



Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies **October/November/December 2026**

COVID-19 UPDATE

If you have taken public transportation within 72 hours or been on a plane or train within 5 days, a COVID test upon arrival is required to enter.

Masks are provided.

Home Center New York City

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Lifetime and Legacy Giving

We now have Lifetime and Legacy Giving in recognition of the Importance and Joy of The Teachings and of CRASS.

If you wish to be of Service and partake of This Blessed and Joyful Opportunity please go to:
<http://www.spiritcentral.org/planned-giving.html>

Regional Centers

New York

Brooklyn area
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"Are You 'Just Getting Around To It'? - Going In Circles? Putting A Square Peg In A Round Hole? Prioritizing Yourself?: A Participatory Satsang" (MP3 A347)

Dr. Lane began the July Satsang by saying, "Now I'm going to Give this Satsang when I get around to It, whenever I get around to It.

"I was moved to Give this particularized Satsang based on a conversation I had with a Student Who was working on a project that she knew was connected with her own Growth, her own Progression. And she hadn't been working on it and I said, 'when are you going to do it?' And she said, 'oh, when I get around to it.' And her body

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"Are You Passing Your Test?: A Participatory Satsang" (MP3 A349)

Dr. Lane began the September Satsang by saying "I want to talk a little bit about how you're doing on the test you're giving yourSelf. And many of us we tend to test ourSelves: 'How attractive am I?' 'How worthwhile am I?' 'How important am I?' etc., etc.

"And we use different measuring sticks for that ... it could be ... 'how much money do I make?' 'How many friends do I have?' Whatever it is ... and then we gauge ourSelves according to what we think is the score so we've made a translation.

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Weekend of Joy & Upliftment

Our Teacher Graced us with the Magnificent Opportunity to Participate in a Weekend of Joy & Upliftment from September 17th through the 19th. And for the many Initiates Who Gave This to Themselves in whole or in part, That's exactly What It was.

The Weekend began with Meditation Of The Light Of The Most High at 6:10 pm on the 17th.

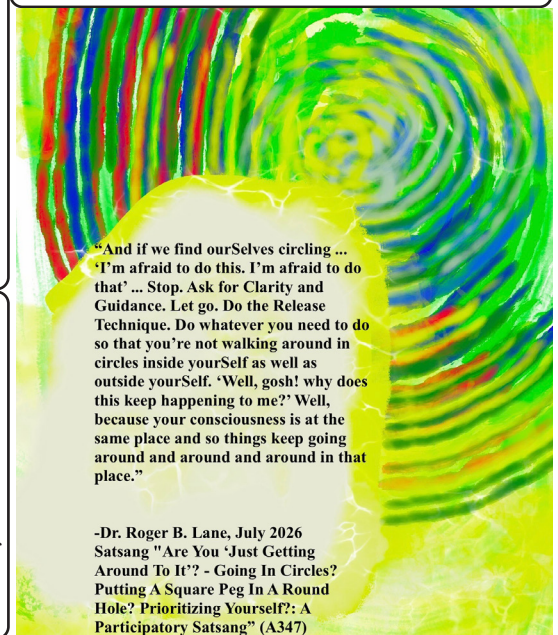
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"Have You Said 'Thank You'?: A Participatory Satsang" (MP3 A348)

Dr. Lane began the August Satsang by saying, "I was moved to give this Talk ... I was having a conversation with a Student, a person going on and on and on and on about 'woe is me! What can I do?' and a whole victimhood thing and I just said, 'well, why don't you take all those things that you've experienced that you deem as quote negative and just say "Thank You" to them?"

"And the person looked at me as if ... I hadn't heard her properly but I did and I said, 'well, why don't you just do That?' And, of course ... what was going on was 'well, let the mind kick in and let it ask all these questions and then the longer I can stay in this the longer I can be in negativity and in the karmic fields and not get the Clearing and not get the Growth and not get the Understanding!"

"And, of course, this person was so into that they didn't realize that she was being taken over,
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"And if we find ourSelves circling ... 'I'm afraid to do this. I'm afraid to do that' ... Stop. Ask for Clarity and Guidance. Let go. Do the Release Technique. Do whatever you need to do so that you're not walking around in circles inside yourSelf as well as outside yourSelf. 'Well, gosh! why does this keep happening to me?' Well, because your consciousness is at the same place and so things keep going around and around and around in that place."

-Dr. Roger B. Lane, July 2026 Satsang "Are You 'Just Getting Around To It'? - Going In Circles? Putting A Square Peg In A Round Hole? Prioritizing Yourself?: A Participatory Satsang" (A347)

This Holiday Season
A Great Gift For YourSelves, Family And Friends!

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Understand the Spiritual Evolution of Mankind!

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Events Calendar

Fulfill Your Destiny: Fulfill Your True Purpose

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Dr. Lane's The Sound Current:
The Path of God-realization
(what we affectionately call
"The Blue Book")!

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numerous historical references, this
little Book explains the Sound Current;
karma; the Law and the Way Home.

