



SpiritCentral

Timely Knowledge for friends of Cosmos Tree, Inc. and The Center for Religion and Advanced Spiritual Studies January/February 2015

Winter Semester

Fear, Hurt, Pain, and Other Attachments

February 11 - March 11
7:45 PM EST

For More Details, Please See Events
Page In This Issue of *SpiritCentral*.

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"Consistency: Of What Does Yours Consist? - A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, began His November Satsang by saying, "I want to talk a little bit about 'Consistency'. ... What we need is the 'Consistency' with 'What are we doing here on this planet?' We're here for only one Purpose and that's to Re-cognize ourSelves - Re-cognize, Know again, ourSelves as Soul, as Spirit because obviously we've forgotten. ... We're the Lord, God *in the body*. And that's the Great Secret: that God lives within us as us. We've forgotten That. For many, many, many, many embodiments what we've done is identified with our thoughts, with our feelings, with the things out there in the world, etc. ... So we're now in the process of

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"How To Receive - A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, began His December Satsang by saying, "I want to talk a little bit about how to Receive. I want to start by doing a Process. ... I'm going to call in the Light Of The Most High because that's What we work with. 'Lord, God, send us Your Light! And we put this time together into Your Light for the Highest Good!' Now, I want you to be honest with yourSelf. ... How many of you actually Received that Light? So that's the rub. We say, 'I'm placing my Consciousness with the Light Of The Most High, with the Lord, God' and then we don't Receive It. We don't really give It to ourSelves.

"What I'm going to do now is have you simply Receive. ... So, 'Lord, God send us Your Light! And we put this time together into Your

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Holiday Satsang 2014

On December 14, Initiates of the Sound Current on the Path Of Soul Transcendence attended the annual Holiday Satsang given by Our Teacher. The Holiday Satsang and Celebration took place at the Home Center in New York City and was attended by Initiates both in-person and via teleconference from around the country and outside of it.

The Holiday Satsang was preceded by a Holiday Celebration, followed by a Meditation Of The Light Of The Most High.

Our Teacher, Dr. Roger B. Lane, began His 2014 Holiday Satsang by saying, "What I'd like to do, since you kind of already know the story of the Birth of Jesus, is tell you more about It from the perspective of the Christed Consciousness and What comes in with this

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Weekend Of Upliftment And Grace in Los Angeles

**Nov. 14 Talk On "What Is Health?",
Followed by the Meditation For Health
And Well-Being**

On November 14, the first night of the Weekend of Upliftment And Grace in Los Angeles, held at the Le Merigot Hotel in Santa Monica and following an opening-night Open House, Dr. Lane gave a Talk titled "What Is Health?", followed by the Meditation For Health And Well-Being, which was also created and given on CD by Dr. Lane.

Dr. Lane began His Talk by saying "I want to talk a little bit about 'Health' and what It is and how to work It and how to Allow It. And

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Weekend Of Upliftment And Grace in Los Angeles

**Nov. 15 Talk On "Meditation: How?
What? And Why?"**

Dr. Lane began His Talk titled "Meditation: How? What? And Why?" by saying, "I want to talk a little bit tonight about Meditation: How? What? And Why?. ... We call It something else on the Path I bring forward. We call It Simran and Dhyana. Simran is the Repetition of God's Sacred Names and

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"How To Live Royally As The Spirit You Are"

**Workshop on Saturday, Nov. 15 of
Weekend Of Upliftment And Grace**

During the November 14-17 Weekend of Upliftment and Grace in Los Angeles, Dr. Lane facilitated the Workshop titled "How To Live Royally As The Spirit You Are" that was created by Our Teacher. Given on Saturday, November 15, the Workshop was attended by many Souls from around the country and outside of it.

Dr. Lane began by calling in the Light Of The Most High. Our Teacher then assigned Participants written exercises that helped Them learn to Co-Create the lives they want. Afterwards, Our Teacher explained: "It's not your life. It's the life you've been given by the Lord, God. ... In the Process of being Uplifted you Grow in Love. You don't have to work so hard! You have to Allow." Dr. Lane further emphasized: "If you want to understand something [the negativity] you'll keep it around ... It's about letting go of control ... It's about being Responsible and being in Alignment; and if you're 'bitching and moaning', you take care of it." Our Teacher continued: "You're very Powerful and you're

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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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Thank You!

A special Thank You to New York Sports Club on Third Avenue and E. 92nd St. in New York City - near the Home Center - for Sharing the Wealth by putting Cosmos Tree/CRASS flyers in their many welcome packets!

WINTER SEMESTER

Fear, Hurt, Pain and Other Attachments

Wednesdays

February 11 - March 11, 2015

Given by Dr. Roger B. Lane

The Student learns how to Allow him/herSelf to be free from attachments - to people, to status, to money, to anything that the Student is allowing to hold him/herSelf back - all of which are merely reflections of attachments to inner emotions, feelings and thoughts. Students also Learn the critical relationship between Allowing this Freedom from their attachments and Receiving what they want in life.

Please see Epage in this issue of *SpiritCentral* for more information or call Registrar, Amy Blank at 708-846-1031.

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. 6, 13, 20, 27;

Feb. 3, 10, 17, 24 -- 7:30-8pm EST

Wed. Jan. 7, 14, 21, 28; Feb. 4, 11,

18, 25 -- 4:30-5pm EST

MEDITATIONS

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

CALIFORNIA

Los Angeles area: Every Monday 7pm.

Please email LosAngelesMeditation@gmail.com for details. November 9th 10:30 am EST.

ILLINOIS

Chicagoland area: Please email

Chicago@cosmostree.org or call 708-846-1031 for details.

HAWAII

Big Island: Please call 808-937-5958 for details.

TENNESSEE

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

WISCONSIN

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

OUTSIDE THE U.S.

MEXICO

Queretaro area: Call 52-442-224-3042 or in the U.S.

