



# Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies July/August 2016

## Meditation For Health And Well-Being

East Side (Home Center):

**Tues 8:15pm**

July 19 & August 16;

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

**Tues 8:15pm**

July 26 & August 23

### Home Center - New York City

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

Our Teacher, Dr. Roger B. Lane, started His May Satsang by saying, "Let me define the terms that we're going to be using tonight! ... If you're on a ship and the captain gives you an order ... you say, 'Aye, aye, sir!' So that's one choice we have. The other choices are II, which I'm borrowing this term from an Initiate who was kind enough to grant me permission to use it because I loved how she used this term. She called it her 'inwardly insistence.' And I will refer to it as 'inner insistence', the II.

"Let me give you an example of what's being said! We know that when we work Spiritually, like with anything else, there's a way to do It and there's a way not to work Spiritually. And the captain of the ship, of course, is the Spirit that's in you. ... 'In the beginning was the Word and the Word was with God.' And the Word is, of course, the Sound Current or the Holy Spirit. We're created in His Image and are the same Material as God and that Material, of course, is the Holy Spirit or the Sound Current. That's in us. The Soul That's in us. The Spirit That's in us. That's the Captain! ..."

"He [ed.'s note: Dr. Lane is referring to the Lord, God] puts on HU-man form, makes sure there is someone, something there as His Representative

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## "Applications Of The Teachings: Waiting In Line At The DMV Or Being On Point? - A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, started His June Satsang by saying, "I want to talk a little bit about applying The Teachings and are you doing It from a place of being On Point or are you doing it from being on line at the DMV? Let me explain the term DMV! Most of you probably think it is Department of Motor Vehicles. ... But what does DMV stand for? It stands for the Department of Misidentification Vacation.

"And that's what a lot of us do. We misidentify ourSelves. We have the wrong identity. We don't know Who we are. OK. And let me tell you a story I've told it a few times! And it has to do with me and it's a great example of my being 'on line at the DMV' OK? I had a long argument with the Good Lord. How can I be good enough? [ed.'s note: Dr. Lane is referring to holding the Consciousness Our Teacher holds.] ... What I was doing I was identifying with the things of the world, with being perfect on this level. And the argument was really, I thought, quite astute on my part and I just had all these deeply rooted Talmudic reasonings based on a few facts. OK. And God in His inevitable way cut right through it. And how did He cut right

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## Initiates' RETREAT 2016: COMMITMENT: 5 Questions And A Three-Letter Answer

During the weekend of April 15-17, Our Teacher brought forward a beautiful weekend RETREAT for Initiates of the Sound Current on the Path Of Soul Transcendence. The RETREAT was attended by many Initiates from around the country and from Mexico.

The RETREAT – titled "COMMITMENT: 5 Questions And A Three-Letter Answer" – helped those present to strengthen themselves as the Spirit they are and to Commit/Re-Commit to living as Devotees of the Lord, God, thanks to the Love and the Grace of Our Beloved Teacher and to our Choice to give the RETREAT to ourSelves and to Participate fully.

Through group work; Meditation; quiet time; "activities" and exercises; dream work; generous sharing of discoveries, insights and gains; Homework; "Participation checks" to make sure we are Present; and through many Tools, including CDs of Our Teacher's Talks, *Tools For Living Free* and a Transcript of a Video from the Series *Understanding The Spirit You Are*, we learned more about The Teachings of the Path Of Soul Transcendence and that it "takes Commitment" to actively work The Teachings. As Our Teacher stated, "We have Individual Responsibility for our Progression and Growth. The way we work It is to line up with The Teachings. ... We Surrender our agenda and give it over to God."

Dr. Lane began RETREAT by calling in the Light Of The Most High. Our Teacher then pointed out that some of those Present had chosen away from Commitment by not following the Guidelines set out for RETREAT. Our Teacher noted that those who chose away from the Blessing of Grace in this instance have chosen to "do it their way" and will get their Learning karmically.

