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

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## **RETREAT 2013: COMMITMENT ON THE PATH OF SOUL TRANSCENDENCE:**

*How? What? Why?*

During the last weekend of March, 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.

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## ***The Teacher's Birthday Celebration and Satsang***

The Teacher's Birthday Celebration began with food, refreshments and fun being had by all at the Home Center in New York City, after which we were joined via teleconference by many Initiates from around the country and outside of it.

Our Teacher then called in the Light Of The Most High and led us in a five-minute Meditation Of The Light Of The Most High.

Dr. Lane began The Teacher's Birthday Satsang by saying "It's not about me. We're Celebrating What? We're Celebrating that God - out of His Kindness and out of His Mercy - He takes on Human form and makes sure that His Children have a Way Home. There's a Way back Home, OK, because this thing called God is enormous. It's so big and, obviously, It's so abstract that because we're in Human form we need to be able to relate to It in Human form. ... just think what God has done!: He's given us a Way to Know Him. He lives in us as us. We have a Soul. He's given us Himself on this planet to give you the Keys so you can go into the Soul Body and start to know Him *directly* and know yourSelf. That's Love! OK.

"And what we're Celebrating is the Oneness of the Sound Current or of the Holy Spirit because we have created the illusion of separation ... we know when you're unconscious you project outward so it's no accident God's 'up there in the sky' ... but the Truth is just the opposite. The Christ, Jesus taught us a few things. He taught us 'That Which is in Me is in you, too', Which is the Christed Consciousness ... your will and God's Will are One and the Same. He said 'I'm going to make it real easy for you.' ... Christ, Jesus said two things fulfill the Law: Love God with all Your Heart and Soul and Might; and Love your neighbor as your-Self. That's it, folks! Real simple.

"So what He's saying is it's all about Loving God. How does this tie in with the Celebration? How do you do That (Love God)? Well, it's going to be impossible without God's Mercy and His Kindness because God's so big and so vague were going to be stuck - you know - slamming on tambourines and playing guitar music and jumping and all that holy roller stuff ... that's just emotion

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## ***"The 'Wild Turkey' Phenomenon: A Participatory Satsang"***

Our Teacher, Dr. Roger B. Lane, began His April Satsang by saying, "I want to talk a little bit about what I call and have labeled the "Wild Turkey' Phenomenon". This is based on an experience being with Initiates. We were going inside, doing Processes, and going inward. And the site where we were, on the property a wild turkey or two starting walking by ... And this person said, 'Oh, wild turkey!' And I was stunned for a minute because I don't know how you go from being inward, focused inward, to noticing what happened outside. ... Someone else said, 'Oh yes! Wow! Look at it. I love being in nature, isn't nature wonderful?' And before you know it everybody was pulled out, their Focus went outward and the Lifting and the Growing just stopped.

"And I thought, 'Oh, wow! isn't this what we always do until we don't?' So I want to talk about the "Wild Turkey" Phenomenon', allowing ourSelves to be pulled out of Our Focus, going outward into the world rather than 'in' and 'up' and being Present with the Spirit we *are*. I always believe in *Lestoil*. So why would you do something that's so hard, so difficult to overcome? The Path that I teach - we're Blessed because we don't teach overcoming anything; we teach the Way of Grace. It still

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## ***"Are You Doing Your Part Or Setting Your Self Apart?: A Participatory Satsang"***

Our Teacher, Dr. Roger B. Lane, began His March Satsang by stating, "I want to talk a little bit tonight about what our part is. And are we doing our Part? Or are we distinguishing ourSelves from what we're doing here? And distinguish is very close to extinguish.

"I want to start by giving you a panorama of what we're doing here. And what we're doing here is really simple. And by being here I mean being in the body; everybody is wearing the same thing; you're all wearing a human body and there's Purpose to this. ..."