NEW YORK

New York City: Every Mon.

7:30 pm; Wed. (except 1st Wed. of the month) and Thurs.

6:10pm; Sun. Jan. 11 & Feb. 8;

10:30 am; Sun. Jan. 25 & Feb.

22: Special 2-hour Meditation;

Meditation For Health And Well-

Being East Side (Home Center):

Tues. Jan. 20; Feb. 17 — 8:15

pm; West Side (517 West 113th

Street, #33 - btwn Broadway and

Amsterdam): Tues. Jan. 27;

Feb. 24 — 8:15 pm

Tools For Living Free

Reading and Discussion

12:00 PM EST

Teachings Study Group

Using SpiritCentral as the Tool!

3:00 PM EST

Jan. 11 & Feb. 8

Facilitated by Editor-In-Chief

and Experienced

Sunday Program Leader

Rev. Melissa Sones

Available By Teleconference

DVD 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 1997

RCN - Channel 84

Verizon (FiOs) - Channel 35

Brooklyn

Every Sat. — 4:30pm

Cablevision - Channel 68

Time Warner - Channel 35

RCN - Channel 83

Verizon - 43

For those outside New York

City, please go to mnn.org at

6:30 PM Eastern,

Thursdays,

Scroll down to "Spirit Channel"

Click on "Watch Now"

DVD Showing and Discussion:

last Sun. of every month

1-2 pm at NYC Center

Join Us For An Hour Of Spiritual Instruction!

*"Are You Living Your
KNOWING?: Yes Or No - A
Participatory Satsang"*

January 7, 2015

6:50 pm EST

TBD

February 4, 2015

6:50 pm EST

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

Listen to Our Monthly Podcasts!!!

www.cosmostree.org

www.spiritcentral.org

**Jan: "How Are You Treating Your
Fellow Human Beings?"
(CD/MP3 A30)**

**Feb: "What Is God's Will For
You?"
(CD/MP3 A36)**

spiritcentral.org

Web Site

GO THERE!

- * Learn about the Path Of Soul Transcendence!
- * Learn about The Spiritual Teacher!
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- * Meditation Schedules for all Centers!
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Continued from page 1 - "Consistency: Of What Does Yours Consist? - A Participatory Satsang"

Re-membling - coming to be, once again, a member of the Body of God. ... We're of His Image, Which means we're of the Sound Current or the Holy Spirit. And That's within the Soul and It lies asleep in us. ..."

"So our premise is what? ... That the Soul is in us. ... God gave us this experience in the body initially so that we could really enjoy and appreciate and experience His Creation and what we did is we started creating away from God. ... And we were inconsistent. And then we have this thing called the Christed Consciousness, Which, of course, I just love what people do with It; immediately we do something as if It's a religious thing and they'll get out of it by saying 'that's not my religion; I'm of a different faith' or they start to do exactly what the Christ, Jesus said not to do, which is 'Don't worship me! Worship the One Who sent me! And He also said, 'That which is in Me is in you, too, only more so'. That means 'Tag! You're It'. We're It. We're Responsible. And the Christed Consciousness is the Alignment of our will and God's Will.

"Now I would love to say that only this religion has the Christ, etc., you know, but that's not it. It's the Spiritual Office and It's a Consciousness; and - I don't know how to tell you This - but that Consciousness was placed with *each* Soul. So it doesn't matter if you profess this religion or that religion; no religion; don't know if there's God; couldn't care less if there's God; worship money, sex, drugs, rock 'n' roll. It doesn't matter. The Soul is still within us and the Christed Consciousness is There. And sooner or later every Soul is going to go to Its Fulfillment. ..."

"I looked up 'Consistency' in the thesaurus. ... It said 'peace'. That it was related to concordance and being in agreement and peace. But isn't this interesting, too, because when we are at Peace within ourSelves, It only comes about for one reason. The above is as the below or we have let go of our will and Surrendered to the Spirit's Will. ..."

"Through our own assertions we've created the separations, through our own false identifications with our thoughts and our feelings. What do we do? We falsely identify with ourSelves ... as something outside of Spirit. So 'Consistency' consists of Proper Identification, of being in agreement, of being in concordance with that simple Truth that we *are* Soul, we *are* Spirit. ..."

"God, in His Kindness and His Mercy, He makes sure that you can wake up ... That there's Initiation into the Sound Current, into the Holy Spirit. ... That's the Way to Re-member. 'Wide is the way but narrow is the gate that leads unto Eternal Life'. And we know that Eternal Life is when a Soul has completed Its karmic journeys ... God has ensured that we can Know *directly* through the process of Initiation into the Sound Current.

"So what does this have to do with 'Consistency'? Well, everything. Because you've chosen to come to know yourSelf as Soul, as Spirit. And obviously you're here because you've forgotten That so you've been given this Blessed Opportunity to Re-member. So, yeah, you'll have lapses, you'll forget but ... you don't want to insist and persist in denying the simple Truth that you *are* Soul, you *are* Spirit. ... We *are* Responsible. And the Christ, Jesus said, 'That which is in Me is in you, too, only more so'. ..."

"That's the 'Consistency' that's needed. That's where the Peace is; that's where the concordance is; that's where agreement is - within ourSelves, within our Consciousness. It's in that Surrender. And the fascinating thing is that... we think that Surrender to God is something outside of us ... But that's the position of the false self, the lower self, that wants to be in control so you can keep coming and coming and coming. ... But *each and every moment* we're Blessed to have Free Choice. ... Knowing That and exercising That Choice is Consistent with the Truth that you *are* Spirit. ..."

"There's a quality we want to have in our life, too. There's a richness that we want to have; there's a texture we want to give our lives and that only comes with our participation with and as Spirit. That's the richness. That's the flavor. ..."

