



Spirit Central

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

SUMMER SEMESTER

Newly Expanded! **"Relationships"**

Wednesday, July 18th
At 7:45 PM EST
For Five Weeks
TAUGHT BY DR. LANE

Home Center - New York City

Mail:

Center for Religion and
Advanced Spiritual Studies
and
Cosmos Tree, Inc.
1461A First Ave. - #182
New York, NY 10075
212-828-0464

email: spiritcentral@yahoo.com

Web sites:

www.spiritcentral.org
www.cosmostree.org

Regional Centers

California

Los Angeles area
LosAngelesMeditation@
gmail.com

Hawaii

Big Island
Dewi Lim
808-937-5958

New Jersey

South Jersey area
Valentina Isleib
917-841-8817

Tennessee

Johnson City area
Peggy Heatherly
423-975-6868

Wisconsin

Madison area
Alice Shuman-Johnson
608-838-7968

OUTSIDE THE U.S.

Mexico

Queretaro area
Barry Lippman
552-442-224-3042
From the U.S.:
347-448-2310

"That's A Wonder-full Idea! What Are You Doing About It?: A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, began His March Satsang by saying, "This is an Initiate-only Satsang so ... I thought I'd give this Satang tonight ... actually based on a 'conversation' I had with an Initiate pretty recently. The person was talking about what they'd like to see for the Center and I shared My Vision and the person's response was, 'Oh, that's wonderful!' And that was it. And I thought, 'That's really clever.' I appreciate the support and I know it's a Wonder-full idea and full of Wonder - full of God's Wonder - but where are you in this? Are you going to participate? Not participate? Hold The Light? Are you going to follow it through? ... That's clever; that's ingenious. We don't get involved; we don't support ourselves; and we don't support the Spirit that we *are*; we don't support the Center. And I thought, 'Wow! Such a neat way of disengaging, looking that you're very engaged and very caring but actually... it's pretty much ... a cold shoulder. ...'"

"Things in the physical, you need to follow through and work it. ... That's what we need to do. We need to take an idea - the ideas that we have - and 'Do I want to commit to it? Do I want to commit with the time, with my energy, etc? And do I want to work it?'"

"I once went up to Newport and there was a walk there ... you get to pass these homes of millionaires. ... It's fascinating how these people made their money. One invented Tabasco sauce; another, the paper bag, paper clip, that sort of stuff. So they had an idea and they worked it and they worked it and they

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"Small-mindedness: It Boggles the Mind - A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, began His April Satsang by defining by what is meant when Our Teacher refers to the Mind. "... But I'm really talking about what's called the Mind Of God or Consciousness. We know that the Mind Of God or the Spirit is God, is the Sound Current, is the Soul that Resides within you. ... 100% of us (ed.'s note: Dr. Lane is referring to Souls on the planet), minus a few Souls, have forgotten this simple Truth: that we are, in fact, Spirit. And we are Soul. So God in His Kindness and in His Mercy gives us the Opportunity to

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The Money Workshop®

In mid-April, The Money Workshop® was given in New York City by Our Teacher and was attended by Initiates from around the country as well as non-Initiates.

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Retreat 2012: "A Practicum for Walking the Path Of Soul Transcendence"

In early May, Our Teacher brought forward a beautiful weekend RETREAT for Initiates of the Sound Current on the Path Of Soul Transcendence. The RETREAT was attended by Initiates from around the country and from Mexico and Venezuela.

The RETREAT - titled "A Practicum for Walking the Path Of Soul Transcendence" - helped those present to strengthen themselves as the Spirit they *are* and to commit/recommit to living as Devotees of the Lord, God thanks to the Love and Grace of Our Beloved Teacher and to our own Choice to Allow the Learning/Growth/Upliftment.

