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Timely Knowledge for friends of Cosmos Tree, Inc. and The Center for Religion and Advanced Spiritual Studies January/February 2013

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"What Is Health?"

On Friday evening, November 9, as part of the four-day Weekend Of Upliftment And Grace brought forward by Our Teacher, Dr. Lane gave a Talk titled "What Is Health?" followed by a Meditation For Health And Well-being.

Dr. Lane began the Talk by quoting the Unknown Poet: "He had a simple line about Health and He said 'Health is being Who you really are.' ... Health has to do with what the word says: Health, Wholeness, Oneness, etc. And being Who you really are is being That Spirit That you are so He's talking about Proper Identification. He's talking about you're all wearing the same thing ... you're in the body here ... the body comes with feelings and thoughts ... Proper Identification is knowing we're

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"How To Live Royally As The Spirit You Are"

During the November 8-12 Weekend of Upliftment and Grace in New York City, Dr. Lane created and facilitated a Workshop titled "How To Live Royally As The Spirit You Are." Given on Saturday, November 10th, the Workshop was attended by many Souls from around the country and outside of it.

After Dr. Lane called in the Light Of The Most High, Dr. Lane began the Workshop with an important Learning about Agreements after one Soul chose to be late. When a Soul chooses to take the Workshop by signing up for

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"Let's Get Real!"

During the Weekend of Upliftment And Grace, after the day-long Workshop titled "How To Live Royally As The Spirit You Are" on Saturday November 10, Dr. Lane gave a Satsang (Spiritual Instruction) that evening titled "Let's Get Real."

Dr. Lane began by reminding us what REAL stands for: "The Teachings I bring forward on the Path Of Soul Transcendence, REAL

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Sunday Program and Initiations

On Sunday, November 11, the third day of the four-day Weekend Of Upliftment and Grace, many Souls from around the country and outside of it participated in the 10:30 am Meditation Of The Light Of The Most High followed by a *Tools For Living Free* Reading/Discussion known as the Sunday Program.

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"Are You Lined Up Or Are You Reading The Liner Notes?: A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, began the November Satsang by sharing, "When we're reading the liner notes of a record, for example, guess what? We're not listening to

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"The Lord, God Is An Opportunist. Are You?: A Participatory Satsang"

Dr. Lane began His December Satsang by talking about "how God is an Opportunist. He's an Opportunist in every way. One is He gives you the Blessed Opportunity of coming to know Him *directly* OK and He gives you that Opportunity in the form of Human Life - that That's the Purpose of Human life. And He gives us a way out of the tomb, as it were, and, of course, the tomb is the body and we come into this thing called life, which is known Spiritually as death so that we can be resurrected and come into Eternal Life. So He's given us that great Opportunity for us to really fulfill our Responsibility and we know

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"Holiday Satsang 2012"

On December 15th, many Initiates of the Sound Current attended the annual Holiday Satsang both in New York City and via teleconference from around the country and outside of it.

After the start of the Holiday party followed by a Meditation Of The Light Of The Most High, Dr. Lane began His annual Holiday Satsang by saying "there is something in the word 'Christ - mass'; and, in the mass, in the unconscious is What? ... in this big ... undifferentiated way of being comes a Christ, the Consciousness ... You come into Human Life to make that which is unconscious, to consciously focus on and develop the Spirit in you, the Christ in you and to become Christed ..."

"But why is this story so important? ... You have this baby Jesus and He's born in a stable ... where the animals are. And animals are instinctual ... they can't separate themselves out from the mass; they follow the herd instinct ... they're at the mercy of all these forces that are undifferentiated and the Christ comes into this ... Jesus brought in a particular Frequency. He brought in basically the Frequency of the Soul Realm and when He left His body He made the demand on us 'That Which is in Me is in you, too' so you must become Christed. What does Christed mean but your will and God's

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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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Events Calendar

OPEN HOURS

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

Tues. Jan 1, 8, 15, 22, 29;

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

Wed. Jan 2, 9, 16, 23, 30; Feb 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.

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NEW YORK

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

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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!

*"The Alpha And Omega Of
Each Day:
A Participatory Satsang"*
**January 2, 2013
6:50 pm EST**

*"How To Be A Scientist On The
Path Of Soul Transcendence:
A Participatory Satsang"*
**February 6, 2013
6:50 pm EST**

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

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**Jan: "Truth Sayer Or Truth
Slayer:
To Be Or Not To Be?:
A Participatory Satsang"
(CD/MP3 A123)**

**Feb: "Mirror, Mirror On
The Wall -
Did I Really Create It All?:
A Participatory Satsang"
(CD/MP3 A127)**

Winter Semester

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

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

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Please Go There!!!

Soul, we're Spirit ... we have thoughts and feelings; they're there for us to Lift and Grow and to choose into the Spirit we *are*."

Dr. Lane then gave an example of a friend who told Our Teacher that he saw his mother create cancer. "When she was 82, 83 - she had lived within a block of her sister all her life - and her sister had the 'audacity' ... to move five blocks away ... and his mother was furious and [he] shared with me 'you know, I saw my mom create cancer at that moment when she was so angry at my aunt.' I said 'how long do you think it will take?' He said, 'I'm giving it about five years.' ... 'lo and behold he spoke to me after that period of time and he said, 'yep, my mom's got cancer.' ..."

"He was talking about being Responsible. We have these thoughts and feelings. We persist in them and we're Responsible. ... medically, it's a random event ... but that's not how it works. ... The Poet was talking about the Responsibility to be Who you *are* ..."

"... every organ has a vibration ... it's all Vibrational Attunements. But guess what we do when we enter into anger and negativity? We downvibrate ourSelves. When we enter into resentment guess what we're doing? ... We re-send the negativity. ..."