"We started to attach ourSelves to various parts of this creation through word; through deed; through emotion, etc. And we had a whole bunch of what's called karma. Karma isn't good or bad. It just is. I don't teach karma. I Teach God's Grace. But just to very simply tell you

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# Events Calendar

## Fulfill Your Destiny: Fulfill Your True Purpose

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

In this Booklet, Dr. Lane explains the priceless Gift available to all. With numerous historical references, this little book explains the Sound Current, karma, the Law and the Way Home.

Call or write today for your free copy!

### SpiritCentral

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### 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. May 7, 14, 21, 28;

June 4, 11, 18, 25 -- 7:30-8pm EST

Wed. May 1, 8, 15, 22, 29; June 5, 12, 19, 26 -- 4:30-5pm EST

### MEDITATIONS

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

#### 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 2<sup>nd</sup> and 4<sup>th</sup> Mon. 7pm. Call 423-975-6868 for details.

#### WISCONSIN

**Madison area:** Every 4<sup>th</sup> Sun. 5pm; Every 2<sup>nd</sup> Sun. 5pm Meditation For Health And Well-Being. Call 608-838-7968 for location.

#### OUTSIDE THE U.S.

#### MEXICO

**Queretaro area:** 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 12 & June 9: 10:30 am; Sun. May 26 & June 30 Special 2-hour Meditation; Meditation for Health and Well-Being East Side (Home Center): Tues. May 21; June 18 — 8:15 pm West Side (200 W. 90th St, #10A): Tues. May 28; June 25 — 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!

*"Applied Mathematics: The Sum Total Of Your Sorrows, Fears and Worry - A Participatory Satsang"*  
**May 1, 2013**  
**6:50 pm EST**

*"Applied Logistics: Where Are Your Values? - A Participatory Satsang"*  
**June 5, 2013**  
**6:50 pm EST**

**Satsangs**  
**by Dr. Roger B. Lane**  
Available at All Centers

**Listen to Our Monthly Podcasts!!!**  
[www.cosmostree.org](http://www.cosmostree.org)  
[www.spiritcentral.org](http://www.spiritcentral.org)

**May: "How To Be An 'A' Student In All Areas Of Your Life: A Participatory Satsang"**  
(CD/MP3 A134)

**June: "Dear God - Do I Really Have To Get My Hands Dirty?: A Participatory Satsang"**  
(CD/MP3 A136)

## Coming Soon!

Our New [cosmostree.org](http://cosmostree.org) Web Site & [SpiritCentral.tv](http://SpiritCentral.tv)

Please Give These Gifts To Yourself

### New Teachings Study Meeting Using SpiritCentral as the Tool!

May 12th & June 9th  
3:00 PM EST

Facilitated by Editor-In-Chief and Experienced Sunday Program Leader  
Rev. Melissa Sones  
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Please see Epage in this issue of SpiritCentral for more information

## Spring Semester

# The Money Workshop Class II

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At 7:45 PM EST

For Six Weeks

Taught by Dr. Roger B. Lane

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- Learn to allow rather than "achieve" your goals
- Make an individualized Tool

To Register Call: Registrar, Rev. Amy Blank, at 708.846.1031 or email amy.blank3@gmail.com

Please see the Epage in this issue of SpiritCentral for more details

The RETREAT – titled “COMMITMENT ON THE PATH OF SOUL TRANSCENDENCE: *How? What? Why?*” – 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 the Grace of Our Beloved Teacher and to our own Choice to Allow the Learning/Growth/Upliftment.

Through group and dyad work; written work; Meditation; quiet time; outdoor “activities”; “working” meals; 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 and “that it’s going to take effort” to actively work The Teachings. “You have to be determined,” said Our Teacher.

Explaining that Our Teacher is here to Guide us, Dr. Lane began the RETREAT by explaining that “it’s not obligation from the outside. ... Every time you Commit to the Spirit you *are* you’ll be met by more Spirit.” Our Teacher also emphasized that the Learning is “Inner Learning”; and, via one of the many Tools available, that “Commitment is constantly coming into the Knowing of Who you *are* ... Commitment to Knowing yourself as Soul, as Spirit.” Dr. Lane also began by telling us how important it is that we use the many Tools that Our Teacher has made available to us. “Please familiarize yourselves with the Tools,” Dr. Lane emphasized. “Use Them!”

