



Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and The Center for Religion and Advanced Spiritual Studies Jan/Feb 2012

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“What Does ‘Living Under Grace’ Mean? - A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, began His November Satsang with a Process: “Lord, God, send us your Light and we put this time together into your Light for the Highest Good! This isn’t going to be a thought; let whatever come, come in response to this question: ‘What does ‘Living Under Grace’ Mean?...’ Participants then shared their responses. One said “The easy way out ... It means that you can do things karmically or you can do things through Grace and the ride with Grace is going to be a little smoother or a lot smoother... For me as an Initiate It means doing my Spiritual Practices Lovingly and choosing to identify mySelf with Spirit.” Another said “... Choosing The Path means Choosing to use the Tools that have been given to us as Students like the CDs, participating in Satsang, reading the *Tools For Living Free*, participating in Meditations, choosing to let go of negativity as we’ve been taught to do ...” A

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“Are You For Real?: A Participatory Satsang”

Dr. Lane began His December Satsang titled “Are You For Real?” with a Process. Dr. Lane asked those present at the New York City Home Center as well as the many teleconferencing in from around the country and outside of it to ask ourSelves: a) What’s Real for you?; b) In your everyday life are you lined up and standing behind what’s Real for you?; c) If not, what do you need to do to line up and stand behind what’s Real and support yourSelf in this Reality?”

Responses included: a) God, Spirit and Love; b) not as much as I could be; c) to do my Spiritual Work and use the Tools that have been given to me. “Pretty simple, huh?” said Dr. Lane. Another attendee responded: a) God and Love and my Inner Knowing; b) I never forget That but I don’t line up. I never forget God but I act like I do ...; c) some simple discipline ... and to organize my life around my knowing. “I like that ‘organize my

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“Talk on Health” in Los Angeles

On the first night of the Cosmos Tree Weekend of Upliftment And Grace Dr. Lane gave a Talk titled, “What Is Health?” Our Teacher began His Talk by saying that “Health has to do with, as the word says, ‘Wholeness’ and what’s ‘Wholeness’ but ‘Wholeness’ has to do with the complete versions of Who we *are* and What we *are*? In other words, with our Consciousness. Health has to do with the Oneness of That Which we *are* and Its Expression. ...”

“The first thing about Health is that we need to have the awareness of the responsibility of our thoughts and of our feelings and how it influences our vibration because Health is a vibration. Every organ and every system in the body has a vibration. We’ll do our flushes, etc ... but what about our thoughts and what about our feelings?” Dr. Lane said. “... Negativity is toxic and negativity is also anything away from That Which we *are* and That Which we *are is* Spirit. ... we’re in this form to have a Spiritual Experience.

“So second thing about Health is we need to end the confusion about what our body is and the body is the housing. It’s simply the

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“Living In The Joy Of God’s Heart: How? When? Where?”

On the second night of the Cosmos Tree Weekend Of Upliftment And Grace, Our Teacher gave a Talk titled “Living In The Joy Of God’s Heart: How? When? Where?” Our Teacher began by saying “I want to talk about really the business of our lives. What are we doing here? ... We’re not here willy nilly... it happened because there’s a Plan, a Divine Plan and there’s a Plan for each and every Soul ...”

“We’re here because we’ve been given a Gift and what’s the Gift? The Opportunity to come to know ourSelves as Spirit, as Soul and to complete our karmic journeys here ...”

“So the first thing is that we - in terms of our nature, what natural is - we *are* Spirit, we *are* Soul. ... you’re wearing the exact same clothes. ... You’re wearing a body ... as an Opportunity to know ourSelves as Spirit ...”

“Part of why we keep reincarnating is we’ve forgotten. We’ve forgotten who we *are*. We don’t know ... and we keep identifying with thoughts and feelings. ... That’s what most of us do. We pursue happiness. ... We know

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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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OPEN HOURS

Opportunities to speak with Dr. Lane and to experience personal and spiritual growth and the lifting into the "positive" energies. Call any Center for info. and call-in number.

Tues. Jan. 3, 10, 17, 24, 31; Feb.

7, 14, 21, 28 -- 7:30-8pm EST

Wed. Jan. 4, 11, 17, 25; Feb. 1, 8,

15, 22, 29 -- 4:30-5pm EST

MEDITATIONS

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

CALIFORNIA

Los Angeles area: Every Wed. 7pm. Call 310-913-7212 for location.

