



SpiritCentral

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies Jan./Feb./Mar. 2019

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“LOVE-ING: Active? Passive? Inactive? Needs Practice - A Participatory Satsang”

Our Teacher, Dr. Lane, began the December 2018 Satsang by saying, “I want to talk a little bit about LOVE-ING: What That is and how to do It. And we know from the Teachings that Love is letting go of volition every time, letting go of your will, *every time*. OK. And notice It’s LOVE-ING – ‘ing’ at the end - and that means that It’s active, active. OK. So that tells you What you’re doing, What you need to do *each moment*: actively let go of volition every time. OK. ...”

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Holiday Satsang And Celebration 2018

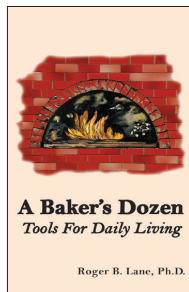
On December 16th, Initiates Of The Sound Current On The Path Of Soul Transcendence attended the annual Holiday Satsang and Celebration, both in-person at the Cosmos Tree/CRASS Home Center and via teleconference from around the country and Mexico.

The Celebration began with calling in the Light Of The Most High and sharing of food at the Home Center, followed by a Meditation Of The Light Of The Most High.

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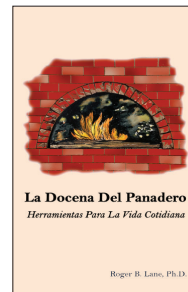
A Great Holiday Or Anytime Gift!

A Baker’s Dozen: Tools For Daily Living



**Dr. Lane’s New Book!
Learn To Live Your Life
From A Spiritual Perspective!
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English E-Book On Amazon -
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GO THERE!



“The Sound Current And You”

Given by Dr. Roger B. Lane

On Our Teacher’s Recent Latin America Speaking Tour

In Fall 2018, Our Teacher, Dr. Lane, Generously travelled to Latin America on a Speaking Tour that included Queretaro and San Miguel, Mexico; Lima, Peru; Santiago, Chile and Buenos Aires, Argentina. In all but San Miguel, where Our Teacher gave a Special Q & A Satsang, Dr. Lane gave a Powerful Satsang titled “The Sound Current And You”, followed the next day by the Sacred Offerings of Meditations Of The Light Of The Most High.

In each city, the Talk was given in English with Spanish translation provided by Rev. Barry Lippman. Before each Talk, Participants chanted HU – spelled “H-U” – out loud. HU is an ancient name of the Lord, God.

Each Talk had a slightly different Focus. For this writer each Talk was a powerful inner experience because of the Frequencies Brought Forward by Our Teacher/the Lord, God for the Growth and Upliftment of this Soul as well as for That of each Soul Present at each Talk. This inner experience was so “strong” that the words of each Satsang seemed to float by as a kind of magnificent tapestry Brought Forth to “anchor” the Talk so that I had something “tangible” to hang on to.

The words of each Satsang, as Given by Our Teacher, were pure poetry; language that Our Teacher/the Lord, God can weave into seemingly “different” fabrics with the same Titles, each Talk conveying the Truth that we *are* One and that Our Purpose here is to come to Know ourSelves as Spirit, as Soul.

The differences included: in the Satsang in Queretaro - the Tour’s First - Our Teacher explained more about the many levels or Frequencies in the Inner Worlds of Spirit where the Soul lives; and that the Sound Current is audible: “The Soul Listens to the Divine Melodies and can Know where It is just by Listening to the Sound on the Realm that It is on.”

In Lima, Dr. Lane spoke of our wearing a body as an Opportunity to fulfill our Divine Purpose here. Our Teacher emphasized that God is not a “goal”; God *is*. And we simply *Allow* God in and as our Consciousness. Dr. Lane told us in this Talk as well as the Ones in Buenos Aires and in Santiago - that is featured below - that Health is Being with God.

In Buenos Aires, Dr. Lane beautifully stated that Knowing ourSelves as Spirit, as Soul, is “the Great Miracle of Being with God.” And Our Teacher Taught us that the “True Nature of Love is that the ‘object’ of the Love and the ‘subject’ of the Love and the Love ‘between’ is all the Same. It’s One and the Same. That’s the Truth and that sits in you waiting to be discovered.”

