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Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies November/December 2015

SPECIAL THANKSGIVING Meditation Of Gratitude

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SpiritCentral

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"The Drama In Your Life: Flair, Fair Or Hot Air? - A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, started His September Satsang by saying, "I'm going to start by calling in the Light Of The Most High because That's What we work with. ... So, 'Lord, God, send us Your Light! And we put this time together into Your Light for the Highest Good.' And I'm going to ask you a question a few times. 'What is the drama that you run in your life?' (Pause) 'What is the drama that you run in your life?' (Pause) 'What is the drama that you run in your life?' (Pause)"

"I'm going to ask you another question, 'What purpose does this drama serve in your life?' (Pause) 'What purpose does this drama serve in your life?' (Pause) 'What purpose does this drama serve in your life?' (Pause) 'What is your life like without this drama?' 'What is your life like without this drama?' (Pause) 'What is your life like without this drama?' Last question, 'Are you willing to give up your dramas?' (Pause) 'Are you willing to give up your dramas?' (Pause) Notice there is an 's' at the end. 'Are you willing to give up your dramas?' (Pause) Now when you can bring your consciousness back here.

"Let's have some sharing! Anyone who would like to share?" One Participant

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"Levels Of Responsibility: A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, started His October Satsang by saying, "I want to talk a little bit about Levels of Responsibility. We know that Responsibility means 'the ability to respond to the Spirit you *are*.' Remember the Levels that the Soul lives on? The Astral, the Causal, the Mental, the Etheric as well as on the Soul Realm; you're Responsible in all those areas. ... If you're not Responsible to the Spirit you *are*, you're not Responsible at all. ..."

"Many times it seems like we're being Responsible in the physical world, in the world's terms but we're being very irresponsible. But we're being very irresponsible. So, for example, yeah, it looks great to say 'well, hey! you know I'm making sure the check won't bounce and that's being responsible. [ed.'s note: Dr. Lane is referring to a Student who asked that a Tithing check be held.] Yeah, but hold on! You're not being Responsible to the Spirit you *are*. You're creating lack and limitation. You're holding on to that frequency. You're not giving to yourSelf, etc. And, of course, if you go back you'll see the real cause is within that person's not quite giving the Spirit to him- or herSelf. And so it gets out-pictured. OK. So let's take a look at how these things work and I'll use these examples again or I may not!"

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Events Calendar

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Tues. Nov. 3, 10, 17, 24;

Dec. 1, 8, 15, 22, 29 -- 7:30-8pm EST

Weds. Nov. 4, 11, 18, 25; Dec. 2, 9,

16, 23, 30 -- 4:30-5pm EST

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

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3:00pm EST

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Every Thurs. 6:30pm.

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Verizon (FiOs) - Channel 35

Brooklyn

Every Sat. — 4:30pm

Cablevision - Channel 68

Time Warner - Channel 35

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For those outside New York

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DVD Showing and Discussion:

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"The Story Of The Tuna Fish Sandwich: A Participatory Satsang"

November 4, 2015

6:50pm EST

TBA

December 2, 2015

6:50pm EST

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by Dr. Roger B. Lane**

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Nov: "Are You Strong Enough To Be 'Weak':

A Participatory Satsang"
(CD/MP3 A173)

Dec: "The Polar Bear Myth - A Participatory Satsang"
(CD/MP3 A178)

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Saturday, December 19

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said, "The answer to the first question was that 'nobody wants me. I'm not good enough.' ... The purpose of it is that it keeps me from being in my Power and living my Purpose. What it is like without it? Awesome and empowering. ... And I'm totally willing to give it up." Our Teacher then added, "That's one of the things that happens with drama, when we're in drama. Where are we, where's the conscious self and where is the traffic cop in us that chooses where we're going to focus? On the negativity or on Spirit? Are we going to enslave ourSelves or are we going to reclaim our Freedom? The moment you think, 'It's doing this to me. He or she is doing this to me' - that's always a sign that you've given your Power over and you're in karma. Back up! You know how to release it and come back to your Center."