"So really 'Consistency' is requiring you to be as Conscious as you can *every moment*. Identifying properly with yourSelf as Soul, as Spirit. Using everything along the negative polarity - thoughts, feelings, anger, etc., hurt, pain, all that kind of stuff. That's its purpose. There's no reality to it. ... So 'Consistency' also has to do with Learning how to Create Positively. Learning how to create Neutrally. Learning how to be with yourSelf as Soul, as Spirit even if you don't know what the next step is. ... It's having the courage to *be*. ..."

"The Teachings bring us the Knowledge that we *are* Worthy. Obviously, we *are* Worthy because God lives in us as us. ... 'Consistency' has to do with being in our Integrity, being at the Integer, being at One with the Spirit we *are* inside ourSelves. And we work the world from That Place. Letting go of all the hurt, all the pain, all the separation; using everything to Lift and to really appreciate the awesomeness of this world. It's awe-inspiring: God's Movement through this world. ..."

"Our ability to respond to Spirit - that's our 'Consistency'! Our ability to respond as Spirit - that's our 'Consistency'! That's our Peace! ... the Unconditional Loving - that's the 'Consistency' and That's What you need to do in terms of living with yourSelf!

"How do you live in this world? Unconditionally Loving yourSelf. If you Love yourSelf, you'll Love others. ... Why not do It now? Why not do It *while you're in this body*? Why not give It to yourSelf? Why not be 'Consistent' with Your Purpose on this planet?"

An Enlightening question-and-answer session followed.

Continued from page 1 - "How To Live Royally As The Spirit You Are" Workshop on Saturday, Nov. 15
Weekend Of Upliftment And Grace

a Creator ... you're Kings and Queens in Spirit, in Reality. We tend to forget That. We tend to live as beggars."

In addition to written exercises, the Workshop included dyads and much Sharing. During the later portion, Dr. Lane explained further about Letting Go, Letting God. "That's what's meant by 'Nintendo'. You can try to manipulate results - if you really work it Spiritually you work your buns off and leave the results to God. ... so it's Let Go, Let God. God doesn't do it for you; God does it *with* you."

Our Teacher then gave us detailed instruction on how to Co-Create Positively with Spirit. "Co Creation is putting ourSelves on notice," Dr. Lane explained, using the following example: "Lord, God, I wish to be of Service today. For the Highest Good, please Co-Create This with me!" Dr. Lane then explained the importance of saying "For The Highest Good": "We're Souls and we're Powerful. And we're karmically responsible for it on that level. 'For the Highest Good' takes the onus off of us; and it's your Protection." Dr. Lane also explained that what we ask for needs to always be a preference: "You have to learn to be Neutral and let God bring it forward in the best way."

Dr. Lane then led us in several Processes that helped us Learn to Be Present. "You're Present; That's where the Solutions are," said Dr. Lane. "That's when the Solutions come forth." Our Teacher then spoke to us about the Core Teaching of Giraffe Consciousness, Which is "keeping our Focus on Spirit as we go about our business in the world". "The giraffe only eats of the highest part of the tree," said Dr. Lane. "We're not 'victims'. We have a Neutrality towards what happens to us and it's for our Learning. Instead of being angry [about a situation] we use it for our own Growth and Upliftment. It's an Opportunity to get free and clear." Dr. Lane continued: "Giraffe Consciousness practices Blame-less Responsibility. There's an Acceptance and everything is Spiritually Correct, karmically correct. That's part of Living Royally as the Spirit You Are."

The Workshop ended with a powerful creative exercise shared by all, followed by the dispensing of Graduation Kits as a Loving Gift by Our Teacher "to help you consolidate and strengthen your Gains; to help you consolidate your Growth and Upliftment".

The Workshop was followed that evening by a Satsang given by Dr. Lane titled "Meditation: How? What? And Why?" [Please see article in this issue of *SpiritCentral*.]

Light for the Highest Good!' Now that was good. Most of you Received it. Some of you had some fear there but you held quiet and allowed yourSelf to Receive. (Let's) Send the Light to us again and what I want you to do is I want you to run some stuff. [pause] Now, cease! Stop and be Present! [pause] Run some stuff! [pause] Now, cease! Just be Present! [pause] Run some stuff! [pause] Now just be Present! [pause] Run some stuff! [pause] Now just be Present! Now when you can bring your Consciousness back here!

"I'd like you to share what was the difference for you when you Received and when you didn't? One Participant shared, 'It was a lot easier to be Present. ...' A second said, 'It just felt better. ...' A third explained, 'I felt an opening on my heart.' A fourth said, 'Clear'. A fifth Participant said, 'When I Received the Light everything felt open and clear. ...' A sixth said, 'When I was running stuff there was a righteous thought that this was right. When I was Present there was a blossoming of Peace and not trying to get anywhere or do anything.' A seventh person shared, 'When I ran the stuff and then did not run it it was really a balm. It was so healing. Then I couldn't remember what the stuff was'. Another individual shared, 'When I wasn't Present it was an isolated feeling. ... When I was Present I felt a little electricity come in.' ..."

Dr. Lane then taught, "This makes us very Powerful. We have complete Choice. We can choose into density; into matter; into being enslaved or we can choose into the Freedom and the Joy of being in the Soul Body. Of course, when we're in the Soul Body we're with God. That's how you worship God. That's the 'church.' ..."

"I wanted to give this Talk on Receiving because many times between Classes or breaks a lot of you are eating. And ... I'll ask you, 'Hey, did you call in the Light? [ed.'s note: Dr. Lane is referring to the Light Of The Most High]' ... As it turns out you called in the Light but you didn't Receive. So the Light is sitting there. ... When you get quiet and Receive it's almost like a slinky going down the stairs. The Light just goes down through all the Levels in your Consciousness and that's what's really, really important: that you're giving It to yourSelf. ..."