After the initial exercise, Dr. Lane explained that if you are “caught in the world” “you give It [Focusing into the Spirit You *are*] priority then guess what? Everything else is taken care of. ... You have to know that it’s OK to be ‘Selfish’ and give to yourself. ... You’re Supplied and it’s immediate.” Our Teacher also instructed us on The Key Teaching of Surrender: “LOVE is Letting Go Of Volition Every Time. ... When you Surrender you’re with God. What’s more Powerful than God?”

Our Teacher further instructed us to “Surrender ‘wanting’. Take away the ‘wanting’ and give It [Spirit] to yourself.”

And on The Key Teaching of Allowing: “It’s Allowing yourself to be in Alignment with The Teachings. It’s easier when you use ‘Lestoil’! ... You want to be Present. Whatever is going on in your life, you want to be Present. ... That’s key. You’re in charge and your Progression is entirely in your hands.”

As Our RETREAT progressed, Our Teacher pointed out the importance of Self-validation: “You got God’s attention by definition. ... you’re known *directly* by the Lord, God. There’s nothing you need to do to be known.” And on practicing Forgiveness, which is “For-Giving” to oneself and is done by telling yourself “I forgive myself for [fill in] and I set myself free inside myself!” Dr. emphasized that “You’re forgiven by Spirit before you’ve asked because there are no judgments.” And on the importance of educating our basic selves - the part of us that brings forward our karmic patterns - by doing Self-talk: “There has to be a traffic cop in there!” Our Teacher emphasized this many times during RETREAT. Dr. Lane also emphasized the importance of taking advantage of the many “Windows Of Opportunity” given to us by Our Teacher/the Lord, God for our constant Growth and Upliftment: “Take It [the Grace] or It [the Window of Opportunity] just closes,” Our Teacher warned us. As Our Teacher often says to this writer: “A Word to the wise!”

Towards the conclusion of RETREAT, Dr. Lane instructed us on Forcefields, explaining that “It’s God’s Extension into this environment. That is Your Salvation. That is Your Protection.” Really, “It is Grace. By Allowing It is how the Soul is Uplifted,” Dr. Lane told this writer after RETREAT.

And at the conclusion of RETREAT, this writer understood far more deeply the importance of the Tools in the Process of Surrender and how much support she really needs – and has - to keep the Focus on Spirit. These Tools include Blessing the Food; putting the day – and everything - in the Light Of The Most High; putting her schedule (really God’s schedule) in the Light Of The Most High; reading *Tools For Living Free* each day; listening to the Meditation For Health And Well-Being CD/MP3 at least three times a week; attending the Sunday Program at the Home Center; being in the Presence of The Teacher; watching the Series “Understanding The Spirit You Are” every Thursday at 6:30 pm Eastern on mnn.org; attending and preparing for the monthly teleconferenced Teachings Study Meeting; looking at the Teacher’s picture; reading *SpiritCentral* and the Book Of Blessings.

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

This writer joins in Our Teacher’s previously expressed sincerest thanks to the many who were of Loving Service before, during and after RETREAT.

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

Finally, there are once again no words to describe the Love and Caring and Compassion of Our Teacher in preparing and bringing forward this RETREAT while also bringing forward Talks, Classes, Workshops, Meetings, during this same “time period.” On behalf of all of Your Initiates, we thank YOU.

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takes Surrender; Letting Go; and Choosing into being Present, being the Spirit you *are*. ..."

"Most people think their thoughts are real, that they're true. ... But has anybody ever checked the assumption. What is your thought based on? I guarantee you your thought is based on fear; lack, and limitation; not worthy; not good enough and anything along the negative polarity. So we take these thoughts for real. How it works in Consciousness is you're a Soul and you as a Creator are Responsible for your creation but until the Soul is awakened It is asleep so it forgets Its own Power. It forgets how Powerful It is as a Creator. So if I have the thought, let's say, 'Oh God 's very very hard to please. He's really a tough master'. OK. It gets lodged in what's called the cosmic mirror. ..."