A second Participant shared, "The drama is I'm not loved. The purpose is to keep people away. ..." Our Teacher used this as a touchstone and shared, "I like to look at things in the true picture, the total picture, whatever you want to call it. And the 'I'm not loved' is really expressing the Truth of the relationship between us and God. ... So you don't think God Loves you. ... 'As long as I'm in karma I don't have to be Responsible. You see because God doesn't Love me, I'm not Loved. Then guess what? ... I'm not known to God. And I'm unloved. And I don't know and have never had experiences that God *is* Love and that this whole illusion called life - through it all - it's all pierced by God's Love. And that's all there is. So let me pretend that I know nothing! Then I won't have to do anything. I won't have to be Responsible,' etc. ... You have all this time, called embodiments, to learn to be Responsible and know that you *are* Spirit. ..."

Another Participant shared, "Not being in my power. Being insignificant and not connected. Then when I let go I felt flow and I felt the Light energy all around me." Our Teacher then Taught, "The Teachings on The Path Of Soul Transcendence Teach us What? That the Power is in Surrender. Surrender to the Spirit we *are*. We know that The Path Of Soul Transcendence is a What? ... A Bhakti path. It's a Surrender Path. So that's where the Power is. When you Surrender to God, to Spirit. ... You have got to get rid of the ideation that God is out there. That's another way to not be Responsible. ..."

A fourth Participant shared, "The drama in my life is, one, money; another is family and the third is self-image. The purpose this drama serves is by running those three dramas it makes me feel alive." Our Teacher then shared, "You need to shift your focus from self-image with a small 's' to Self Image with a big 'S' because we're created in the Image of God. ... The Soul in us *is* the Sound Current. So it is of the same Essence of God. So you need to make that shift. ... You hit on something key when you said the purpose is that it makes me feel I'm alive. Because that's what's happens. We get all innervated. ..."

"Recently I spent some time with a Student who is deeply committed to singing in a choir ... and she had what I would call 'passion.' But the passion wasn't anything like that. It was a steadfastness, a deep Love, a deep commitment, a deep respect to what she was doing. It wasn't anything emotional or anything else like that. ... The quiet joy, the peacefulness, the inner commitment, and the inner contentment with something. So that drama is always an outer thing. But people who really care deeply and care 'passionately' - I've never seen them respond to anything that way, emotionally. I've seen them be very quiet, very steadfast, very persevering, very respectful of what it is that they're passionate about. The yelling and the screaming and the whole thing - that's just like innervation. ..."

Dr. Lane continued to Teach, "A lot of our drama comes from inner insistence. We want a person to be different. We want a situation to be different. ... It's nothing to feel all terrible about. ... And it's nothing to be all excited about. It just is. ... We know that the First Law of Spirit is What? It's Acceptance. And we need to Accept. And so many of us we create inner dramas when we insist that things be different. Not the way they are. Or insist that somebody else be different. ... If you're busy blaming, you're not Responsible and you're not going to get the Learning and the Upliftment and you're going to stay in the karma. ... I Teach the way of Grace. You have Free Will, Free Choice. You have to *inwardly* decide to let go. Just because you don't know what may happen, that's not an excuse to hold on. ..."

"When we get into drama we forget that we're Powerful and we forget that we're Responsible. So drama tends to make a real fool out of ourSelves. ..." Dr. Lane then invited another Participant to share. A fifth Participant said, "My drama was not trusting, money and betrayal. ... It keeps me searching. ... When I have these problems my ego is kind of busy solving the problem. ... What am I going to do with mySelf if I don't have these dramas?" Dr. Lane extrapolated on this, "What I hear is you're not Trusting yourSelf and your own experiences because you have had Experiences of the Truth of This, of Knowing God's Presence, God's Love, etc. So you're really talking about Trusting yourSelf. ... If you Trusted yourSelf ... what would that look like? ... It would be that you would really feel Free and that you really didn't need anybody. Up until now that scares you because you don't know that you can be Free and choose to be with someone, etc., etc. But the neediness is gone. ..."