"Otherwise, you're depriving yourSelf. See, I'm calling in the Light, I'm going to place my Consciousness with the Light but I'm not ... going to give It to mySelf. Then It becomes something you're doing by rote or just as a mental exercise and, of course, it doesn't do anything. ... You're not participating with the Light Of The Most High and you're cheating yourSelf and you're impoverishing yourSelf. So I wanted to give this Satsang just to teach you to really be Present.

"Now, of course, when you're Present you can't run your stuff. You have to sit Present with God. Present with Love. So if we're, for example, Blessing the food... what you're really doing is Receiving the Light; and many of you, you don't even have to eat the food. You're not even hungry. You've been filled by the Light. ... So when we call in the Light we have a wonderful Opportunity to Receive. ..."

"Isn't it interesting that as an Initiate on this Path you really get the Remedy because you're taught to go 'in' and 'up' which reverses that tendency to go out into the world and attach. ... We do the opposite. We have to do the same thing that we do in What the world knows as Meditation... what we call Simran and Dhyana. ... We have to hold with the Light [Of The Most High] and just move into Love. And Love is Letting Go Of Volition Every time. So I'm letting go of my agenda. And there are lots of ways we can Receive. ... Of course, in the Reception, you are Uplifted and Upvibrated. ..."

"So many people say, 'When I dropped my stuff and got Present and Received then I got all these Solutions!' Yeah. That's where the solutions are. They're in Spirit. They're in the Light Of The Most High. The Divine Balm or the Divine Solution - That's the Solution for everything. And you can only have It if you are Present. ..."

"We're directing our Consciousness out into the world, into worry, fear or pain or into our agenda and we can't Receive What's in front of us. The beauty of little children is they're spontaneous. That's why the Christ, Jesus said, 'Except you be as little children you can't enter the Kingdom'. Because they're not running their negativity. They're just Present. They're just Present. ..."

"When we go through our lives, what do we do? We enter into worry, into fear, into pain, into control; we try to control the future, the outcome, etc., etc. Well, good luck with that! And we know that as soon as we do that we are outside ourSelves and we've given over our Power; and if we've given over our Power we're into karma. Then what are we going to have to do? Well, if we've given over our Power and it is out there then we're going to have to control and manipulate what's out there. And we go 'round and 'round and 'round. ..."

"But if we choose into the density of matter, into worry and fear; and pain and concern; into hurt; into history - so many of us go, 'Wow, I have reference points in the past. And this or that is going to happen.' - well, then guess what? The fear is going to come upon you. It's Spiritual Law. ... And what's the 'mistake' in quotes, which eventually every Soul is given enough time, enough embodiments to learn from? It is to create away from the Spirit they *are*, away from the Lord, God. So we can sit with the karma upon us and enter into agenda, fear, lack, pain, suffering, etc. or we can just choose to be Present. See, when you're Present then you start to experience the Joy; start to experience the fun; you start to experience really, really being alive. ..."

"What gives us life but the Spirit, the Soul? So, if you really want to be alive doesn't it make sense to just Receive It through the Levels of your Consciousness and just be Present? So, how you Receive is you just hold steady with the Light [of the Light Of The Most High]. You let go. You Love. Love is Letting Go Of Volition Every time. Letting go of your agenda and you're just Present and you Receive. ..."

"God is doing a pretty good job of running the show. ... He allows you to do what you do with it. But you're also assuming that the planet's a mess. It's perfect just as it is because it's set up for our Receiving and Transmitting. And what are we Receiving but the Spirit, God within? And, you know, the old greeting that the Indians do basically is, you know, I salute the God in you, OK. And it's real interesting: just physiologically, you can't be angry when you make that gesture - it's impossible. And yet a lot of us walk around so very angry. With this free-floating anger. A lot of it is based on feeling that we've been kicked out of the Garden. We've been kicked out of the Garden, not by God but by ourSelves. We've kicked God out of the Garden. But because of how things work in the mirror we think we've been kicked out. It's all backwards.

"So when we Receive we come into that state of Surrender, of letting go, of Trust, of Union. But It doesn't happen as a mental exercise or anything else like that. ... One of The Teachings I bring forth is to Love yourSelf enough to give yourSelf the time of day. And giving yourSelf the time of day is to place your Consciousness where you can Receive.

"And, in conclusion, if you really were Receptive to what's being said you would Receive the Talk and you would Receive It as intended, Spiritually. ... If you Receive It you would be Upvibrated as a Soul, as Spirit, because that's how The Teacher works with a Student. Through the Upper Part Of The Third Eye and through the Crown Chakra. ..."

"There's the way of the world. There's the way of Grace. It's real simple.

"We'll stop with that."

A Spirited question-and-answer session followed.

Birth ... We know that Jesus is born in a manger and He is born with the animals. He's born with the animals because isn't that where the Christed Consciousness comes out of? We're asked to Lift and Grow Spiritually and we're in the lower worlds, or in the instinctual worlds ... where we're governed by our karma. ... Jesus The Christ comes in. Remember, It's Jesus The Christ, so He held the Office of The Christ, the Spiritual Office that is in charge of all Souls in the dual worlds ..."

"We know about 'To Love the Lord, God with all Your Heart, all Your Might and all Your Soul' and 'To Love your neighbor as yourSelf.' OK. So He was a true democrat, OK. He really, instead of having this elitist group of Souls that could just get into heaven if they fulfilled the law - the 613 laws, which, you know, not many people could - let's make things more democratic! Let's reduce it to two! And those two Laws... fulfill the karmic law. ... We're going to Lift away from the karmic law and we're going to move into Grace or Love. ... Jesus Christ comes along and democratizes Souls' chances to get into Heaven. This is crucial. What is He doing? ... Along comes Jesus Christ and what do you get? You get a God of Loving. A God of Love. A God of Mercy and Kindness. ..."