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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 Oct. 11; Nov. 8; Dec. 13
Sun 10:30am Oct. 25; Nov. 29; Dec. 27
Special 2-hour Meditation

Morning Meditations: Initiates-only;
4-6am **M/T/W** Teleconference only.

Meditation For Health And Well-Being

East Side (Home Center):

Tues 8:45pm Oct. 20; Nov. 17; Dec. 15

*Meditations are available via
teleconference

MEDITATIONS

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

NEW YORK

Brooklyn area: Please email
laramsaget@gmail.com for details.

PENNSYLVANIA

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

TENNESSEE

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

OUTSIDE THE U.S.

MEXICO

Queretaro area: Please call
52-442-237-5745 for details.

OPEN HOURS

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

Every Tuesday
7:30-8:30pm ET
Every Wednesday
4:30-5:30pm ET

Unless otherwise noted

VIDEO/DVD SHOWINGS

The 22-part Video/DVD 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!

**"Are You Hearing Or Listening?:
A Participatory Satsang"
(MP3 A350)**
October 7, 2026
6:50pm ET

**"Are You On The Same Page In
The Book Of Life God Has Given
You?: A Participatory Satsang"
(MP3 A351)**
November 4, 2026
6:50pm ET

**TBA
(MP3 A352)**
December 2, 2026
6:50pm ET

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

Listen to Our Monthly Podcasts!!!

cosmostree.org
spiritcentral.org

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

**Nov. 5: "You As Playwright:
Puppet Show? Being Played?
Divine? - A Participatory
Satsang" (A242)**

**Dec. 5: "Applied Geography:
An Inside Job - A Participatory
Satsang" (A191)**

JOIN US FOR OUR SUNDAY EVENTS!

SUNDAY PROGRAM

Oct. 11; Nov. 8; December 13

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

Tools For Living Free Reading and Discussion: 12pm ET

Oct. 11: **#1 Using The Tool Of Choice**

Nov. 8: **#166 Are You Being Generous?**

Dec. 13: **#167 Are You Being Generous? - Part II**

Oct. 25; Nov. 29; December 27

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

Video/DVD Showing and Discussion: 1pm ET

Oct. 25: **V2 Forgiveness**

Nov. 29: **V3 Abundance Consciousness**

Dec. 27: **V4 The Twin Towers Of Acceptance And Gratitude**

THE TEACHINGS STUDY GROUP

Oct. 11; Nov. 8; December 13 | 3pm ET

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

Oct. 11: **"Are You 'Just Getting Around To It'? - Going In Circles? Putting A
Square Peg In A Round Hole? Prioritizing Yourself?: A Participatory
Satsang"**

Nov. 8: **"Have You Said 'Thank You?': A Participatory Satsang"**

Dec. 13: **"Are You Passing Your Test?: 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

Taught by Dr. Roger B. Lane

Relationships Class

5 Wednesdays, Date & Time TBD, Open to Non-Initiates

TAR Clinic

3 Wednesdays, Date & Time TBD, Initiates-Only

Payment: **RELATIONSHIPS** \$62 and additional payments of \$31 for classes
2 - 4 or \$150 for series if paid in full when registered for Students enrolled in
a Degree Program of the Seminary or \$63 / \$31.50 / \$155 for all others.
TAR \$90 for Students enrolled in Degree Program of Seminary or \$92 for all
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Meditation Of Gratitude

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literally—she was standing up at the time—her body literally started walking around in a circle. She really was going around and around.

"And a lot of us when we live our lives what do we do? As Students of the Light Of The Most High we have Wonder-full Tools. We have *Tools For Living Free* ... Two-Part Release Technique; Giraffe Consciousness; Proper ID. We've so many ways of working with and rising above fear because we Know That The Journey Of A Soul is from fear of God to Love of God. That's the Journey.

"And so many of us allow ourSelves to be scared and stop at that. We allow ourSelves to worship a golden idol ... or a false idol and that is fear so we put fear above the Soul, above the Spirit that we *are*. And we worship it and we allow it to dictate what and how we do in this life and our approach to it.

"But God Lives in you as you so if we're in that place of allowing ourSelves 'when I get around to it' we're denying the Immediacy and the Presence of God because God is *entirely* Present. He lives in us as us—the Location. He's *within* us. God is *within* us.

"So, in essence, what we're doing is we're circling around the Spirit we *are*, pretending It doesn't exist. And when you take a look at the chakra centers ... that's what the energy does. It just goes 'round and 'round and 'round and 'round and 'round. ...

"Isn't that the nature of karma, too? That karma goes 'round and 'round? We're always doing the same thing over and over and over and over again. We're always having the same responses over and over and over and over. ..."

"And God's patient so He Brings us Our Learning again and again and again and again until we've got It. And the neat thing is when we think we've got It we're tested on It ... because the Spirit in you will not be mocked ... so if you say you've got It and you've Learned then ... let's have the Demonstration! ..."