"You'll see things in the mirror. It looks like it's objectively there but what it's doing is it's reflecting back to you other objects. We think, 'Oh it's objectively true' ... Because we're asleep we don't realize that it's just reflecting back a thought that we have from our creation. So we take what we see in the mirror as true rather than as illusion. So we go and we chase that; we chase that; we chase that. We're chasing that outside ourSelves.

"And it's interesting, the Spiritual Process involves Learning to go 'in' and 'up' as it were, into the Soul Body, into the Soul that you *are*. The Path that I Teach - the Path Of Soul Transcendence - is geared toward That because we know that as a Soul you are at the mercy ... or at the result or effect of all your creations. That has come from going out and out and out into the world and having thoughts and actions away from God, from the Spirit you *are*. These thoughts drive you down and out as it were. ... So the way back to God is inside of you and 'up', as it were, 'up' in terms of a higher Frequency, Which is the Soul. ..."

"What we've done is through this experience of being in a body that we were given: we've forgotten that we are Soul, that we are Spirit and we've identified with our thoughts and our feelings. And the "Wild Turkey" Phenomenon' is exactly that.

"Isn't it funny that in this Infinite 'Thing' called God or Soul or Spirit, that the way to Its Fulfillment is through the finite? .... Our focus out into the world and our thoughts and our feelings and our hurt and our pain and our hurt and our sorrow - it's all 'Wild Turkey' stuff. ... That's what the "Wild Turkey" Phenomenon' is; it's based on our choosing into being dumb; going stupid; forgetting that we are Soul, we are Spirit. And karma is spelled s-t-u-p-i-d. ... And we choose into it all the time, all the time, all the time, until we decide not to. Do we want to take a look at our thoughts? Do we want to take a look at our feelings and see what they're based on? Or if you're Blessed to be walking this Path you don't even have to look at it. ..."

"What happened ... is that person got scared to go inside, to be quiet, to bypass the mind and all its bluh, bluh, bluh, bluh, bluh bluh stuff and just to be with the Spirit it *is*. And that's pretty scary to most of us. If you can admit that there's fear and then you can let it go. Ask God to take it; tell yourSelf to let it go and decide to be Present! Because that fear drives you outside yourSelf. ... If we decide to go with our drama, with our fear, with our stories, with our histories and all our reasons why then it makes it easy to keep doing that... The trick is to be Present inside with the Spirit we *are* and go down a new track. And once you go down this new track even once it's easier to go down again. ..."

"God Lives in us as us. So if God's in us what's wrong with us? The only thing 'wrong' is not Knowing who we *are*. ... We're Soul and we're Spirit. And when we go along with thoughts other than the Spirit we *are*: feelings; negativity; into outside drama; into history; into memories ... into judgments against ourSelves we're all getting into the "Wild Turkey" Phenomenon'. We're drawing ourSelves outside of our True Focus. ... We're feeding that 'Wild Turkey' and we're not helping anybody.

"And that 'Wild Turkey' loves to be noticed because its job is to make a fool out of you. How does he make a fool out of you? Easy. It gets you to think that your thoughts and your feelings are very unique; it gets you to think that they're very real; and it gets you to think that you have to do something about them. And it gets all your attention. ... They're serving a purpose. And that purpose is as a strengthener. You start choosing away from all that and start choosing into That Which you *are*. Where you Focus is what you become. ..."

"Wild Turkeys'... - they have no reality to them. They're not objectively real. They come from our creations. What we think 'should' be happening. Our thoughts, our feelings. But let me ask you something: If everything that is happening is karmically correct - which it is or else it wouldn't be happening - then what else 'should' be happening? ..."