Dr. Lane also used local references, such as a mausoleum in Buenos Aires that Our Teacher had just visited, to Teach those Present that death is an illusion. “What was in those mausoleums? Just the body – the Soul left the body and lives in the Inner Worlds at the same Vibration or Frequency that It was on while It was in the body. The Soul does not go Home to God just because It left the body. When I say go Home to God I mean Eternal Life, no longer subject to karma and reincarnation.”

Continued on page 5

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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Events Calendar

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 Jan. 13; Feb. 10; Mar. 10

Sun 10:30am Jan. 27; Feb. 24; Mar. 31:

Special 2-hour Meditation

Meditation For Health And Well-Being

East Side (Home Center):

Tues 8:15pm Jan. 15; Feb. 19; Mar. 19

MEDITATIONS

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

CALIFORNIA

Los Angeles area: Every Wednesday 7pm. Also available via teleconference! Please call 310-913-7212 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.

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.

Every Tuesday -- 7:30-8pm EST

Every Wednesday -- 4:30-5pm EST

Unless otherwise noted

VIDEO/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.

Spectrum - Channel 1997

RCN - Channel 84

Verizon (FIOS) - Channel 35

Brooklyn

Every Sat. — 4:30pm

Cablevision - Channel 68

Spectrum - 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"

SHOWINGS & DISCUSSIONS

Last Sun. of every month

1-2pm at NYC Center

Join Us For An Hour Of Spiritual Instruction!

"Where Is 'The Secret Place Of The Most High'?:

A Participatory Satsang"

January 2, 2019 6:50pm EST

"The Teacher, The Mirror And

You: A Participatory Satsang"

February 6, 2019 6:50pm EST

TBA

March 6, 2019 6:50pm EST

Satsangs

by Dr. Roger B. Lane

Available at All Centers

Listen to Our Monthly Podcasts!!!

cosmostree.org
spiritcentral.org

Jan. 5: "Overwhelmed: Who's At The Helm? - A Participatory Satsang"
(MP3 A238)

Feb. 5: "The Story Of The Tuna Fish Sandwich: A Participatory Satsang"
(MP3 A219)

Mar. 5: "What Do I Have To Do To Be Perfect, Lord?"
(MP3 A018)

WINTER SEMESTER

The Checklist Class

5 weeks, Wednesdays, January 23 - February 20

7:45-9:15pm

Taught by Dr. Roger B. Lane

Learn to enhance your God-given days by being with the Lord, God. Be Present with God *moment-to-moment*. Learn to keep clear throughout the day. Assist in the Spiritual Evolution of the planet! For Initiates only.

Payment: \$62 and additional payments of \$31 for Classes 2 - 5 or \$150 for Series if paid in full when registered for Students enrolled in a Degree Program of the Seminary or \$63/\$31.50/ \$155 for all others. All payments are nonrefundable and nontransferable. Please make checks payable to CRASS, 1461A First Ave. - Ste. #182, New York, NY 10075. For more information call Registrar, Amy Blank at 708-846-1031 or email info@spiritcentral.org.

Communication Class

3 weeks, Wednesdays, March 6 - March 20 7:45-9:15pm

Taught by Dr. Roger B. Lane

Learn to Communicate directly, properly, exactly and effectively - from a Spiritual Perspective. When this Class is over you will Understand how to ask for what you want in all areas of your life and, more importantly, that the place where this critical interchange really takes place is inside yourSelf, "between" you and the Spirit You are.

Payment: \$62 and an additional payment of \$31 for Class 2 or \$90 for Series if paid in full when registered for Students enrolled in a Degree Program of the Seminary or \$63/\$31.50/\$93 for all others. All payments are nonrefundable and nontransferable. Please make checks payable to CRASS, 1461A First Ave. - Ste. #182, New York, NY 10075. For more information call Registrar, Amy Blank at 708-846-1031 or email info@spiritcentral.org.