"And the nice thing is—if we're Initiates Walking This Path—all we need to be concerned with is our fate karma, the karma that we have assigned to us this lifetime. And even that is Handled in Grace so that we don't necessarily have to go through it physically or, if we do go through it physically, it's really mitigated. And the whole purpose of karma is for us to get our Learning so if we got the Learning *shhh* [ed.'s note: Dr. Lane is indicating That What He is about to say is a secret in this world even though It is fundamental to it] there's no more karma. ... If you're to burn in a fire The Teacher may just take a match and accidentally in quotes hold it against you for a split of a second. That fulfills the karma. ... So even if you go through it physically, it's mitigated.

"But what do we do? We love to keep it going because some part of us knows that hey! if we've gotten the karmic learning then we're clear of that and that means that whoa! I have to see that I'm Worthy. I have to Know That I'm okay. I have to Know that God cares about us and Loves us and that this whole thing is according to God's Will, isn't it?

"And we love to play the game that God's Will means it's some authoritarian edict coming from this guy with a white beard on high. But that's not God's Will. God's Will is What He Wishes for you [ed.'s note: As Our Teacher Teaches, God's Wishes are *always* fulfilled] as His kids. Think about what you wish for your kids or will wish for your kids. All the good stuff in life and that's what God wishes for us except multiplied. ... It's all Love.

"I've also shared the story of oh, going back ... probably over 50 years ago of having the Experience of seeing God's Love and that It was *all* Love and being so incredibly angry that we're never shown That, we're never taught That ... they teach us the opposite and when we're going around in circles, 'yeah, when I get around to it' ... we're pushing away God's Love. We're keeping ourSelves in the karmic fields ... enslaved ... in bondage all out of fear.

"And we know The Christ's Fifth Test was the manacles that He wore on his wrist—the handcuffs—and He discovers that 'whoa! there aren't any in reality. It was just my fear'. So if we're circling around

things you may want to ask yourSelf what are you afraid of? My experience in years of working with people is when people tend to do this consistently it's not that they're so much afraid of what they are circling around but they're afraid of what's going to happen ... when they get to the other side of it, when they're free of it. So they're using the situation or keep the karma going to protect themSelves from that unknown. They don't know what's going to happen.

"And This is a Wonder-full Opportunity for Trust, isn't it? You move into Trust. You don't have to Know what's going to happen. You just need to Know That you're safe and you're Protected. You're under The Master's Grace, God's Grace. God Lives in you as you. Hey, wake up! Real simple. What are you afraid of?

"And so much of the problem comes because it's quote it's my life. Well, it's not 'your' life. You couldn't even breathe on your own. ... You need the basics that are part of consciousness that God Gives you to breathe. ... You need the body. You didn't create that. We have kids. We think they're our own. ... But they're not yours. They belong to no one and nothing other than to themSelves and God as God. Real simple! And you're Blessed to be a part of that action. That's really special. You've been entrusted to take care of This Soul. ..."

"But we walk around and we think 'oh, this child is mine,' 'this life is mine'. Well, it's been Given to you to Upvibrate into and Come to the Knowing That you *are* Soul, That you *are* Spirit. ... That we've been Upvibrated to Know ourSelves as Soul, as Spirit. We're here to Fulfill the Purpose of Hu-man life. What a Blessing!

"When we walk around in a circle we're delaying That. And it was real interesting to me, couple years ago, I read about the work of a neuroscientist and their whole thing was on dreaded tasks that people have ... they would hook up people to brain wave machines and measure the availability of their brain before and after this dreaded task was done and she found out something very interesting—that people walking around avoiding the task that they dreaded ... had access to only x percentage of their brain ... and after they'd done it, well, wow! it was like double or three times the amount of access they had. More and more and more of their brain lit up because that part of the brain was no longer very much involved with the task that they weren't doing.

"So that kind of verifies in a very physiological basis a Spiritual Reality that we're attached to what we're avoiding, what we're not doing. We're attached. But it involves more than just the brain. It involves the Soul and Its Progression.

"When we walk around in circles, what are we doing? Tying ourSelves up, keeping ourSelves imprisoned. And we're constantly at avoiding, avoiding, avoiding, avoiding so it's always in our consciousness.

"It's a lot like when I tried to stop smoking. I was going to stop smoking and, of course, my consciousness was always on smoking ... I never lasted more than a month or two without going back because my consciousness was tied in with what I was trying to avoid.

"And when I shifted the focus into feeling better and being more healthy then I wasn't dealing with not smoking or stopping smoking ... I wasn't trying to avoid anything. I was just focusing elsewhere that that thing was not a part of.

"And many of us when we do our Spiritual Work we kind of circle around 'oh! I need to do my Simran and Dhyan'. 'I need to do my Meditation.' 'I need to read a Tool' ... And it's always 'when you get around to it'. ... You're working things from outside in so there won't be enough time. There won't be enough room for it, as it were. But we need to work things inside out. ... That Expression of the Soul, of Spirit into the world and then everything else—the things of the world—they all fall into place and the time to do it falls into place or it falls off in and of itself because it's not that important.

"So That's the Key, isn't it? Giving Priority to the Spirit that you

as it were, by the basic self or by the love of the planetary karmic field of being a victim; 'Isn't it awful? 'Isn't it terrible', etc., and how powerless she was.