"What I'd like to do now is a Process. So I'll call in the Light because I work with the Light Of The Most High. So, Lord, God send us Your Light and we put this time together into Your Light for the Highest Good! OK. Now just inside yourSelf ... come up with what's your 'Wild Turkey?' What keeps getting your Focus? Now inside yourSelf ask that the Light Of The Most High come and transmute this 'Wild Turkey' into just being Present with the Spirit you *are*. ... And tell yourSelf to let it go. What takes its place? Just notice. ... Anyone want to share what their 'Wild Turkey' became? ..."

One participant said, "My 'Wild Turkey' became the vastness of the Spirit I *am*." Another shared, "Peace." Yet another said, "My 'Wild Turkey' just became a Lightness." ... Dr. Lane then shared, "The 'Turkey,' once it disappeared, you become aware of God. Which is why, of course, you keep focusing on the 'Wild Turkey' because of that fear, up until now. ... So you have a Choice. Can you see that if the 'Wild Turkey' were real - objective reality - it would be always a 'Wild Turkey' but instead when you ask the Spirit, or God, to take it what takes its place? The things of the Positive Polarity or of God. And you go inside yourSelf, OK. Now, except for the turkey that [Student] and [Student] made and smoked wouldn't you prefer to eat other than the 'Wild Turkey?' Eat that good stuff of Peace and vastness and the Frequency of God, creativity, etc. ..."

"You have a Choice and you have that Power. And when God Created us He gave us free will. That comes with the territory and we're always Free to Choose into the Spirit, to Choose into God or we're free to create 'Wild Turkeys.' But I Lovingly Suggest you Choose into God."

A Spirited question-and-answer session followed.

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what karma is: it's anything other than being focused on the Lord, God. ... We're created out of the same material, as it were, as He is and That's the Holy Spirit or the Sound Current. So we're of the same Spirit as the Lord, God. So we're created in His Image. And we've forgotten that. We've forgotten who we *are*...

"And we start to pull and set ourselves apart from God. We're all a part of God. We're all One. ... We're all in the Oneness of the Holy Spirit or of the Sound Current. ... But we've forgotten who we *are* and so we come here and we have the Opportunity if we take Initiation into the Sound Current, to remember. ... The earth serves the Purpose of this is the place where Souls get this incredible Opportunity. ... The Opportunity is to know yourself as Soul, as Spirit; know how to go inside yourself; go into the Soul Body and There be with God because you worship God in the Spirit.

"And remember we're created in His Image so we're of the same Spirit, Which is the Sound Current. ... God in his Kindness and Mercy put on a body; and He always puts on a body just so Souls can relate to God because It's such a big, amorphous thing we can't really relate. But we can relate to God in a body so God makes sure there's always at least one warden who will give you the Keys, if you ask, to this prison of matter. That's the Movement of every Soul. ..."

"Sooner or later the Divine Plan fulfilled in each One of us, in our Soul. There's a Blueprint within us ... that each Soul is going Home to God. It's going to wind up where It began. ... The difference between the Christ and between us is that He remembered who He is and we've forgotten. But then, guess what Jesus the Christ did? He had the audacity to say, ... 'That Which is in Me is in you, too.' ... It's in you. You're Responsible. ... Then we get the Christed Consciousness put into each Soul when the Christ, Jesus left the body. ... 'But wait a second! I have to come to know myself as Spirit, as Soul when there are so many distractions? I have to go inside of me and into the Soul Body?' That's right! ..."

"Identification with the things of the ego - your feelings, your thoughts, your hurt, your pain - all causes separation. The trick is to go into ... the Soul Body and be with God. That's the Demonstration. ... Don't slough It off and say, 'Only Someone like a Jesus can do It.' Well, no, that's not what He said. Everyone can do It. So that's what we're all a part of. The Alignment Process of our will and God's Will. We're part of Knowing ourselves as Soul, Knowing ourselves as Spirit, and of living in the Oneness.

"So the question in the Satsang is, 'Are you Living this part or are you living apart?' And 'how do we separate ourselves from God?' Easily, readily and happily to the false self. And we'd all love this and enjoy it if there wasn't something inside of us that's real smart and knows what's going on. And that's the Spirit we *are*. ..."