Through group and dyad work; dream and written work; Meditation; quiet time; outdoor "activities"; generous sharing of discoveries, insights and gains; homework; "participation checks" to make sure we're Present; Processes led by Our Teacher; and many Tools, including CDs and *Tools For Living Free*, we learned more about the Teachings of the Path Of Soul Transcendence. Dr. Lane began by pointing out the importance of following the Guidelines/Spiritual Agreement. "It's a way you have of saying you Agree to participate in the Upvibration," said Our Teacher. "The Spiritual Agreement: It's a very important Agreement. ... The Agreement isn't with me. ... The Agreement is with the Spirit you *are*. You want to show up because that's how Commitments are made. ... You all need to take Responsibility. It has to do with living as an Initiate." Responsibility, as The Teachings teach us, is the ability to Respond to Spirit. It is a crucial Teaching.

Dr. Lane continued: "In this Practicum, you get the Opportunity to ... work This from inside out. ... A lot of this RETREAT is about Allowing your Freedom and your Power to be." Dr. Lane emphasized the importance of Co-creating with Spirit - i.e., instead of worrying about how to get someplace, asking the Lord, God to Co-create getting there with you.

Dr. Lane further explained after an initial exercise: "There's only one Way to Walk The Path Of Soul Transcendence and That's with Love and Devotion. ... You really want to

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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.

SpiritCentral

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editor

Melissa Sones

editorial staff

Don Baxter (Epage Editor)

Amy Blank (layout)

advisor

Dr. Roger B. Lane

SpiritCentral

1461A First Ave. - #182

New York, NY 10075

212-828-0464

e-mail:

spiritcentral@yahoo.com

websites:

www.cosmostree.org

www.spiritcentral.org

Events Calendar

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. May 1, 8, 15, 22, 29;

June 5, 12, 19, 26-- 7:30-8pm EST

Wed. May 2, 9, 16, 23, 30; June 6, 13, 20, 27-- 4:30-5pm EST

MEDITATIONS

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

CALIFORNIA

Los Angeles area: Every Wed. 7pm. Email losangelesmeditation@gmail.com.

HAWAII

Big Island: Every Thurs. 7-8pm through March; 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.

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Queretaro

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

NEW YORK

New York City: Every Mon. 7:30pm; Wed. (except 1st Wed. of the month) and Thurs. 6:10pm; Sun., May 13 & June 10: 10:30 am; Sun. May 27 & June 24 Special 2-hour Meditation; Meditation for Health and Well-Being East Side (Home Center): Tues. May 15; June 19 — 8:15 pm West Side (200 W. 90th St, #10A): Tues. May 22; June 26, — 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 Thurs. 6:30pm.

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

1-2 pm at NYC Center

Join Us For An Hour Of Spiritual Instruction

*"What Is Mental Health?:
A Participatory Satsang"*

**May 2, 2012
6:50 pm EST**

*"The Polar Bear Myth:
A Participatory Satsang"*

**June 6, 2012
6:50 pm EST**

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

Available at All Centers

Coming Soon

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cosmostree.org
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Please Go There!!!

Listen to Our Monthly Podcasts!!!

www.cosmostree.org

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**May: "God Is The Answer To
ALL Your Prayers"
(TAPE/CD A46)**

**June: "Have You KISSED
Yourself Today?"
(TAPE/CD A54)**

Summer Semester

For More Information Call: Registrar, Rev. Amy Blank at 708.846.1031

Newly Expanded! "Relationships"

Wednesdays, Beginning July 18th

At 7:45 PM EST

For Five Weeks

Taught by Dr. Roger B. Lane

Learn how to have the ones you want - in all areas of your life. This Class teaches Students the Essence of all their relationships and how to harness their own power and inner strength. Ultimately, the only relationship you have is with yourSelf -the Spirit You Are.

Please see Epage in this issue of *SpiritCentral* for more information.

**Join us For Our
Sunday Program!**

Meditation followed by a

Tools For Living Free

Reading/Discussion

May 13th & June 10th

And followed by a

DVD Showing/Discussion

May 27th & June 24th

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A Participatory Satsang"

worked it. What I see a lot of Initiates doing is pulling up and stopping their energy. ... When it comes to Service so many of us, instead of working it with a Loving Heart, the whole focus is on protecting 'their day' and 'their energy' from this 'intrusion' called God. Of course, that's how the false self sees it and that's how the lower self sees it.