"But eventually I did get her to say 'Thank You'. Then she started having these little gleams of Understanding. 'Oh, OK, I can understand why because, oh! when that happened then I was able to recognize x, y and z and then I moved on it and then I did this.' 'Oh, OK, and when that was going on I was in this terrible place but I made a vow that x, y and z was going to be done and I was going to move into a better place inside mySelf. Oh! OK.'

"And she started realizing that all the situations in her life and all the people in her life who had done her dirt—so to speak—were really Blessings and they were Opportunities.

"And That's Why The Teachings Teach us instead of saying 'I have all these challenges' just say 'I have all these Opportunities' and then take advantage of the Opportunities. ..."

"What's the worst that can happen? You don't take advantage of these Opportunities so guess what's going to happen? You'll keep being presented with the same kind of Opportunity over and over and over again until you take advantage of It.

"So it's not a question of 'it's terrible that this happened!' It's a question of 'oh! OK, well, when am I going to take advantage of This and get the Learning, etc.?' Because we Know The Teachings Teach us that when we've gotten the Learning the karma is complete because the karma only exists to give us the Learning. There's no other point to karma.

"And how do we create karma? Simply by our choices away from the Spirit we *are* into negativity. ... and the karma that we create separates us from the Spirit that we *are* and it results in a lot of pain.

"So isn't it nice that we get the karma presented to us and take advantage of that Opportunity or at least have the Opportunity to take advantage of the Opportunity. ..."

"There's no such thing as time so take however long you need to. That's fine. God's Patient. The Teacher's Patient. ... take as long as you need. ... Also, you may want to ask yourSelf ... 'do I really need to live in this pain?' ..."

"And to Me saying 'Thank You' is a Wonder-ful way of being Appreciative of the people who hurt you in quotes, the situations that have hurt you in quotes. And Appreciation we know has to do—just like in business or finance—increasing of the value of it ... so ... Grow in Understanding and Appreciating the Value of the Opportunity and It's to Learn and to be moved beyond.

"And, you know, when I look back at my life, which I really don't really do too often, but I choose to go down a timeline and look I had what some people would say 'some horrible things happened to Me' in quotes except they didn't happen to Me ... It was all part of God's Plan that I agreed to for My Growth and Upliftment. And the second thing is without them I'm not really sure ... well, maybe it was inevitable I end up Holding whatever Consciousness I Hold—but maybe it would have been a longer, dirtier inner civil war going on in order to Allow MySelf That.

"So, In Reality, I've come to think That might have been the easier way ... to Surrender to It, to Let Go into It and to Accept It. ..."

"Recently Spirit has been Giving Me a whole deep Understanding of the Holocaust. To most people, it's an event that happened in history, etc.—... but I was Given the whole Framework for this and when we see that it really has a lot to do starting in the 1800s, if not before—with 'death of God', that whole movement ... and the consequences of it are still really going on. How can there be God when this happened so God has gotten replaced or displaced by quote rationality.

"But that's not it. What happened—and it even goes beyond the Clearing of karma—but it has a lot to do with who has Access to God, who has Access to Spirit and, of course, the correct answer, the only answer, is well, *every* Soul does and That's the Blessing and That's the Movement and even the Holocaust was part of It.

"So here you take something that's outwardly quote terrible. I'm not endorsing it ... but I'm putting it in perspective. That even something as quote awful as that can be Appreciated and it has its place. So everything in the System, everything in God's Universe has its place and saying 'Thank You' to it is an Acknowledgment and an Appreciation.

"You know, it's interesting, too, ... When we start saying 'Thank You' to parts of our body ... you'd be amazed at how incredibly healing it is and Upvibrating it is for that organ or for that system because we're showing it Appreciation and there's a recognition of its existence. ... It's not ... something that you take for granted ..."

"But watch what happens when you start to Appreciate it and Acknowledge it ... Acknowledging is ... an interesting word. ... It has to do with being at knowledge, being at Gnosis, being in Knowing and that has to do, of course, with Knowing you're Spirit, Knowing Who and What you *are*. ..."

"We come into this world of form and we're all wearing the same thing ... we all got bodies ... and in this world of form is the Infinite—that God's located *within* us and as us. Wow! ..."

"If you take a look at human history, it's all been an evolution of Accepting That. You know, we're not quite there yet. ... It's in us ..."

"In my father's house are many mansions'. Guess what? The Soul lives on all those Levels and isn't it strange that the earth is the place in the lower worlds where each Soul can Progress ... so you come to this planet and you take Initiation Into The Sound Current or into the Holy Spirit, the Way of The Christ ... and What happens? Something awful happens. You become Responsible. God Lives in you as you ... as a Vibratory Frequency or as the Divine Oscillation and That's *within* you and we have That Responsibility To Manifest That.

"And this goes hook line and sinker with what I hear so many Initiate Students saying. 'Why do I have to be here?' ... well, you may want to Appreciate what was just said in order for you to come into the Knowing that you *are* Soul, that you *are* Spirit and, in the Process, yeah, you go to Completion here if you like ...

