, all the Souls There. So Jesus The Christ we all know about, We don't all know about Jesus The Traveler.

"But the opening up of This, That's What's relevant here. They deal with Souls on Those Levels of Pure Spirit ..."

"When He comes back the second time as Jesus The Traveler ... Obviously, The Traveler was within His Consciousness ... or He wouldn't have Known 'hey! I have to come back because there's something else' ... That's Part II of THE GRAND EXPERIMENT."

Our Teacher then read about Parts I and II from The Human Story, including that the Method is the Same: Initiation Into The Sound Current On The Path Of Soul Transcendence and following The Teacher's Instruction *exactly* as Taught and that Souls Established in the Soul Realm can now Progress up to and including the HU Realm and This is the reason the Path is named The Path of Soul Transcendence.

"God Gives us the Gift ... of Accessing *while in the body* all the levels of Spirit ... Underneath it all ... and through it... and over it is Love in Action or Loving. ..."

"Our Fulfilling of the Spiritual Blueprint ... is both a Choice and a Responsibility. ... This Blueprint is crafted from the Lord, God's Love and *is* Love. ... It is What we do as Walkers On The Path of Soul Transcendence. We are, quite simply, Lovers of God. ... It is All Love: the very Nature of Reality."

After the Reading, Our Teacher invited us to ask questions if they are relevant to the Reading/What was talked about. In Response to one Participant's question, we Learned more about Light Initiations: " ...

God and that's the karma.

"And so Jesus The Christ—Great Master That He was—was able to what is called ... 'take the sins of the world'. Yeah, all that karma got cleared, as it were, so that Souls can Progress.

"So what does all this have to with Christmas? ... a lot ... He's come in and Given us a Message of Oneness. ... We suffer from toxic psychosis, the belief in 'death' and separation and that's the karma. ... We place it between us and the Lord, God. That's what separates us.

"And so when we sit in Simran and Dhyan we're simply Focusing on the Lord, God and, in That Process, the karma gets cleared. Yeah, but in Reality, too, it's kind of already been taken. So we all need to give ourSelves permission to What? To be The Christ; to Allow ourSelves to be Christed; to come into Completeness, as it were.

"We talk about Completing our karmic journeys and going Home to God ... and many of the Initiates focus on that. That's the incorrect focus. ... It's all about Loving God, Loving God, Loving God. Being Present with That, with the Christ *within* you.

"And as you relax into That and be with That all that other stuff ... is taken and burnt. It's Cleared out. ... It's not even a question of, yeah, going Home to God. ..."

"So that tells us the purpose of the body ... Jesus The Christ is telling us why we're in the body. So that we can regain What we've given up, what we've let go of ... and That is Our Own Divinity, Our Own Oneness with and as God, as Spirit. And that's the Gift. That's the Christmas Gift.

"You know, we've reduced to it to, oh! how many presents we're going to get ... But let's Remember the Real Gift of Giving ourSelves the Spirit we *are*. That's the Real Present. And to Remember That.

"Jesus The Christ wasn't Jesus The Christ except at 3:17 in the afternoon on a Tuesday. ... No. *Always* was at The Christ and we, too, need to do That. ..."

"This is one of the things I love about ... the new religion coming forth in the sense of the new link back. ... It's not an ideal. It's not something you measure up to. ... 'Oh, yeah, Jesus could do It, you know, but not I'. But that's not the Message of Christmas of The Christ.

"He's saying 'That Which is in Me is in you, too'. You, too, can do It and That's Our Responsibility. ... To be Who and What we *are*.

"So Jesus came as a Reminder but also to provide a Breakthrough. To tell us 'hey! we are One with God. This is the Way we do It. It's an Initiatory Process. We go into the Soul Body and we're with God. These are where the Worlds *within* are. *Always* Remember Who and What you *are*! I know you can do It.' Now He comes back and He says, 'Well, OK. Now since What's in Me is in you, too, time to do The Traveler Part. Now you can also—while you're in human form—go and Travel from the Soul Realm through all the levels to HU—the First Manifestation of God'. Bingo!

"That's the Real Gift and quite an enormous Gift.

"And the question really is, are you ready to Receive It? ... And have you Opened the Present and have you Given It to yourSelf? ..."