Dr. Lane then addressed a Participant who had a judgment on herSelf for not "being perfect". As Our Teacher explained, according to The Teachings there is no perfection in the world; we are already Perfect in Spirit. "Show me anywhere in The Teachings where it says you have to get it perfectly!" said Our Teacher. "I'm going to ask you to give up stuff, to Surrender in a very Loving, safe Process." Dr. Lane added: "Judgements are based on utter and complete ignorance."

Our Teacher then instructed us to state what we wanted to get out of the RETREAT. Responses ranged from "apply The Teachings" to "Commitment to live Joyously" to "strengthen my Commitment" to "give [mySelf] what I give my kids!" As part of the go 'round, Our Teacher instructed us to give up "wanting". "That's what you are creating – 'wanting,'" Dr. Lane said. "The Lord is my Shepherd. I shall not 'want'."

And to a Participant who shared that "Imitation of The Teacher ... 'patient, smart, funny'" is what she wanted to get out of RETREAT, Our Teacher responded, "Stay in God's Heart! That's all there is. ... Yes, caring, sharing, being real smart in the best sense

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## Events Calendar

### Fulfill Your Destiny: Fulfill Your True Purpose

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

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

Call or write today for your free copy!

#### *SpiritCentral*

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### OPEN HOURS

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

Tues. July 5, 12, 19, 26;

Aug. 2, 9, 16, 23, 30 -- 7:30-8pm EST

Weds. July 6, 13, 20, 27; Aug. 3, 10, 17, 24, 31 -- 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.

### PENNSYLVANIA

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

### TENNESSEE

**Johnson City area:** Every 2<sup>nd</sup> and 4<sup>th</sup> 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 July 10 & Aug. 14

**Sun** 10:30am July 31 & Aug. 28:

Special 2-hour Meditation

*Meditation For Health And Well-Being*

East Side (Home Center):

**Tues** 8:15pm July 19 & Aug. 16

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

**Tues** 8:15pm July 26 & Aug. 23

### 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 & DISCUSSION

last Sun. of every month

1-2pm at NYC Center

### Join Us For An Hour Of Spiritual Instruction!

*"Spiritual Discernment:  
Stern? Discrimination? Or  
Divine? - A Participatory  
Satsang"*

**July 6, 2016  
6:50pm EST**

**TBA**

**August 3, 2016  
6:50pm EST**

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

Available at All Centers

### Listen to Our Monthly Podcasts!!!

cosmostree.org  
spiritcentral.org

**July: "The Truth, Five  
Saboteurs, A Con Man And  
You: A Participatory Satsang"  
(MP3 A133)**

**Aug.: "What Do You Want Out  
Of Life?"  
(MP3 A013)**

**COMING SOON!**  
**New Cosmos Tree  
Web Site**  
**cosmostree.org**  
**GO THERE!**

### *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**

**Learn how to Renew your Inner Environment**

**Use Everything to Lift!**

**Go To God!**

**Introjection**

**And**

**Do On-The-Spot Work with Our Beloved Teacher!**

*Initiate-Only Class. 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.*

### JOIN US FOR OUR SUNDAY PROGRAMS!

**JULY 10TH & AUGUST 14TH**

**Meditation Of The Light Of The Most High  
10:30am EST**

**Tools For Living Free Reading and Discussion  
12pm EST**

**July 10th: #3 - Acceptance: All That We Are  
August 14th: #95 - The Point Of Power**

**The Teachings Study Group  
Using *SpiritCentral* as the Tool!**

**3pm EST**

**Discussion and Study of a Recent Teaching Of  
The Path Of Soul Transcendence**

**Available By Teleconference  
Email info@cosmostree.org for details**

or holding the Positive Polarity ... that Souls can relate to. Otherwise God is such a big, big thing. Confusing thing, etc. Such an abstracted thing you really can't relate. So He makes this Sacrifice.