"So He was a tremendous reformer. ... So He comes in and holds this Energy. He says, 'Let's give Souls a shot! ... And let's simplify.' And then, of course, the real Reformation had to do with bringing in the Frequency of the Soul Realm, What's called the Soul Realm. Where Souls could finish on up and go Home to God. That's a God of Mercy and Kindness! And the Christ brought It in. ..."

"And we also know also that when He dies, what happens? The Christed Consciousness that was Present in Him is now placed with each Soul. So that we're karmically Responsible to go to our Completion as Christ. The Christ is our will and God's Will as One and the Same. So What is God's Will? To Love the Lord, God with all Your Heart, all Your Might and all Your Soul. And to Love your neighbor as yourSelf. This is really the meaning of Christmas. ..."

"If you're involved in a Sound Current Path, you'll find yourSelf getting stripped and stripped and stripped because you need to stand naked before the Father. You have to go in the Soul Body and be with God. ... And you have to be able to understand that Frequency. By understanding that Frequency I mean that you have to stand on it. You have to be able to hold that Frequency of The Lord, God or of the Soul Realm and That, of course, is when your will and God's Will become One and the Same. So that's what Christmas is about. ..."

"We have this tremendous Opportunity to Learn how to be in the world inwardly and outwardly. Within ourSelves: to treat ourSelves Lovingly; to give ourSelves the time of day, which means to let go of and Allow to Lift and Clear anything that stands in the way of our Focus of fulfilling the first Law, Which is, to Love God with all Your Heart, all Your Soul and all Your Might ... The Focus has to be on the Lord, God, on the Spirit you *are*. And we know that everything else is karma. Everything else is separation from the Spirit you *are*. So the Christ comes in to give us this alternative to karma. ... Loving God is a very pragmatic approach. ..."

"We know that Peace is 'as above so below'. That means that as It is in Heaven, in the Spiritual worlds, It is in on the planet, within us. And that means our will and God's Will are One and the Same. So we have Peace within. We have Peace within. From there you'll have Peace without. ... It starts within us and we're Responsible. ... The Christ was all about Freedom and the Key to

the prison of matter. Of course, we know that those are the Tones, the Charged Sacred Names of God. ..."

"There's a very, very specific, concrete way of living daily so that we are Allowing our Freedom. ... So in your day-to-day stuff I Lovingly suggest, watch what you're doing! Watch the thoughts! Watch your feelings! Anything that isn't of God, of Light or the Positive Polarity do you really want that around? ..."

"The thing that Christ's Birth brings in is - and this is very crucial - is there's Grace! But what's your Responsibility in all this? ... It happens only with our efforts and Consciousness of Lifting and Growing. ... Christ, Jesus is saying, 'You got to make the effort'. ... the Messiah doesn't do it *for* you. He does it *with* you. ... You're God in Manifestation and you've forgotten It. The whole Purpose is to fulfill It! ..."

"We're constantly Choosing to Let Go of everything that separates us from the Spirit we *are* so that we and God are One and the Same. ... The Christ, Jesus is reminding us we *are* Responsible. That's the Message of the season. The Message is you can't come into the Resurrection unless you give Birth to The Christ. There's no Easter without Christmas. ... The Focus is on the Joy of Spirit and being with God. That's the Key and the Message is the Joy and the Miracle. It's the Miracle of *while we're in the body* we can be with God. That's the Great Miracle through the Initiatory Process. And doing It consciously. And that's our Responsibility. It boils down to minute-by-minute actions that we take inside of ourSelves. ... The inner environment that you create. The amount of Loving. ..."

"In Spirit it's ... Surrendering and Allowing and let God be the motor and being fulfilled! ... So the Christ is about Fulfillment. Spiritual Fulfillment, yeah! But also how you can be Fulfilled on all the other Levels by Allowing God to be your motivation, to move you, to be your motor. So you don't have to strive and seek. ... Surrendering to That and Allow yourSelf to be moved. And that takes Trust, Allowing and Receiving. And isn't the Christ about That? ... He Allowed Himself to be Christed. ..."

"Our will and God's Will is One and the Same. And so That has to do with Love. Love is Letting go Of Volition Every time. We let go of our will. And we let go of our will and let God's Will rule as a conscious process *each and every moment*. That's where the Peace is; that's where the good will is; that's where the God Will is. ... Each day be aware of consciously fulfilling the Christed Consciousness! ... We all have the same Consciousness. We're all One. Hold that in your Consciousness as well. What you do with people and how you are treating them - you're affecting everyone. ..."

"So let's live everyday as Christmas! Let's live everyday Spiritually, as our will and God's Will as One and the Same. ... And if it ain't connecting with Loving, it's ain't connected with Christmas. ... So be Healthy, be Happy, definitely be wise and give yourSelf the Christed Consciousness! ..."

The Holiday Satsang was followed by the giving of the Group Gift to the Center For Religion And Advanced Spiritual Studies, which consisted of donations from Initiates to go towards Our Teacher's Travel Mission; equipment and towards the general fund. Musical performances by Rev. Dewi Lim, Andrew Isleib and Edward Faust followed as did more of our Holiday Celebration.

The Enlightening Event was greatly en-Joyed by all.

Dhyan is the Concentration and Focusing Technique.

"And I want to ... give you an understanding of how we Meditate and what Meditation really is. ... And why we do It is real simple. Because we're a bunch of dummies. And by dummies I mean that we've been made stupid and by being made stupid I mean that the karma is upon us. What do I mean by the karma? Well, real simple. Karma is any creation that we have made in thought or word or deed in our existence as a Soul throughout Its many bodies that It's worn and we're at the effect of that.

"And what we've done in our previous existences is we have identified with the things of the world - our thoughts, our feelings, etc., and the Soul is confused. It no longer knows Itself. It has forgotten Itself. And in Its existence as Soul It's come 'down' and 'out' into the world, as it were.

