



# Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies July/August/September 2020

**COVID-19 UPDATE**  
**The Home Center is currently closed until further notice.**  
**Please check Regional Centers for availability.**

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### Home Center New York City

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### Regional Centers

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### **“DIS-EASE: Creation? Creative? Conclusion? - A Participatory Satsang”**

Our Teacher, Dr. Roger B. Lane, began the April Satsang by saying, “I want to talk a little bit tonight about DIS-EASE. And what is DIS-EASE but it really is what the word says. It’s ‘not being at ease’. So what is ease? Ease is really being in and with the Spiritual Flow.

“We Know when we’re in the Spiritual Flow we practice ‘lestoil.’ We’re motivated by Spirit. We’re moved by Spirit. There is no resistance! ... Otherwise, we’re pushing against the Flow ... that’s a sign of our own effort, of the ego.... and we’re in DIS-EASE. ...”

“We know that ease .... you’re in the Soul Body with God. That’s complete ease and harmony ... so DIS-EASE is really a state of having ... any karma that separates you from the Spirit you are ...”

“So DIS-EASE is not our inherent state. ... we have created it. We have created it from our choice away from the Spirit we are. ...”

“I want to use this thing going around, the coronavirus ... I’m going to use how we do approach it simply as a mirror. ... we need to own this. We need to own our creation of this.

Continued on page 3

### **“The Inner Environmentalist: A Participatory Satsang”**

Our Teacher, Dr. Roger B. Lane, began the June Satsang by laughing, “I want to talk about The Inner Environmentalist and it was brought to my attention that there was a typo and it said, ‘The Dinner Environmentalist’ so I will make this as palatable as I can. ...”

“We’re all responsible for our own environments and for the collective environment as well. It’s Individual Responsibility In A Group Setting in and with a joint setting. So we know that As Above, So Below and That means That in the Spiritual Heavens there is the Will of God going on and here, too.

“There needs to be That Alignment. They’re One and the Same. And That means the Christed Consciousness. So That gives us a very valuable clue into What is the Inner Environment and how It needs to be.

“A Consciousness does not get Christed overnight ... It’s a constant, constant, constant, constant, constant Attunement and Focus of the Soul’s coming into the body and Walking the Way of the Christ. The Alignment of the individual will with God’s Will so they become

Continued on page 5

### **“The Alchemy Of ‘Defeat’: A Participatory Satsang”**

Our Teacher, Dr. Roger B. Lane, began the May Satsang by saying, “Well, I’m sure it is no coincidence that tonight’s Satsang is entitled ‘The Alchemy of “Defeat”’ because it would have been very easy to give up on the Satsang. ‘Oh, we’ve got all these technical problems...’ But we didn’t do that. What did we do? [ed’s note: Dr. Lane is referring to the fact that, because of the current situation with the coronavirus, the New York Home Center is temporarily closed and all attendees teleconferenced in for the Talk. Some had trouble getting on the line and we all assisted in the solution.] ...”

“We kept our eye on the prize. We’re on the target; we’re on the goal! What was the goal? My goal was to give Satsang and to have the Blessings pour forth from That. ...”

“On the mental level it is information, etc., but those working on a Spiritual Progression Know that there’s an Upliftment Pattern happening. ...”

“What did we do? There were a couple of approaches, right? We used a different phone. Someone else tried a different system. We went with Wi-Fi, etc. One or two people still

Continued on page 4

### **A Great Gift For YourSelves, Family And Friends!**

### **A Baker’s Dozen: Tools For Daily Living**

**Dr. Lane’s Latest Book!**

**Learn To Live Your Life**

**From A Spiritual Perspective!**

**In English and Spanish!**

**Both On Amazon in Paperback!**

**And in the cosmostree.org store!**

**English E-Book On Amazon**

**GO THERE!**

### **Initiates’ RETREAT 2020: “BEYOND THE TABOO AND YOU”**

During the weekend of June 12 to June 14, Our Teacher brought forward a beautiful RETREAT for Initiates Of The Sound Current On The Path Of Soul Transcendence. Because of the coronavirus, the RETREAT was the first ever to be held via Zoom, the web-based videoconferencing tool. It was attended by many Initiates around the country and Mexico.

Continued on page 6

# 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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## JOIN US FOR OUR SUNDAY EVENTS!

### SUNDAY PROGRAM

July 12; August 9; September 13

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

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

July 12: #108 "Exactly" What's The Point?

