



Meditation For Health And Well-Being

May 24 & June 28

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“Look in the mirror; you agreed to it. There’s something in it for you. It is Spiritually Correct, there’s a Learning there. This is part of what I call Giraffe Consciousness. We need to have that attitude and altitude of the Spirit we *are*. So there’s nothing to be in judgment about. And we know that

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[illegible]

“We’ll open up the floor. ... Who would like to share?” One Participant shared, “The Teacher’s Birthday means to me honor, Devotion, Love. I can live the Meaning by living as an Initiate, following the Guidelines exactly as taught. And I wrote ‘action’, which meant to me not only thinking about it but putting it into action. Do I Commit? Yes. When am I starting? Now. And do I understand that it is a *moment-to-moment* Commitment? Yes, I do.” A second Participant shared, “Meaning of The Teacher’s Birthday is the Birthing of Love and Light coming through. ... Allow the Flow of

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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 With numerous historical references, this little Book explains the Sound Current; karma; the Law and the Way Home.

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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 3, 10, 17, 24, 31;

June 7, 14, 21, 28 -- 7:30-8pm EST

Weds. May 4, 11, 18, 25; June 1, 8, 15, 22, 29 -- 4:30-5pm EST

MEDITATIONS

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

CALIFORNIA

Los Angeles area: Every Monday 7pm. Please call 310-913-7212 or call 847-414-6462 (Burbank) for details.

HAWAII

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

PENNSYLVANIA

Philadelphia area: Every 2nd Sun. 10:30am; *TFLF* Discussion 12pm; Every 4th Mon. 6:10pm. Call 917-841-8817 for details.

TENNESSEE

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

OUTSIDE THE U.S.

MEXICO

Queretaro area: Please call 347-448-2310 for details.

NEW YORK

Meditation Of The Light Of The Most High

M 7:30pm; **W** (except 1st Wed. of the month) & **Th** 6:10pm;

Sun 10:30am May 8 & June 12

Sun 10:30am May 29 & June 26:

Special 2-hour Meditation

Meditation For Health And Well-Being

East Side (Home Center):

Tues 8:15pm May 17 & June 21

West Side (517 West 113th Street, #33 - btwn Broadway and Amsterdam):

Tues 8:15pm May 24 & June 28

Meditation

Of The Light Of The Most High

10:30am EST

Tools For Living Free

Reading and Discussion

12:00pm EST

The Teachings Study Group

Using *SpiritCentral* as the Tool!

3:00pm EST

May 8th & June 12th

Available By Teleconference

Email info@cosmostree.org for details

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 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

6:30pm Eastern,

Thursdays,

Scroll down to "Spirit Channel"

Click on "Watch Now"

DVD Showing and Discussion:

last Sun. of every month

1-2pm at NYC Center

Join Us For An Hour Of Spiritual Instruction!

"Are You Saying 'Aye, Aye' To Spirit Or Are You Doing Your 'II's': A Participatory Satsang"

**May 4, 2016
6:50pm EST**

TBA

**June 1, 2016
6:50pm EST**

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

Available at All Centers

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**May: "When You Do The Math
'What Does Loving God =?': A
Participatory Satsang"**
(MP3 A106)

**June: "What Are Your Values
And How Valuable Are You?: A
Participatory Satsang"**
(MP3 A112)

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Definition & Application"

Episode 2: "Joy - What? How? Why?"

Episode 3: "Positive Co-Creation"

Episode 4: "The Money Workbook -
Abundance, Prosperity & Self-Worth"
and more!

Spring Semester

Everyday Evolution 1

10 weeks Wednesdays, May 4 - July 6, 2016 7:45-9:15pm
(except 1st Wednesday of the month when Class begins 8:15pm)

Given by Dr. Roger B. Lane

- Learn to let go of the negative and focus on the Positive
- Change habitual patterns that no longer serve you
- Recognize and eliminate beliefs, patterns and attitudes that have been allowed to limit the you

Open to all but may be some prerequisites.