"Now through This Special Dispensation Available now you can even go beyond That *while you're in the body* [ed.'s note: Dr. Lane is referring to being able to Travel through the Twenty-seven Levels from the Soul Realm to HU.] Quite Magnificent! So we need to Appreciate our time here.

"And if you take a look at your life you'll see that it's a conspiracy ... not against you ... It's a conspiracy *for* you ... everything is Orchestrated really ... for Your Growth and for Your Upliftment. Everything is an Opportunity. ..."

"Last week I went kayaking ... going across the lake ... and I realized, well, hey! all preoccupied with the kayaking, the rowing, keeping the boat from overturning ... so that part of my being, My Consciousness, was all involved with that; the lower self felt a real beautiful oneness with nature ... and such a great love and it really felt like quote connected ... wow! We could feel this love and this 'connected' on a real basic self level then, wow! can you imagine how It is Spiritually? ... The Love is so strong ... The Love is so Profound. The Love is so Profound.

"But as I was sitting there in the kayak I was deeply Appreciative of hey! even on a very basic level; yeah, it's a big step down of the Pure Love of Spirit, of God but, whoa! it sure is nice and I was deeply Appreciative of it. I was even loving people I didn't particularly like, you know. I thought, isn't it nice to keep the personality out of it. ..."

"And when we let go of judgments and we just be and we're just in a state of Appreciation we get to really value any and all experiences. And can be very ... mundane ... It's in the everydayness. ..."

"And we need to say 'Thank You' for our time on this earth no matter what it may look like. ... so many of us get caught in quote being successful ... on this level ... but we need to Appreciate it from a whole other Point Of View that it is ... going towards Fulfillment of

"And what happens ... is very much like the cross-country skiing story where, as soon as I asked Myself 'hey! how am I doing?' ..., bingo! my skis started to slide out from under Me and I started to fall.

"Why? ... Spiritually, how it works is you're separating yourSelf from the Spirit you *are* to evaluate yourSelf based on parameters that really have no meaning.

"I've never seen a Soul ... Enter into Eternal Life because when It was in the body It had a lot of money ... or was famous ... or had a lot of friends ... so we need to take a good look at how are we measuring ourSelves. What are we measuring ourSelves by and is that important?

"And we Know from The Teachings That we are Tested but we're Tested by Spirit from a very different Place and with a very different attitude. We're Tested out of Love. So ... if we think 'oh! I've really mastered being Neutral' ... well, then, Spirit Brings Forward a situation where you'll be Tested. Have you really Mastered It? ... Understood It? ... Is It a part of you? ..."

"And It's to Test you to ensure that—not how well you're doing—but to ensure that you are doing well and that you can go on and Progress, Progress, Progress, Progress. It's done out of Support ..."

"Many of us—we walk around thinking we have to prove ourSelves but isn't that forgetting that God/Spirit Lives in you as you? ..."

"What people test themSelves on ... has nothing to do with what their karmic learning is. So, for example, if someone is working at a job ... never seems to get ahead ... well, most likely that person will evaluate themSelf as a failure ... or as a victim ... they're keeping score ... in terms of how it's doing in this world.

"But that's just it. The evaluation is always in this world. It's never about well, what's the Soul doing in this world? And perhaps that particular Soul has to Learn perseverance ... so that's the lesson. And the Spirit Loves That Soul so much and *is* That Soul That It's going to Bring Forward those Opportunities for that particular Soul to have Learned ... to persevere, to have persevered, to have persevered ... keep on going, keep on going.

"In the process, It will probably have to Learn to have Neutrality ... to have a bigger framework than just the material one. And That's the Learning. ... 'Hey! I've been Given these Opportunities to Learn how to persevere and pick up some skills on how to do that, too. What helps and aids that? So the Whole Life and the Whole Thing has been a Blessing and It's been Orchestrated ... all for my advancement.' ..."

"We walk around thinking that 'hey! Spirit, the world, our life—it's against me; it's not working out' ... and we don't understand the underlying Love and Beauty of our life and how it's Woven as a Tapestry ... for our ... Growth. We don't see These as Opportunities for us. We see Them as ... contrivances against us.

"We need to give that up and we need to give up testing ourSelves, period, period. ..."

"We look down on ourSelves so much ... we didn't do this; we didn't do that ... either we undervalue ourSelves ... we don't think we're measuring up ... or else we're overinflating and we think every little thing is so wonderful that we've done.

"But it's all Equal. Everything is Equal. ... There's not one Soul better than the Other. ... We're all from the *Same* Material. ... We're all *The Same*. ... We have the *Same* Spirit. We all are Created by God. We all have the exact same Responsibility in this life—to Come to Know ourSelves as Soul, as Spirit. And we All are Loved and Blessed so much that Spirit/The Teacher/The Master/God—Whatever you want to call It—ensures that in the course of our life as a Soul—of course, that Life is Eternal—that we will Come to Know and Learn all things.