August 9: #162 *The Forbidden Truth You Already Possess*

September 13: #75 *How To Serve Humankind: A Service Manual*

July 26; August 30; September 27

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

Video/DVD Showing and Discussion: 1pm EST

July 26: #V15 *What Is Meditation On The Path Of Soul Transcendence?*

August 30: #V16 *What Is The Theology Of The Path Of Soul Transcendence?*

September 27: #V17 *What Are The Teachings Of The Path Of Soul Transcendence And How Do We Use The Teachings?*

### THE TEACHINGS STUDY GROUP

July 12; August 9; September 13 | 3pm EST

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

July 12: "DIS-EASE: Creation? Creative? Conclusion? - A Participatory Satsang"

Aug. 9: "The Alchemy Of 'Defeat': A Participatory Satsang"

Sept. 13: "The Inner Environmentalist: A Participatory Satsang"

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.

**\*\*HOME CENTER IS CURRENTLY CLOSED UNTIL FURTHER NOTICE. EVENTS ARE AVAILABLE TO NON-INITIATES AT REGIONAL CENTERS. PLEASE CALL YOUR REGIONAL CENTER FOR AVAILABILITY\*\***

### 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 12; Aug. 9; Sept. 13

Sun 10:30am July 26; Aug. 30; Sept. 27

Special 2-hour Meditation

#### Meditation For Health And Well-Being

East Side (Home Center):

Tues 8:15pm July 21; Aug. 18; Sept. 15

\*Meditations via teleconference

### MEDITATIONS

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

### CALIFORNIA

**Manhattan Beach area:** Every Wednesday 7pm. Also available via teleconference! Please call 310-913-7212 for details.

### PENNSYLVANIA

**Philadelphia area:** Every Thursday 6:30pm. Please call 917-841-8817 for details.

### TENNESSEE

**Johnson City area:** Every 2<sup>nd</sup> and 4<sup>th</sup> Mon. 7pm. Please 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!

**"Are You Catching The Vibe?: A Participatory Satsang"**

July 1, 2020

6:50pm EST

**"Where To Go With Our Thoughts And Feelings: A Participatory Satsang"**

August 5, 2020

6:50pm EST

TBA

September 2, 2020

6:50pm EST

**Satsangs  
by Dr. Roger B. Lane  
Available at All Centers**

## Listen to Our Monthly Podcasts!!!

cosmostree.org  
spiritcentral.org

July 5:

**"How Do You Approach God?" (MP3 A049)**

August 5:

**"The 'Democratization' of God's Consciousness - Part III: Equality" (MP3 A084)**

September 5:

**"Family 'Problems': Why?, What? And How?" (MP3 A097)**

## SUMMER & FALL SEMESTERS

**Taught by Dr. Roger B. Lane**

### COMMUNICATION CLASS

5 weeks -- Wednesdays -- August 12 - September 9  
from 7:45 - 9:15pm EST

(except 1st Wednesday of the month, Meeting begins at 8:15pm)

Learn to communicate directly, properly, exactly and effectively and more!

### A SURVEY OF RELIGIONS EAST & WEST

10 weeks -- Wednesdays -- TBD

from 7:45 - 9:15pm EST

(except 1st Wednesday of the month, Meeting begins at 8:15pm)

Learn what the purpose of Religion is, what some of the beliefs and practices are and more!

For payment information and to register call Registrar, Amy Blank at 708-846-1031 or email info@spiritcentral.org. All payments are nonrefundable and nontransferable. Please make checks payable to CRASS, 229 East 85 St. - #1347, New York, NY 10028.

We created this thing. It's not something that comes from outside and it's attacking us and we have to fight back and conquer it. It's not that at all.

"We're here to Know ourSelves as Soul, as Spirit ... if you read The Money Workbook ... It says very clearly... what's going to happen ... There are Souls here now and institutions must accommodate these Souls in their Upvibratory Frequency. If they don't do that, it's real simple: things are going to fall apart, which is what's happening. You can readily see that.

"With the virus there's this thing that comes in. It attaches to our cells ... and then we get sick. But ... the DIS-EASE within us is what's caused it. ... so we need to look at it correctly ... and instead of taking this as a catastrophe ... there's a Golden Opportunity ..."