JOIN US FOR OUR SUNDAY EVENTS!

SUNDAY PROGRAM

Jan. 13; Feb. 10; Mar. 10

Meditation Of The Light Of The Most High: 10:30 - 11:30am EST

Tools For Living Free Reading and Discussion: 12pm EST

January 13: #138 Dancing In Your Soulness

February 10: #26 Generosity: A Tool For Giving To Yourself

March 10: #64 Giving To Spirit

Jan. 27; Feb. 24; Mar. 31

Meditation Of The Light Of The Most High: 10:30am - 12:30pm EST

Video/DVD Showing and Discussion: 1pm EST

January 27: #V20 Living Free And The Path Of Soul Transcendence

February 24: #V21 What Do We Do On The Path Of Soul Transcendence?

March 31: #V22 What Are You Doing For The Rest Of Your Life?: An Invitation

THE TEACHINGS STUDY GROUP

Jan. 13; Feb. 10; Mar. 10

3pm EST

Using articles featured in *SpiritCentral* of Satsangs Given by Dr. Lane

January 13: "LOVE-ING: Active? Passive? Inactive? Needs Practice -

A Participatory Satsang"

February 10: Holiday Satsang And Celebration 2018

March 10: "The Sound Current And You"

Please read articles or watch Video/DVD prior to attending!

For details or to attend via teleconference email info@cosmostree.org.

More details also on the Events page included with this Issue of *SpiritCentral*.

"For example, we know the Teachings Teach us very much that we're all One and we live in the Oneness of Spirit and we *are* One and that when we compete against someone or compare ourselves we're really comparing ourselves to the Spirit we *are* in a lesser than favorable manner and so we lose out and we separate from God, we separate from the Spirit we *are*. ..."

"I was having a conversation with someone and this person knew ... the Teachings and she said, 'even though I know the Teachings you can go to hell, you can just take walk ... the Teachings can go take a walk ... I'm going to assert my will.' And then this person proceeded to do exactly what the Teachings Teach us is not to your advantage to do, which is to compare yourself ... so this person knew and proceeded anyway and, of course, the pain, etc., followed but why not? You separated yourself out from Spirit. Of course, it's going to hurt. ..."

"This person is so willful can you imagine ... if this person moved into LOVE-ING instead, ... if she worked it as she knows to work It, she'd be a Powerhouse! ..."

"Another interesting thing to me was how backwards this person was ... got this Opportunity to clear a lot of stuff this lifetime and you're comparing yourself to a Soul that hasn't been given that Opportunity? Hasn't taken advantage of It? ... you're so blind you're placing yourself last? ..."

"But every time the ego asserts itself ... you're going to have pain, you're going to have separation ..."

"The ego has a purpose ... the ego's place is in Service to the Spirit you *are* ... if this person had ... used that willfulness to line up with LOVE-ING, wow! that would have been a Powerhouse, all the breakthroughs ..."

"... we need to Surrender. We need to let go, let go of what we think is so, let go of our insistence and serve the Spirit we *are*. Let go of our opinions. Our opinions really don't matter, what we think. I may have all sorts of opinions about how x, y and z should be or how it should be run but it's still going to be run that way.

"In a conversation I had recently this person really wanted to change something and then just came to the conclusion, 'what can I do? I don't have the resources I need.' You could just see the person shrivel up. You don't have to have the resources you need; all you have to do is, 'OK that's a call to action! Alright. What resources do I need?' ... go where they're available instead of 'oh, well! There's nothing I can do' but there is. ..."

Our Teacher then gave another example, of a "seven-year-old kid who lived in a town where it was illegal to have snowball fights and he felt that he really wanted to have snowball fights with his friends and not engage in a criminal action. Seven-year-old kid. What resources did he have? Alright. So he told his mother 'hey! I just want to have snowball fights ... I don't want to be (a) criminal ... I want to get the law changed' ... so they went to the city council and this little seven-year-old kid spoke up and he spoke up for his right to have snowball fights and have it be a legal activity. And sure enough this council reversed itself and legalized snowball fights. So the kid didn't just sit there and go 'what can I do? I'm just a seven-year-old kid' ... he took that and acted upon it, acted upon it ... and that's really important.