"But you know this planet's such a house of mirrors ... we grab for this and we grab for that ... somehow this is going to do it for us ... and we haven't yet Learned to be content *within* ourSelves and as ourSelves and satisfied *within* ourSelves.

"So we're always striving and striving ... going down and out into the world. ..."

"And when we sit in Simran and Dhyana ... we do the opposite. We go in and up—'in' to the Soul Body and 'up', not directionally but Vibrationally into the Spirit that we *are*, into The Sound Current. And That's What we *are*. We *are* The Sound Current. We *are* the Word made Manifest and we're Coming into That Knowing of That ..."

"The only difference between Souls is where They are in their Progression and even that balances out ... eventually all Souls go Home to God and *all* Souls Progress according to the Blueprint ... Doesn't matter what you do in this world, God's Will prevails; this world is run by God's Will in terms of our Progression, in terms of What Souls are doing here, etc. etc.

"This place must ... be okay if Souls are now being Given the Opportunity for the first time *while they are in the body* to Progress Spiritually from the Soul Realm on up through HU and into God Himself. Well, must be (a) pretty perfect setup here ... and yet ... we're always looking at it with our short term and materialistic glasses on ... 'How can you say It's a God of Love when all this stuff is going on?'"

"Real simple. Because It *is* a God of Love. That's not debatable and What's not debatable either is are you Living according to That? Are *you* Living in your Knowing? Are you Manifesting the Spirit that you *are*? That's the Issue. Are you Living Vibrationally the Truth and are you Manifesting It.

"God's not the problem. The problem is the problem we create not Acknowledging we're Spirit, that we're God and not willing to Let Go into that Reality.

"We're here trying to make ourSelves okay by the tests we give ourSelves. 'Oh! this will translate that "I'm okay. I'm important".' How can you be any more important than made from God? ... than God Living in you? ..."

"All those tests ... they're completely unnecessary. And it's a way we kind of have of boxing ourSelves in ... so we need to give that up. ..."

"Lastly, remember The Teaching, 'Laugh and Be Happy as Your Father in Heaven Is!?' We Know the Spiritual Heavens are *inside* of us and it's okay to be happy. It's okay to be in Joy. It's okay to have fun. It's okay to have delight, as it were. We have delight when we Sit ... In The Light ... there's a Feast going on all the time in the Soul, in the Spirit that we *are* and we need to ... give ourSelves That.

"So if you're invited to be an Attendee at God's Feast check the Reality of the guest list. Is it full of ... nincompoops? ... No. It's full of Illustrious Beings ... Illuminated Beings. Light, like giving off Light, Light, Light. That's Who we *are*. We are Light Beings. We *are* Soul, we *are* Spirit in this classroom called the earth. ..."

"So we need to take *each and every* Opportunity to see it as an Opportunity for Growth and Upliftment, not as part of a conspiracy and that ... somehow you can trust that Opportunity, It's all a part of what's been woven into the Fabric Of The Tapestry of your Life so that you can Progress and be Strengthened in Who and What you *are*, Which is Spirit.

"So give up the evaluation of yourSelf. You can trust that that's handled. Give up the evaluation of yourSelf as a Soul, you know, because when you leave the body if you're a non-Initiate—that Soul's

The next day we were Given the Blessed Opportunity to be of Selfless Service by packing, organizing and preparing to move to the new Home Center. And the day after that, Saturday the 19th of September, was Graduation Day from the Seminary Division of Center For Religion And Advanced Spiritual Studies (CRASS).

The 18th of September, the Sacred Day of Selfless Service, was One of Joy; of Inner Celebration; of Being in the Oneness; of Expressing from That Spot. It was a day of Ease as we Allowed ourSelves to be Led and to be Uplifted. There was “no time; no space”. Many of the Participants shared how much fun They had and how quickly the work got done; packing that might otherwise have taken seven hours took three; our lunch—a Gift from Our Teacher—was an Opportunity to remember that the Inner Feast—the Real and *Only* Feast—goes on all the time inside of us. It is *always* up to us to Allow It, Which we did on that Glorious Day.

Then came Saturday, Graduation Day, and the Magnificence of watching Lara Saget, a Minister of the Light and Sound of the Lord, God be Awarded a Master of Divinity Degree from the Seminary Division of CRASS.

The Ceremony began with Our Teacher—the Founder and Director of CRASS and Dean of the Seminary—Calling in the Light Of The Most High, followed by Our Teacher’s Opening Remarks. As Our Teacher Elucidated: “When we Call in the Light Of The Most High It’s so that we Focus our Consciousness into the Light Of The Most High and That’s What’s Key and What’s Important and, as someone goes through the Seminary, That’s really the Training, isn’t it? to really constantly, constantly, constantly Strengthen, Maintain, Strengthen some more That Focus and then you come to the Realization—through the Program—that, well, the ‘subject’ and the ‘object’: they’re One and the Same. What I’m Focusing on

is really Me. ... We *are* Spirit. We *are* God. And That Which we are Focused into, It’s really Us. ...”