FLORIDA

Sarasota area: Every Thurs. 6:10 pm. Call 941-349-0432 or 941-284-2002 for details.

HAWAII

Big Island: Every Thurs. 7-8pm in Jan.; Please call 808-937-5958 for location.

NEW JERSEY

South Jersey area: Every Wed. - 6pm (except 1st Wed. of month). Call 917-841-8817 for details or further information.

TENNESSEE

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

WISCONSIN

Madison area: Every 4th Sun. 5pm; Every 2nd Sun. 5pm Meditation for Health and Well-Being. Call 608-838-7968 for location.

OUTSIDE THE U.S.

MEXICO

Queretaro

Call 52-442-224-3042 or in the U.S. 347-448-2310 for details.

NEW YORK

New York City: Every Mon.

7:30 pm; Wed. (except 1st

Wed. of the month) and Thurs.

6:10pm; Sun., Jan. 8 and Feb. 12:

10:30 am; Sun. Jan. 29, Feb. 26

Special 2-hour Meditation;

Meditation for Health and Well-

Being East Side (Home Center):

Tues. Jan. 17 ; Feb. 21 — 8:15

pm

West Side (200 W. 90th St,

#10A):

Tues. Jan. 24; Feb. 28, — 8:15

pm

PLEASE CONTACT YOUR NEAREST CENTER FOR MORE INFORMATION ON SPECIFIC EVENTS

VIDEO SHOWINGS

The 22-part VIDEO series

"Understanding the Spirit You Are" is available for viewing or purchase at all Centers and for viewing on cable television stations listed below.

NEW YORK

New York City:

Every Fri. 3pm.

Time Warner - Channel 57

RCN - Channel 84

Brooklyn

Every Sat. — 4:30pm

Cablevision - Channel 68

Time Warner - Channel 35

RCN - Channel 83

Verizon 43

Video showing and discussion:

last Sun. of every month

1-2pm at NYC Center (except

Apr. 24)

Join Us For An Hour Of Spiritual Instruction

"Are You Strong Enough To Be 'Weak'?: A Participatory Satsang"

**January 4
6:50 pm EDT**

**February Satsang
Feb. 1, 2012
6:50 pm EDT**

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

Available at All Centers

WINTER SEMESTER

"THE 'BIBLE' OF THE PATH OF SOUL TRANSCENDENCE"

TAUGHT BY DR. LANE

**STARTING WED. JAN. 25
FOR FIVE WEEKS**

**From 7:45 pm – 9:15 pm
Initiate-only Class**

For more info. please see Events Page with this issue of *SpiritCentral*

Listen to Our Monthly Podcasts!!!

**www.cosmostree.org
www.spiritcentral.org**

Jan: "How Am I Doing?: A Participatory Satsang" (TAPE/CD A15)

Feb: "What Are You Waiting For?: A Participatory Satsang" (TAPE/CD A16)

Positive Creation Workshop Given By Dr. Lane Los Angeles 11-12-11

On the second day of Dr. Lane's Beautiful Weekend Of Upliftment And Grace from 11-11-11 through 11-14-11 in Los Angeles, Our Teacher gave a Positive Creation Workshop, which was attended by many Souls from across the country.

Using written work, sharing, Workshop breaks themselves and dyads, Dr. Lane instructed us on how to co-create the lives we want. "If you accept The Positive Polarity [ed.'s note: Dr. Lane is referencing the Spiritual Polarity that runs through the negative worlds, including the earth]," Dr. Lane said, "the negative just drops off. ... Make a choice to accept the Positivity and bingo!"

This writer began by choosing to co-create "getting everything done I need to get done." Addressing this writer and all of those present, Our Teacher addressed much that we allow to get in the way or, really, to block the flow of Spirit. "Waiting ... is just not giving to yourSelf. It's buying into fear," Our Teacher instructed. Dr. Lane encouraged us to use the Two-Part Release Process whenever necessary by calling in the Light of the Most High

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third said "The first thing I thought of was no judgments, whether they're 'good' or 'bad.' ..." A fourth Participant said "I heard 'light' but 'light' as opposed to 'heavy', meaning not bound to the physical." The fifth Participant said "It was an experience of being carried, doing nothing." Yet another shared "What I got was being literally 'Under Grace' as if It's your shelter." Another said "I got 'safety'." Other responses included "Being free."; "Surrendering into the Knowing that everything is just fine"; "Protection."; and "That my will and God's Will are One and the Same..."