"Take a look at what disease is. It's dis-ease so we're talking about being at ease ... you're in Harmony. ... what's the Harmony? 'As above so below'. ... that Guy who lived about 2000 years ago was right on with His Demonstration. ... It's a Demonstration of your will and God's Will being One and the Same ... then we don't listen to what else He said, 'That Which is in me is in you, too.' You mean I'm Responsible? ... just like my friend's mother didn't get away scot-free. That was part of her karmic learning; she had to learn that Responsibility. ..."

"And to me the most beautiful thing in working with and knowing people who are severely ill ... is that even in those moments there's Grace, there's an Opportunity ... The Opportunity to reconnect, to re-cognize themSelves as a Spiritual Being ... in one case it was someone who had a lot of resentment towards God ... the Opportunity was to let go of the blame ... and start to get free inside ... so even in the dis-ease ... is the Opportunity to come into Harmony, into the Alignment. ... to give up the drivenness and to Surrender ... there is this awareness of the connection between physical health, the organs and our thoughts and feelings ..."

"It's about 'OK, I'm really going to start to use mySelf and use this as Opportunity. Health to me is being Responsible. What is Responsibility? To respond to the Spirit within, to that Higher Frequency (within us). ... once it [negativity] starts entering the body - that's the karma - ... it's become physicalized so it has to be treated physically ... but there's Grace. ..."

"It's interesting to me that people see things, obviously karmic conditions - blind or without a limb - as if that being had angered God and God was like punishing him instead that this is the karma. There's a Learning here ... and there's a fulfillment of it, OK, so we need to watch our judgments. So many of us when we get sick - 'I've got a cold. What did I do wrong?' It's not about what you did wrong. What are you Learning? ... I've never seen anyone get a cold who wasn't doing exactly that. They were cold to themSelves ... they were nursing hurt, anger, fear or separation and they were giving a cold shoulder to somebody or something; and ultimately, themSelves. Health is about being Responsible. The Unknown Poet said 'For being Who you really *are* - That's our Responsibility.' ..."

"If you ask people who they are ... 'I'm male.' 'I'm female.' ... 'I do this for a living.' ... How long is that body you're wearing going to last? ... but what are you doing while you're in the body?... It all has to do with coming into the Oneness, into the Wholeness of ourSelves as Spirit. ... We need to be careful. What are we nursing? ... It's no wonder there's so much depression in this culture ... that's exactly what we're doing: we are depressing the Spirit that we *are* ... It's an inner focus and an inner value and individuals tend to see themSelves in terms of their money ... If you're talking about something that drives you then you're talking about living in karma. Then you're talking about disease. ... what downvibrates you ... yet what do we do as human beings? We're always comparing ourSelves. ... and we start doing all this stuff inside ourSelves and we get labels and labels and labels and guess what? We end up feeding our illness, our disease. That's all part of Health. It's not about going to a doctor and, if you're fortunate, you'll get the right diagnosis ... you go there and you get the right medicine ... but if the underlying karma isn't cleared it's going to manifest again somewhere else or somewhere else or somewhere else despite it. I'm involved with someone who's learning just that. She was told by a whole team of doctors that 'wow! nailed it. We got it. We got it.' And you know the old Toyota ad, where someone would hit the ceiling jumping for joy. All these docs were jumping for joy, 'we got the right combination of things to give you and it worked!' Well, I don't know if it was even seven, eight, nine months later the same ones were saying 'boy! You were the last one we thought we would see back here. We thought we'd never see you again.' Well, they're seeing her again. It's because the karma is not cleared, OK.

"So you need to be honest with Health. With Health comes Honesty. What is Honesty but being in your Integrity? What is Integrity but being in the Integer ... being in the Oneness with God ... The process of Health is Knowing yourSelf and Knowing Spirit *directly* and there's a great Opportunity. There's Responsibility. There's watching your thoughts and your feelings.

"And there's Love. And what is the Love but that Love is Letting Go Of your Volition Every time, of your willfulness, of your asserting against the Spirit that you *are*, against the other person. ... If you're a 'shoulder' ... we got to give up 'shoulding'. In other words, 'you shouldn't have acted like that.' 'That situation shouldn't have happened like that.' And we victimize ourSelves because what we're saying by that is 'God doesn't know what the hell He's doing and this is not karmically correct and it shouldn't have happened.' ... It's karmically correct so Acceptance is a really big part of the movement towards Health. Doesn't mean you have to like it. ... but you have to Accept, OK. ... God lives in us as us. (We) Must be good enough ..."

"In the beginning was the Word and the Word was with God' ... In the beginning was the Sound Current or the Holy Spirit and That Sound Current was with God and God created us out of that Sound Current. ... so He lives in us as us and if we allow That ... we're really in business. ..."

"Interesting to me was a study done on who gets a cold ... something like 41, 43 percent caught a cold ... all of them had anger, resentment, pain and that great buzzword 'stress.' ... It was invariably hooked up with a 'shoulding' ... these people felt something should happen this way or this person needed to be this way and they weren't ... watch the anger! Practice Love! Give up the willfulness! Give up the going against others and yourSelf! ... *each moment* there this Opportunity for Grace ..."

"Sometimes people will see me give ... a 'bum' ... I'll buy him some hotdogs ... they'll think I'm being really nice. That's Me in There. That's the same Spirit and that HU-man is hungry, OK, so he gave me the Opportunity to give, you know, and the five, ten bucks that it cost me I'm not out five or ten bucks. Supply is infinite. It's replaced immediately if it were ever gone so even this 'bum' gave me an Opportunity for Grace. ..."