"We also work things from outside in. In other words, 'How can I fit this into my day?' instead of doing what The Teachings teach us, which is it from inside out or, 'OK, I commit to this. This is what I want to do. This is what I am doing.' And somehow God takes care of it. And it all falls into place. Instead of trying to fit it in, squeeze it in, wonder how it's going to work, etc, etc.

"Sometimes I'm amazed that I still get emails from Initiates ... forgetting that, hey! It needs to be worked from inside out. In other words, commit to it inside yourSelf! Co-create with God. 'Lord, God, this is what I'm moving on, Co-create it with me for the Highest Good!' And then move on it. ..."

"I also wanted to name the title of the Satsang, 'That's A Wonder-full Idea! What Are You Doing About It?' because many of you approach The Teachings as if they're concepts, as if they're ideas rather than Living Reality. ... It's the experience of It and the Knowing of It and the Inner Knowing - That's What's crucial. That's what's really important. And if we sit inside ourSelves and go, 'Oh, that's a wonderful idea' then we're kind of stuck. And we're stuck in inertia or we're stuck in not doing and we're stuck in relegating the thing that we could be a very active participant with and in to something outside ourSelves.

"So when you have a Wonder-Full idea are you going to be a participant in that or are you going to be an observer? And if you remove yourSelf then you remove yourSelf from Learning, from experiences, from Upvibrating, from being part of the Action of Grace that's in the physical world. Let me premise the doing by saying, doing as The Teachings teach us to do, which is in Neutrality. And many of us think that not doing anything is being 'neutral'. That's not being neutral. That's being stuck. ... You also miss out on that whole training of Learning how to do Neutrality, without any attachments. ..."

"So the action is without any attachment. We go and move in this world without any attachment. OK. And the interesting thing is when you sit there and go, 'Oh, that's a good idea.' Guess what? You've already created an attachment. Now it's a mental attachment - but all levels have to be fulfilled - so they're going to be fulfilled on the mental level - that particular one; and that's a creation, which means that you're responsible for it, which means guess what? If you're an Initiate in Simran and Dhyana it'll have to be burnt off, you know, something else you've created, a further separation. So the irony is that we sit there and we have this judgment 'that's a good idea' and then your consciousness will go out and evaluate and always be stuck with that to see 'OK. Is it really wonderful? Is it not?' And that's the attachment, OK, as opposed to doing the action. You could do the action, do it neutrally and you'll be home-free and you'll have all these experiences. ... We're interested in your being Free or re-learning your Freedom. ... Being neutral - and this is key - being neutral is not the same as being an observer. ... You need to really be careful about, in terms of, when you say, 'Oh, that's a great idea.' Because they'll be a part of you that may very well hold some resentment. ... Whom would I be resentful of? Well mySelf that I didn't move on it. ... This is another thing you want to do, you want to evaluate it. ... If we have an idea we want to evaluate it, and we want to be truthful to ourSelves. ... Is this something I want to do? Will I enjoy it? Do I want to put my energies here? Do I want to put my time here? Etc, etc. ..."

"...do it as The Teachings teach us, which is, 'Hey! Here's this Wonder-full Opportunity to be with God. To be Lifted. To Grow. And in the process to help other Souls. What a Blessing. I've even heard My Teacher talk about Light Units for doing Service. ... I'm just going to do It to be with God inside mySelf.' ..."

"We know from the Democratization of Consciousness that it's Individual Responsibility in and with a group setting. So that Yeah, 'I'm responsible and it starts with me.' ... The Christ, Jesus ... left us with two Laws ... 'Love God with all your Heart, all your Might and all your Soul.' And 'Love your neighbor as yourSelf' fulfills the Law, fulfills the karmic law. ... He told us, 'That Which is in Me is in you, too.'"