"We know basically how the Consciousness is set up and we know that most people elect into karma, elect to be driven by their basic selves and by all the illusions that are created. So it looks like we're individuals ... we have identified with the body because it looks like that's all there is so we go and play this game of death and then we live this life to avoid dying. ... we're always aware of it. We're always trying to make our mark, etc., have the most money ... the most fame, the most status, whatever it is. We go for the bright lights and we think it's going to protect us. ..."

"Isn't it blatantly obvious with our movement so restricted ... a lot of people cannot pursue the things that give them power and fame and status. They have to be quiet ... they can't get into their distractions and we're sort of pushed back into life without distraction, as it were.

"And isn't it obvious we need to go 'in' and 'up' and back to Spirit, back to That Which We *are*; not 'Oh, God! Oh, God! Please help me!' Not at all. But Our Nature as Who and What We *are*.

"And even for people not engaged in this Spiritual Upliftment Path or the housing for the Souls that are engaged in That there's still a basic reference point that's been lost: God or Spirit has been so marginalized in this world. We're getting pushed out, all the way out, out so we can come back in. We also need to learn co-operation globally, country with country, etc. ... All that stuff we do in war: it comes back around. Every stone that's 'loosed' in war... every action of that causes a reaction, every single one ..."

"9/11 - it's all a result of previous wars, previous actions. We need to be truly co-operative on an individual level. ... groups need to co-operate. We need to cooperate. ..."

"The DIS-EASE within us has everything to do with misidentification. Identify with the ego, what does the ego do? 'We're all alone in this world' ..."

"I'm not saying you should stay and be exposed. I'm saying the opposite. 'Trust in Allah but tie up your camel!' You do want to do what you need to do but this is key: the DIS-EASE within us is this incredible fear. We're so fearful of this thing called life and we believe the illusion of death. ... Our response to this virus is of incredible fear. You get the media feeding it. You get people feeding it. It's very magnetic. It's very easy to get pulled into it if you let it. But that doesn't do any good ..."

"This is what I do ... honor this life and protect it and maintain it as best as I can; that's a very different approach. Knowing that things are karmically correct. You can't blame ... You do your part and leave the rest to God. ... You also need to be Centered in That Reality. ..."

"You can see so much of people's approach ... fear, panic, hurting, all for themSelves, etc. And the Opportunity is just the opposite: co-operation; Loving Surrender to, really, God's Will, to the Truth of the situation and using it as an Opportunity to really be Responsible: Individual Responsibility in a Group Setting. Our Individual Responsibility is to take good care of ourSelves, take care of those we love, etc., and to Walk in the Truth of your Knowing, not in this generalized fear and magnetic quality ..."

"A year ago or so there was a scientific paper that predicted this ... nothing was done. .... so it was known. We didn't do anything. We didn't co-operate. ..."

"You can't get within six feet of somebody because you may give them the virus or they may catch the virus but what about the negativity you run: the anger, the hurt, the pain, the resentment? That's not catchable? ... that's not toxic? So another thing that needs to come out of this is the realization that negativity is just as toxic as any physical virus. ..."

"In our life we all need to co-operate with each other not just when this virus is around ... so, really, this virus is a wonderful Opportunity to change how we live and I don't mean change outwardly ... make the changes necessary inside yourSelf: Choosing into Spirit; Choosing into the Truth of Who you *are*; letting go of fear; Knowing that negativity affects everybody. We are all in this thing together. ..."

"Everything that you hold in your consciousness goes through The Teacher .... if you need to use that fact ... to be an Inner Environmentalist use that! ... practicing Eternal Vigilance! Going with the Truth, going with Knowing things are karmically correct; Knowing that the Protection is in and with Spirit ... you have that Responsibility!

"What are you going to do when it's over and you haven't completed the karma? You haven't gotten your learning? What are you going to do with another one of equal strength or worse ... comes in ... your karma goes with you and if you haven't completed the karma ... you're going to keep attracting it until you've got it karmically learned.

"If you're an Initiate on This Path obviously you have a choice. You Learn through Grace or you can learn karmically but the Learning must be done.

"So it's not a question of wanting the karma, the virus, to be over. It's a question of maximizing what's in our lives, whatever it is so that we get the Learning. That's really important. ..."

"We're all in this thing called life together. There's an agreement ... everything is karmically correct and we allow the karmas to be worked out. So what are you fighting? There's nothing wrong with what's going on but it's our DIS-EASE. We can't accept that we *are* Spirit. We create all these things that separate us from the Spirit we *are* and it's projected ..."