"There's always Grace and we're the dummies because we dismiss It because 'It can't come in this form. It can't come in this shape' ... we have so many judgments about how Grace should appear ... and Who God should be ... if we could just accept the Love That's here for us; and the Love that God is. We're not told this. No one educates you properly - the Truth of the Living God and the Loving God That begins and maintains and sustains and *is* the Pinnacle of Health. And we'll stop with that."

After a short break, The Talk on Health was followed by a Meditation For Health And Well-Being. As Dr. Lane explained, this very important "Guided Meditation ... has a lot to do with getting rid of thoughts and feelings that may have lodged in your body and helping to reverse the disease in us."

To order a CD or MP3 of this Talk, please email cosmostreeorders@gmail.com.

Continued from page 1 - "How To Live Royally As The Spirit You Are"

It, that Soul has agreed to participate fully and, through the Grace of The Teacher/God, to receive the Upvibration/Upliftment. "There's a Commitment," said Dr. Lane. "There's an Energy Field, a Forcefield ... and you have an Agreement to Upvibrate. If you can't get It [ed.'s note: Dr. Lane is referring to the Learning] by Grace, you have to get it karmically ... you may have to have lifetime after lifetime just to get the Learning ... You're in charge. The first thing about Living Royally is, you honor your Agreement and you show up on time. It's important you understand the importance of Commitment ... and then you're Free. ... or you struggle ... lifetime after lifetime. ... I teach Blame-less Responsibility. There's Spirit and there's being a liar."

Dr. Lane then called in the Light Of The Most High and asked participants to do a series of written exercises that helped them learn to Co-Create the lives they want. After each exercise, participants shared their Learning; and Our Teacher helped us to better Co-Create with Spirit. "That's something about living Royally," Dr. Lane said to one participant. "It's not a concept. It's not an idea." Regarding the importance of Acceptance to Living Royally, Dr. Lane said, "Go from being hard on yourSelf to accepting yourSelf!" Dr. Lane also emphasized the importance of the two Laws of Spirit: "Love God with All Your Heart and Love Your Neighbor as YourSelf." Dr. Lane continued: "A lot of us let go of struggle ... comes when we want to be right ... we're talking about being Led and Trusting God and Trusting the Process." As for choosing to be Present, Dr. Lane simply said "that is Royalty ... we often push It off into the future ... always just keeping It away ..." As for "goals": "One of the things about living Royally, you don't set up goals or tasks if you live as the Spirit you *are* ... most of us are busy setting up tasks. There's nothing to 'accomplish.'"

Dr. Lane also spoke about The Teaching of Humility. "The way we're trained 'Humility' means we deny It [that we *are* Spirit]. ... The Humility is in Acceptance. As for pretending we're not Powerful - or "let me play the wimp" - Dr. Lane gave the example of pretending to be "nice" while holding judgment against someone in the room. "It separates you from the Spirit you *are*. You create that ... there's Blame-less Responsibility and you're Responsible. Most likely, that karma will be assigned to you in a future lifetime ... I want you to understand how Responsible we are and how Powerful we are. We don't get away with anything. I'm still Responsible ... How to Live Royally as the Spirit You *Are* just means from the Magnificence of Spirit and you Live from the Wonderful, Loving Place."

In addition to written exercises, the Workshop included dyads. Dr. Lane also asked participants to use their lunch break to Live Royally/work on their Co-Creations with Spirit. Afterwards, participants shared their Learning. Dr. Lane said, "You can have 'the civil war' raging inside of yourSelf ... or you can be an active participant in your life." Dr. Lane then spoke about basic selves, the part of us that brings forward our karmic patterns. "Basic selves love negativity," Dr. Lane explained. "First thing about living Royally is Commitment. Commitment to using your inner resources because part of you won't listen to yourSelf, won't follow the inner direction. Commitment is really important because part of our Consciousness will be all over you so you don't know you're Spirit." This writer knows that the key is to work with our basic selves by doing Self-Talk, which involves giving them direction, keeping present and positive and giving them encouragement.

Dr. Lane also shared that "it's easy when you use 'Less Toil' [Co-Creating with the Light Of The Most High and 'Letting go, Letting God']. ... As long as what you want is in your mind it's guaranteed not to happen." Dr. Lane also emphasized the importance of Proper Identification (versus identifying with our thoughts and feelings); and of using the Two-Part Release Technique to let go of negativity, by saying, "Lord, God send Me Your Light! Lord, God for the Highest Good, please take [the negativity] from me!" Then tell yourSelf "(your name) It's okay to let it go!" Dr. Lane also explained why we put what we want into the Light Of The Most High *for the Highest Good*. "It's your Protection," said Dr. Lane. "You're not at the mercy of what you put in motion."

Our Teacher then formally taught us how to Co-Create with Spirit by saying "Lord, God send me Your Light! For the Highest Good, I place into Your Light (the Project; what you want). Please Bless it and Co-Create it (or Project's name) with me!" In addition, Our Teacher told us to add: "Please give me whatever Clarity and Guidance is needed for the Highest Good! Thank you." Then, to do our part, remembering to be Neutral.

"It's part of being Responsible," Dr. Lane said. "Because we know from The Teachings that Responsibility is the ability to respond to the Spirit you *are*. Co-Creation involves putting yourSelf in Alignment with the Spirit you *are* ... so it's both an Alignment and Attunement Process and allows the Movement/Action of Spirit."

The Workshop concluded with Dr. Lane's Teaching us the importance of Vision or "your POV or God View ... you *are* Spirit ... you *are* Soul, you *are* God. You are responsible to use your Vision and also to release or let go of anything you allow in the way."