"And so then the Christed Consciousness after He left the body was distributed and placed with each Soul. So every Soul now has the Christed Consciousness within. And It has to be exercised. ... We're talking about Individual Responsibility. And Responsibility, according to The Teachings, is the ability to respond to Spirit. And when Initiates come to me with their stuff there's always one common denominator. ... They're not taking Responsibility. They're not doing the Inner Work. They may do a lot the outer work, reading the Tools, doing this, doing that. But they're not giving themselves the time of day; they're not really doing the Inner Work. ..."

"If The Teacher says, 'You need to do X, Y & Z.' You jump on it because there's a Forcefield laid out for doing it. It's real easy. You don't sit there and become an observer. ... You participate. ... So when somebody says, 'How do you do?' You say, 'Easily and effortlessly and without any attachments. Thank you and how do you do?' ... So we know how to do. We do it without attachments. Or we do Nintendo; we work our buns off and leave the results to God. ..."

"The Teachings teach us that the Christed Consciousness and your will and God's Will are One and the Same. ... So we're in the world but we're not of the world and that's how we participate. ... The Way of the Soul is detachment. ... But that's another word for neutrality. ... So you don't have to worry about doing things in the world if you're doing your Spiritual Progression because It's vouched-safe. You'll only be able to Progress and complete your karmic journeys having mastered being attachment-free. ..."

"If you do things with a Loving Heart, you do it from a place of neutrality and you do it Chanting Your Tones or in Dedication to God or in Dedication to The Teacher you're not going to lose. But watch out for the game of 'that's a great idea!' but then doing nothing about it. ..."

In closing, Our Teacher led His Initiates in a Process. "Lord, God, send us Your Light and we put this time together into Your Light for the Highest Good. The question to you is: What is your great idea? And second part is: What are you going to do about it? ..."

After Initiates shared their responses to the questions Our Teacher asked, "... did anyone notice what happened after each person said what he or she wanted to act upon? There was a Forcefield immediately set up for that Unfoldment. Through the Grace of The Teacher, Whatever you want to call It. [ed.'s note: Dr. Lane is referring to The Teacher.] How can you lose? What are you waiting for?"

A Spirited question-and-answer session followed.

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put on a body as often as we need until we come into this Knowing. So that's our Opportunity to be kind of "Big Minded" or to have and move and know ourSelves as God, having the Consciousness of God. Because God doesn't forget that He's God; That's what makes Him God. But we've forgotten who we *are* and so we take on body after body after body until we are moved into and complete our remembrance pattern, remembering once again or to become a member again in the body of God. ... And when we forget this, we are small-minded. ..."

"We know that the mind is connected with the worlds of duality and it's part of the false self so it has no vested interest in your Growth and your Development. ... The mind is part of the dual worlds, part of the negative worlds and it wants to protect itself. And it also has false identity; it identifies with the ego, with the self, with the situation, with your name, age, status, power. And it buys into the way of the world. ..."

"And we know how to Co-create with the Lord, God. We take that same objective reality and we work it Positively. ... Then you're moving into your Power, then you're not isolated and you're not alone and you're not this little ego in time and space. ... We all come from the Same Background, Which is 'in the beginning was the Word and The Word was with God'. That you're Spirit. The Word is the Sound Current or the Holy Spirit..."

"This is a fear-based planet and when we come from small-mindedness then what do we do? ... We come from fear and lack and limitation. ... The antidote is what? ... The Resurrection is the Process that the Sound Current Student is engaged in because it has to do with going in the Soul Body and following the Instructions of The Master and coming into Eternal Life. Now I kind of think it is hysterical that people think the Resurrection is going to be in the physical body. ... It's not the Resurrection of the physical body. It's The Spirit, being reborn again in the Spirit that we *are*. ... You're only going to vibrate when you leave the body at the same Frequency that you were on when that Soul was in the body. It's the same Soul. It doesn't change. It's Eternal and you're Eternal. But the Soul is Eternal, not the body."