"Now I just want to trace this because it's really interesting to me. I've always been interested in civilizations and religions, etc., etc. And it's such a difficult, difficult thing throughout the history of mankind to accept that God is here and Present. Some religions have no God; in other religions God created the universe and then removed Himself. OK. And only lately was it put in the HU-man Consciousness as a very definite thing that 'hey! God is here' OK. And yet what do we do? We either deny It or we worship the One Who represents That even though He specifically told us 'hey! That Which is in Me is in you, too'.

"So the Spirit is in us. The Christed Consciousness is in us. What's the Christed Consciousness? But a Consciousness That is at One with God. When Its Will and God's Will are One and the Same. When Its Will *is* One and the Same that Consciousness consistently says to the captain, to Spirit, to the Soul, 'Aye, Aye.' Until such time it is busy with it's own II's ..."

"What are 'inner insinences'? ... Your hurt and your pain, etc. The anger that we have. The resentment that we have. The insistence on the way things should be. ..."

"If I'm not feeding it, it isn't alive. If I'm not giving it energy it can't live. ... What feels better is to not go with the 'inner insinences'. ... We can go with our inner arguments: 'This person treated me this way'. 'My spouse did this to me'. 'My siblings did this to me.' 'My children did X, Y and Z to me, etc., etc'. ..."

"But then let's get at it in the Truth. You as a Soul agreed to have that family. There has to be something in it for you. What's in it for you? Why did you choose them? ... What's the Learning? Then you start moving into what The Teachings call Blameless Responsibility. We don't blame. We take Responsibility. Taking Responsibility doesn't mean you're a terrible person, you're a bad person, this shouldn't have happened. No. Take Responsibility that this *is* your creation and that there's something in it for you. That it's karmically correct and there's something for you to Learn. ... So much for reality. Then who is making this reality? I am. ... There's no need to have God keep them [ed.'s note: Dr. Lane is referring to Opportunities to Learn that karma provides the Soul] coming because if you Learn, then guess what? There's no need for the lesson again. If you've gotten it you don't need to receive that same lesson because you've taken advantage of the Opportunity.

"Each of us - we have so many opportunities to keep our inner arguments going. What do they do? They keep us in the negativity. They keep us in the hurt. They keep us in the pain. They keep us in the separation. We're Responsible for where we Focus. Where are you going to Focus? ... We need to constantly practice Eternal Vigilance and keep the Focus into, 'Aye, Aye!' 'Aye, Aye!' We need to Surrender.

The Path That I bring forth is a Surrender Path. There are Guidelines. You need to Surrender to the Guidelines. You don't have to but I Lovingly Suggest you do because the Guidelines exist for only one Purpose. That's for your Protection and to make things as easy as possible. And that's our choice in life. We can work things Spiritually or we can choose into karma. At least those Souls that have been Initiated (into the Sound Current) - we have that choice.

"We have a choice. And then if we go, 'Aye, Aye, sir!' you open up to a Field of Action called Grace. And God can do whatever God wants to do. Spirit can do whatever Spirit wants to do and it will be far better than what you had ever imagined. But you're the one who has to open up to It. You're the one that has to say, 'Aye, Aye, sir! You're running the ship.'

"But what happens in our Consciousness is that we're pretty blind and we're pretty confused up until the time we're not. We walk around thinking ... if I say 'yes' to Spirit I'm saying 'no' to mySelf. The Christed Consciousness is just the opposite. Say 'yes' to Spirit - that's the Alignment. ... If you're Walking this Path, then It's the Alignment into the Soul Realm or Eternal Life where you're no longer subject to karma and reincarnation. So you become clear. You've entered into Eternal Life. You've regained your Freedom because we are created Free and through our choices, our II's, our 'inner insinences', we've created karma and that's the separation from God. ..."

"The real Truth is if we say 'yes' to Spirit we're finally saying 'yes' to ourSelves because that's Who and What we *are*. There's a real easy way to look at this. Do you take your body with you when you leave this planet? No. That to me says it all. But What does go with you and What lives forever is the Soul that's in you. ..."