"You can't fool yourself. ... We think money is going to exempt us. Or we think our background or whatever reasons we have, we're exempt from being Responsible... And no one is exempt. We're all Responsible because we're all here to be in Alignment with the Christ. ..."

"It just means being in Alignment and being Responsible to the Spirit you *are*. When do you feel better? When you're being true to the Spirit you *are* or when you're mired in your anger and hurt and pain and separation? So you also feel better when you're practicing Responsibility and the Joy of Responsibility.

"So let's take a look. You're setting yourself apart. And isn't it interesting that karma is action away from God that creates separation from the Spirit you *are*? So if you're creating karma, you're separating yourself from God. ... We attach and believe our hurt; our negativity; our anger; this person treated me x,y and z and should have treated me another way. Oh yeah, why? ... If somebody has treated you x,y and z how do you know what your karma is inside or what the real thing is going on? ... So when you say you were mistreated, oh yeah, according to whom? I'm not suggesting you be mean, nasty and ornery ... but what I am suggesting is watch the judgments. Watch the 'shoulding' on yourself! ... because everything is karmically correct; everything happens *exactly* as needed. ..."

"...That little part inside knows 'I'm Soul, I'm Spirit'. This [ed.'s note: Dr. Lane is pointing to the body] is the container for That. This is the housing and I'm busy identifying with the house. ... Any time we do that we're setting ourselves apart. ... So when we do, 'Oh, I'm just human!' we're separating ourselves. When we don't share all that we are - whether it's your pain; whether it's your hurt; whether it's your fear; whether it's your gift; a gift you may have, you know. I tell the story of being very, very angry when I heard one of my Students sing. I was furious. I could have punched a hole in the wall. I was so very angry that I really didn't know what to do. And why was I angry? Really simple. Because that person who was singing identified with her fears about singing - whatever it is, performance anxiety - and had deprived us for many, many years of the gift of her voice. She had a beautiful voice she hadn't shared. She had identified with the negativity in her that was separation and, in the process, it caused us to miss out on a wonderful gift. So when we separate internally inside ourselves we're also separating from all of mankind. ... If we're identified with ourselves other than Spirit in terms of, look what happens with people identify with the country they live in! Look what happens when they identify with their race; their religion; their whatever it is. It's all false identity. Not that you can't enjoy it. But that's not Who you *are*. ..."

"Another way we separate ourselves is we don't acknowledge the Power that we have and that we are. ... There's Co-Creating with God; putting things into the Light to create what you want. ... So when we play this 'I'm only human and I've got no power and I've got no ability' - that's separation. We know that Power is in Surrender to the Spirit that we *are*. ... For each moment that we separate ourselves from the Truth that we *are* Spirit; that we *are* Responsible; that we *are* Powerful; that God is within and we enter and attach to hurt, pain, the 'shoulds', the negativity then we are setting ourselves apart. Apart from the Divine Architect's Plan. ..."

"Start to allow the Movement of your Consciousness toward God because that's what it's about. It's all about your Consciousness. It's God Consciousness or Soul Consciousness and It's within. ... That Frequency within you: That is God. And eventually you can hold that Frequency as a Soul and you return to Eternal Life. You're not subject to karma and reincarnation anymore. ..."

"The Journey of a Soul is precious. ... It's all about waking up to God and being able to withstand and hold that Frequency. ... Eventually as a Soul you come before the Father and you can just be with the Father. ... Our Focus is to wake up and be the Light that we *are*. There's a Way here to do That: through Initiation into the Sound Current. It's been here forever. It's actually the True Teachings that the Christ taught. ... We are either a part of That or we set ourselves up in opposition to It. ..."

"So use the negativity to strengthen your resolve to go to Spirit. ... *Each and every moment* is a nice Opportunity to be in Alignment, be in the Christed Consciousness ... It's a nice Opportunity to drop the negativity; drop the hurt; drop the anger; Surrender your agenda! ... So why not feel good and just begin the Surrender Process right now, *each and every moment*? ... Always get back into the Loving, the caring and the sharing. "And it's really that simple. ..."