All participants were Blessed by receiving a Certificate and Graduation Kit to solidify and enlarge our Learning and Upvibration.

Continued from page 1 - "Sunday Program"

The Tool for that day was "Using The Tool Of Gratitude" based on excerpts from The Money Workbook by Our Teacher, Dr. Lane. The Reading and Discussion was Spirited and included much Learning and sharing on the very important Teaching of Gratitude. Sharing included: "I'm supplied"; "What Happiness is"; "Everything is Supplied"; "Being Present with What is"; "being in Gratitude is being Neutral"; "Acceptance"; "Grateful to be alive", and reading from the Tool "deeply appreciative of what one already has." Several participants shared the Tool of keeping a regular Gratitude List, a Tool also on this *Tools For Living Free* under "Try This"; another shared that she has an online Gratitude Group that keeps list(s) together.

The Participants also shared Tools they can use to increase their Learning. These included working with the Light Of The Most High; working The Money Workbook; Self-Talk; and the Meditation of Gratitude.

The Sunday Program was followed at 2 pm by Initiations into the Sound Current on the Path of Soul Transcendence, given as a Precious Gift by Our Teacher. Many Initiates attended as Souls received this Precious Gift. This writer received much Upliftment and Growth including the Opportunity to re-member the importance of following the Spiritual Instructions *exactly* as taught, something explained to these Blessed Souls for the first time.

Following the Precious Gift of Initiation given by Our Teacher the Center was again full of Souls attending the second Meditation Of The Light Of The Most High offered during this Grace-filled Day.

stands for 'Realizing - in the sense of fulfilling - Each Adventure to Lift.' That simply means everything we're presented with is an Opportunity; and it's an Adventure to be Uplifted, to be Upvibrated, to Learn from. ... This is the Opportunity to know yourSelf, to Love yourSelf, to know yourSelf as Spirit ..."

"When we get REAL we can't do it how we normally operate. ... out of ... fear, lack and limitation. ... and some of you had the Opportunity today to see how the mind works ... there was one common thread through all the thrustings of the mind and that was ... 'don't come near me, Spirit!' ... 'I'm going to distance mySelf from You' ... whatever you need to do to keep the karmic patterns going. ... we tend to identify ourSelves in terms of the world ..."

"The Truth is just the opposite. We are together in the Oneness of the Holy Spirit. ... and we're 'There' together so there is no separation ... We are Responsible for where we place our Focus ... for what we persist in. And we are Responsible to fulfill Our Destiny. ..."

"Destiny is why you're here. Destiny is to fulfill the Soul's Purpose, Which is to go to Completion here and to Know yourSelf as Soul, as Spirit. ... we do That by getting REAL. ... we have to get away from our confusion as a Soul ... So we come here and we're given this Opportunity to remember ... to re-cognize; we know again, once again That Which We *Are* because we've forgotten.

"In the Beginning was the Word and the Word was with God' ... the Word is just another name for the Sound Current ... and God made us in His Image. He made us out of the same Material, as it were, He made us out of that same Spirit ... we're so confused we do this genealogy stuff ... that's all part of the blindness that goes on. That's not your background. ... you don't come from that. So where do you come from and how do you Know That? You Know that by getting REAL ... the Reality is available through the Gift of Initiation into the Sound Current, where the only Way to get beyond the confusion is to lift beyond the world of the senses. ... the senses are going to be of an illusionary nature so we have to get beyond that. How do we do That? ..."

"God in his Kindness and Mercy He gave us a Way. He gave us Himself... in us *is* Soul ... taking Initiation wakes It up ... by the increasing Vibration of the Light that you *are*... by that Focus into the Spirit you *are* ... you start to know yourSelf *directly*, not by reflection, not by thought ... until you have the *direct* Knowing that you *are* Soul, that you *are* Spirit and all that karma ... as a byproduct has been cleared ... Taking Initiation you start to know yourSelf ... Your job is to grow in Love of the Lord, God and It's in that Love that ... you allow yourSelf to be Uplifted. ..."

"We say 'going to God' but actually there's nowhere to go. ... It's Allowing that whole Process of being Uplifted and being Upvibrated and It's all done by Love, God's Love. And your Love. And The Teachings tell us that LOVE is 'Letting Go Of Volition Every Time'. Letting go of the willfulness ... when we start to go back through the Soul Body ... and start tracing our Roots, as it were, things get clearer and clearer ... we start to know ourSelves as Spirit, as Soul and then we start to know our Essence, What we really, really *are* so we have to bypass the things of the world; we have to bypass thoughts and feelings ... we enter into the Soul Body and That's a particularized Spiritual Body or Frequency that's within you and that's the Purpose of Human Life. Why you're given physical form is to come to know That. ..."

"In the Soul Body we can be with God. That's how we worship God. ... Through His Kindness and Mercy He's given us a Way. ... He gives us a Wayshower, Someone who can show us the Way. ... Through the Gift of Initiation we're taught how to go inside ourSelves in the Soul Body and go 'up', as it were, be Upvibrated. ... so we go 'in' and 'up' and we start retracing ... and all our creations we're responsible for ... we make a Determination. 'I'm really going to discover what's REAL' ... and discover ... Who We all *are* ... What this thing called the Hu-man race is. ... It's only got one Purpose and that Purpose is to start to know yourSelf as Soul, as Spirit by Loving God ... where your will and God's Will become One and the Same ... and you enter into Eternal Life ..."