"God in His Compassion, Kindness, and Mercy has given us a way to be with Him forever. To have all the karma cleared and to be able to Return Home. It's pretty amazing! We can go Home. But *each moment* we're at choice. Who's going to run the ship? My ego, mySelf or the Spirit that I *am*? ... We need to accept that Spirit is *within* us, God lives in us as us, and we need to say, 'Aye, Aye!' to That. 'Yes!' to That. Not as an idea. Not as a concept. But as a Living Reality.

"Inner insinences': many times they take the form of 'I have to have this!' 'This has to happen before that.' 'I need to prove that I'm worthy to have God Love me.' So we use what in this society counts for being 'worthy': money, status, fame, relationships, how much sex you can have, whatever it is. We're always trying to impress.

"But God's already impressed Himself in us, as Soul. Nothing and nobody to impress. ... We don't have to impress anybody. God knows us. And a Soul that is Initiated (into the Sound Current) is known *directly* by God by the Consciousness ... that is held by The Teacher. We're known *directly* by God. We're created in His Image. What do we have to prove? We're automatically good stuff.

"Saying 'Aye, Aye!' to Spirit is Knowing that you're worthy and admitting that God lives in me as me. I don't have to make these choices into hurt, pain, negativity, gossip or anything else like that. I can move into Trust and Allowing and Receiving. The choice is ours *each and every moment*.

"Even if we're established Home, we've entered into Eternal Life, we still have free choice and we can choose into karmic fields anytime we want to. ... I Lovingly Suggest you all say 'Aye, Aye!' to Spirit within, to God within, to the Soul rather than to your 'inner insinences'. ..."

"Why not be smart and feel a lot better and say 'Aye, Aye!' to Spirit?

"And we'll stop with that."

Our Teacher Graciously and Lovingly answered a question from a Participant in the Satsang.



through it? Well, who are you not to be? ... And then I realized, 'well, wait a second now! I ain't in this thing alone. If I'm worthy of the Spirit then everybody else is worthy of the Spirit. And I bet you what I do, everybody does. They misidentify themselves.' And in talking with a lot of people ... I see that that's what they're always doing. They're always grabbing onto a reason or rationale not to be okay, not to be worthy, looking for proof. And behind it all is ... the great fear of Loving God, being the great Spirit that I *am*, acknowledging how Powerful I am, etc. We have this thing - and this is what the vacation is - we really think that if we walk around thinking we're not worthy and we're not good enough then we are not Responsible. ..."

"If I can prove to you that I'm not worthy then I don't have to be Responsible, then guess what? Then when it gets time to leave the body ... and you see all the karma you've accrued and you see you've been had. But who had you? You had you. You've been on vacation. But it wasn't an enjoyable vacation. It was a misidentification vacation. And that's painful because, guess what? That's separation. You are separating yourself from the Spirit you *are*. And that hurts. ... It is so much easier than to accept God within you. Because that's where God is. He is within you. ..."

"When the Christ, Jesus said, 'That Which is in Me is in you, too.' what do we do? ... I'm going to ignore what you've said and worship you and pretend it is not in me. As long as I can do that then I'm not Responsible! ... We were promised Eternal Life. But I've never seen it said by any of the Masters, 'You get Eternal Life when you die. It's automatic.' ..."

We have all these myths designed to perpetuate our making no effort. ... We know that we're Responsible. And one of the things The Teachings teach us is Blameless Responsibility. And many of us, guess what we do? We walk around ... 'I'm not at fault! ... That means I'm not Responsible!' ... There are consequences. You're living proof that there are because you are at the effect of what you have created karmically. We pick up body after body after body. All this has to do with our identification as a Soul with the things of the world. With our thoughts, with our feelings. ..."

"We know that we're here for our karmic learning. We know that we're here to Lift and Grow. It's all perfectly and Divinely Orchestrated. ... We think we're our thoughts; we think we're our feelings. And when we sit in the Meditation that we're Taught on this Path we get above our thoughts and our feelings and we have the strength to do that, the Spiritual strength to do that. Now, thoughts and feelings aren't wrong. But they're all part of the illusionary field. ... They're kind of like hot air or like gas. But we hold onto these things. Spiritually, we're instructed to allow those thoughts and feelings to pass through and we're Responsible for what we hold onto. What thoughts and feelings are you holding onto? What are you identifying with? Because we have a Proper Identity in this world. That's when we're On Point. What's the point? The point is at the Upper Part Of The Third Eye. Or as Soul, as Spirit. The View Point of the Spirit we *are*."