"And what we do in this Meditation I teach and That we practice is we *are* Souls. We *are* Souls. In the Beginning was the Word and the Word is the Sound Current. 'In the Beginning was the Word' and the Word was with God tells us what It is and 'where' It is. It's the Holy Spirit and That's the Essence of Who we *are* and we were all created by God out of the Sound Current by the Super Soul, the Great Soul, the OverSoul, the Lord, God ... and God gave us out of His Love - He gave us - an experience of His Creation of this world and what we did was, rather than just experience it, we started exercising our free will away from God, away from the Spirit we *are* and we started to assert ourselves.

"And lifetime after lifetime after lifetime what we've done as Souls is we've identified with our thoughts and our feelings and with this outward pull 'down' and 'out' into the world. So when we sit in what's called Meditation and what I call Simran and Dhyan is we reverse it. We are tracing our steps back Home, as it were, and so we go 'in' and 'up'. They're not really locations or directions; rather, it's we go inside ourSelves where the Soul is, where the Spirit is, and we go 'up', although it's not really 'up', into the Soul Body in the Process of Initiation.

"And in the Process of Initiation ... I say Process of Initiation because It is a Process: you receive the Great Gift of Initiation and then it's up to you to open the Gift and to open the Gift ... because the Soul lies dormant; it lies asleep in us. It's sparked Awake through Initiation and in the Process of living as an Initiate ... you come to travel through each of these Realms That the Soul lives on and come to be awakened and come to know yourSelf as Soul, as Spirit.

"Because, as it is now, if you picture a light bulb ... and it's burning at 100 watts in reality ... but because of the choices you've made and the karma you've made there's this gauze around the filaments so it's dimmed and it's asleep. And that gauze is the karma that you've created. Now God, in His Wonder-full Mercy and His Kindness, He's given us a Way to Know Him *directly* and to be with Him *while we're in the body*. It's a great Miracle! ... "

"If you take a look at what He [the Christ, Jesus] demonstrated, He demonstrated the whole nature of the Human race. That people are caught in time and space. They're identified with the material self and they're crucified. But look at it another way and what do you see? Well, the Opportunity for the Resurrection. So what happens in Meditation is we don't do what the world does. We don't say 'Oh! This Guy was resurrected and we've idealized Him and that's it and we're free of the Responsibility'. What we do is the opposite. We're charged with that Responsibility and we come into the Resurrection. And what's the Resurrection but real simple? To be in the Soul Body and to be with God. And we get this Beautiful Opportunity when we sit in Meditation on this Path to be with God ..."

"To give you context for this: God exists on many

Levels. The Soul lives on many Levels. Actually 33 Levels in manifestation but there are five that really are our concern. And these worlds of the imagination, of your feelings, of your thoughts and of the unconscious - the great unconscious, as it were - that's where the Soul is sleeping and is asleep and that's where the karma is lodged. Depending on where the karma is, it's lodged on the appropriate level. When you sit in Simran and Dhyan on this Path, because It's been sparked Awake you get to what's called travel through these Levels. But it's not traveling through in the sense of you're going from here to there but the simple Truth is that God is within us and lives in us so rather we Allow that Upvibration, that opening, to happen on that level. And in the Process of practicing your Initiation you get to be Awakened on all the Levels until you've reached what's called the Soul Realm.

"Now this is the Realm in which you are completely free of the wheel of life and death etc., etc. or - and this is the meaning of the Christed Consciousness - when your will and God's Will become One and the Same. See, and it's 'There' that we become Free and have entered into what's called Eternal Life. And it would be really nice if just because you dropped the body you're with God and not subject to karma and reincarnation except it's not true. You're with God on the Level you're with God because He exists on all these Levels but you're subject to karma and reincarnation until you complete your training as a Soul, which is Proper Identification with yourSelf and as yourSelf as Soul, as Spirit. ..."

"So we do Meditation to remember Who we *are* because we've forgotten and how do we do it? Well, Lovingly. Devotionally. And with Reverence. And if you're an Initiate Of The Light Of The Most High you're given the Charged Names of God because on each of those Levels - God is on each of those Levels - He's known by that particular Name. And also each Level corresponds to a frequency or a color and the Soul locates Itself, Knows where It is by listening to the Sound on that particular Realm. And by Chanting the Names of the Lord, God that have been Charged for you by the Master, especially Charged for you, you get to have that Level and that Realm revealed to you, open to you for you to move on through and incorporate in your Consciousness, see, because the Soul has to be Alive and is Alive on the Levels It lives on. That's part of the Requirement of a Soul.

"Now I'd love to say that when you die you're going to be with God ... but that's not the way it works so when do we wake up? Through Meditation. We're sparked Awake at the time of Initiation but it's our diligently doing Meditation that we are solidifying the wake-up. The wake-up means we're able to hold the Divine Oscillation, the Frequency of God because the Soul - when It goes to Completion and no longer has to come back - It's going to be able to be before the Father, to be with God. That means it can withstand That Frequency. ... and when we sit in Meditation we're coming into that Knowing and we get to gain Power, gain Spiritual Light ... When you sit in Simran and Dhyan you get to see the Nature of God. You get to experience the Joy, the Freedom ... you get to know intimately the Spirit that you *are*.

"And It has to do with Chanting the Sacred Names of God that have been Charged and doing the Focusing Technique to keep you at the Upper Part Of The Third Eye where the Spirit is. Otherwise, you drop back 'down', you drop back 'down' and you're in your karma, you're in your stuff. ..."

"And That's the Remedy. That's the Remedy. When you're in the Spirit you're with God and that's how you worship God. You worship God by ... being with God *directly*. We have this Wonder-full Opportunity - and really It is Miraculous - that we can be with God *while we're in the body*. Wow! ..."

'Health' really has to do with what the word says; It has to do with Wholeness. It has to do with Oneness.