"When we drop our intention - '... I really would like for this to change. I'd really like to see this. I'd really like to see that. Oh, well, what can I do?' - then you're engaging in negativity. With Spirit all things are possible, all things happen. If you really want to do something and see something happen Co-Create! Ask for Clarity and Guidance! Work! See it happen! Do what you need to do! Do your part and Spirit more than meets you half way. That's part of LOVE-ING.

"Remember LOVE-ING is active. It's an active Expression ... God is pretty involved, OK. And we need to have the same level of involvement and It's a Neutral involvement. It's an involvement without attachment. Leave the results to God! That seven-year-old kid could not control how the council would vote. ... we don't even have to enter into 'what kind of results am I doing to get?' It doesn't matter. The results will be karmically correct so you don't have to even enter into any concern or worry about it. OK. ... if you sit there and say 'oh, gosh, what can I do?' then that's a karmic creation and you're stuck with that. ..."

"If you work on stuff do it with a Loving Heart! A lot of you do Service ... some do it with resentment ... some do it mentioning how hard they've worked. That's your opinion. ... LOVE-ING is active and Neutral and clear and fun and It doesn't matter if It's been inactive, up until now. Decide to activate It! ..."

"God's Will is that we Love Him and we Know ourselves as Soul, as Spirit. Everything needs to be in Attunement with That. Resisting the Teachings ... taking the seeming easy way out, letting the basic self rule you, keeping the same old, same old - all that doesn't serve you. It doesn't serve you. ..."

"It's all about Allowing God *within* ... Self-fulfillment, Self-fulfillment. ... There's nothing outside MySelf to say 'no' to. There's nothing I need to resent ... There's no one or nothing I'm doing it for. I'm just Allowing the Spirit I *am* to fulfill Itself and that's how I'm fulfilled. Yeah.

"That's part of the LOVE-ING - that you understand the whole question of location, location, location, location ... It's God *within*. God is *within*. As Initiates you been Blessed to have access to the Soul Body and to Spirit 24/7. So you have that Opportunity not to close off to Spirit ... not to fight the Upliftment and the Surrender. But You have the Opportunity to - wow! - just glide and open to That and to be moved. And That's the Blessing but It only comes with your action. Your action. OK.

"You're the one that has to move on this inwardly, outwardly ... in a Neutral and a LOVE-ING way. But you can't sit there and say 'there's nothing I can do.' There is always something you can do. Bring Spirit into a situation: It alters the situation.

"Think of the Powerhouse you *are*! Think of the Powerhouse that person was who said '... Teachings, take a walk ...' Think how powerful that person really is ... to have that Alignment with the Spirit *within* that person! ... Think of the Power you have that you've been given! ... You're as Powerful as that person. ... The Power is in Surrender ... And What are you Surrendering to ... but to the Spirit you *are within* you, *within* you. That's where It is and the LOVE-ING is. You're LOVE-ING yourself, actively Loving yourself. Wow! *Every moment*. Every second of separation is painful, is really painful. It hurts.

"If you have to back into It that way, back into It that way but I prefer you to Know the Joy of just Being with the Spirit you *are* ... When you're LOVE-ING yourself you're in the Love. When you're LOVE-ING the Spirit you *are*, you're in the Love. When you're LOVE-ING God, you're in the Love. ..."

"... the Soul comes to a Place where the 'object' of Its Love, namely God or the Soul, and the 'subject' of It and the Love 'between' Them is all One and the Same. And That's what happens when you move into the LOVE-ING. You're just That Love you really *are*. And you're in that active Demonstration of That Love.

"Remember we're HU-man beings. We're God in Manifestation and we need to Manifest that Love, that Caring.

"It's really that simple and It sure feels good.

"We'll stop with that."

Our Teacher then began the Holiday Satsang by thanking Initiates for Their Loving Support and Service, the later in the form of physical Service or monetary Service.

Dr. Lane then said, "Well, it's the holidays, which means Holy Days. And really every day is a Holy Day! ..."