"It's no accident we live in a materialistic world. At least, the Western world is 'materialistic'. Not just money and capitalism but philosophically. 'This is it - the material world - and you can only know through your senses!' And so you have that materialism that runs through it. But then what are we doing here if we're just material? If we're our thoughts, our feelings why were we created? What's going on? What's the point? What's the Purpose? Who's doing this? And I'm sure some of you sitting here don't want to hear that stuff, 'this is so heavy'; 'this is so whatever'; 'this is so intellectual'; 'this is so abstract'. Except that's what the false self does. It pushes it to the extreme."

It pushes it outside itself, OK, but this is the reason why you're here. To discover this and, really, to live within the bounty of That. You know this marvelous adventure called 'life.' Not too many people will teach you what the point of it is. You know, other than you go to school, get good education, get a good job then you die. And you make a few dollars along the way. And you grab for happiness along the way or - if you have belief - you believe in the belief and that's it. But, surely, God's smarter than that. And He's a lot kinder than that. And there's method and madness to our being here."

"The method is real simple. The method is the Spiritual Instruction imparted at the time of Initiation. That's (Initiation) a signal to yourself, 'Hey! I'm willing to use the life God has given me to explore and to come to know myself as Soul, as Spirit. I'm willing to be On Point. I'm willing to have the View Point of God. I'm not willing to wait another lifetime, another lifetime, another lifetime, another lifetime, another lifetime ...'"

"That's the nice thing I like about the Path that I Teach. You get to see for yourself. It's not so because I say so. It's not so because you can read something the Christ 'wrote' [ed.'s note: Dr. Lane is being humorous here as Jesus the Christ did not teach through writings] and it is applicable. It's not because it should be so or would be nice to be so. But you have the experience of it's being so. You have the *direct experience*. You have the Direct Knowing. But that all comes with Proper Identification. ..."

I've never seen any of that stuff count for anything Spiritually. I've never seen a Soul regarded as any of those things. Just like I've never seen Soul regarded as anything it is in this world. Or that the body it is with expressed. And so many of us we go for perfection in the physical, for perfection in the mind, for perfection in the unconscious or in our feelings. But there's no perfection on those levels. We're Perfect in Spirit and we're here to come to know That. ..."

"Our journey as a Soul is Proper Identification. ... To know yourself as Soul, as Spirit. This is a Participatory Satsang. So I'm going to ask you two or three questions ... repeatedly. ... Whatever comes, comes. There's no right answer. There's no wrong answer. ... 'Lord, God send us Your Light! And we put this time together into Your Light for the Highest Good!' 'What feeling are you holding onto?' [Pause] 'What feeling predominates in your life?' [Pause] 'What thought, what feeling predominates in your life?' [Pause] 'What thought, what feeling predominates in your life?' [Pause] 'What thought, what feeling predominates in your life?' [Pause] 'What happens to that predominate feeling or thought if you identify yourself as Soul, as Spirit?' [Pause] 'What happens to that feeling or thought if you identify yourself as Soul, as Spirit?' [Pause] 'What happens to that feeling or thought if you identify yourself as Soul, as Spirit?' [Pause] 'What happens to that thought or feeling if you identify yourself as Soul, as Spirit?' [Pause] Now when you can, bring your consciousness back here."

"I Lovingly Suggest what you need to do is practice Proper Identification, be On Point, know yourself as Soul, as Spirit. Rhetorical question is: what do you need to do to identify yourself properly so that you're not on the misidentification vacation? ... God in His Kindness and Mercy has given us a way to know Him, *while we're in the body*. ... That's pretty amazing! To be with God, *while we're in the body*. ... That's Loving Kindness! That's Generosity! ... Your will and God's Will are One and the Same."