"This is our Opportunity inside ourSelves to re-Center ourSelves, to be Spirit-Centered, to Love ourSelves, to share, to have Kindness, to have Compassion and to Love. It's real simple.

"It's the same Spirit in you as in the next person. Many of us walk around as ego beings, these isolated beings in this universe and it's just the opposite. We're all Souls. We're all in this together. We all need to co-operate. ... we need to live accordingly all the time. The virus is just a reflection of our own state ... we're so virulently opposed to the Reality of Spirit, of God, of Surrender, of being led by Spirit. ..."

"It's really time to come together. ... We really need to Know we *are* Soul, we *are* Spirit. We're created in God's Image. And This is What this Opportunity is about and if you live God-Centered, guess what? ... Do your part, everything else is handled. There's Kindness; there's Mercy; there's Compassion; there's Love; there's Caring.

"It's not You against somebody else. It's you and that 'other Being' facing in the same direction for the same Purpose.

"We'll stop with that."

Dr. Lane Generously answered questions and we received even more Growth and Upliftment and Education on how to apply The Teachings.

could not get through ... that person was patched through. So there was cooperation. So there was a Group Focus. There was Individual Responsibility With A Group Focus. And the Group Focus was on the Satsang, attending the Satsang and you did whatever you could ..."

"There was no excuse. So it has to do with priorities. We really had as a priority attending the Satsang and we'll do whatever is needed.

"And that's how it works. We persevered. We persevered. It is very interesting when we do our Spiritual Progression, I notice - despite the high percentage of Souls That continue Walking This Path - with Those that leave there is almost always a common denominator. ... Immediately after Receiving Initiation they get too scared, etc., and they believe the fear and they leave. By the way, the other group tends to leave just as they are hitting in where the karma lies and/or breaking through into What's called Eternal Life, no longer subject to the Wheel of 84. Once again, afraid of being Free and giving away the keys to the prison that they've been given through Initiation and saying, 'No! That's okay, I'll keep imprisoning mySelf, enslaving mySelf.'

"What I notice is that ... Those who win endure to the end. Again, perseverance. ... We continue working our Progression, integrating, Learning, constantly letting go, constantly Surrendering. We know This Path to God is a Surrender Path. Letting go of our false identity, of our ego in time and space. ..."

"As we work our life, we may feel very much 'defeated'. 'Oh my God! I tried this and I tried that and it didn't work; it didn't work; it didn't work' but how we work it inside is what's important. We need to take what we call 'Defeat' and we need to glean what we've learned from it. ..."

"The difference between an entrepreneur and a failure is the difference between six and seven. The average number of tries that a person who's failed as an entrepreneur makes is six. The entrepreneur who becomes successful makes seven tries, on average. He just goes one more. And keeps using everything, not against himSelf, but what did he learn? What did he learn? What did he learn? What did he learn?"

"And We as Souls, We need to do the same thing. Many times we gauge our situation with outer reference points instead of what's the Learning here? What was the Upliftment? And we Know that if we're Neutral and Practice What The Teachings call Giraffe Consciousness everything is Presented to us for our Growth. ... And we keep working That, working That, working That. And it's very important that we Practice Proper Identification. ..."

"The Christed Consciousness Teaches us the Resurrection Process. The Resurrection Process is the Initiation Process. It's the ability to go into the Soul Body and be with God *while we're in the body*. And also we know that, ultimately, all Souls go Home to God. Sooner or later, every Soul is going Home to God. The victory has already been won and there ain't no such thing as 'Defeat.'

"If you see things in terms of 'Defeat' you're practicing false identity; you're in the world of duality where there's plus and minus; win and lose; 'Defeat' and victory - that sort of thing. As soon as you're in duality, you've already lost the game. Part of the Alchemical Process of 'Defeat' is that we give up that terminology, give up seeing it as 'Defeat' and just see It as a situation where God is Present and which was brought forward for our Learning for our Highest Good. ..."

"When I talk to Students sometimes I get an overwhelming feeling of profound sadness because of the constant choosing into false identification. They may spring for, 'Okay, I'll Co-Create with God.'" And then, guess what? They completely forget God and try to figure out the solution themSelves.

"But what happens? All Solutions come from Spirit. We're not going to solve anything. We're going to be involved here in duality ... because that's what the mind does. The mind produces problems so we can go solve them. But we don't need to work that way.