Payment: \$62 and additional payments of \$31 for Classes 2 - 9 or \$310 for Series if paid in full when registered for Students enrolled in a Degree Program of the Seminary or \$63 / \$31.50 / \$315 for all others. All payments are nonrefundable and nontransferable. Please make checks payable to CRASS. For more information call Registrar, Amy Blank at 708-846-1031 or email info@spiritcentral.org.

Summer Semester

Letting Go And Letting God

3 weeks Wednesdays, July 20 - August 3, 2016 7:45-9:15pm
(except 1st Wednesday of the month when Class begins 8:15pm)

Given by Dr. Roger B. Lane

Payment: \$90 by the first Class for Students enrolled in a Degree Program of the Seminary or \$92 for all others. All payments are nonrefundable and nontransferable. Please make checks payable to CRASS. For more information please call the Registrar, Amy Blank at 708-846-1031 or email info@spiritcentral.org.

Continued from page 1 - "Heirloom: Gold Or Another Tomato? - A Participatory Satsang"

the Way of the Soul is detachment. ... It's not that It doesn't care, but there's no charge. ... The charge, of course, is the karma. ..."

"If we can change our relationship to the situation inside ourSelves then we get free and we don't have to do anything about that person, that situation or anything. ... What are we persisting in? What are we holding onto? What's going on in our thoughts and our feelings? Are they just like wind that sort of like passes through or do we latch onto them and hold onto them?"

"Because we know that we're HU-mans. We started this Talk; we did a short Meditation. It was the HU Meditation. H-U. HU is the First Manifestation of the Lord, God. So, That's What we are. We're HU-mans. We're God in Manifestation. We've forgotten That. So God in His Kindness and His Mercy, He gives us an Opportunity to come into the body ... for an Opportunity to know ourSelves as Soul, as Spirit though the Way that has been here, really forever, through God's Grace. So That's the given.

"But every Soul, also, has an Opportunity to choose to Let Go, to move into Trust, to move into Allowing and to give up the insistence. We have the two-part Bible - The Blue Book and The Red Book. [ed.'s note: Dr. Lane is referring respectively to two publications: *The Sound Current: The Path of God-realization* and *The Path Of Soul Transcendence: A Handbook For Initiates*] And It clearly says that the self-willed mind is your enemy, as it were. Your insistence on your negativity, on creating these heirlooms is what? Is your pride, is your creation of karma and karma is painful because it separates you from the Spirit you *are*. But guess who created that heirloom - that precious gift you are giving yourSelf to pick up in one of your embodiments? ..."

"We know about the cosmic mirror; and, as you raise in Consciousness Walking this Path, you Lift above the cosmic mirror and you get to see that everything you saw in the cosmic mirror and thought was real, it ain't real. It's your creation. And you get to see that it's not real and you get to see that you're the creator. But if you can create heirlooms that you think are very valuable, take another look! What are they valuable for? To whom? Really the lower self. ... And you can keep coming, coming, coming, coming back around and you can live the illusion ... of being powerless. ..."

"But I don't teach karma and reincarnation. ... I Teach Loving God. And guess what? The Soul, when It continues on Its journey and It has entered into Eternal Life through the Process we know of called Initiation into The Sound Current and has Completed Itself. ... The Soul goes on. Let's say It is no longer subject to karma and reincarnation. It goes on. What's It going to be doing? Well, guess what? If It has entered into Eternal Life It is going to be able to, literally, be before God. ... Which means that It doesn't have the lower bodies or the bodies with karma in them. So It's able to be with the Lord, God. So It sits in Adoration.

"And also the Soul travels. Upvibrates, Upvibrates, Upvibrates, Upvibrates in the Levels beyond the Soul Realm. ... It does what is referred to as Etc. Consciousness. ... The Eternally Traveling Consciousness. ... That's What we do. We'll be able to stand before God because we can handle that Spiritual Frequency. ..."

"Who's in charge of our lives? We are. Who's creating that heirloom? We are. Who's the recipient of it? We are. So you may really want to be ... mindful of what you're creating and what you really want to Receive. ... It sure feels better to take my Power back and not be at the mercy of anyone or anything. ..."