"We got to see that a major drama is unworthiness. And we know from The Teachings that we are Worthy, we're Inherently Worthy. And as long as we walk around believing that we're not Worthy then we can't locate God or Spirit in us because we think we're not Worthy. That's the condition of the HU-man race. It is under that illusion."

"Drama is a trap we allow ourSelves to be put in but there's a purpose for the trap. We know that anything along the negative polarity is a Gift in the sense that it's an Opportunity for us to use, to springboard into the Positive Polarity, into the Spirit we *are*. It's a strengthener of the conscious self, of our Focusing, of our Focusing, of our Focusing. Many times we use drama as a way to protect ourSelves. ..."

"We know that ... loneliness is from the ego. We can be alone with Spirit. ... We're alone with the Spirit we *are*. It's always the Soul and Spirit. It's always the Soul and Spirit. ... Dramas tend to keep us in our negativity, tend to keep us in our weakness, as it were. Rather than using the conscious self to strengthen ourSelves, to focus into Spirit dramas also have a very unique way of feeding upon themselves. ... Because God made me an entity who has Free Will I can direct it. I'm not enslaved to my passions. ..."

"When we go in Spirit we start Understanding more and more about the Spirit we *are*, more and more about God, more and more about this thing called life, more and more about ourSelves and It is really the best theatre in town. The Theatre of the Self, the Divine Self. Or God's Theatre or what I call the Magic Show. So why not hang out there? That's both my question to you and My Directive. I'll leave you with That. ..."

Dr. Lane continued to Teach during the life-altering question-and-answer session that followed.

"We have the Levels that the Soul lives on. So in the Astral Level guess what? I know if someone comes against me my basics are going to go to town and they're going to have a revenge fantasy or 'I'll get back,' etc. and they're going to create all these scenarios. But then guess what? That's where my Consciousness goes to and I have created something between me and God. So I'm not responding to the Spirit I *am*. I'm responding to the illusion of the false self. ..."

"What do we do? We're having a judgment. We're involving ourSelves in other than God. If I keep running the same thought over and over again what am I doing? Creating separation between me and the Spirit that I *am*. Then, of course, my Consciousness will have it reflected back to me and if I choose into being asleep I'm going to take what's in the mirror as reality. ... I've tied up my Consciousness in garbage.

"So what is my Responsibility on these Levels? Obviously, staying clear. We know that we're not Responsible for what passes through us but we *are* Responsible for what we keep holding onto, holding onto, holding onto. It's interesting, you're going to find that what your Consciousness keeps circling around is exactly that which you keep reinforcing, recreating, etc. You're going to be circling the wagons around your creation, your own focal point for your creation. ..."

"To be Responsible is to place your Consciousness at and with the Lord, God. That's all there is. Any other creation is karma. Real simple! Is painful, is separation and is something that you become Responsible for. So we know that through God's Grace we sit in what's called Simran and Dhyana and we have to, in a sense, face our creation. We may not have to go through it karmically, in the physical, but we have to be Responsible. We have to face it. There may be a lot of Grace with it but we're still Responsible. So why do that? [ed.'s note: Dr. Lane is referring to creating away from Spirit/the Lord, God]. Why fool ourSelves? Why not stay clear?"

"And it's interesting because I've never seen anybody who is happy, even momentarily, ... that has hooked into an attachment. Attachment brings its own downward pull, its own weight and its own misery. And we're pulled out of ourSelves.

"I know that stress is a real popular word these days. ... The Teachings Teach us something really interesting about stress. That is that stress is a creation we make when we choose other than the Spirit we *are*. That's the stress. We're not honoring the Spirit we *are*. We're not in our own nature.

"Our own nature is one of Joy. Not striving for happiness. Good meal, good sex, good clothes, good movie, whatever it is, a great car ... The Joy is in the Spirit. In *each moment. Each moment.* You see? And in our life as a Soul we've identified with the worlds of form. We've identified with going out into the world, out into the world, out into the world, out into the world. And here the training is just the opposite. It is to go 'in' and 'up' as it were. Inside ourSelves in the Soul Body and up in terms of Vibratory Frequency. So we go 'in' and 'up.'