"Let's take a look at this thing called Christmas! And Christmas is the Christ that comes out of the mass or that comes out of the unconscious or unconsciousness. And this is Key: So that It is differentiated. ... And that's the key. It's become Conscious. It's differentiated Itself from the unconsciousness. And that's what Christmas is about. What does that mean, that 'It's differentiated Itself from the unconsciousness'? OK. It has become Conscious through what? Through the exercise of Its Free Will, through volition.

"So, it's action. It's active. This is very important. OK. You see, when you take a look at the history of religion it's really the history of Consciousness. OK. So here you have Jesus the Christ, a Jew. Here you have someone's coming out of a background of a complete belief in 'God created the universe and then He removed Himself'. OK. ... Then you have this 'Guy' - the Christ - and He takes birth. Jesus was born here. OK. So guess what? It's saying that God is here.

"What does this mean in terms of the Christed Consciousness? OK. Well, it means everything. OK. You project God 'up there'; it has to do with that we're unconscious. We know that wherever we're unconscious; or cannot accept, whatever we don't accept, gets projected. We can't accept God so God gets projected out there. ..."

"And, of course, in this world of the Old Testament this thing 'out there' called God - He's the meanest Guy in the valley and He's tougher than anybody. ... But He was 'up there', 'out there' ..."

"And then you have a Guy Who comes in and He says, 'Well, wait a second now! You got the location all wrong! God's not 'out there'. He's 'in there' and you have Him all wrong, too. That He's a Kind and Compassionate and considerate God and He's 'in there'.' ..."

"So God is *within* ... and the Gifts and the Presents are *within* you. And the Gifts of God are all *within* but remember what was said about projection? That if you can't accept something within it gets projected 'out there'. OK.

"So take a look at how ingenious this is! We're told, OK, God's *within* and He's Love and Compassionate and we need to be like God. Well, then, if you're Loving and Compassionate with yourSelf, you're Accepting all that is within you. Then if you're Accepting all that's within you, then you can Accept that God's there. You don't have to project Him out there. See.

"And, of course, the unconsciousness is what? Is karma. Whatever we can't accept within ourSelf - that's karma. And that's the separation. OK. So another way of saying this whole thing is real simple: when you Choose to let go of karma through the Way that God has assigned it to be done - through the Sound Current, through that Initiatory Process - and you don't have karma then you can Accept God and then your will and God's Will are One and the Same because you're at the Christed Consciousness. You're at God. You're at Soul. You're at Complete Acceptance.

"And we know what you can't accept in yourSelf you're going to project it ... onto your neighbor. I'm not going to fight with my neighbor if I can accept those things in mySelf. I'm not going to rage on about people or things if I can Accept them in mySelf.

"You mean to tell me that none of you have acted as stupid and as dumb and as crazy as the President might act or your neighbor may act or as someone who drives you crazy may act? You've never done that? So if we can Accept it in ourSelves we don't sit in judgement.

"Jesus the Christ came here. He's born in a manger. So He's born where the animals are. ... basic instinct, basic selves, habitual patterns ... And He grows from these habitual patterns. And the habitual patterns are both micro and macro. They're macro in the sense of the pattern of God 'out there'. The meanest God in the valley, etc., or He's not actively involved with His Creation. ... The Christ grew out of that habitual response. That Which He Brought Forth is very different from that habitual response. Very, very different.

"And on a micro level, our basic selves love to sit in judgement ... love to keep doing the same old stuff ... and practicing false identity and doing things the exact same way ... And we need to grow out of it and grow out of it ... and start moving beyond the box we've placed ourSelves in. ..."

"He's also Teaching us something about Proper Identity ... Being in this world is not about this world. It's about the Spirit you *are*. It's about moving into and living the Christed Consciousness. It's moving beyond your identification in time and space - The Resurrection. It's about moving beyond the crucifixion - being bound by time and space, taking that as your identity - and moving into the Resurrected Body or the Soul Body and being with God *while you're in the body*.