"OK. So 'Health' is not a matter of not being ill or not getting sick. 'Health' is a matter of Fulfillment. When you take a look at 'Health' what you need to do is you need to take a look at what this thing is called the body and most of us have it mocked up that this is 'it'. This is the body; it has a finite number of days, and this is who we are and concomitant with the body we have a whole bunch of thoughts and feelings and drives and emotions, etc. that we need to have fulfilled.

"And sometimes things get out of whack with this body and it just kind of 'happens'; you know, I just kind of got a cold or I just kind of got a stiff neck, alright? But when we talk about 'Health' we really need to look at things inside out; we need to take a look at the body not as the body but we need to take a look at it as a vehicle or as a container and it's a container of the Soul, the Spirit in us because there's something that animates this thing, you know, and when that Thing leaves the body - within half hour or so - we're what's called 'dead' so there's something more than just this body.

"And the 'Health' of the body is an expression of our relationship to the Spirit that we *are*. If you take a look at the body it's really set up as a receiving station and as a transmitter and every cell vibrates, etc. ... each organ vibrates at a specific frequency and when it no longer vibrates at that frequency it starts to get diseased and you have disease in that organ but it's a vibrational thing. We know that the heart is basically electrical in nature and the body is basically electrical in nature and within the cells sits the Spirit we *are* or the Soul and It underlies every cell and yet It also is the Material, as it were, of the cell and so when the Soul is sparked awake the body starts being sparked awake.

"It's interesting, when you look at the body and the state the body is in you can gauge immediately what that person's relationship is with the Spirit they *are*. See and that ... leads to another perspective and it's a long-range perspective because we love to think this body goes; this is it; this is who we are; and this is our identity so we put a tremendous amount of stuff on the body that doesn't belong there. ... we have this whole army called medicine, called medications to defeat this enemy. So we're here as this little thing in an alien universe and that's basically the mindset - we're here alone; individuals in this hostile kind of environment called the earth - and that's pretty far from the truth.

"And we're always fighting for our health just like we're always fighting for stuff in the world, attainment, etc., etc. The Truth of it is just the opposite. It's going to mirror how much in Alignment are you with your Purpose here. OK, you know, it's interesting to me. I talk to a lot of people from all sorts of walks of life and I've noticed the people who are wealthy in terms of money and success that they've all run some kind of thought that goes you know that's going to protect my success, my status, my money; it's going to protect me from dying from death, etc. but it doesn't.

"And those people I know who know they are Wealthy regardless of their income and their status, they tend to have and be in much better Health. ... it's a process of ... Identifying themselves properly. ... It's about using this time that's been given to us by Spirit, by God ... to Know ourselves as Soul, as Spirit and when we do That and the Soul is sparked awake then guess what happens? Because the body is electrical and the cells are composed of the Spiritual Essence the body starts going to healing, starts going into healing. And we also know that If you're in a Loving relationship with the Spirit you *are* and with yourself you'll have better Health. In other words, if you're filled with judgments, resentment, hurt, anger your Health is going to pay the price.

Our Teacher then gave an example of a psychiatrist friend who came to Our Teacher with a story because Our Teacher was "the only one I can tell the story to." The story was of his observing his 80-year-old mother "create cancer" after his mother was told by her 84-year-old sister, who had lived within a block of her for years, that she was moving five blocks away. Dr. Lane explained, "My friend's mother was beside herself and was tremendously angry at her sister. And my friend described visiting his mother and she went on and on and on in a rage about what was done to her. He said, 'you know, I saw my mother create cancer. In three to five years she's going to have cancer'. And then sure enough in about four years later he said 'you know it did happen. My mom did create that cancer and it's raging through her system just like she was raging'.

"So another thing about 'Health' is that It's a Wonderful Opportunity to teach us that we are Responsible. We're Responsible for where we place our emotions; we're Responsible for where we place our Focus and what we persist in, what we persist in. On a very superficial level, I've never seen anybody have a cold who wasn't being cold to him- or herself or to others - you know, full of judgment or not listening to themselves or not taking care of themselves So there's Responsibility with this thing we have called the body, you know, and obviously it takes maintenance. ... you got to get your sleep; you want to eat foods that are conducive to your well-being, etc., etc. ... and the most important thing is a Loving relationship with yourself; to watch the negativity; don't watch it build up but watch it and change your Focus. There are ways to do that. You can call in the Light Of The Most High or God, the Force, the Schwartz, whatever you want to call It and tell the Force to take it and tell yourself to let it go! You can flush it down the toilet. You can write all these negative thoughts down and burn them, flush them down the toilet, whatever, and have the courage inside yourself to just stay Neutral inside yourself with that and not go back to these patterns of negativity because they will circle back on you and be reflected in your 'Health'. ..."

"But it doesn't do any good to quote if you're sick you get better, OK if you haven't gotten what's called the karmic learning with it because if you haven't gotten the learning guess what? You are just going to get sick again and, most likely, sicker. You're going to have to learn karmically. Some people have to learn to take care of themselves; some people have to learn that they're Worthy and hence taking care of themselves, etc. but there are lots of lessons but going to a doctor to patch it up isn't going to do the trick unless the underlying karma is handled. So you need to think of your body also as this expression of your relationship to yourself in a movement and in your movement towards Wholeness and being One. See that's crucial; that's Key. ..."

"The other thing I got to see ... we're putting this label on this thing - you get sick; you get this disease physically. That's 'bad' so let me run to somebody who's got the right authority to make it right and then it won't be so 'bad' anymore. But I got to see that it wasn't a question of 'bad' and let's make it right. It was a question of, well, here's this thing and I can treat it as 'bad' and try to get it over with, which isn't going to help, or I can treat it as something that I'm having an experience with that's a Gift in reality and I'm going to Learn from it ..."