Dr. Lane then taught, "Grace isn't something that you have to earn. It's not based on merit. ... The other thing is Grace does not mean that you're not accountable. ... For example, if we lie, cheat, steal, do whatever we do... now that's screaming karma, that has to do with exercising your will against the Spirit's. ... God's Will is that you are Free. So if you choose to enslave yourself by choosing into karma ... you'll get the lessons and you'll move on ... So from that point of view it's all fine. ... But, yeah, you are responsible for the karma that you've created. ... With every thought that we have and every emotion away from Spirit we have this Responsibility. ... We're really held to it no matter how minute it may seem. ... Then Living In Grace doesn't mean we're not responsible if we've done all these things against the Spirit that we *are* and think, 'Okay, it's Grace and I'm forgiven.' Yeah, you're forgiven because God never judged you; there's no judgment here, but guess what? You're responsible. ... So when we do things, we want to take action, yeah. But the action has to be neutral, so without caring about the outcome, without manipulating to get the results. ..."

"We know that the Spirit of God is here, OK, and not only that but the Consciousness of the Christ is within *each* Soul. By the Christ I mean the Christed Consciousness or as someone said 'My will and God's Will are One and the Same.' ... And Grace has to do with the individual Soul's choosing into That, OK, then That is the ballpark, as it were, or the arena in which God can do the Action of Grace. ... It's an Action of the Spirit in this world. You can't ask for it; you can't beg for it; you can't earn it. ... We also need to be open, as it were, in terms of what Grace looks like. We mock it up in a certain way: 'Grace is going to be like this. Or It's going to come this way.' Most of the time It doesn't. ... Somehow It has to do with alignment, OK, and also, as some of you said, Surrender.

"And we know that the Power is in Surrender. Surrender what? Surrender our agenda! Fear, hurt, pain, etc. We gotta let that go. ... We know that the self-willed mind and Spirit are incompatible. They just don't go together. That's the antithesis of the Christed Consciousness. So to 'Live Under Grace' means an Alignment and that Alignment comes with Proper Identification. You have to identify yourself as Spirit, as Soul. That's key. ... You need to be open to the Spirit and in a Loving Consciousness. ... How can we be open to the Actions of Spirit? ... Our job is to choose into the Christed Consciousness. ..."

"We have this thing called Grace. We're 'Living Under Grace'. It involves an Attunement to the Spirit we *are*. It involves Proper Identification. It involves Surrender and a couple of people mentioned the Tools, doing your Spiritual Practices. Those are all designed for you to have a way to move beyond the negativity and to be refocused into the Spirit you *are*. To help you regain, as it were, your Spiritual Identity and Who you *are*. When we Live In Grace, we Live In God then guess what happens? Somebody said, 'We're carried.' Yeah, we're carried. ..."

"The Secret of all life is to do nothing. ... You choose into the Spirit, you choose into the Lord, God, you always go to God within and - through Initiation (ed.'s note: Dr. Lane is referring to Initiation into the Sound Current) - we know how to go into the Soul Body and be with God... And you have to do nothing. In terms of achieving 'results.' All you have to do it Allow. Trust, Allow and Receive. But the Action of Grace is we're carried. ..."

"When we 'Live Under Grace' it's the constant, 24-hour day, *moment-by-moment* decision to let go, to take the easy way, as it were, not choosing into karma and our hurt, our pain, and our plans and our agenda but choose into God and from that 'Spot' we take our actions. And they're neutral. ... the actions we take we take in the name of God. ... I mean it in terms of if we who have received Initiation, if we chant the Sacred Names of God and inside ourselves we're always choosing into Spirit, into God and the Knowingness of the Oneness of us all then we take the action from That. So we don't have to manipulate; we don't have to worry about getting results or anything else like that. ..."

"Also, Grace comes how It comes and when It comes. ... Part of God's Action of Grace is that there's always the establishment of the - we'll call it the Right Polarity - the Positive Polarity, the Spiritual Pole right here on this planet ... So that any Soul that chooses to regain Its Freedom and go Home can always choose into That because there's always at least one Soul Present anchoring It. So that's God's Action. God in the world is here; It's established... So It's right here right now. ... This is the road you take as a Soul to regain your Freedom. ... That Action of Grace is so strong that God has made sure that there's a Way Home for Souls. ..."