"Freedom is *within*. You're here on this planet. It's the prison of matter. God - in His Kindness and His Mercy - He makes sure that there's a warden or two or three on this planet who can give you the Keys to the door, to the prison. OK. That warden if He's honest - and usually is if He has the keys - He'll tell you you know something 'kiddo the door only looks closed it's always open.' And we start regaining our Freedom. And how do we regain our Freedom? We create Gold, as it were. ... The Spirit we *are* - that's the Gold. We're like an alchemist; we constantly allow the Transmutation. And what are we Transmuting? OurSelves. That's the Prime Material. That's it, folks!

"There's nothing out there of any value. Nothing out there of

any value. To me the test of value is real simple. Can I take it with me as a Soul? That's the only thing that lasts.

"There's something really paradoxical that happens. The more we give up the things of the world and chasing it and being attached and hanging on to our heirlooms and creating them and passing them down to our next embodiment, etc., the more we give that up, the freer we become here. ... The more we get to Enjoy this planet and this place. ..."

"Remember my story about getting three flat tires in a row? That's a story about Freedom. I could have been allowing Myself to be victimized by the circumstance, felt sorry for Myself, angry, all sorts of stuff and instead I had a wonderful day because I was hanging out inside mySelf with Spirit.

"So That's what's important. We really need to let go of relative terms. Good day, bad day. Everyday you have an Opportunity to Lift and Grow and come to Know yourSelf more as Spirit. You have Opportunities to Trust, Allow, to do Service; you have an Opportunity to move into Love and be Love and be Loving. You always have that Opportunity. ..."

"That's the great illusion: the illusion of separation. Then, of course, along with that comes death. The illusion of death. It's all part of the same thing. ..."

"What are we creating? What are we hanging onto? The Process is inward. Being with God is an Inward Process. The separation is the illusion. The heirloom is the illusion. So you want to ... be Focused on Letting Go, dropping anything that's negative. ... Give up the holding onto it. ... You want to ask yourSelf, what do you value? Is where you're placing your Focus in Alignment with that value? That's really important. ... Watch your creations because ... you're Responsible for them! ..."

"We have Choice: Where we're going to place our Focus; what we're going to hold onto. What's going to be your precious heirloom? ... You're the heir. What do you want to Receive? What do you want to give yourSelf? ..."

"When it comes up for you, whatever it is, let it go! Be willing to Let it Go! Be willing to move into Trust! Even if you don't know what's there be willing to move into Trust and Let Go. Watch the judgments on yourSelf!

"I've never seen a judgment that wasn't based on ignorance of what should really be happening. ... So if you're judging yourSelf, lay off of it! It's based on ignorance and only traps the karma. What you need to do is Love yourSelf as God Loves you, as the Christ Loves you, as the Teacher Loves you, Which is unconditionally. Unconditionally. No conditions. ... Our job is to stay clear and to give ourSelves the Gold of Transmutation into Spirit!

"Let's conclude [with] a Process. We'll call in The Light: 'Lord, God, send us Your Light! And we put this time into The Light for the Highest Good.' I'm going to ask you a question or two or three. ... Whatever comes, comes. ... 'What is the Heirloom I want to receive?' [Pause] 'What is the Heirloom I want to receive?' [Pause] 'What is the Heirloom I want to receive?' [Pause] 'How can I best give this Heirloom to mySelf?' [Pause] 'How can I best give this Heirloom to mySelf?' [Pause] 'How can I best give this Heirloom to mySelf?' [Pause] 'How can I best give this Heirloom to mySelf?' [Pause] 'Do I commit to giving this Heirloom to mySelf?' [Pause] 'Do I commit to giving this Heirloom to mySelf?' [Pause] 'Do I commit to giving this Heirloom to mySelf?' [Pause] 'Do I commit *moment-to-moment* to giving this Heirloom to mySelf?' [Pause] 'Do I commit *moment-to-moment* to giving this Heirloom to mySelf?' [Pause] 'Do I commit *moment-to-moment* to giving this Heirloom to mySelf?' [Pause] 'Do I commit *moment-to-moment* to giving this Heirloom to mySelf?' [Pause] 'Do I commit *moment-to-moment* to giving this Heirloom to mySelf?' [Pause] Now when you can bring your Consciousness back here!"