Lara’s subsequent remarks from a Place of Devotion spoke of What is very important in the M.Div. Program and for Initiates—to be of Selfless Service, to Give ourSelves the Seminary Classes fully and completely and to be in the Love, Grace, Joy and Upliftment that are Inherent when we Choose into Them. Lara reminded us of the Motto of the Seminary—*Living As A Student Of Spirit Is Living As One*—Which is What this writer Experienced on This Weekend of Joy & Upliftment.

Lara then presented her Graduation Class Gift, a painting illustrating the realms or levels in the Inner Worlds “from the physical all the way up to Spirit” as well as a beautiful glass and crystal sculpture to serve as a representation of This Gift for display among the many Gifts from previous Classes that are atop the central shelf at the Center.

Then, on behalf of Anna Falco-Lane, Dr. Lane’s wife, who has presented a Gift to the CRASS Seminary Scholarship Fund at every Graduation, Dr. Lane happily Gave a \$200 check to this Scholarship Fund and noted that Anna hoped it would serve as an encouragement to others to support Souls in the Seminary’s Classes.

An enthusiastic and celebratory reception followed, during which we shared desserts Lovingly prepared by Participants in This Weekend who are talented bakers.

Finally, do give yourSelves the Seminary Programs (!), Which our Teacher reminded us include Degrees for both Initiates and non-Initiates. Dr. Lane Announced at Graduation that, because of the interest in Them, the Seminary will, in due time, have Doctoral Programs as well.

Continued from page 5 - “Are You Passing Your Test?: A Participatory Satsang” (A349)

not Initiated—It’s going to go to the Satanelle. You’re under the Lords of Karma and They’ll evaluate. They’ll evaluate where you’re at or how much of your karma has been—you fulfilled more than you created, etc. etc.?—and you’ll be placed accordingly. If you’re an Initiate on a Sound Current Path, well, then The Master will place you accordingly and It’ll be a better and more nearly neutral Evaluation than you could ever give yourSelf. So don’t worry about it. ...”

“I remember ... there was an Initiate whose Soul had left the body and this Initiate was working on the etheric realm and, as we Know, with very few exceptions the Soul needs to Progress into Eternal Life to be free from the Wheel of 84, from reincarnation, etc. etc. ... This Initiated Soul was working on the etheric realm. The Master Knew That This Soul was One of the very rare Ones granted the Blessing of being ‘pushed’ into the Soul Realm [ed.’s note: A Blessing both Granted and Fulfilled By The Master]. And there was an Initiate who actually spent ... maybe a good couple of hours telling The Master ... how she didn’t like the way that particular Initiate had passed because it was too scary and she wouldn’t want to quote die like that. This is kind of what we do. We look at things very materialistically and even her focus on how this Being ‘died’ ... was entirely incorrect.

“Yeah, the material facts may have been correct but her understanding of What the Soul and Where the Soul was during the particular material facts—she had no sense of and so to her it equated

to all this incredible suffering and scary stuff—but the Soul was out of the body anyway, had left through The Master’s Grace, etc. ...”

“We don’t know what’s happening. We dig in our heels against it. We make all sorts of conclusions. We live in fear. And the Beauty and the Magnificence of It and What really happened we don’t seem to get or want to get or understand because it would mean how Loved we *are* and how Cared About we *are* and just how Important we really *are*.

“I’ll stop with That—the formal Satsang—and What I’d like you to do is let’s Call in the Light and we’ll just take a moment or two for you to see what test you’ve set up for yourSelf. So I’m going to ask the same questions a few times. What test have you set up for yourSelf? [Pause] Based on that test how do you evaluate yourSelf? [Pause] What test have you set up for yourSelf? [Pause] And how are you evaluating yourSelf based on that test? [Pause] What test have you set up for yourSelf? [Pause] And how do you evaluate yourSelf based on that test? [Pause] And what test have you set up for yourSelf and how are you evaluating yourSelf based on that test? [Pause] And now when you can bring your consciousness back here.

“And ... I Lovingly Suggest that you make a determination to Let Go of all those tests and just Know how Loved and Cared About you are and everything is done for your Spiritual Progression and Advancement.

“And we’ll stop with That.”

are, to Soul, to Spirit and to keep yourSelf Clear. And if you know that 'hey! I dread doing this' and that you're going to avoid it for days and days, weeks and weeks and months and months, you're going to be tied up to it, well, for gosh sake! do it so you can be free and clear of it! You'll feel better.

"And many of us we circle around what we know to be true. So in many Classes I've asked Students 'well, what do The Teachings say about this?' They say 'well, I think The Teachings say ...' That's not the question. I didn't ask you what you think The Teachings say. I asked you 'What is The Teaching?'"

"And in Working with Spirit we need to be really Clear. We need to be precise. When we Co-Create and when we ask Spirit you have a choice. 'Well, I am asking that I get this job offer'. ... That's a lovely way of keeping yourSelf going around in circles and you'll get around to having that job when you get it. Keeping it in the distance rather than being direct, Co-Creating directly: 'Lord, God, for the Highest Good, please send me a job that has dot, dot, dot, dot, dot, dot' and asking directly so that Spirit can Respond instead of working it so indirectly.