"The Christed Consciousness was placed in every Soul. ... It's in everyone. So it's everyone's responsibility, as the Christ told us. So what's the responsibility? See, Grace comes with responsibility. ... Grace has to do with Positive Identification of yourself as Spirit. It has to do with the willingness to Surrender all your agenda, all your negativity or, as The Teachings teach us, It has to do with Love. We know that L.O.V.E. is Letting go Of Volition Every Time. There are Tools - as some of you said - to help with the Proper Identification.

"Also, that you're Protected. ... As someone also said, it's important to drop any judgments. ... Grace has to do also with effortlessness. If we're making effort - we're pushing or pulling - then we're really laboring under karma. Now that's not to say you can't work hard. You work hard but it's effortless work. ... There's a lot of Trust that goes on with Grace. Grace is a very active Action of the Lord, God, of Spirit in this world. ... God doesn't sit up there in the Throne, but He lives in you, in your Throne, and we know that's the Upper Part of the Third Eye... So that God is within you. ..."

"To conclude, 'Living Under Grace' is a way of being; It's a way of living; It's a prescription. ... All you have to do is Receive, let go of judgments ... and you always take - what I call - Giraffe Consciousness or a Spiritual Point of View. ... Learn to look at your life ... as great opportunities to let go and to Grow and to have the karma taken from you as you Grow in Love of God.

"And That is the Purpose of Grace. The Purpose of Grace is, really, to remove your stumbling blocks and to help you and assist you. God helps those who help themselves."

A Spirited question-and-answer session followed.

life around my Knowing',” Our Teacher said. A third responded: a) at times in my life I feel all the worldly stuff is real; you know, work stuff, deadlines ...; b) the Truth is God and that I am free. My Spiritual life is the real part of my life; c) continue doing my Spiritual Practice, re-commit *moment-to-moment* to my Spiritual life and practice and use the Tools, talk to my basics more.” Another responded that what was real was her everyday life; what she needed to do is align herSelf with God’s Will and “really I just need to surrender ...”

“That’s a perfect lead-in ...,” Dr. Lane stated. “Obviously the only Reality is the Lord, God or Spirit. The proof is in the cemetery ... not one of those bodies could take anything with them. Nothing. Zero. OK. And the Soul went to the same Vibratory Frequency in the Inner Worlds or the same Level It was living on when It was in the body. So things of this world they have no eternity. They have nothing lasting and yet they seem real. ... When we speak about ‘reality’ Spiritually we’re talking about values and the values of the world - they’re not real. What the world is driven by and the things of the world are not real, OK? ... Also to put it in perspective, the Soul has had lots and lots and lots of times in bodies ... and It’s become confused. It’s identified with the things of the world. ... Your Training as Students along this Path is we do the opposite; we go ‘in’ and ‘up’ - not directionally - but we go inside ourSelves to the Spirit we *are* ... so we can become unconfused ... When we talk about Reality we’re talking about what’s the True Value, as it were? What’s the Everlasting? And we know ... the only ‘Thing’ we can take with us and That goes before God is the Spirit we *are*, is the Soul ... we can’t go before God and be in His Presence if we have karma ... the Christed Consciousness is being in Alignment with God’s Will. ... it’s all about Surrender. Yeah, you surrender. You let it go, you let go, you let go.

“But the world serves a great purpose. It’s to give you that Opportunity and all those things along the negative pathway are here for choice. ... Real stands for ‘Realizing Each Adventure to Lift.’ ... It is an Adventure and it’s to Lift, OK and many of us - we’re afraid of Lifting. ... A lot of us have a fear of being Who we truly *are*. Then we’ll use anybody. We’ll use our work; we’ll use our spouse; we’ll use our fiance. ... We’ll use anything as the Opportunity not to be ourSelves and to Lift, to really give It to ourSelves. ... When we’re in anger ... we have an Opportunity here. We have an Adventure. We can go with the tried and true negativity or we can use it to Lift, choose into the Positive, drop it and see what happens ...”