A Spirited question-and-answer session followed

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stuff. That's not the Love being talked about. OK. The love you have for your children - you don't go playing guitars and screaming and yelling. It's much deeper than that; it's on a cellular level. And the Love of God and for God - believe it or not - is even deeper than that. So here's God's Love for us. Wow! OK. And The Path that you're involved with is What's called a *Bhakti* Path. It's a way of Devotion, OK, and how do you do It? Because remember this thing called God a pretty big notion ... but God puts on a Human body so you can relate to It. In other words, Dr. Lane is not The Teacher ... so it's not me. It's the Spiritual Form That's Present with me. And What's the Spiritual Form but God. And when you take Initiation you're waking to This, that God is inside of you ..."

"So the Spiritual Form ... It's present in you. ... And you're in the Process of Remembering ... Re- cognizing, Knowing again that Which you *are*. You're Spirit; the separation is the illusion. That's why we think there's something called 'death'. That's the great illusion. But the Oneness; we live in the Oneness. And the Celebration is a Celebration of That, the Oneness of God and the Soul and the Spirit; that we're One and the Same with the Spirit. And we're here to come into that Completion, into that Knowing because we're forgotten. ... It always looks like there's an antagonism ... until we're woken up and It becomes incorporated in us ... and that's the big shock: God's been inside of us all along. ..."

"It has to be set up as The Teacher and the Devotion to The Teacher ... it's nothing having to do with personality ... it's having the respect for the Process you're involved with and for yourSelf and the Awareness of the Oneness that you *are*. So if you're holding a thought of negativity, guess what? That's in the Forcefield. That's what's going to be in The Teacher's Consciousness as well because He's awake on all those levels you may not be awake on but His Consciousness is. Is that what you want to do? Do you want to put out that kind of disturbance? It's about respecting yourSelf ... it's about respecting the Spirit that you *are* ..."

"You're listening to Satsang; you're Responsible for what you hear. ... You'll get the Opportunity to put all this in motion and you'll get tested to see if, in fact, you are doing This. And if you're not, you'll get many Opportunities to Learn ... that's the Blessing.

"How do you Celebrate anything but with Joy? If you have Joy are you going to hold negativity towards anyone? ... You need to respect yourSelf as the Spirit you *are* and know that's Holy and that's Sacred. Doesn't matter what the rest of the world is doing ... Doesn't mean you can't have any fun ... we're talking about being a caretaker of your inner environment. You can do away with plastic bags but if you're walking around with nasty thoughts you're polluting the environment. Not just the inner environment but the outer environment as well ... when we Celebrate this we have to Know we're all One ... God lives in us as us and That's the Celebration!

"We're also Celebrating God's Love for us. He makes sure Souls return Home to Him ... and can be with Him *while we're in the body*. That's incredible. ... God's the Prize and waking up to Who we always are and were ..."

"You want to look at your actions. You want to look at your thoughts ... is everything in Alignment? In this *Bhakti* Journey ... you want to get clear. It's The Teacher holding the mirror and what you're seeing there is not of and from The Teacher but it's what you're projecting onto Spirit or onto The Teacher, OK. And so many of you have ... put all sorts of stuff onto God and The Teacher that doesn't belong there ... you're frustrated about your job, your relationship ... it's God's fault; it's The Teacher's fault ... and you sit there with the passivity ... what are you doing?"

"This is also part of what we Celebrate, too; that we have the Power. That person [ed.'s note: refers to an example given by Our Teacher of someone who was waiting "for the situation to change" rather than making "the effort"] needed to put that situation into the Light for the Highest Good and Co-create with the Lord, God, etc. Just putting the situation into the Light for the Highest Good changes the situation ... it's the Power of the Living God. That's the Power. Man shall have Dominion over all things. Not control. It's not 'power over'. We want to have the Humility to accept the Power that we have; and that Power is Spiritual and Divine because That's Who we *are*. And, obviously, that Power doesn't control anybody, doesn't hurt anybody; It doesn't go against anybody. How can you go against anyone if you and I are One? Then if you hurt someone you're hurting yourSelf. ..."