"Think about that! Think about it! You now have a differentiated consciousness out of the mass of the crucifixion of being bound in time and space, of false identity. You have Proper Identification with and the ability to go into the Soul Body - wow! - and be with God. That's really something and It's through the exercise of Free Will, through Choice, through Choice. No one's going to do it for you. The Messiah doesn't do It for you. He does It with you. ..."

"What's going to help you is your doing It in Loving Consciousness and your having the Spiritual Strength to do It and your differentiating out, your differentiating out from the great swamp of unconsciousness ... or from the karmic field. ... And you become Conscious, you become Conscious ... And you become Christed. And there is a Way. There's a Way that's been here since day one. Out of God's Kindness and Compassion - That's What He's left in the system, That's the System that He's put in place.

"Take a look at what Jesus the Christ met - lots of opposition, lots of anger, lots of hatred. Obviously, because He was Bringing In something new. Spiritually, we know He's Bringing In a new Frequency.

"We're even warned about That in the Old Testament. Mehezeldek comes and says, 'Whoa, mamacita! Watch out! Watch out! You're being baptized by water. Somebody's going to come: He's going to baptize by fire'.

"Of course, It's the Spiritual Fire. So he's talking about a whole new Frequency coming in. And so all of this was met with a lot of anger, changing the notion or at least demonstrating the notion and the Truth that God didn't separate Himself out from His Creation but He's actively involved. He's actively involved. And that met a lot of resistance; didn't it from the powers that be, etc.?"

"But if we take a look at it honestly we'll also see any time we go to Lift we're still having a part of us meet that part that Knows we're Spirit with a lot of anger and resistance and hurt ... We're still angry that we got kicked out of the Garden of Eden and ... we allow it to prevent us from the Real Truth that we've kicked ourSelves out of the Garden and we've separated ourSelves from Spirit through choice, through the creation of karma, etc., both individually and collectively. And as long as we stay in this anger and separation we're not going to be moved.

"The Christ, Jesus says give that up and have Love and Compassion. And when you have Love then you're not going to have that resistance and that's important. ..."

"And that's the Message of Christmas, that It's active. ... It's your Responsibility to differentiate out from your negativity, from the hurt, from the pain, to exercise your Freedom and to be in Joy. ..."

"And That's Where the Celebration is. I guarantee you there ain't no pain, there ain't no fear, there ain't no sorrow in the Oneness. ... Give up using negativity as an excuse not to Lift. That's the Message of the Christ. He always has to be the Christ. ... No way He cannot be the Christ. He has to be Himself. You have to be yourSelf, Which is the Spirit that you *are*.

"It's active. It's fun. ... It's a great Honor that you're entrusted with This. You've been entrusted with the Christed Consciousness. That should tell you right there how valuable and how important you are and also Where the Joy is.

"Real simple."

At Our Teacher's Direction, we then participated in a Reading of *Tools For Living Free* #133, "Thinking Outside the Box - Part II: The Secret Of Creativity", after Which Our Teacher called in the Light Of The Most High and asked us three important questions, followed by Group Sharing. The questions, which Our Teacher repeated a few times each, were: 1) If you were Thinking Outside the Box, what would change in your life? 2) How do you Think Outside the Box? And 3) Do you commit to Thinking Outside the Box?

"So there's no box," said Our Teacher, "and you simply give up your willfulness and exchange it for God's Will and make It your will. That's What the Christed Consciousness is: your will and God's Will is One and the Same."

The Reading/Sharing was followed by the presentation of the Group Gift to Our Teacher, Which consisted of a Donation to CRASS from Our Teacher's Initiates towards Our Teacher's Travel Mission; an overhaul of the Center's computer and Study Kits for those who can't afford Them.

The Celebration at the Home Center continued with the sharing of refreshments, including homemade desserts. Fun was had by all!

Here for your Growth and Upliftment is the "The Sound Current And You" Given in Santiago, Chile in its entirety. There was no special reason for this choice other than perhaps that Fellow Initiates teleconferenced in from around the U.S. and that is always a Great Pleasure. Please feel free to share This Tool with friends, family, loved ones, enemies!