“God’s given us free will. Free will. ... So in our everyday life what are we doing? Are we going with our hurt? Are we going with our pain? Are we going with our fear or are we willing to take a little adventure? Drop it. You know, you even have wonderful Tools to help you with it and Lift. Are you willing to get out of your comfort zone. I see so many of you not participating in things Spiritually because you don’t want to get out of your comfort zone internally. And you give into that and it becomes easier and easier to give into the negativity ... but get Real! ... Get with the Spirit that you *are*, with the Soul. ... Is what you’re putting out really real ... In our everyday life what do we value and where are we putting our focus and our energy?

“They once asked Nolan Ryan how did he last so long pitching? ... The guy had a real good answer ... he said ‘you know I never focused on what wasn’t the good part of my game. I only focused on what I was really good at so that I could do it ‘even better.’ ... This guy lasted very, very long and made the Hall of Fame, etc. He was for real in that sense of putting out and going with what was true for him. Now notice I said ‘true for him’. But the Truth is true for all. ...”

“So you might want to - once or twice a day when you find your emotions going or your mind spinning - ask yourSelf am I being for Real, meaning am I lined up? Am I at One with the Spirit I *am*? ... I was struck when someone said ‘it’s not that I forget God but I make like I do.’ And being for Real gives us that wonderful Opportunity to participate in the Adventure of the Reality of Spirit.

“And It is an Adventure. It is fun. So what can you do differently? Make a choice even if you don’t know what’s going to take it’s place. We can surrender the negativity. We can live in the uncertainty of not knowing. We can Trust. And we can go with our deep Inner Knowing ‘cause we’ve all had Inner Experiences of the Truth of Spirit and what’s Real.

“And to put It very succinctly we do the Inner Work and the Spiritual Work to gain the Spiritual Strength and That helps us overcome the things of the world and, by the things of the world, I mean the negativity and being pulled and having all the attachments ... So being for Real is to choose other than our attachments, is to choose other than what we seem to be most familiar with ... It’s other than habitual and it’s going with the Love and That’s what’s important, going with the Spirit and Its expression. And Its expression.

“And That’s what Reality is. It’s Realizing Each Adventure to Lift. Remember it’s *each* Adventure. A lot of us pick and choose ... ‘Oh, can I be of Service, Dr. Lane?’ ‘Oh sure. We need someone to take something to - let’s say - to the Workshop here.’ ‘Oh, no. That’s the wrong size. That’s too much.’ ‘Oh. OK.’ What about if there are all these Blessings attached to it and all these Light Units you may get with it, etc etc and all this Upliftment? ‘No. I’m going to stay with, you know, my category of what I’m comfortable with ...’ ‘Oh. OK. That’s fine.’ There goes that Opportunity. ‘You mean I may not get another one?’ ‘You may. You may not.’ ... Either way you’re going to get your learning. What matters is you’re going to get it karmically or you’re going to get it Spiritually? And that might have been the one piece needed to go to your Completion here as a Soul this lifetime. You never know. ... What you may want to do is give yourSelf the Opportunity to take the Opportunity. ...”

“So Reality has a lot to do with Surrender what? Surrender your agenda. Hurt, fear, pain, etc ... Crazy is thinking that you can do the same thing and get a different result. But if it didn’t work all the previous times why do you think it’s going to work now? ... God’s Plan is our will and God’s Will One and the Same, of being with Him *while in the body*. That’s the great Miracle of this Path, Walking this Path. ... When you sit in Simran & Dhyana or Meditation you’re *immediately* at God. You don’t have to work your way ‘up’; you don’t have to build it up. ... Being for Real means the Grace of being completely at God if you so choose. That’s the Blessing. That’s the Opportunity.

We’ll stop with that.”

Our Teacher’s Talk was followed by an enlightening question-and-answer session.

casing for Spirit or for a Soul and if you look at things from that perspective, if you're going to live in the body you're going to take good care of it and if you're going to take good care of the body you're going to take good care of the thoughts and of the emotions. ..."