"And small-mindedness has to do with the confusion that we forget we're Spirit. We think we're cut off. We approach life powerless. Once again, 'I don't have the money'; 'I don't have the time', etc and working this from outside in. Squeezing it in into your life. ... You're the one with the Power because the Lord, God lives inside of you as you; you've got the power. You make the determination. And we're at choice. ... We all have the Christed Consciousness in us. ... And another thing that small-mindedness does is we think that The Teachings that we're Blessed to hear and to have imparted to us - They're concepts, They're ideas. No, they're *Living Realities*. ... The Living God is Present. And He lives in us as us. So the next time you'd like to be small-minded and work your life from outside in do an experiment: work your life from inside out and be Big-Minded! Allowing the Consciousness of God to be Present. ..."

"If you are an Initiate (of the Sound Current on the Path Of Soul Transcendence) you not only know the Presence of the Lord, God, but, by taking Initiation, you have volitionally chosen to come into that Knowing and to Walk that Path and regain your Freedom. Small-mindedness is about slavery. It's all about enslaving yourSelf to your pain, to your fear, to your lack, to your limitation, to your not good enough, to your not Worthy, etc. Allowing the Presence of God and being Present with God and knowing yourSelf as Soul, as Spirit is the opposite. It allows the Mind of God or God Consciousness to be 'There'. That God Consciousness is the Soul, the Spirit That is within you. ... We wake up through the Gift of Initiation. We go through the levels in the inner worlds until we come into what's called the Soul Realm or the Soul Level and are established in Eternal Life. Which means that God's Will and our will are One and the Same. ... As the Consciousness wakes up It's able to have simultaneous Awareness of all those levels and be Present on all those levels. So small-mindedness is cheating yourSelf out of the Truth of how Awake you really *are*. ..."

"Small-mindedness is death. ... 'Death' has to do with not knowing that you're Spirit. 'Death' has to do with subjecting yourSelf to karma and reincarnation. ... It's a denial of the fundamental Truth that we are Spirit, we are Soul and we live in the Oneness of the Holy Spirit. ... Fear of the simple Truth That we're Spirit. If you allow fear to reign, then guess what? Spirit allows you to have that fear. The false self is there for a very good reason: it's a strengthener. ... So that you can choose into the Spirit that you *are*. And you're not using it properly. ... That's really what stress is about. Stress is lying to yourSelf; stress is being small-minded. Stress is not allowing the Consciousness of God to be Present. Not going with your Knowing. ... So the choice is up to you. You're going to do a lot of 'thinking' or you're going to allow Thought - meaning God's Consciousness - to be Present with you. It's not about being rich, powerful, sexy or anything like that. It's all about being a Lover of God. ..."

"We know from The Teachings that the proper use of the mind is to act as the interface for the Spirit. It's not that we want to do away with it [ed.'s note: Dr. Lane is referring to the mind] or that it's a terrible thing. But it has a Purpose or God wouldn't have given us a mind. And that Purpose is to allow the Spiritual Energies to be Present on that level and also bring It into the world, the physical world. ... You can't just empty the mind as an ego task because the mind is doing what the mind does, which is be busy. It creates problems then goes to solve it. That's the nature of the mind. ... It's by following the Spiritual Practice that we eventually get beyond the mental realm, the karma there is cleared and then it can be a servant, a willing servant to the Spirit. ..."

"The choice is real clear: small-minded or Big-Minded. ... Pray for continual assistance in being able to be that [being Big-Minded]. ... The Teachings teach us to pray for the Understanding so that you're Upvibrated to where the Understanding in you is Present. So do that! ... I Lovingly Suggest you be Big-Minded. ... Don't worry about how it looks! Don't worry about what others think! Don't worry about the 'numbers game!' [according to The Teachings of the Path Of Soul Transcendence, the latter refers to giving one's power away to a situation or to anything else "outside" based on how many people are doing the same thing, etc.] ..."

"I want to conclude with a Process ... 'Lord God, send us Your Light and we put this time together into Your Light for the Highest Good! Inside yourSelf take a situation in which you've been very small-minded, coming from lack, fear, hurt, etc.! And now work it through and as the Consciousness of God! Now take another moment and, when you can, inside yourSelf I want you to just imagine a small-minded response to a Spiritual Blessing. It can be, 'I don't have the energy;' 'I don't have the money;' 'I don't have the time;' 'I don't have a computer;' 'I bought a dog.' Whatever it is. ... And now work it in a Big-Minded way, 'Yeah, I Commit to That. I make it a Priority inside mySelf; and Lord, God help bring this about!'"