Our Teacher once again continued to give us the Opportunity to Lift and Grow through the Enlightening question-and-answer session that followed.

Continued from page 1 - "Reference Points: Past, Future Or Opportunity? - A Participatory Satsang"

[Pause] Now when you can bring your Consciousness back here and if anyone would like to share, please do!"

One Participant shared, "My approach was feeling overwhelmed. I decided to be in the Present and then I decided to look at It as an Opportunity. The moment I did that I got so Neutral. There was no problem." A second Participant said, "I used a past experience to inform me in the present, which caused tremendous anxiety. I saw It as an Opportunity to ask God ... to Lift from whatever separated me from the Spirit that I *am*. And to Surrender my agenda." A third Participant shared, "My reference point was my parents and family patterns ... The new Reference Point when seeing It as an Opportunity was to let go of the fear, come from the Spirit I *am* and also use my knowledge as an Initiate to help others do the Two-Part Release Technique and release any anger and negativity they may have. Yes, I committed to that."

Dr. Lane added, "We know that families are great for helping us with our karma. I know the psychological approach is that we pick up and we repeat family patterns but that's a materialist approach; in other words, this life and that's where it emanates from. But the Truth of the matter is that you agreed to have the family you have so that you can be presented with the karma that's with you and have the Opportunity to move past it. ... Family is not responsible for your patterns. ... If I have karma dealing with self-worth, well, I may very well choose to be with a family that will be very negative towards me, put me down, etc., etc. ... That setting is the Opportunity for me to come into my own Worthiness. ..."

The sharing resumed with a fourth Participant: "For the first question one word kept coming forward for me and that was the word 'outside', meaning my reference point was outside of mySelf. For the second question I chose to Lift and Grow in Spirit and know the Spirit that I *am*. The third question was in the affirmative - yes." A final Participant shared, "The frame of reference was business world, outside of mySelf, can't have what I want and things have to be hard. I was filled with so much Love. Just Love. It didn't matter the thing I was even thinking about, whether it was resolved or even handled. I was filled with so much Love. ... Of course, yes."

Dr. Lane then said, "You guys are on top of it. Let me just add a few things and maybe I can give you also some context and framework. ... We know that when you're busy focusing on why this happened and why? why? why? why? you're keeping that karma around so that you can get at it. Of course, you're not going to get at it because you're not going to see it. ..."

"Why bother going outside yourSelf? Why not just go inside and work it Spiritually? That's the only way to Know and see. I'm sure you've all had experiences talking to 'experts', etc. and then you talk to different experts and you'll get different pictures, different things and you get to see maybe ... they do have an expertise but 'let me take it with a grain of sand and let me run it by me, by the Spirit that I *am*.' ... If you're going with outer reference points you're obviously in trouble. You've given over your power and now you're in trouble. Many of us - and this is what karma is - we're afraid because something has happened in the past and we want to protect ourSelves. So we protect ourSelves and what are we really doing? It is an ingenious way to keep the karma around. ... And isn't it interesting that karma keeps going 'round and 'round and 'round until it doesn't. ..."

"You need to let go of the time-and-space continuum. That there's a 'past', that there's a 'future'. We know that if you're entirely Present that doesn't exist. You need to give yourSelf the Opportunity to work things anew and be Present. ... Our Safety and our Protection is with God and with Spirit, really, under the umbrella of The Teachings - That's your Protection. ... The other thing I noticed, too, is when people tend to be involved with a lot of reference points outside themSelves or in time, etc. they tend to have this free-floating anger because it never

works as they think. ... Things don't happen as they want. A lot of times it is a free-floating anger and it gets misdirected. ..."

"The thing that happens with reference points is we have so many reference points in us that it all gets confused and things get very vague and hazy. And then it becomes our general way of operating. We're operating from those reference points. We may not even any more be conscious of what they are but we're operating as if those things are going on right now. And the interesting thing is that if we hold to it we're keeping them there.