Dr. Lane continued to explain that when we get sick we think it "just happens". "So this is how we operate. It 'just happens' to us ... so it's something outside of us. So another thing about Health; the Truth is just the opposite, It comes from us. We have the responsibility to actively engage with healthy thought, healthy emotion and taking care of our body. ... It comes from us. ... so If you're experiencing negativity you have a choice. I can keep this going ... I can keep my anger going; I can keep my hurt going; I can keep my fear going ... I can keep all that stuff going but know what you're going towards. You're going toward dis-ease and dis-ease or disease is really the simple truth I'm not at my Spiritual Frequency. I'm not in my Integrity. I'm not in my Wholeness. I'm not at One with That so I have dis-ease ...

"We are responsible for what we put out, for our thoughts, for our feelings ... now I can have -let's just say I have a whole bunch of nasty thoughts - I will be creating an ectoplasmic reality and they have density to them. If I have a bad habit - same thing ... they get lodged somewhere in your body ... stagnant flow and energy is about your thoughts, is about your emotions ... but it didn't just happen to you ..."

"So health is being Responsible, being Caring, being Loving, What else? Have a point of view you *are* Spirit and being willing to operate in Wholeness. ..."

"How do you repair yourSelf? How do you go towards Health? You make a conscious decision that 'hey! I am responsible. I am going to monitor my thoughts and my feelings'. ... You want to acknowledge them and you like to let them go and there are ways to let them go. ... The circumstances didn't change ... my inner environment changed ... if you persist in negative thinking, negative emotions, you're the creator, it comes back to you ..."

"Another thing about Health is It has to do with acknowledging our Power, that we are Powerful ... so It has to do with being Responsible, being Powerful and taking Ownership ..."

"Thoughts and feelings are just energy. What do you want to do with that energy? ... You just release it, let it go and monitor yourSelf. ... Another thing about Health: It has to do with being Conscious. Be aware of what you do ... You need to be conscious of where your energy's going and what you do ..."

"Just to wrap it up, the effect on us is profound. Remember thoughts and feelings persisted in - that's karma... that's separation between you and the Spirit that you *are!* ...so we're going to have to come around and be at the effect of the karma we put into motion. So Health needs to incorporate the Truth we *are* Soul, we *are* Spirit and that we're karmically responsible for these thoughts and feelings ... you get to be at the effect of what you put in motion even if you don't know it ..."

"I want to leave you with the knowing you are that Powerful. Thoughts make a difference. Feelings make a difference. What you put in motion makes a difference. ... Because we're all One it affects all of Creation. ... We're all in the Oneness of the Holy Spirit. We're all One. We affect everybody and everything. ... Really we are One with all of Creation. ... There needs to be that responsibility - Loving Kindness towards yourSelf, towards Others and That Consciousness. ... Health has to do with being and living within our own Consciousness and coming from that Whole Place inside ourSelves ... when we sit in judgment on ourSelves and on others we're stopping the flow of Spirit ..."

"So why not drop the negativity every chance we get, move into the Loving Kindness inside ourSelves and start moving into Health, into the Wholeness, into the Oneness of Who we *are*, that we're One with each being, we're One with ourSelves? We monitor our thoughts; we monitor our feelings; and we just allow whatever you call it, Grace ... you just allow It just operate ... so you're either moving towards Health ... or you're moving into dis-ease.... It's your responsibility. It's mine, too.

"We'll stop with that."

Continued from page 1: "Living In The Joy Of God's Heart"

happiness from its contradistinction, from feeling sad. And we live in this world of duality and the Joy of being in the Soul and knowing ourSelves as Soul has much to do with rising above our dualistic worlds - happy and sad and striving and pain and hurt ..."

"And when we sit in the Soul Body and we're Walking what's called a Sound Current Path or Holy Spirit ... we're doing the Opposite - we're training ourSelves to go into the Soul Body and 'up' as it were - not directionally - but 'up' into the Upper Part of the Third Eye to where the Spirit or the Soul resides in us and we're starting to go into the Soul Body and we're starting to disengage from the pulls into the world that we're always at the mercy of. And that's where our unhappiness lies; our unhappiness lies in being our own victim, being our own slave of our own thoughts and our own feelings ..."

"So God in His Kindness and Mercy He's given us the ability by being able to go into the Soul Body to know Him *directly*. ... So we not only have to take care of our physical body ... but we also have to take care of our mind and our emotions. We have to learn how to place our Focus and stay centered in Spirit ..."

"So we don't really know what's going on when we live in the world of the senses, when we try to grasp things with our minds. ... through the Process of Initiation you are able to know things *directly* without the distortion ... and there's a Technique taught at the time of Initiation Teaching how to do this ..."