"But I've never seen something just happen. I've never seen an accident. There's rhyme and there's reason here, too, so in our work with 'Health' and in your approaching your own health you need to see what's going on as these Wonderful Opportunities to Learn and to profit, not as something you need to quickly get over with or get over from. ... We may feel fit but

“So Meditation is a Wonder-full Opportunity to get quiet, be Devoted to the Spirit you *are* and give yourSelf on over; and to Allow yourSelf and your Consciousness to trace that whole Journey. It’s like if I were to go to your house and then I wanted to trace my way back I would leave bread crumbs and then walk back following the bread crumbs. So when we sit in Meditation the Soul is Walking back, going back Home, as it were, to Spirit by retracing Its Journeys because, when the karma was upon the Soul, it pushed it ‘down’ and ‘out’ so in the Meditation that we do on this Path we’re reversing this whole Process. We’re going ‘in’ and ‘up’ and we’re returning on Home. It’s all about Remembering Who we *are* and living in the Oneness of ourSelves as Soul and as Spirit. It’s the Place where Joy is and It’s the Place where Freedom is and It’s the Place where our Power is ...”

Dr. Lane then lead those Present in the HU Chant Meditation Technique by saying: “... if you haven’t chosen Initiation I cannot treat you accordingly and we can’t Chant the Sacred Names of God because you haven’t asked to come to know yourSelf as Soul, as Spirit. So I want to give you another Meditation we can do. And we’ll do the HU – ‘H’ ‘U’. And what I’d like you to do is just breathe in and breathe out through the Upper Part Of Your Third Eye. And on the inhale, say the letter ‘H’ and on the exhale ‘U’. HU is an old Sanskrit name for the Lord, God. So ‘Lord, God send us Your Light! We put this time together into Your Light for the Highest Good.’”

After the HU Chant, Dr. Lane explained: “What you want to do is stay at the Upper Part Of The Third Eye or above because anything below that is of the lower worlds ... so that’s what we do. We practice, practice, practice being with God. We practice, practice, practice living in Love and in Joy, etc. And we practice, practice, practice coming to Know the Reality of Spirit. See, because HU: That’s the Name of God in his First Manifestation. And That’s also Who we *are*. We’re HU-mans. We’re HU-mans. But we’ve forgotten That so we walk around going ‘I’m just a human being. I’m just a powerless little nerd’. In Meditation we know the Truth of ourSelves as Powerful Creators and as God so that’s Why we Meditate? and How we Meditate? and What Meditation really is? It’s a Blessing. It’s an Opportunity. ...”

“So you came here and you had a Purpose. ... that Purpose - real simple - is the Fulfillment of HU-man life. ... You’re here because you’ve been given a Wonder-full Opportunity by God to come to Know Him and to finish your karmic journeys. So the question is do you love yourSelf enough to give yourSelf the Best and the Best is God and the Best is you as the Spirit you *are*? Spirit is in you and we *are* One with God and we’re here to remember This and this [ed.’s note: Dr. Lane is referring to the *present* life we are living] is the Opportunity to do that. ... In Meditation we keep opening That Present, opening That Gift, opening that Wonder-full. Wonder-full Blessing that we’ve received. ...”

“And I’ll stop with that.”

The Talk was preceded by a 45-minute Reception and an Enlightening experience was had by all.

Continued from page 7 - Nov. 14 Talk On “What Is Health?”

will we be ‘Healthy’ in terms of our thoughts, even in terms of what’s happening cellularly? I know somebody who’s extremely fit ... left the body in his forties ... the body is reflecting a state of our Spiritual Awareness and where we are at Spiritually. ... the body just exists this lifetime but it’s expressing often what’s been put into motion before and the body will express karmically ... but there’s an Opportunity there, too, just like with any illness, with anything. ...”

“There’s a Learning. There’s a Gift. And the Soul is always in Agreement. ... We’re looked at as being random ‘victims’ of this stuff that happens to the body but yet nothing happens without our Agreement. We’ve agreed to it all and it’s karmically correct. There’s the Responsibility, whether we know it or not, and everything is this Opportunity to Lift and Grow. The body is both Sacred and it’s profane. And it’s Sacred because it does hold the Spirit we *are*. And it’s funny that we have to do this work that goes beyond this lifetime or beyond this materialistic focus while we have this finite thing, this finite expression called the body but that’s its purpose and everything in it is geared to that ... but there’s also a Spiritual neurology that goes on and it’s all about being and processing with the Light, the Spiritual Light that at you *are*. ...”

“When we look at ‘Health’ we need to really understand that our ‘Health’ is totally dependent on ourSelves, our Loving relationship with the Spirit we *are*, our Focus on That and crucially Allowing ourSelves to be ‘Healthy’ or to be moved into ‘Health’ by that same Spirit that Knows what It’s doing in us; that same Spirit knows what It’s doing. We can’t grab onto ‘Health’ as an ego process because you’ll patch this up and patch that up and patch this up but, if underneath you haven’t gotten the Growth or the Understanding, you still have the karma ... it’s not going to work. So another Key thing with ‘Health’ is you need to Allow. You have to Allow rather than grab on.

“And the third thing is that sooner or later this body ... however many bodies it takes you’re going to come to the Understanding it’s all about the Spirit you *are* and this is the Spirit you *are* in manifestation and it has the density needed to be on this level and to do what it does here and the whole training of having a body and the whole Gift of this is to start to practice what’s called Proper Identity and that is That you *are* Soul, you *are* Spirit, not that you are the body that’s going to die but rather your body is a Gift to help you fulfill a Purpose. That’s really ‘Health’.

“And I’ll leave you with that and hope that it sparks something awake in you and that you’ll definitely feel in the pink.” [ed.’s note: said as Dr. Lane points to His pink socks.]

The Talk on “Health” was followed by the Meditation For Health And Well-Being with the Introduction and Concluding Process led by Rev. Rebecca Hammerstein, the Cosmos Tree/CRASS Los Angeles Area Representative.