"This is crucial: what we buy into and where our energy goes is the reality that you're going to create. So if you're buying into a certain reality - that's your creation. That's exactly what's going to meet you. If you let go, then guess what? A whole other reality comes into being. That's crucial.

"So reference points dim - literally, dim - our participation in Reality and our Knowing Reality and they kind of keep us going around in circles. And, of course, circles are reincarnation patterns. So we need to really use everything for our Upliftment. To let go, take the Opportunity, etc. The other thing, too, is we tend to be great debaters. ... We've got our own logic and our own internal debate lined up to justify our position, our reference points, our choosing into those reference points, with good, good 'reason'. ..."

"We're really talking about letting go of the ego except for the purpose that the ego is intended. That is to direct yourSelf into Spirit and for Spirit to have Its place in you. That's the purpose of the ego. ... So when we have the ego in its proper place, which is as a servant instead of as a lead, then we use everything to Lift and Grow. Otherwise, if the ego was in charge then you're going to get the mess that the ego lives in, which is lack and limitation, power and control, manipulation, all that kind of stuff ... And things are going to be, in a bigger scope, they're going to be a balancing act because there is not going to be any room for Grace. ..."

"By holding reference points other than being immediately Present with God you're setting yourSelf up for a game of 'as the world spins' ... And with that is pain and hurt and separation. Separation is the reason why people live in pain but the separation is not inherent in Who we *are*. It's our creation. ... We create Spiritually, we inherit Spiritually. It's really simple.

"In conclusion, let me say also that a wonderful way of living is for you to have as your Reference Point The Teachings. Is what I do in accord with It, in Alignment, etc., etc.? Am I living The Teachings? Because that's the protection. That's the Grace. That's the ease. There's no limitation. There's not the limitation of time and space. There's not the hegemony of the false self or of the mind. There's just being Present with Spirit, allowing yourSelf to be Uplifted, Upvibrated, Loved and cared for, and living in the 'Peace that passeth all understanding.' It's really simple. ..."

"The Reference Point is simply God, being Present *each and every moment*, and living from That Spot and letting God move you. We use the world for its proper Purpose, Which is to Know and Love God.

"So have a proper Reference Point; choose into That and in-Joy the show!"

The question-and-answer session was yet another Opportunity to Lift and Grow as Our Teacher once again Generously answered the questions that the many Participants at the New York Home Center and who called in from around the country and from Mexico asked of Our Teacher.

Love and Light. ... Being born anew in each moment. When am I going to start? ... Now and each *moment-to-moment*." A third Participant shared, "To me the Meaning is it is an Opportunity to practice Proper Identification... How can I live this? By choosing every moment, doing a lot of Self-talk and practicing returning to that Proper Identification. ..." A fourth Participant shared, "The Teacher's Birthday means to me Rebirth and Celebration. How can I live the Meaning of The Teacher's Birthday? By being Present and Focusing inside. Do I commit to living the Meaning of The Teacher's Birthday? Yes, emphatically, yes! When do I start to honor this Commitment? Now! And understand it is it a *moment-to-moment* Commitment done in each and every moment? Yes. ..."

Our Teacher then continued the Talk by saying, "I'll put what you brought together and I just want to add something to it. ... It has to do with Renewal. We are born again each time when we touch into Spirit. But take a look at what That means! If you're reborn that means there is no history, there's no karma. So that you're Present entirely new. That Gift is given through Initiation and the access you have through Spirit. ..."

"Each and every second you can be in a situation you have been in thousands of times before and be in it anew without having the karma press against you, wear against you or responding karmically. That means you have Choice. *Each and every moment* you have Choice. ... Am I going to go with being Present and a whole new perspective? ..."

"If you discard the history and go with being Present then you're receptive. You want to be receptive *each and every moment* without the history. ... We Choose into being Free. ... When we Choose into the Rebirth then we're Joyous and we're dancing and that's the Celebration. ... The Soul ... literally dances around in a state of Joy and Ecstasy. We do honor the Spirit we *are*, the Living God; we do honor the Spirit that we *are* and we're in Devotion. That's key.