"The Way out is the Way in. We need to go to Spirit. ... There's nothing clear. It's an illusionary field so we always need to go to Spirit. ... When we were having trouble on this call, on this Satsang, I went to Spirit and put it in The Light (Of The Most High) and asked for it all to work out,

for it all to fall into place and it sure did. It sure did.

"Let's take a look again! We focused on the goal. Went to Spirit. Spirit brought in the Solution. We persevered, persevered individually in a group setting to have that goal happen. There was Loving Cooperation. ... I'm saying that you don't have to know what to do. The Spirit inside of you does but you need to Allow it to be brought forth. ..."

"You do better the next time, better the next time and better the next time. So you don't keep doing it in the same way, you know? By the way, isn't that the definition of crazy: to keep doing the same thing over and over again and expecting different results?"

"It's not going to happen. So there's a transmutation that goes on. Being a Soul and doing Our Spiritual Progression is the letting go, the Surrendering, the perseverance, the giving way to Spirit, the giving way to Spirit. It's not a giving up. It's just the opposite. It's starting to have the intelligence to Know where the Power is. The Power is in Surrender. The Power is in Spirit.

"Then we get into the location question, too. We have to locate Spirit properly. Spirit isn't up in the sky but It's *within* us. It's completely *within* us. We are That. We are That. 'In the Beginning was the Word and the Word was with God.' The Word is another name for the Sound Current or the Holy Spirit. We're created in His Image. We don't look like God but we are created out of the Same Material. Out of the Sound Current. Out of the Spirit. So we *are* Spirit.

"That's the Alchemical Process, from 'Defeat' to Re-cognition - Knowing again - that we *are* Spirit. That we *are* Spirit. ... The Journey of a Soul is from fear of God to Love of God. ... We do the Work, persevere, we do our Progression and Allow the Alchemical Process to happen. We go from fear of God to Love of God. ..."

"Persevering, by the way, isn't the same as insistence. ... If you put it in The Light for the Highest Good and it didn't happen then it's not for your Highest Good. ... When you insist upon it then you're going to try to make it happen. When you do that you're into manipulation. You're into karma. So you need to work it with Spirit and as the Spirit you *are* and leave the results to God. Let God decide if it's for your Highest Good. ..."

"Part of the Alchemical Process with 'Defeat' is to go from inadequacy as a being - from being ego identified - to Being, to Knowing, that you're adequate, more than adequate. God lives in you as you, etc. And you go from confusing the house - the body - which houses the Spirit as the thing in and of Itself to the fact that you are simply the housing for the Spirit. And that's Who and What you *are*. ..."

"So it's not 'is God Present with us?' but rather 'are we Present with God?' ... Many of us, when we're going through a situation, we think God is not Present in the situation but God *is* Present in the situation.

"As a matter of fact, God loves us so much that He *is* the situation. That situation is our karma. These situations have been brought to us for our Learning, for our Upliftment. God loves us so much, we can take it or leave it. God is patient, you know. He's patient. Gives us all the chances we need, all those chances. Take all the time you need. Take all the re-embodiments. Whatever you need to do. However long you take is however long you take. But rest assured that the end point has already happened, has already been won! Every Soul sooner or later goes Home to God. That's the Divine Blueprint.

"So we can either take that victory and we can incorporate It into our everyday life. We can have the proper perspective with us or we can get into the duality of win, lose; 'Defeat', victory; etc., etc.

"But my question to you is that if God in His Kindness and His Mercy has given us the Keys to Eternal Life through Initiation Into The Sound Current, has given you the Keys to 'Defeat' death, how can you possibly lose?" There's no way unless you mislabel yourSelf or practice improper identification. But the Reality is very, very different.

"The battle has already been won.

"It's real simple.

"I'll stop with that."

A Spirited question-and-answer session followed. Students then thanked our Beloved Teacher.

One and the Same. That's really crucial: One and the Same! So anything that isn't in Alignment with That needs to go.

"You've been very Blessed to have many Tools to help you in that Process. To give it on over to the Spirit, to The Light Of The Most High, to The Teacher, to have it [the negativity] be released. The Two-Part Release Technique; you have talking to the basics; various Tools; even a Picture of the Master. Whatever helps in the Attunement Process.

"But it's a constant thing. You don't just do it once and when it doesn't all get cleared it's, 'Oh my God! what's the matter with me? ...' The Focus needs to be there.