"We're Responsible to become Christed ... to know ourSelves as Soul, as Spirit, to retrace ourSelves ... our Roots are with God and in God ... and there's a Way to Lift beyond the confusion of us as Hu-man Beings that we live our daily lives in. We're always chasing something out there; we're always defining ourSelves externally ... we think we're this, we think we're that and we're none of that stuff. And the Way to get REAL is ... through the Process of Initiation. ... and It is a great Adventure. We participate in this great Adventure of Knowing ourSelves. We go to the moon ... but the Inner Journey is the One that's truly exciting and truly here for us and through God's Mercy and Kindness we can Know things *directly*. We have the experience of Our Knowing that in Our Soul. ... Entering into Eternal Life - That's where you started from and God has given us the Opportunity ... to break the cycle of karma and reincarnation ... we get the Opportunity to go into the Soul Realm without any attachments here ... you discover there ain't no subject; there ain't no object; It's all One and the Same; and we live accordingly."

Dr. Lane ended with a three-part Process. After calling in the Light Of The Most High, Dr. Lane said, "Inside yourSelf let a situation arise in which you are really identified with an emotion or a thought, etc!" Dr. Lane then added a second part, "And just inside yourSelf let the Knowing that you *are* Spirit come forth, that God lives within you as you." And then finally, Dr. Lane added, "And now enter into the situation with that Knowing. See what happens to that situation." For this writer and others present, the situation disappeared. "Because the only Reality is God and our thoughts and feelings - they aren't Real ..." said Dr. Lane. "... the only Focus is on God because that's the only Reality, anyway. ... let's assume your body is going to be here for 100 years ... [do you] want your focus to be on something that lasts 100 years or on something that is Eternal? And if God's given you the Gift of this life ... don't you want to use those years to fulfill your Hu-man Destiny ... don't you want to get REAL?... don't you want to discover your Roots? ... to enjoy being in God's Presence *while you're in the body*? ... don't you want the Reality of Being instead of this falsehood all around? There's a Way to give It to yourSelf. That Opportunity is available through God's Grace ..."

A Spirited question-and-answer session followed.

Those Souls present interested in Initiation into the Sound Current on the Path Of Soul Transcendence, offered as a Precious Gift by Our Teacher on the following day, came forward after the question-and-answer session concluded and received what was needed for this Grace-filled Step.

Continued from page 1 - "Are You Lined Up Or Are You Reading The Liner Notes?: A Participatory Satsang"

the music. If we are our attention is split and we're not really Present. And what are we doing in our lives? Are we lining up with Our Purpose of Being here? ... The first Law of Spirit is What? Acceptance. Many of us in our lives what are we busy doing? We're busy judging. ... So there's method and madness in things. The madness is it's beyond what we call our mind. We're so fond of the mind. ... I've seen so many of you dismiss the actions that are needed or following the Spiritual Instruction because that positions you to Receive Grace. And we shortchange ourSelves. We're busy reading the liner notes, as it were. ..."

"Within our own Consciousness we play all sorts of tricks. We deny we *are* Spirit. We deny What's True. We literally shrug It off. ... And we disrespect ourSelves to the point of avoiding the Truth, not being in our Integrity, etc. ... Health is intimately bound up in going and with being in your Integrity. Because anything that isn't is called karma and that's going to manifest physically as dis-ease. You're not going to be at ease. ... We know that in Consciousness what happens? We have these thoughts; we have these feelings and, unless a Soul has been Initiated into the Sound Current or into the Holy Spirit, It's asleep. And so It literally doesn't know if It's dead or alive, It has no clue. So these thoughts get projected into what's called the cosmic mirror. So you look in the cosmic mirror and you see these thoughts and these feelings and just like you look at a regular mirror, a physical mirror, you believe what you see. Your Consciousness has forgotten that you're the creator of these thoughts and these feelings so it takes these creations as objective reality and lives out its own projections. Now that's called craziness. But because almost all Souls or Consciousnesses do this and operate that way this passes for 'normal.' And the way the Consciousness is set up we don't get that that's our creation. We don't get that we're Powerful. We don't get that we're Creators. ..."

"And so many of us also throw out God and Spirit because we confuse thoughts about God, a.k.a. religion, with God. They're not at all similar. Just like the pebble at the bottom of the brook is not in the same place that it appears to be when I look at it from the surface. There's all this reflection. Unless the Soul has been Initiated and has a clear spot in Spirit we know things by reflection. In other words, everything is distorted. ... That's one of the things that happens when we're not lined up. We're reading the liner notes about the experience or what we know to be true and we're rationalizing away from the Truth. ... "When it comes to God we do this all the time. So many excuses to downvibrate, to get away from the Truth, to not acknowledge that we *are* Spirit and we *are* Responsible. We know that Responsible means the Ability to Respond to the Spirit we *are*. ..."

"We know The Journey of a Soul is from fear of God to Love of God. The false self comes from lack and limitation and a confusion about what is the Source. ... We think many times we're the Source. And that the fear we have, etc, etc we must honor. Instead of we have dominion over that. We're in charge. We have the Power of Choice. The most spectacular Power there is. ... We have Choice. Now the other day we got all involved and probably for much before with the choice of President. Whose running the country. But *each moment* you have the Choice within yourSelf of who is running the show. The false self with its fear, with its deceit, with it's lack, with it's limitation or the Spirit within. We have that Choice. ... The interesting thing is that so many of us are afraid of giving over to Spirit, Surrendering. We think It is something outside of us but we're Surrendering to ourSelves and, because we're so afraid of doing this, we worship what's called the false idols. We worship the fear; we worship the hurt; we worship the pain. We let it drive us, as it were. And if we're being driven that's a great sign that we've chosen into karma. Because karma is what pushes us 'down' and 'out,' as it were, into the world and that's called reincarnation.