"Yet when we have attachments, we're doing the opposite. We're putting on a ball and chain and pulling ourSelves out into the world. 'Down' and 'out' into the world. ..."

"In our own lives we tend to have a lot of sound and fury. We tend to make a storm and we don't realize it's just a storm in a water glass. We just don't realize that. When we practice false identity we don't know it's a water glass; it seems like it is the whole world because our vision, as it were, is limited, is blurred. ..."

"With Responsibility, really, we do nothing. We do nothing. That's the big secret. Not that you don't do anything with your physical body. But you don't do anything inside yourSelf of

manipulation, of making things happen, of attaching, or anything else like that. You stay clear. You stay clear. ..."

"I wanted to flesh out a little bit more of what it means to be Responsible. ... The Spirit in you, the Soul in you lives on these different Levels and you're Responsible for what you put in your imagination, what you put in your emotions, what you put in your mind and what you stir up in your unconscious. You're Responsible for all that. And no Soul is exempt from the law. ... God ... Teaches people to be Responsible and presents them with the karma in the Soul's proper time. Much better that way! I don't have to do anything. That's neat! ..."

"The System is perfect. I don't have to do anything about anybody's karmic learning. ... We don't have to do anything. We trust the System. Every Soul is going to be Responsible whether it knows it or not. ... What's my Responsibility? Keep mySelf clear. ... Guess what? I don't have to do anything about you and I just have to stay clear within mySelf on these Levels. ... If I'm not Responsible for you and I'm just Responsible for mySelf that makes it pretty easy because as soon as I get involved with you then guess what? I'm outside mySelf. I'm outside my Responsibility and I'm involved in karma.

"What I'd like you to do is get quiet. I'm going to call in The Light. 'Lord, God send us Your Light and we put this time together into Your Light for the Highest Good!' I'm going to ask you two or three questions. ... Whatever comes, comes. 'What is my Level of Responsibility?' (Pause) 'What is my Level of Responsibility?' (Pause) 'What is my Level of Responsibility?' (Pause) 'How can I best fulfill my Responsibility?' (Pause) 'How can I best fulfill my Responsibility?' (Pause) 'How can I best fulfill my Responsibility?' (Pause) 'When I choose into forgetting that I'm Responsible what can I do?' (Pause) 'When I choose to forget that I'm Responsible what do I need to do?' (Pause) 'When I choose into forgetting that I'm Responsible what do I need to do?' (Pause) When you can bring your Consciousness back here and if anyone would like to share, let's do it ..."

A first Participant shared, "Keep my focus on the Lord, God and constantly choose into That. ... The next thought was to realign to the Spirit inside mySelf. ... Refocus again." A second said, "It was all about choosing the Loving, Loving God, staying with the Loving, Two-Part Release if I forget. It was all about Loving God." A third contributed, "The first thing was to respond to God on all the Levels, to choose *moment-to-moment*, to be Responsible for all thoughts, feelings and actions. The Remedy is to stay Present. When I choose to forget I need to ... use the Tools we have as Initiates and just go to Spirit." A fourth shared, "Fully or 100% is my Level of Responsibility. How to be Responsible? Be Present! Use the Tools, stay focused. If I choose to forget. Forgive mySelf, Love mySelf and choose again."

Dr. Lane then said, "You guys have the Tools; you have the skills. It's really choice. What's really important is for you to have the Awareness that you *are* Soul. It's not just about being Responsible on this level. ... When you work it from the Point of View of Spirit then you're being Responsible on all the Levels. Keep clear! Keep yourSelf clear! Keep yourSelf clear emotionally, in your imagination, in your thoughts, in your unconscious, etc.! Keep Returning, keep Returning, keep Returning, keep Returning to God! That's the Abundance Consciousness!"

"It's really as simple as that.

"And we'll stop with that."

An Enlightening question-and-answer session followed.