"We're a Devotee of the Lord, God. ... It's all Love. We know that you want to practice Proper Identification. ... You're not your emotions, you're not your thoughts, you're not your feelings but you're Spirit.

"The Teacher is not the personality but the Spirit, or the Spiritual Form that's Present. In this case It's with me. ... We Know that This is Bhakti Path. A Path of Devotion. It's through Loving The Teacher that you Love God. It's not the personality... it's Proper Identification that the Spirit is The Teacher. ... God takes on physical form because you're in the body. So you have something to relate to. But the physical form is not The Teacher. So that's really important. ..."

"The moment you make a decision to let go of the past then that opens up the Opportunity for Spirit, The Teacher to do Its Work. God knows what's going to happen, man! And you want to be open to that. ... You're born again in the Spirit. ..."

"To me It [ed's note: Dr. Lane is referring to the Birthday of The Teacher] is simply about God's Love and God's Love for us. That It's a Commemoration of God's extending Himself to us in the physical and that He Loves us so much that He takes on a body, puts on a body, so we can relate to Him. ... So we can get it really anchored within us that God's *within*. We need an outer form but isn't that what The Teacher does? He is busy pointing you inwardly. OK. Because we know, (that) in the Journey of a

Soul, the Soul has gotten confused. It's constantly identified with the things of the world of form.

"The Spiritual Practice consists of we go 'in' and 'up'. We go into the Soul Body, into the Spirit that we *are*. So we reverse that confusion; we start to get the Training and we start to remember Who we *are*. To me, also, The Teacher's Birthday means the Oneness of Spirit. We're all One. This is Key. We know that the grand illusion of this planet is separation; that we're separate. ... We can live in this Oneness. ... You're sitting in the Oneness of that Spirit. And that we're all One. That's the Reality. That tells you something about karma. Karma is the separation you make between Spirit and yourSelf. That's the illusion. It ain't real. ..."

"It's a partnership: your effort and Grace. ... Where you choose to Focus - That's going to determine your Spiritual Upvibration. Living The Teachings. How much you live The Teachings. How much you allow the Contract to be your Umbrella ... It's entirely based on your efforts and God's Grace. ... God's Grace includes Loving you and being with you even when you choose not to allow that Flow of Grace. It's you. God gave you Free Will. It's up to you. ... Where you choose to place your Focus *each and every moment* is extremely important. ..."

"The Teacher's Birthday says, 'Hey, why not now? Why not Love yourSelf unconditionally as God Loves you, to move into This?' ... It's all dependent on that Consciousness and Surrendering to the Spirit that It *is*. ... The Birthday is all about the Oneness of Spirit, God's Love for us, making sure that His Kids are okay, making sure that His kids have a way to Know Him, Love Him and Complete Their karmic journeys. And God's Love for us is such that we can be with Him *while we're in the body*. ... Teacher's Birthday is about the Key. You've got the Key to the prison... through the Gift of Initiation. Can't get a better Demonstration of Love than that."

The Birthday Satsang was followed by the Sacred Process of the Washing of the Feet. "The Washing of the Feet is an expression of being in Devotion, being with the Spirit you *are*," Our Teacher explained. Our Teacher also explained that the Washing of the Feet is expression of "being cleansed in the moment - being Reborn."

Afterwards, Our Teacher was presented with the annual Group Gift to Our Beloved Teacher from His Initiates, a donation to help pay for equipment, social media and Our Teacher's Travel Mission. Our Teacher also received personal gifts.

After the Gift-giving, three very talented Initiates - Elisa Hunter, Edward Faust and Rev. Dewi Lim - sang two original songs each, including "old" favorites.

The Serenade was followed by a continuation of the hearty meal and refreshments that had preceded the Satsang, topped off by the presentation of many birthday desserts to Our Teacher that had also been prepared by another talented group of Initiates and in which all present happily partook.

Fun was had by all!