"So we know the antidote – God in His Grace, Kindness and Mercy, has given us the antidote. The antidote is Initiation into The Sound Current where we go 'in' and 'up,' as it were. ... We go inside ourSelves into the Soul Body, into The Spirit and we're practicing True Identity. As we go through this life we need to practice That. ..."

"What we do many times is we grab onto our hurt, our pain and our fear. ... But if we listen to the Music - and those of you who understand what I'm saying when I say Music - you know that I'm talking about the Divine Melodies within us, in the Soul Body. ... You can have the Direct Experience of going in the Soul Body and be with God, by being in the Soul Body. ... If we enter into reading the liner notes, if we enter into thinking that pebble is over here because we're looking at it at the top of the water instead of from the bottom and there are all these illusionary factors we don't know what's up. We identify with our thoughts and our feelings. ... In the process of becoming Conscious what we do is we learn to recall our projections; we know that we're Responsible; we know that we're Responsible for them. ... We start to become very careful about what we Create, where we place our Consciousness, and where our energy goes. And that's really crucial. ..."

"For those of you who have had a problem and you've entered into anger, or fear or negativity, you can't get at the Solution. But once you bring yourSelf Present and Align with the Spirit then the Solutions come. They come rapidly. Even if the Solution is to do nothing, it comes rapidly. So it's all there. There's the answer. ... And I Lovingly encourage you to Listen to the Music and not focus on the 'liner notes.'"

"So I want to conclude by doing a Process. And that Process is: "Call In The Light Of The Most High and I'm just going to ask you a question. And whatever comes, comes. So, 'Lord, God send us Your Light and we put this time together into Your Light for the Highest Good! And just allow the answer to spontaneously come! What are you busy reading liner notes about? What do you need to give up the reading of the liner notes? And let yourSelf Listen, on whatever Level It's available to you, to the Divine Melody and what happens when you just sit and listen inside yourSelf to the Divine Music?"

A Spirited question-and-answer session followed.

Continued from page 1 - "The Lord, God Is An Opportunist. Are You?: A Participatory Satsang"

Responsibility is the Ability to Respond to the Spirit. ... So He's an Opportunist in that sense, OK.

"And then He's an Opportunist in that He gives us what I call Windows of Opportunity of Grace where all these little Opportunities for Grace to move us, to meet us, to fulfill us, etc. ... where we can let go of stuff, Moments of Grace where we can relinquish hurt, anger ... Moments of Grace where we can be Lifted. And the nice thing is God uses everything as an Opportunity.

"And many of us: we get stuck in the form of things. We don't recognize it for what it is. ... many of us: we have a ... mindset ... if I do x, y and z then God will do that but that's not Grace. OK. That's just manipulation. Grace doesn't have to be earned, OK. There's no outward action that needs to be done. There's an inward Surrender so this is crucial. ... the Power is in Surrender because the Power is That of the Lord, God and It's within us and we Surrender to It. And, of course, because the Consciousness is confused we think the Surrender Process is a Surrender to something outside of us. ... and so It fights that and the mockup is wrong and it only looks like it is outside because it's a projection because It hasn't accepted the simple Truth the Spirit is inside so It projects It outward. And how can you accept the Spirit is inside if you don't think you're worthy, see?

"So a major part of The Teachings I bring forth is you *are* Worthy. If you accept you *are* Worthy then guess what? You can accept that God is within you. And then the Surrender happens. Many of you fight It tooth and nail and you keep the civil war going ... and what are you fighting? YourSelf and being free ..."

"... if you're an Initiated Soul into the Sound Current ... you're working with the Spiritual Light and there's a Positive Polarity that's been activated so God gives us these little flashes ... where you could Surrender something. It could be an attitude; it could be a belief; it can be a habit; it can be a tradition; whatever you so-called cherish ..."

"... the whole thing [habits, thoughts and beliefs and how strongly entrenched they can be and the word for that is karma] can be pierced. ... That's the Power of Grace. ... And the interesting thing is those of you who work with me know that many times these Opportunities are given in a flash. And, also, if you've been instructed to do x, y, z you know there's a whole Forcefield with it. It can be ... as simple as ... call three people and make sure you make contact with them; don't leave phone messages. Well, most likely, you're going to run into thoughts, opinions ... the big deal is when you as Soul walk the Path I Teach It needs to be walked *exactly* as instructed ... and as the Soul is Walking It's going to use the same excuse 'What's the difference? It can be walked this way so I'm going to Walk It this way,' OK. And so the Soul is getting a training behind all these actions ..."

"... many times we don't see the Grace behind it. And there's Grace whether there's a legal action going on ... to help you complete something this lifetime ... or ... an accident ... has been a mitigation of a whole bunch of things ... or ... you were angry, you were upset and you see that stuff come back to you ... so you have the Opportunity to see you're a Powerful Creator ... the most Powerful Creator on the planet so that removes victimhood. ..."

"So God gives us all these Opportunities. The question is are you an Opportunist?... when something happens inside yourSelf ... there's that Opportunity to let go of the hurt; let go of the pain; let go of the vengefulness, OK. You don't then you have an 'accident'. Then God in His Mercy and His Kindness He's given you another Opportunity. He's extended Grace even though you told Him to take a walk the first time. He says 'Well, I'm always Walking with you. I'll Walk some more.' So you get the Opportunity to see 'Oh my God! I created that. Let me create positively from now on'. Or you have an interchange with someone you never liked ... you have an Opportunity to let go of it ... or if you're in charge of something and you're telling others what to do ... tell them Lovingly ... it's a Lifting Action for everyone ... we have all these Opportunities. ... [My wife] will cook a nice meal ... that's an Opportunity for me to appreciate my wife's taking all that time and attention and energy; how good she is at that; how much Love there is with it; appreciation for what God gives us - the food and all those who participate in getting it into the store, etc, the abundance of things God gives us. ... many of you ... call in the Light and say Grace and I'll say 'You didn't say Grace' and you'll say 'Oh yes! I said Grace.' Well, you didn't really say Grace. What did you do? You just said It ritualistically and then went and ate instead of taking a moment and receiving It. Were you an Opportunist? Did you receive It? That's being a smart Opportunist. Did you receive God's Grace? Did you receive the Love that's there?"