A Spirited question-and-answer session followed.

let go of judgments. ... Judgment stops the Flow of Spirit." In this regard, Dr. Lane underscored the importance of educating our basic selves, the part of us that brings forward our karmic patterns, by doing Self-Talk. "Basic selves in you will be very ... defensive or 'it's right or wrong' or they'll feel picked on ... So a real practical part of Walking the Path Of Soul Transcendence is follow the Spiritual Instruction *exactly* as taught."

"Your job is to stay clear," Dr. Lane continued. "We don't have to do anything about [anything]. All we have to do is stay clear." Dr. Lane used an example of our not liking someone and said that we can ask the Lord, God for Clarity and Guidance; we can put the Christed Light between ourSelves and that person; we can also practice Introjection and Acceptance by taking whatever we are "judging" in someone else back to ourSelves. "Hold the Light for them!" Dr. Lane said. "The best thing you can do for anyone is do your Spiritual Progression. ... Anything other than a Focus on God is by definition nuts, crazy. ... What passes for normalcy is craziness - being driven ... running around in circles ... passes for human life." The test of Reality, Our Teacher continued, is "Can I take it before God?"

"... God's always around. We're so busy pretending He's not ... We're Loved so much that no matter what we do He cares about us anyway. ... All you have to do is stay with yourSelf, stay with Spirit. You don't have to do anything. ... Stress is anything other than The Teachings" Our Teacher taught us ...

Dr. Lane also taught us about Gratitude; "Be Grateful for what you do have!" Dr. Lane said. And about Living In Integrity: "from the Integer; from One; from the Alignment with God." And encouraged us to use the Tools. "Each Tool is an Extension of God into the world and *is*, in fact, God and *is* The Teacher." Dr. Lane then explained that God lives on all the levels in the inner worlds simultaneously; and that the Flow of Spirit is from the Lord, God through all the levels in the inner worlds, beginning with HU or the Highest Manifestation of the Lord, God through the Levels above the Soul Realm to the Soul Realm at which "Point" Spirit splits along the negative (magnetic) pole, and is known as the Light and along the Positive (Spiritual) Polarity, where It is known as the Sound. Dr. Lane explained that for the Soul to enter the Soul Realm one must be free of attachments. The Precious Gift of Initiation is the Gift of the Opportunity to know God directly *while we're in the body*. Our focus is on being with the Lord, God *while we're in the body*.

Dr. Lane explained, too, that "the Power is in Surrender." Regarding "distractions," Our Teacher said: "All you have to do as you go through your life is Chant Your Tones [a Meditation Technique taught at the time of Initiation]. Stay at the Upper Part of the Third Eye! Stay inside!" "The Teachings teach us the mind is always busy hallucinating a problem and always 'solving' it ... How do you hold yourSelf back when you really are being propelled by the Sound Current? Why do you hold yourSelf back? ... It's so easy when you use Lestoil. The Lestoil is Simran and Dhyana *exactly* as taught." [ed.'s note: Dr. Lane is again referring to the Meditation technique taught at the time of Initiation.]

As Dr. Lane further showed us, Surrender means Neutrality, too. "If it's for the Highest Good you'll do [fill in whatever you want] or it does not happen." You have the Golden Opportunity to always Practice The Teachings ... of letting go, Surrendering, letting go unto Spirit. ... You get led. You get led. ... It's an Adventure."

Our Teacher also emphasized the importance of "Inner Support." By example, going "outside" for others to tell us how wonderful we are. "Giving ourSelves medals instead of looking outside for others to do it. You have to be the one supporting yourSelf ..."