"With the events going on in the world you get to see what anger and hatred looks like. And that doesn't just happen. It's in there and then it goes out into the outer environment ... Simply because the Inner Environment is polluted with anger and hatred ... There's a constant Purification Process that needs to happen. And we Know that we're not responsible for what passes through us but we *are* responsible for what we hold onto. ..."

"If my energy isn't tied up then my energy can go to Spirit. It can go to God. If I'm tying up my energy in fear then it can't go. Remember the Flow of the Spiritual Energy is from Soul, through the High Self, through the basics and then through the conscious self. If I'm allowing my basics to get all tied up in fear and anxiety and concern there's no Spiritual Flow to my conscious self and then I can't use any of the Energy. What a waste that is!

"So the Inner Environmentalist always keeps things clear and keeps the channel flowing and keeps the channel flowing.

"Some of you are pretty far along and you have an inner feedback mechanism. You know when something is off. And an Inner Environmentalist doesn't proceed Knowing that something is off. You stop and you get the clarification on what is needed so you can be On Point with what you're doing. You don't allow yourSelf to be off. You're always on target; you're always On Point. And you're clear. Or you're always going back there. ... You don't proceed off center. ... Because when you're off center guess what happens? Everything is off and we affect everyone. ..."

"An Inner Environmentalist leaves the area completely clean. ... Spiritually, that means - we know that the karma is (recorded) in the akashic records - ... you can go and read the karma but once a Soul has been established in Eternal Life in the Soul Realm and then has done the work and cleared up what's 'behind' It on the levels below [ed.'s note: In the example being used, Dr. Lane is stating the case for a Soul that continues to be in a physical body after being Established in the Soul Realm] then there's no evidence that that Soul was even here because there is no karma left. ... That's the mark of a good Inner Environmentalist. They've cleaned up. You're here to clean up after yourSelf because you've left a mess. ... The mess is the karma and the separation you've created from the Spirit that you *are*. A good Environmentalist always has a single Focus.

"That Focus is to be 'lit up'. To be Focused on the Spirit That It *is*. Anything that it holds against that Focus it surrenders. ..."

"Because you're in a body you're going to be chasing after the bright lights, etc., etc. but then you give it up, you give it up, you give it up. Because you need to be in Alignment with your Knowing.

"That's the greatest satisfaction there is: to drink the Nectar of the Lord, God. To Listen and Hear the Sound Current. That's all there is. That's all I see. So you need to be in Alignment with That. ..."

You're camping out, as it were, on this planet in your body. The Soul is camping out, as it were, because this world is not Its home. It's camping out here and what does it need? It's needs pristine air. Of course, the air of the Clear, Cold North

Country or the Sound. It needs some good food - the Manna from Heaven. And clear water - the Water of Life. ... And everything is taken care of from that Inner, Sacred Space. That's the Inner Environmentalist! ..."

"We're so focused on the outer ... that we don't realize that without taking care of the Inner, you can't take care of the outer. It just doesn't appear. And a good Inner Environmentalist knows that and lives from that and takes that to heart. That's very, very important.

"The Inner Environmentalist Knows that things out there don't just happen. You can't be a caretaker of things in the world other than as a reflection of you're being a caretaker of your Inner Environment. Because the outer world is just an emanation of what is in there. ..."

"Another thing about the Inner Environmentalist - he or she is always practicing Blameless Responsibility. It's Their Responsibility. ... You need to be in this world and doing what it is that you do in this world in tune with your values. That's not the same necessarily as what you like, etc., etc. For example, I like, I love to go surfing. 'Oh, so I'll open up a surf school and teach people to surf.' That's just doing what I like but if underneath it all is a value of respect and teaching people that and taking care of the sea and what comes from the sea and I work in tune with that then that's a value-driven thing that I choose into. That's very, very important. And in tune with this something else that comes up - and I see this all the time - and that is that we tend to resent any and everything that we feel is imposed upon us even though we make the choice to do it. An Inner Environmentalist *always* ... has the conscious realization that he or she has made that choice or that decision. ..."

"One last thing, and that is that an Inner Environmentalist always lives in Integrity. Always lives in Integrity. What is Integrity? We know that It comes from the same word as integer or one. And what is one? Living in the Oneness. So we've kind of come full circle: As Above, So Below. Our will and God's Will are One and the Same: the Christed Consciousness. That's the Oneness. We're One. ... We're One and the Same. ... You're One and the Same. ..."