"You're Powerful Creators. Use it! ... we affect every Soul on this planet. You want to do a good deed for somebody? The best thing you can do for anybody? Guess what? Do your Spiritual Practice *exactly* as taught ... because That's one less Soul buying into the negativity and the 'heaviness' [ed.'s note: Dr. Lane is referring to the denseness of matter, of karma] of this planet, of the karmic fields. And it makes it easier for That Soul to Lift and to Move ... to do your Spiritual Progression, to Celebrate this Oneness - it's your Responsibility. The Christ, Jesus said 'That Which is in Me is in you, too and, you shall do things far greater than I shall do'.

"So we have the Christed Consciousness ... the Alignment of your will and God's Will ... and, people being people, they tend to go unconscious; don't want to be Responsible so, OK, 'let me believe on Jesus!' ... He said 'Don't worship me! I'm not here to be worshipped. It's in you.' He pointed His Glorious Finger at you. That's what Your Teacher does: He points His Finger at you. You want to bite It off because you don't want to be Responsible.

"Responsibility is a Joy and That's the Celebration, being the Spirit you *are* ... being in charge of yourSelf ... Loving yourSelf enough to let go of negativity; Loving yourSelf enough to... let go of the excuses you run inside yourSelf ..."

"If you want to give me a present start to respect yourSelf. Start to be conscious in *every moment* of every day of the Oneness and Unity of Spirit and matter. The false self has set it up as 'Spirit versus matter' but the Soul lives in you ... that's Where It's located; that's our Responsibility, OK; and that's What we're here to Celebrate. And we're here to Celebrate also that we're Loved so much that God makes sure there's a Way Home, that we can know Him *directly*.

"And that we can trace our footsteps Home. We took the Journey out. We were created originally as Souls out of the Sound Current, out of the Holy Spirit. God gave us the Opportunity to Know His Creation. And He also gave us free will and we exercised that free will away from Him and from His Will and we started creating embodiments. God in His Kindness and Mercy gives us this Opportunity - instead of going 'down' and 'out', as it were - to go 'in' and 'up' inside ourSelves and into the Soul Body. That's where the fun is. That's where the Joy is. That's where the Celebration is. ..."

"If we're animated by the Lord, God, by the Soul in us isn't it a smart thing to do to respect That and to revere That and to Love That and to take advantage of the Opportunity of Human Life?... use The Teachings. They're your Protection ... follow the Way of *Bhakti*. Grow in Love and Devotion for The Teacher, Knowing that The Teacher *is* the Spiritual Form! Have the wit and wisdom to know that it's a mirror (for your projections). You're seeing your creations ... that's not what's coming from Him. It's coming from you so you can start to move beyond it and move and Lift. And that God, Spirit wants more for you than even you want for yourSelf.

"Celebrate the Oneness! ... let yourSelf have the fun and the Joy of being with God *while you're in the body!*"

"It really is that simple and we'll stop with that."

A very enlightening question-and-answer session followed after which we began the Devotional Process of the Washing of the Feet. Some of those present shared their experiences: "a Surrender Process"; "I experienced Acceptance"; "doesn't feel like water ... really it felt ... like oil" to which Our Teacher clarified as "an Anointment." Another participant shared: "Oneness of it ... it's not water". Dr. Lane then further explained: "Have you noticed doing for others is doing for yourSelf? You benefit tremendously."

After the Washing of the Feet, the Gift-Giving to Our Teacher began, starting with the Group Gift, a donation to CRASS from Initiates that goes towards Speaking Tours; computer and recording equipment.

After the Gift-Giving, the Celebration continued at the Home Center with food and refreshments.

A fun and Uplifting time was had by all.