Dr. Lane began "The Sound Current And You" by saying, "So What is the Sound Current? It is known by many Names. Amongst Them are the Holy Spirit or the Word. In Arabic It is called Kalma -- not karma - but Kalma. And in Eastern thought the Tao.

"And you chanted HU. That tells you Who you are. You are HU-man. You are a Manifestation of the Lord, God.

"Spirit is a lot like the restaurant business. What's the most important aspect of the restaurant? There are three things that are most important for running a restaurant. Number one is location. Number two is location. And number three is location.

"So where is the Sound Current's Abode? It exists *within* you. It sits at the Upper Part Of The Third Eye. That's why when you Chanted HU you are asked to pretend that you have a nose up here. [ed.'s note: Dr. Lane points to the Upper Part Of The Third Eye or "between the eyebrows"] But we have forgotten that the Spirit sits *within* us. And we project It outside onto a god that sits in the sky. And we need a middleman to approach God.

"But God in His Kindness and Mercy Created us out of Himself. 'In the beginning was the Word and the Word was with God'. What does this mean? In the beginning of time was the Word or the Holy Spirit or the Sound Current and This is What God or the Great Oversoul is composed of. We are Created in His Image. That doesn't mean that we look like Him or that God looks like us but rather we are of the same Material as God, Which is Spirit. So we *are* One and the Same.

"There's a story told that when the sages of old were deciding where to put the Soul they went into deep Meditation for 50,000 years. Finally, one of the sages came out of Meditation and said, 'I have it! We'll put It on top of the tallest mountain.' But another sage said, 'No. The people will go up there and find It.' So they went into deep Meditation for another 500,000 years. And another sage came out of Meditation and said, 'I have it! We'll put It at the bottom of the deepest ocean.' But another sage said, 'No. They'll go down there and find It.' So they went into deep Meditation for another 700 million years. Finally, one sage came out of Meditation and said, 'I've got it! We'll put it *inside* of mankind. They'll never think to look!'

"And in your life as a Soul - because you've had a life as a Soul just as a country has a life, a people has a life and a civilization has a life - and in your life as a Soul, you have forgotten Who you *are* and you've identified with the world of form, with your thoughts and feelings. And you've gone 'out' and 'down' into the world reincarnating, reincarnating, reincarnating and occupying body after body after body.

"But God in His Kindness and His Mercy has given us a Way to be with Him *while we're in the body* and to come to Know ourSelves as Soul, as Spirit. And in the Meditations that we do the whole experience is to be able to go into the Soul Body and be with God because we live in the Oneness of the Holy Spirit.

"This is not 'church talk'. This is the Reality. From the level of a false identification of ourSelves it looks like I'm sitting here, you're sitting there, you're sitting there, you're sitting there, they're in 'phoneland'. [ed.'s note: Dr. Lane is referring to those who teleconferenced in for the Talk.] But in Reality, we are living in the Oneness of Spirit but we have forgotten. And there is a Way to Remember and it is to become a Member again of the Body of God. [If] you have children, you can't wait to see your children come home. God can't wait for His kids to come Home.

"But 'wide is the way but narrow is the gate that leads unto Eternal Life.' What does That mean? The Christed Consciousness is when your will and God's Will is One and the Same. And what is God's Will for you? But that you come to Know yourSelf as Soul, as Spirit and Love Him. And in that Process you complete your karmic journeys on this planet. You are no longer subject to what's called 'the wheel of 84' - karma and reincarnation.

"But I don't Teach karma and reincarnation. I Teach simply how to Love God. God is not an anthropomorphic figure or has quote 'human' qualities. If you noticed when you were chanting the HU It had a Vibration; It had a Frequency; It had an Oscillation. Everything has a frequency. What happens when you get sick but an organ or a part of your body no longer vibrates at the frequency at which it normally does.

"And this is true for us as a Soul. We have forgotten that we *are* Soul and we've identified with this thing called the body and the illusion of death.