His Will for us is real simple. ... He wants His children to come Home. But we have to do our part and our part is practicing Proper Identification and He has given us a Way to do that. So the choice is yours but there is a Way. ... Be On Point! The View Point of God, as the Spirit you *are*."

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of the word ... Patient, Loving, Caring - These are all Attributes of God."

Our Teacher then instructed us on another Key Teaching – the importance of educating our basic selves, the part of us that brings forward our karmic patterns, by using the Four Rules of Self-Talk ("not two, not three, not your way!") "Its job is to throw you off," Dr. Lane said. "It can be convoluted ... Unless we have a relationship with the basics [you] will go with that."

Our Teacher further helped us in this understanding by reviewing the Flow of Spirit, which is from Spirit/Soul to the High Self to the basics and then to the Conscious Self. "If you have judgments they'll sit on a band here [Our Teacher pointed to the solar plexis area] and stops the flow. The Spiritual Flow's got to go through your basics ... so your Conscious Self has to relate to the basics. ... It's only going to happen if the Conscious Self educates your basics. Basic selves need that education! ... That's giving yourSelf the time of day! That's being Generous! That's Committing to the Spirit you *are*!" To be fully Present, we must work with our basics/Allow the Flow!

This Beautiful RETREAT included plenty of Opportunities to get quiet and to listen to or read a Tool. One was a Transcript of the Video "Commitment: The Gift of Giving Your Self to Yourself" from the Series *Understanding The Spirit You Are* by Dr. Lane. This writer learned that the only Support is the Support she gives herSelf by being Present/living The Teachings. That is the Commitment. This writer highly recommends that you avail yourSelf of this Beautiful Tool by attending the monthly Video Showing and Discussion at the Home Center or teleconferencing in for It; watching in New York City on mnn.org Thursdays at 6:30 pm online or on cable TV; and/or ordering the DVD online at spiritcentral.org or purchasing It at the Home Center.

Group exercises continuing our Study of "COMMITMENT: 5 Questions And A Three-Letter Answer" followed during Which we were asked to share how we have been living our lives in the last three to four months, what the approach has been and then answer the question, "What is The Teaching?" and apply The Teaching to what has been/is going on. As RETREAT continued, the "5 Questions" of the RETREAT title were presented. They are "What is The Teaching?"; "Am I in Alignment with The Teaching?"; "Am I in Agreement with The Teaching?"; "Where is my Focus?"; "Am I living The Teachings?"

Our many responses regarding approaches we have chosen in our God-given lives the last 3-4 months included procrastination; obligation; feeling stuck; worry; lack; overwhelmed; and "terror". Our individual responses to "What is The Teaching?" included Proper Identification; Self-Talk; Be Present; Gratitude; Trust Allow Receive; Knowing I'm Worthy; Knowing I'm OK; Let Go, Let God; Surrender my agenda; non-judgement; Acceptance; using the Two-Part Release Technique. Dr. Lane then gave us The Approach to take regarding how best to start working The Questions inside ourSelves. Our Teacher instructed us to begin with "Let me look at this thing Neutrally!" Then to ask ourSelves, "What is The Teaching?" Start with What It is! What do The Teachings say? What is underneath (your approach) according to The Teachings? This takes real Commitment! Get Neutral and you'll get the answer." This writer had one approach, underneath which was resentment and, under that, fear of getting yelled at/of moving on. According to The Teachings, resentment is exactly what it says: I am "re-sending" the negativity. I now do the Two-Part Release technique; I also do Self-Talk to be in Alignment with what I am doing and how much I love what I am doing and moving on (instead of allowing the negativity/old family-related patterns).

To one Participant whose approach over the last 3-4 months was "obligation," Dr. Lane said you've "forgotten you're at Choice. You forget you're choosing into that. You forget you have other choices. And you have Power. It's fear of your own Power that you do have." Dr. Lane suggested to this Participant that she do the Two-Part Release Technique; move into Acceptance of how Powerful she is; do Self-talk. "The point is that person is Powerful and has Choice." Dr. Lane also suggested that this Participant give herSelf permission to be Powerful. "It's OK!" Dr. Lane said. "And also to let go of past reference points!"