"Many of you: I'll say something and first thing you do is defend. Well, you're not going to Learn anything defending yourSelf. No one is making you wrong so why are you trying to make yourSelf right? But ego loves to do that ... you will get cheated out of the Opportunity. It's the ego that stops us many times from becoming an Opportunist, a Spiritual Opportunist, so you really want to be smart and you want to see that God gives us these ... Windows of Opportunity ..."

"... accept the Grace of The Teacher, of God. You have to know you're Worthy. And you're Worthy of God's Love. We have the ego that fights It off, that lives in history, time and space and has all the reasons, etc. why we're not good enough, see. And yet there's our Spiritual Responsibility to know ourSelves as Soul, as Spirit and to be free. We were created free. ... We've enslaved ourSelves and so, when as a Gift of God's Grace, we get the Keys to the prison known as the Charged Sacred Names of God we don't know what to do ... all the warden does is say 'the Door's always been open. You just think It's closed.' ..."

"... so you have to submit inside yourSelf to the Spirit you *are*. Let go! Submit to God! Let go and that opens the Door for you to be an Opportunist, to take advantage of the Opportunities that God is extending to you. ... It can't happen without That.

"Just to wrap it up, the Opportunity God gives us is constant ... It's the macro Opportunity of Hu-man Life and within that so very many Opportunities. They're boundless. ... The ego through false identification - if we allow it, it will stop us and it will play unworthiness tapes ... when we're Present with God we're in His Grace. We've received His Grace. That's the only way you're going to be Present; can't do it through your own efforts. God in His Kindness and Mercy gives us Himself. He extends His Grace so we can be with Him. Pretty amazing! We can be with him *while we're in the body*.

"So that's really the Key. And for you to be an Opportunist you have to be a Lover of God. You have to be willing to Know the Power is in Surrender to God within you, to Spirit within you. And you have to be willing to practice LOVE - Letting Go Of Volition Every Time. Give yourSelf that Opportunity to be ... with the only thing which is Real, Which is God. We get there by Surrender. We get there by letting go. We get there by allowing ourSelves to be moved. We get there by following the Spiritual Instruction. ... you're living proof your way doesn't work. God's Way is what works."

Dr. Lane ended with a Process by saying: "Lord, God send us Your Light! We put this time together in Your Light for the Highest Good. So just spontaneously inside yourSelf enter into an area in your life in which you're not happy! Now Surrender all the stuff around it! If you need to, do the Two-Part Release Process of giving it to God and telling yourSelf to let it go! And just allow Grace to enter and see how it's all transformed! ... OK.

"And I teach the Way of Grace and I sincerely hope that you're going That Way."

Will must be the Same ... and That's how you get Peace in the world. Peace on earth and 'good will' towards men - That's God's Will. What is God's Will? That we Love Him and complete our karmic journeys ... and in the Process go Home to him ..."

"... the Responsibility of each Soul is now demonstrated in the life of Jesus the Christ ... It's interesting. I was watching the shows about the mass shooting that happened the other day when 28 people got killed and 20 were children ... I never heard the word 'Responsibility' - Individual Responsibility in a Group Setting. The Group Setting is obviously the Hu-man race ... it's the Responsibility to, as The Teachings teach us, to respond to Spirit, not to choose into karma. And we, as Souls, we have this made available to us all the time, these little Windows of Opportunity to choose into Spirit ..."

"See, Jesus comes in and gives us a Value System. Where does He tell you to lay your treasures? But in heaven, OK, and when we talk about 'heaven' we're not locating 'heaven' up in sky ... we're talking about the Soul Realm and above - the Spiritual Heavens within. And then we get this incredible investment advice. The best investment advice I've ever heard ... 'Seek ye first the Kingdom of Heaven and all else will be added unto you.' ... instead of chasing the merry-go-round. ..."

"... so the Christhood and His Birth also calls us into What? Rising above our stuff, as it were, and being of Service and giving because the Nature of Spirit is to give. The basic selves just want to take ... you see, the Birth of the Christ is a Surrender ... He came here and It was a Surrender Process, OK. To me the only thing more remarkable than that Surrender was He said He was going to do It again. He was going to return. Return of the Christ, Jesus. You mean there's that much Love for us as people? Yep, there's that much Love for us, OK. See, and it was interesting, too, in watching those shows last night I actually got bored kind of quickly turning the channels, turning the channels, turning the channels; all the channels had the same thing. They focused on evil as something outside this person as if this person had no control and it just engulfed him. That's the usual blind statement. OK, the negative polarity sits in us and we have choice. See, God gave us free will. The Christ and the Birth of Jesus is a Demonstration of the free will, of free will to surrender; and a Loving Surrender. OK. And He surrendered into Love to such an extent that, yeah, He was going to die as a Demonstration of that Love and He died for our sins, OK. That simply means He took on the body so he could clear the karma of our not knowing because everything we do comes from our not knowing how Loved we are and not being able to accept It. ..."