And listening to The Teacher is crucial. "There's no point in having a Spiritual Teacher if you don't listen to The Spiritual Teacher. ... You can only approach The Teacher in Love. It doesn't mean you can't be angry at Him - you have the Commitment to use that to Lift. What does that stir up in me? Ask the Light of the Most High, "Hey! Where am I caught? Please send me Clarity and Guidance! ... The Spiritual Teacher only supports the Spirit you *are* and refuses to participate in your negativity, in your selling yourSelf short; in the falsehood that you're not Spirit; and does All so that you fulfill the Spiritual Potential you *are* - that Potential is the Lord, God. ... The Way to use The Spiritual Teacher is to use everything for your Upliftment. ... Every interaction is structured for That Upliftment. It's part of the Discipline." Discipline, according to the Teachings, is being a Disciple of the Lord, God. "I can only be committed to you as an Initiate as far as you're committed to yourSelf as an Initiate," said Dr. Lane.

Our Teacher also taught us about Gratitude - "be grateful for what you do have" - and Generosity: "You have to give yourSelf the time of day!" This means taking the "time" to do the inner work, often just a matter of seconds, *moment-to-moment*. And the key Teaching of Worthiness: "You can't Allow unless you know you're Worthy. ... I'm not Worthy as Roger B. Lane, Ph. D., in this physical form because there's nothing you can do to earn God's Love. The Spirit in you, that's Who you *are*. ... There's nothing we can do [to earn God's Love]. There's nothing you can do to turn God's Love away from you." Our Teacher taught us about Individual Responsibility in a Group Setting or the New Paradigm; this means that each one of us is fully and completely Responsible defined as "the ability to respond to Spirit" fully and completely within the Group, which is All of Us as Hu-mans as well as any Group that we happen to be involved with. And Humility: "Humility is accepting the Gifts that you have." And more on Neutrality: "I'm OK with or without it and ask God to bring it in. ... It's all about Allowing yourSelf to be Loved by God." And the Key Teaching of Abundance: "Abundance is keeping your Consciousness at God," Dr. Lane said. "Prosperity follows Abundance ..." And Trusting: "As long as you're trying to solve a puzzle, you're not Trusting - you have to have Self-Worth ... It's about knowing you're Worthy."

And the very key Teaching of being in Integrity on the Path Of Soul Transcendence was emphasized over and over again. Dr. Lane suggested: "Show Up! Follow the Spiritual Instruction!" Dr. Lane then emphasized the Key Teachings of Acceptance/Introjection; Integrity/Honoring the Commitment; Focusing; Generosity/giving yourSelf the time of day.

Our Beloved Teacher ended the RETREAT with a callout to us to use the Tools and use the Tools some more and to appreciate the Abundance of Tools Lovingly Given by Our Beloved Teacher. These include RETREAT(s), Classes, Workshops, Libraries at the Home Center and at Regional Centers; Videos/DVDs; television series; Fellow Initiates; the Newsletter, including the Satsang Summaries in It; *Tools For Living Free*; the Epage or Calendar; CDs/mp3s - and many, many more.

We are so Blessed that Our Teacher gave us this Blessed and Wonder-ful RETREAT and so many Tools that help us Lift and Grow/come to know ourSelves as Spirit.

RETREAT weekend included a lively Saturday night Auction that featured musical performances by Rev. Dewi Lim, Andrew Isleib and Elisa Hunter that was very successful in providing funding for the many activities of CRASS.

This writer's sincerest thanks to the many who were of Loving Service before, during and after RETREAT.

On Monday, there were Fellow Walker, Area Rep and Ministers' Meetings as well as our regularly scheduled Meditation.

Finally, there are no words to describe the Love and Caring and Compassion of Our Teacher in Preparing and Bringing Forward This Beautiful RETREAT - as well as the many Talks, Classes, Workshop, Meetings, during this same "time period." Thank YOU, Dr. Lane.

In the Workshop, Which was created by Our Teacher, Dr. Lane brought forth what was needed by each Soul present to help Us change limiting beliefs and attitudes; let go of past conditioning; learn to trust ourSelves; and discover True Abundance. As Our Teacher said: “It’s the Great Unlearning.”