"The Truth is that the body is the housing for the Soul and when the Soul's time is finished for your present embodiment you drop the body in this process called 'dying', 'death'. But that's not Who you *are*. You're Soul,

you're Spirit. So we have the Soul leaving the body. But the Soul cannot go to God or to Heaven just because It has left the body. If it vibrates at 40 watts while It's in the body It cannot go to 100 watts simply because It has left the body. It can only go in the Inner Worlds to the Frequency It was on *while It was in the body*.

"But God is patient so take all the time that you want to Know yourSelf as Soul, as Spirit, to be with God *while you're in the body*!

"What besides all this grand, big Spiritual Picture of Walking This Path and Knowing yourSelf for Who you really *are*, what are some of the benefits of It? Because everything is Spirit: 'when the Eye is single the body is a Light'. As the Christ, Jesus said, 'When you're Focused on the Spirit then all your body is Aglow' because at a cellular level you *are* This Light so you feel healthier. There's less of attachments. There's less being ruled by our thoughts, by our feelings. And pushed around by them: chase this thought, this feeling, this thought this thing, this thing. We're always going outside of ourSelves, running ourSelves ragged.

"The trick is to do the opposite: to go 'in' and 'up' into the Soul Body and to be with Spirit or be with God. It's not that we have 'to go' to God or we have 'to go' to Spirit 'cause in Reality God or Spirit is totally Present.

"The question is how Present are we with God or Spirit? And when we sit in the Meditation Brought Forth on This Path we simply Receive, Receive, Receive the Frequency or the Divine Oscillation of God.

"And in this Process, the karma - all the thoughts and feelings that we created and that have separated us from the Spirit we *are* - are cleansed.

"So if you *are* the Sound Current but you've forgotten that you *are* the Sound Current doesn't it make sense to be hooked up or to use the Medicine known as the Sound Current? ... It's a real homeopathic Remedy because God wants us Home with Him.

"And isn't it a Blessing to be able to be Home with God *while we're in the body*? Isn't This what the Christ, Jesus demonstrated? What is the crucifixion but He's crucified in time and space. What is this crucifixion in time and space? It's being crucified by our thoughts and our feelings or by our ego. And there is a Remedy. He tells us and demonstrates the Remedy.

"And What is the Remedy? The Resurrection. What's the Resurrection but to go in the Soul Body and be with God.

"Many religions teach of the physical resurrection of the dead. I don't know about you but my body has aches and pains and hurts and all that and I don't want to take this body with me. But It's the Soul Body that goes with God.

"But once again it doesn't just happen because the Soul leaves the body at death. But we're given the Opportunity to be God *while we're in the body* through God's Grace and Love for us. The whole point of Hu-man life is to Know ourSelves as Soul, as Spirit or to wake up from this dream.

"This whole field of Hu-man life is an illusion. How many of you have thrown a rock in a stream? And you think the rock is right there but, in reality, it is over here. That is because of the reflections in the water. With Hu-man life we see things reflected or distorted by the karma that's present.

"When we start to Know ourSelves as Soul, as Spirit things get clearer and clearer and clearer. We're here because we're at the effect of what we put in motion. And the answer is the opposite: to go 'in' and 'up' and be at cause.

"And what is cause? You are the creator of it and also God is known as the First Cause. He's put everything in motion and you've been at the effect of what you put in motion 'down' and 'out' into the world time after time after time.

"So we reverse our habitual way of being and go 'in' and 'up' *while we're in the body* and we're at Cause or with God. And This is God's Gift to us. Our Gift to God is to simply follow His Direction.

"Just in conclusion, it is important to know that you're here also to enJoy the life that God has given you. This is not an ascetic path. You don't have to be a hermit. You can live in the world, have family, enJoy everything that God's given you.

"And it's very interesting that in all of the worlds of Spirit that are known as the negative worlds - not because they're bad but because they're charged like a battery negatively - the earth is the only place where Souls have this Opportunity to Progress Spiritually.

"So My Loving Suggestion is take advantage of the Opportunity That you do have. Many Souls fight to get into bodies and you've won that battle because you're occupying a body.

"So take advantage of God's Gift of HU-man life!

"And it's as simple as that."

Dr. Lane Generously answered the questions asked following the Satsang.