"... you see, Jesus coming here and taking on a body is a Wonder-ful Demonstration of that Surrender and Letting Go, you see, and He's always saying 'My Father's Will be done; not mine.' That's crucial. And What is the Father's Will but that we Love one another and we know we *are* Spirit and that we *are* One ... the Birth of the Christ is a focus into this Oneness ... why we have these so-called catastrophes is these are wonderful Opportunities for people to learn Cooperation ... the Christ is fully Cooperative at all times with the Spirit that we *are* ..."

"... so we're all One and the Christ calls on us to Know that, OK. What did He Demonstrate? ... the attachments ... that's your cross ... that's the cross we all bear until we learn to be in our Christhood. Then we come into the Resurrection and we know What the Resurrection is, we know It's being established as a Soul in the Soul Body (on the Soul Realm) and when That happens Spiritually, that Soul is no longer subject to reincarnation, the endless cycle of birth and death, and It's free, that Soul is free. [Jed.'s note: According to The Teachings the Soul is *always* free and needs to lift above Its self-imposed illusion of imprisonment.] That's why you come into the body. ..."

"... so what are we Celebrating? We're Celebrating the Purpose of Life, to be focused on our Resurrection, on our Spiritual Progression ... and the Blessing and the Opportunity that That is. He was saying you know, 'Love God. Love your neighbor as yourSelf. Good will towards men. Good will towards everyone because we're all One.' God fulfills everything ... so It's a Way of Grace, OK, that's What we're really Celebrating, the Opportunity to Live in Grace. ..."

"... so His life demonstrates Forgiveness, Surrender, Letting Go, Trust ... 'Oh, God, You've led me this far, I know you'll keep leading me.' And He doesn't feel deserted. He doesn't feel abandoned. And He's always aware of God's Presence, see? And that's what we're called to do, to be aware of the Presence of God always so 'whatever you do unto the least you do to me' - Presence of God, God's in everyone, in every Soul, see, and that's crucial. What was done to those kids and the other people who were killed was done to God, was done to the Soul inside the killer, OK. Was it a fulfillment of karma, yeah. Did it have to go that way, no. No. No. It didn't have to, see?

"And the neat thing about this holiday - yeah, it's one of good cheer and what is the good cheer? Good cheer is we're not bound by our karma, that it can be released. We can regain our freedom ... the doors to this prison ain't locked, OK, you can open them anytime, OK, your Tones *are* the Keys. You can open them anytime, OK, but when you enter into negativity, when you go into hurt, pain, resentment, anger and reinforce that and you choose into karma, yeah, the Door is going to look like it's locked but that's your choice and the Christ, Jesus gives every prisoner that Opportunity to get the keys. It's extraordinary ..."

"... When we take Initiation into the Sound Current What are we doing? What are we doing? OK. Well, obviously it's a signal to ourSelves that we're committing to Knowing ourSelves as Spirit but It's also saying, 'OK I'm going to take advantage of the fact that the warden is giving out the Keys to the prison and I'm going to keep the message in mind that 'Hey! The Door is open with the Keys of the Sacred Names of God, the Charged Names and those Doors are open.' I don't know That otherwise - if I don't take Initiation as a Soul I have no way of Knowing - but the illusion looks real and I think the prison is real and there's no way out so It takes Initiation so that I can be free and I know that when I'm free I'll discover 'Hey! I always was free. It was me enslaving mySelf.' The Christ gives us the disillusionment and I say that in the most positive sense of the word; the disillusionment - taking away the illusion of our own illusion, of our own powerlessness, of our own fated-ness. And fate is what happens when a Soul doesn't differentiate. It stays with the mass or the collective reincarnational patterns and the individual reincarnational patterns and things happen to the Soul that were put in motion by the Soul eons and eons ago. But every Soul has the same Destiny. And what's the Destiny? ... to know Itself as Soul and to go Home to God and to live in that Peace and that Joy ... 'In the beginning was the Word and the Word was with God' and the Christ comes here as the reminder. He's reminding us of Who we *are* and Christmas Celebration is the Opportunity to go for our Freedom. A choice to Surrender the anger; a choice to let go of hurt; a choice not to let your avariciousness take hold of you; a choice to come from Love; a choice to come from being a good neighbor ... it's all in the little things as well as in the big things of a life dedicated to knowing yourSelf as Spirit and as Soul and we have that Blessed Opportunity to do That ..."

"... The Success - there's only one success in this world - and that's how much you Love God. Maybe we need to start valuing That and Teaching That and living That in our everyday lives because That is the Message of Christmas, the Spiritual Gift: the Value of the Spirit, the Dedication and the Devotion to the Lord, God. So It's crucial. ..."

Dr. Lane then led us in a Process: "Have an area in your life which doesn't feel that great to you and just allow the Light Of The Christ into the area! Spirit will bring it forth. You don't have to do anything." Then Dr. Lane said: "Now pick another area and just allow the Light Of The Christ! ... Now, pick someone that you have enmity with and anger with, allow the Light Of The Christ to come in."

After the Process, Our Teacher concluded: "The Light Of The Christ is available all year 'round and not just on Christmas and I want to confirm That and Lovingly Suggest that you put all situations into the Light Of The Most High or the Christ and have the Christ dissolve all that negativity and make the choice rather than negativity and allow yourSelf *each and every moment* to Know God is *always* Present and to Know It's the Same Spirit as in the next person. Practice good will towards the next person and to yourSelf! Surrender your agenda and just Love God! Real simple. That's the Blessing and that's the Message and that's the Opportunity and it's done right here on this planet. ..."

The Holiday Satsang was followed by Gift-Giving, Which this year included donations from Initiates towards the purchase of computer upgrades and recording equipment; and the next Speaking Tour. Before and after the Gift-Giving four very talented Initiates performed songs that were greatly en-Joyed and appreciated by all, especially by Our Teacher.

A fun time was had by all.