Along the way, via generous sharing, written work, activities, listening to CD and homework, we learned and/or reinforced our understanding of many key Teachings, beginning with Abundance. As Our Teacher emphasized: “Abundance is your Consciousness in Spirit or in God ... away from lack and limitation ...”

We learned that we are Supplied; that the Wealth is inside of us; that striving means that the karma is upon us; that Acceptance - “where each Soul is is perfect for Its karmic learning” - is a key to living in Abundance as is Gratitude and knowing that we *are* Worthy, that there is nothing we can do to earn God’s Love. As Dr. Lane said: “We simply Allow ourSelves to be moved from inside out.” Dr. Lane added: “Watch Self-worth as an equation with your net worth!”

We learned the importance of living in Positive Neutrality. “You have a preference,” said Dr. Lane. “It’s not that you don’t do anything. You just do it neutrally.” Neutrality, Our Teacher further explained, is when we “don’t allow emotion or thoughts to govern. You can release them. You just deal with things objectively. You’re really staying within yourSelf.” Our Teacher also Lovingly suggested that we “use Lestoil” by Co-creating Positively with Spirit. By example, Our Teacher said: “Lord, God I’d like to make x amount of money working x hours/week. Co-create it with me!” We learned, too, that we are Perfect in Spirit. “If you are loved unconditionally you don’t have to be perfect on all those (lower) levels.” And we learned that in Spirit, which is all there is, there are no “problems”, economic or otherwise. As Dr. Lane often says “What would you do without ‘the problem’ that you’ve manufactured?”

Dr. Lane emphasized that we are the traffic cops directing our focus and that we need to be Vigilant, underscoring the importance of the Two-Part Releasing Technique where we ask the Lord, God to take negativity (judgment, shame, pride, anger, “the grandiosity of victimhood,” the struggle, the “not enough,” all of it) by saying “Lord, God, send me Your Light! For the Highest Good, please take [fill in] from me!” and we tell ourSelves “(name) it’s okay to let it go!” And we saw how easy it is to think we’re letting it go when we’re really not. “Your agenda - you Surrender it. ... This is Responsible Living. Responding to the Spirit you *are*. You’re an integral part of It.”

Similarly, we learned that it is our Responsibility to be Present. “You have to be Present to Receive,” Dr. Lane said. And to do Self-Talk – educating the basic selves, the part of us that brings forward our karmic patterns so that we allow the Spiritual Flow. And Dr. Lane also taught us the importance of Introjection. “When you’re unconscious, you project,” Dr. Lane said, explaining by example that it’s important to always take it [whatever we’re projecting onto someone else or onto a situation] back to ourSelves and then showed us how to Introject properly.

We also learned – over and over again – what Our Teacher means by “*Exactly on Point*”. “Training of the Soul is to be on Point because ‘wide is the Way and narrow is the Gate that leads unto Eternal Life.’” As we learned, too, when we’re not on Point we’re outside the ForceField and there’s no Growth and Upliftment.”

Finally, we learned that the only Way to truly be Supplied is to use this Life for Its True Purpose, Which is to come to know OurSelves as Spirit, as Soul by giving ourSelves the Precious Gift of Initiation into the Sound Current on the Path Of Soul Transcendence and to begin the Process of going Home to Him.

This writer reinforced that Giving is giving to oneSelf – whether it’s money or a new job or a new apartment or a new relationship or anything else - it’s a lot of Inner Giving, which means always placing my Focus at God/practicing Proper Identification, Which is as Spirit versus as a “role(s)” in the world. As The Teachings teach us, I place my Focus ‘There’ and everything else is handled. It’s all inside, including the Wealth; there is nothing “out there.” I choose to Allow the expansiveness inside of mySelf and to Co-create what I want with Spirit - really the Spirit I *am*. I also Trust and Receive. Everything is handled from ‘There’. As Dr. Lane titled One of Our Teacher’s Sacred Talks: “Give and then Give Some More.” We’ve Got the Power.

A fun time was had by all while we Lifted, Learned and Grew.