"There's a wonderful Way God has given us to re-member ... to become again a member of the Body of God. ... When we go in the Soul Body we feel Joy. ... there's nothing more practical than doing Spiritual Work. Why? Because basically you feel good. Even when you don't feel good you feel good. ... And depression is exactly what word says. It's depressing the Spirit that we *are*. So when we sit in Meditation we 'undepress', as it were. We vivify. We come more into the living vitality of us as Soul, as Spirit and That Which animates ourSelves. What animates us is the Light of the Most High, the Soul.... What is called 'death' in this world is nothing more than withdrawal of that Light of the Soul from the body ..."

"We have two poles. Along the negative is all the 'good stuff' like hurt and pain and fear and doubt and worry and here (ed.'s note: Dr. Lane draws a vertical line on the right) sits the Positive Polarity, Which is God going through the different Levels the Soul lives on. And all this stuff comes up, all this negativity comes up to give us the Opportunity to move into the Spirit. When we sit in what's called Meditation we get to strengthen the part in us that is Spirit ... we're responsible for every single creation, every thought, every feeling, etc. ... We have the Opportunity to have the karma cleared or burnt out. ... And in reality, when we start to Walk this Path and to live It we start to get clearer and our choices into the Positive Polarity get easier and easier and easier and you get to feel freer because you don't have all the 'have-tos' ... and all this pollution, as it were, starts to clear ..."

"We're so busy in trying to get the 'right thing' in an outer way ... When we start to Walk this Path and apply The Teachings we get to be free of that. And we learn it's our relationship to a situation that changes the situation. ... The real essence of what we do on this Path is we learn to Love the Spirit we *are*; we learn to Love God ... we live from That Truth. ..."

"If we're One how can I do anything against you? ... So when we sit in what's called Simran and Dhyana we learn to - instead of being at the affect of something - we learn to be at what's called at Cause. ... there's only one Cause for everything and that's the Lord, God so we're at God and we move our Consciousness to God because that's Who and What we *are*. ... And when we walk this Path, this Sound Current Path, we get to retrace our steps, as it were, and we go and return; we return Home. ..."

"It's all fear-based and this is a fear-based planet ... the Journey of a Soul is from fear to Love ... Love with others needs to be an expression of That. ... when we sit in Meditation what we're doing is were really receiving God's Love and we're allowing ourSelves to be Loved. It's a Communion, as it were. ... you start communing with the Spirit you *are* and you start receiving the Love and you start Upvibrating ..."

"Walking this Path is the Path of Freedom and Returning Home to our Divinity. ... And That Joy is insurmountable. ... Don't you want to really experience 'The Peace That Passeth All Understanding'? ... There will only be Peace in the world when each individual Soul is at Peace. ... What's God's Will for you? Freedom. Freedom from the cross of time and space. Freedom from thoughts and feelings and the limitations of that. ... We're Powerful. We're Creators. Why not create Positively? ... Why not Love yourSelf and know the Lord, God and that It lives inside of you? ..."

"So you have a choice. You can go for Freedom and fulfill of God's Will or you can continue your enslavement. The Joy is the Joy of being Free inside yourSelf and that's the great Blessing of this life. ... This Path really allows us the Freedom to give up being driven, to give up being at the mercy of our thoughts, our feelings, our emotions ... and all we have to do is Just Be. ... simply sit in Adoration of the Lord, God. It's within us. ... There's so much Grace that we just have to allow It. ..."

"There's one Way. ... each Soul has to go to Its Christhood through the Sound Current Path. ... but If I were given the choice of being happy for 150,000 times in my lifetime for 20 seconds each or being in deep Joy I'd take the latter. ... so it's all about Love and Love is about Letting Go of Volition Every Time ... And the real question is do we love ourSelves enough to give ourSelves the very Best? And the very Best is God ..."

like this: "Lord, God, send me Your Light!" and then asking the Lord, God to "please take this negativity from me!" and telling yourSelf "(your name) it's okay to let it go!" Dr. Lane also explained that there is nothing to earn or to prove. "God's living in you ... what is there to prove? ... God put your ass here. There's nothing to prove. ... Make yourSelf good enough for you." And Our Teacher advised regarding the essential Teaching that we are inherently okay. "Some part of you has to know it's okay to be okay ..." Dr. Lane said. The key, as Dr. Lane often says, is to stay present.