"And it's real interesting, in this culture, probably in many others, people tend not to be direct. To be direct is perceived as like brusque or—dare I say the word—crass and it's perceived that way so everybody kind of goes 'round in circles and circles around each other but, hey! please be direct. I love it when people are direct because then I know how to respond to what I'm supposed to respond to. ..."

"It's like somebody says 'oh, gosh! it's really cold in here' but what they really want to tell you is 'turn off the air conditioning' ... but they don't say that and they think they're being nice. ... And then they get angry at you because you didn't turn off or lower ...

the A/C but they didn't ask you to. And these are the kinds of games ... that we play.

"And when we deal with Spirit we need to be very direct. When we deal with ourSelves we need to be really in Our Integrity. At the forefront is staying Clear. ... We have our Spiritual Priorities and, after a while, we Learn, 'hey! They're not even Priorities. They're not even Guidelines. They're not even things we're supposed to do. It's just simply the Expression of Who and What I *am* and It comes from inside out.' And we need to ... Allow ourSelves to be free, to be in Our Integrity regardless of what it is.

"And if we find ourSelves circling ... 'I'm afraid to do this. I'm afraid to do that' ... Stop. Ask for Clarity and Guidance. Let Go. Do the Release Technique. Do whatever you need to do so that you're not walking around in circles inside yourSelf as well as outside yourSelf. 'Well, gosh! why does this keep happening to me?' Well, because your consciousness is at the same place and so things keep going around and around and around in that place.

"And I Lovingly Suggest That there's only One Place to be and That is to be at the Place of Who and What you *are*, Which is the Lord, God Himself.

"Real simple.

"We'll stop with That."

Dr. Lane Led us in an Enlightening Question-and-Answer Session following the Satsang, during Which we received even more Growth and Upliftment and Learning.

Continued from page 4 - "Have You Said 'Thank You'? A Participatory Satsang" (MP3 A348)

Your Purpose, Which is to Lift and Grow and Know yourSelf as Soul.

"And even if a Soul is a non-Initiate It's still Given the Opportunity ... to at least have some karma cleared or to fulfill Its fate karma, the karma assigned to the present lifetime ..."

"We have all these ways of ... chasing after the bright lights ... fame, success, money ... If our Focus is on the Spirit and we're at One ... all the other things we're working so hard to get, to grab, etc., they're just Given to us ... The Nature of Spirit is Abundance ... we also Know that 'first seek ye the Kingdom of Heaven and all things shall be added unto you'. It all has to do with Where your Focus is and Where Your Priority is. ..."

"The things we value in this world are nothing compared to What God/Spirit Gives us and Who and What we *are* so you can have a Rolls Royce bedecked with jewels ... and it's nothing compared to the Spirit That we *are*.

"So Appreciation also has a lot to do with what are we Valuing? ... and are we acting upon and are we living according to our Values? ..."

"It does take Courage. It does take conviction but it takes giving yourSelf the Inner Permission ... to live your Values even if it goes against society's. Don't expect the world or society to support you. It's one of the reasons we call this CRASS—Center For Religion And Advanced Spiritual Studies, CRASS—because we are going against society's norms and values, going to Spirit, going to God, Lifting beyond it and getting away from the karmic pull of karma and reincarnation. Yeah, it does go against the world. It does go against the negative forces, etc. and yet that's Who and What we *are* and It's all a Part of God's Will.

"Things have gotten so askew that when you're On Point ... when you're Living the Truth of Spirit you're the outlier, you're the

one that's strange but, really, you're the one that's quote normal ..."

"So we need to Appreciate this Opportunity. We need to Appreciate ourSelves. We need to Appreciate that God/Spirit has placed a Way so that we can all Remember ourSelves and Return. Because we've forgotten Who and What we *are* God in His Kindness and Mercy, He Gives us a Way back ..."

"We need to Appreciate ourSelves. We need to Appreciate The Path. We need to Appreciate the Opportunity that we've been Given and, as we do That, we really will start to Value ourSelves and the Life we've been Given rather than take It for granted and we'll be in a state of deep Appreciation and deep Gratitude ..."

"So here we are on this planet Fulfilling Our Purpose for being here. Wow! We need to Appreciate That.

"What I'd like to do now is just have you take a few moments. I'm going to Call in the Light again ... so 'Lord, God send us Your Light. We put this time together into Your Light for the Highest Good.' Now, inside yourSelf, just bring forth a person who represents a real difficulty to you, has been a real quote problem and now move into Appreciation of that person's being in your life and perhaps even Appreciating the purpose of that person's being in your life. [Pause] Now, take a situation that you deem is terrible or against you. Move into Appreciation of that situation. [Pause] See if you can understand its purpose. [Pause] And now allow your cardiovascular system, just to be really Present and to be Appreciative of it. [Pause] Now pick a system in your body and show Appreciation to it. [Pause] Now pick an organ in your body and show appreciation to it. [Pause] And now pick yourSelf as Soul, as Spirit and show Appreciation to It. [Pause]

"Now, when you can, bring your consciousness back here."