Those present also shared many insights; gains; discoveries; and dreams. Regarding the latter, Our Teacher explained, "Many times waking up is part of what the whole thing is telling you." No matter what those present shared, Our Teacher gave us the Learning we needed to help us

Live The Teachings. "In and of itself there is no hurt, no pain," Dr. Lane said, "... The pain is the karma that you create. ... all you have to do is stay in your Center and in your Integrity and relate from There." Dr. Lane also emphasized, "Your job and everyone's job as an Initiate is to stay Clear." And: "You have to empty the mind so it can be filled. Let it be replaced by the Mind of God!" In response to a Participant who spoke of doing Simran and Dhyan exactly as Taught, Our Teacher stated: "You showed up with Love and Allowed. ... Show up in Love and you're basically carried!" And another very Key Teaching that Dr. Lane shared in response to a Participant who felt he was being made wrong and to whom it was suggested that he give this up: "You're not a 'sinner'. The only sin is not knowing Who you *are*!"

Our Teacher also instructed us about the Levels or Frequencies below the Soul Realm – the astral; causal; mental; etheric – and on the Soul Realm, Where one is established in the Oneness or Eternal Life and That is only entered attachment-free. Of the Levels below Soul, Dr. Lane said "these are in the dual worlds." At Soul or the Soul Realm, "... here you are free of karma and reincarnation." "There is great Joy in the Spiritual Heavens when a Soul breaks ... free of the bondage," Dr. Lane explained. Our Teacher further Taught us that at this Level we can stand before God in the Soul Body as we can handle this Spiritual Frequency. As Our Teacher has said, "If you follow the Spiritual Instruction *exactly* you will enter into Eternal Life. It is your Responsibility to be Awake on these Levels!"

As Dr. Lane instructed at last year's RETREAT, made public in a Newsletter article about RETREAT 2015, there are 27 Levels or Frequencies beyond Soul or the Soul Realm. The 27th Level is HU or the First Manifestation of God. The Path that Dr. Lane brings forward is called The Path Of Soul Transcendence because once you are established in Soul or Eternal Life, as Our Teacher has explained, Initiates have the option to "transcend" the Soul Realm *while we're in the body*! Wow! As Our Teacher explained at this RETREAT, "you keep Lifting and Growing and Upvibrating". As Dr. Lane further explained in Our Teacher's first post-RETREAT Satsang, "... 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 then created Tools to remind us of Our Commitment to apply The Five Questions in our everyday lives. "Create something" ... that will "have you be at The Five Questions" Our Teacher said.

And we found out what Our Teacher meant in the RETREAT title by "A Three-Letter Answer". It was our response to The Questions, which was "Yes!" or "I *am*!"

Our Teacher ended by explaining further: "When Living The Teaching you have to be conscious of It, Know What It is and apply It. It's a very active thing!"

RETREAT Weekend included a Silent Auction and a Live One that featured musical performances by Alice Shuman-Johnson, Elisa Hunter, Edward Faust, Andrew Isleib, Rev. Valentina Isleib and Rev. Dewi Lim that were very successful in providing funding for the many activities of Center For Religious And Spiritual Studies.

This writer joins in Our Teacher's sincerest thanks to the many who were of Loving Service before, during and after RETREAT and to the many individuals and companies that donated generously to the Silent Auction.

On Monday, there were Fellow Walker, Area Representative and Ministers' Meetings that brought Clarity and Guidance and assisted in Re-Focus/Re-Commitment to the Spirit we *are*. As a Special Gift, all Participants were invited to join Our Teacher for lunch.

Finally, there are once again no words to describe the Loving and Caring and Compassion of Our Teacher in preparing and bringing forward this RETREAT while also bringing forward Talks, Classes, Workshops, Meetings as well as our regularly scheduled Meditation during this same time period.

On behalf of all of Your Initiates, we thank YOU.