"I personally love presents ... so I Lovingly Suggest that you use the Present That you've been Given of ... The Christ and The Traveler.

"We'll stop with That."

Holiday Satsang was followed by the presentation of the Group Gift—Donations from Our Teacher's Initiates towards Center For Religion And Advanced Spiritual Studies' Scholarship and General Funds. The Gift was accompanied by a beautiful card that was hand-drawn by another very talented Initiate.

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

A non-Initiate making contact with the Light Of The Most High for the first time receives a Light Initiation ... That's the Sound Current in the dual worlds along the negative polarity. That Light Initiation is upon the Soul and It alters the Soul's Progression tremendously".

We began Day Three of RETREAT with Simran and Dhyan. Then, after breakfast, we assembled in the meeting room. After Calling In The Light Of The Most High, we were invited to share any Leftovers. One Participant shared that something as simple as giving up using a hairdryer because such devices are outside the RETREAT Guidelines made for a powerful experience to which Our Teacher Responded: "Every little Surrender is a Strengthen!" Another Participant shared a dream after which Our Teacher Instructed: "It's a lovely dream! Your basics are going to come after you ... you're not engaging with them ... you just go back to the Spiritual Focus!" To Another, Our Teacher Pointed Out that this Participant was "regarding Spiritual Work as something imposed upon you ... you're still fighting ... It's time to grow up! ... That's What really scared you: Being Free." And, finally, a crucial Reminder for all of us regarding Simran and Dhyan. As Our Teacher Taught another Participant Who was Treating This Core Spiritual Practice as "something you have to reach God instead of It's inside you", Our Teacher Instructed: "you Allow. It's in you so you need your framework to be changed."

Group work followed in which we were Instructed to answer two Questions: 1) How can you Strengthen yourSelf individually based on BEYOND AHIMSA ... not just non-violence ... Focused in Spirit as Spirit? and 2) How can you Strengthen this Community and yourSelf as a member of this Community based on being in BEYOND AHIMSA? For this writer, Being in BEYOND AHIMSA is Constantly Focusing into Spirit—really, The Divine Walk—as this writer goes through the day the Lord, God has Given me. It's Living from That Place. After sharing in small groups, a secretary from each group then wrote that group's three salient points for each of those two Questions on a flip chart for All to see. Responses to Question #1 included Surrender; Live in Integrity; Being a Nazir; use everything to Lift and the Divine Walk and for #2: all forms of Service with Initiates and the Center; helping others to Be On Point and doing outreach Neutrally and Lovingly. Regarding Community, Our Teacher Shared a crucial Truth about Family: "We are a Community of Initiates. We are your Real Family. Your biological family was chosen to help you move beyond your family. This is Your Real Family."

After a break, Our Teacher invited us to do an Art Project that best represents "your Learning in BEYOND AHIMSA."

Then, as a Graduation Present, Our Teacher Lovingly Graced us with two *Tools For Living Free* to read "in the Spirit in Which They are Given", Which is always Loving: #161 "Living In Your Own Inherent Truth", comprised of Excerpts from the Satsang "What Are You Trying to Get Away With?" Given by Our Teacher and #164 "Would You Like Another Drop Of Honey?", comprised of Excerpts from the Satsang of the Same Name Given by Our Teacher.

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

As Our Teacher often Teaches us, "you Know how to Thank Me: Love God!"

Continued from page 7 - "Decisions: Exclusion? Inclusion? Precision? - A Participatory Satsang" (MP3 A340)

"We need to Commit to the Spirit we *are*, to Walking the Path [Of Soul Transcendence], to Our Commitments, to Honoring Them. And the Freedom *is* in That. ..."

"What I'd like you to do is just take a moment inside yourSelf and just see if there are any Decisions. There are no judgments; it's non-judgmental. But there's Blame-less Responsibility. So I will Call In the Light ... 'Lord, God, send us Your Light and we put this time together into your Light for the Highest Good'. And is there

a Decision that you've made that needs to be followed through? [Pause] Is there a Decision you've made that needs to be followed through? [Pause] And is there a Decision you've made that needs to be followed through? [Pause] Now, how can you best follow It through? What do you need to do? [Pause] How can you best follow through on the Decision? [Pause] Now, when you can, just bring your consciousness back here.