I and the other participants also reflected on what we had created earlier, including the how, what and why's of it. Most of our responses were for our own Growth and Upliftment and were not immediately shared with the Group. Our Teacher then asked us to form dyads and answer the question "Watcha gonna do when they (this stuff or negativity) comes for you?" This writer said to practice Giraffe Consciousness or the focus on Spirit as one goes about one's business in the world as well as Forgiveness (ed.'s note: Dr. Lane was referring to the mind as originator); and Gratitude. "I know we're all enamored of the mind," Our Teacher said. "But I never seen anything good come of it." Using an example of someone's running over My Teacher's foot, Dr. Lane said, "Have a Spiritual perspective. Know it's no accident. It's karmically correct. ... Nothing 'just happens' to us ... there's nothing random going on ... nothing would happen unless it's Spiritually Correct."

Dr. Lane then spoke about Blameless Responsibility. "The person who ran over my foot gave me an Opportunity." This writer saw the Opportunity as one to remain neutral and to focus away from negativity and into the Positive or Spirit. I saw it as a Gift from the Lord, God to Lift and to Grow.

Dr. Lane also explained to the Group how to co-create with Spirit by calling in the Light Of The Most High by saying "Lord, God send me your Light! For the Highest Good, I place into Your Light (the Project). Please Bless it and co-create it (or Project's name) with me! Thank You." "For the Highest Good is your Protection," Dr. Lane further explained. "It happens in God's time. If it needs to evolve, please evolve it and make it part of your process. All you have to do is start ... because the Spirit in you will lead you. Trust It. It will Self-correct if you listen inside ... I don't have to worry about what will happen. I don't have to get into that. It Self-corrects. It evolves." As Dr. Lane explained, we are putting ourSelves on notice. "Inside you're focused on it and holding with it ..." Dr. Lane also noted that it's best to limit ourSelves to three or four projects because it's important "to be present with each."

Our Teacher then focused on the importance of practicing TAR – Trust. Allow. Receive. "It's very important you TAR yourSelf. ... Focus is key and you keep going back, you keep holding the vision. Even if stuff comes up you're okay and we do the Releasing Process and to receive we need to know one key thing – we're Worthy." Dr. Lane then instructed us regarding Worthiness: 1) It's Inherent. "You don't have to earn it"; 2) It's Unconditional No Matter What. "We're always Loved"; 3) It's Eternal. "You need to be in a Place of Receptivity. We don't have to do anything for It ... as Spirit, as Soul we don't need to do anything for It ..."

Our Teacher then spoke about Cooperation. "Cooperating. We have to cooperate. Most of us co-opt. We want to be important; we want to be in charge." This writer understood the latter as a pattern, up until now, and reflected on the importance of doing the Inner Work needed to stay clear; most importantly, staying Present (exercising choice *moment-to-moment* to identify mySelf as Spirit) and doing Self-Talk, a technique taught by Dr. Lane's in Our Teacher's Everyday Evolution I Class by which we work with our basic selves (the part of us that brings forward our karmic patterns) to gain their cooperation and thus allow the Spiritual Energies to flow. We do this by giving them updates, direction, encouragement and keeping Self-talk in the present tense. As Dr. Lane had said earlier in the Workshop: "We have to always be the traffic cop ... the traffic cop ... the cop ..." Even "I'm too tired" is a trick, too, said Our Teacher.

Dr. Lane concluded the Workshop by encouraging participants to take advantage of the many Tools available to help them to Lift and to Grow as the Spirit they *are*. These Resources include *Tools For Living Free*; *SpiritCentral*; *The Money Workbook*; CDs of Our Teacher's Talks; the Cosmos Tree and CRASS Web sites and many, many Others. Please visit our Web sites for additional information.

The Workshop was followed Saturday evening by a Satsang given by Our Teacher titled "Living In The Joy Of God's Heart: How? When? Where?" and on Sunday, November 13 by a special Meditation Of The Light Of The Most High at 10:30 am followed at 1 pm by Initiations into the Sound Current on the Path Of Soul Transcendence. New Initiates participated in their first Meditation Of The Light Of The Most High as Initiates at 3 pm – along with all those present and many others who had joined us as well.

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