"One thing an Inner Environmentalist always Knows is that violence isn't just a physical violence; it's anything in thought, word or deed away from the Spirit That It *is*. An Inner Environmentalist Knows that It affects everyone, every Soul, because we're all One. ..."

"We're all in this together. We're all in this together. We don't need to have an earthquake somewhere, then on the other side of the world a tsunami results to know that we effect each other. We're all One and the Same.

"We're always monitoring ourSelves in a positive way, We're always practicing Eternal Vigilance in a positive way. ... Out of a Love of ourSelves ... and being respectful of ourSelves and our environment because we're Spirit. ... And That Environment is pristine. As Above, So Below. ..."

"Let's be good Environmentalists! Let's keep ourSelves and keep 'our campsite' clear and pristine so that the Spirit that we *are* can live and work and move us and we live as we Truly *are*, Which is Sacred, Profound and as the Spirit!

"Real simple.

"We'll stop with that."

A Powerful question-and-answer session followed the Satsang.

The RETREAT – entitled “BEYOND THE TABOO AND YOU” - helped Those present to Strengthen Themselves as the Spirit They *are* and to Choose to live as Devotees of the Lord, God *each and every moment*, thanks once again to the Love and the Generosity and the Grace of Our Beloved Teacher.

Dr. Lane began RETREAT at 5 pm on Friday by calling in the Light Of The Most High and asking us to do one hour of Simran and Dhyān *exactly* as Taught by Our Teacher. During This Sacred Meditation in the Inner Worlds with Our Teacher, Our Teacher Instructed us on what we needed to do to be in the Soul Body with God. Our Teacher's Instructions included Allowing ourSelves to relax into It and to stop “reaching” and to let go, let go, let go some more.

After a meal break, Our Teacher began by having us read a complete Transcription of Our Teacher's Talk #A265 titled “The Forgotten Truth You Already Possess: Guilty? Possessed? On Point? – A Participatory Satsang”.

We then did group work using the electronic breakout rooms. In these groups, we listed taboos against living as the Spirit we *are*, be they cultural, family, work-related or anything else. In the Sharing that followed, we Learned that the common themes are that they are all in the karmic fields, including unworthiness; taking ignorance as real, which is ignoring that you *are* Spirit and then taking the separation as reality; making other people wrong so we can be right; and, as one Participant noted, “the taboo against being Free”.

We were Blessed with the Homework of reading *Tools For Living Free* #116 titled “There's No Freedom Without God” and our Job, as further Instructed, was to stay in RETREAT even though we were in our own homes instead of the usual cloistered RETREAT Center.

As Our Teacher Taught us on Saturday morning, Being On Point means taking that second to go inside, do the Inner Work and let go, to practice Eternal Vigilance! As Our Teacher stated, “It's really important to be On Point in terms of Eternal Vigilance. We all get frustrated but let's be smart enough to use it!” Our Teacher also explained to us that frustration, according to The Teachings, is “the ego's not getting what it wants ... rather than give vent to frustration, restart! ...” Our Teacher also asked the Participant in question who noted the “frustration”, “Where were you in all this?” Our Teacher was referring to our Responsibility to be On Point/ Practice Eternal Vigilance.

Saturday's Teachings also included Sacred Instruction on the importance of getting distance from our basics, which “only happens when you dialogue with them. Then you know you're not your basics.” We were also Taught the importance of “depersonalizing” situations we're in with people. “Take it as a statement of where they're at. It has nothing to do with you.” And responding to sharing from a Participant that our job here is to be in Alignment with God's “agenda”, Our Teacher said, “We're crazy. The very thing that can save us is the very thing we push away.”

Our Teacher also spoke of an important Tool - *Tools For Living Free* #138 titled “Dancing In Your Soulness” - in Which Our Teacher was with someone on his deathbed and saw the Soul in that person dancing. As Our Teacher said, “The Soul *does* dance.” This portion of RETREAT was very Spirited with much Sharing.

We then moved into our Zoom breakrooms for group work, during which Our Teacher asked us to each talk about what we need to do “to get beyond those taboos.” We then participated in a Sacred Activity during which Our Focus, as Instructed, is Be Present with Spirit. Following this Sacred Experience, we took Loving Inventory of our experiences and then shared a few of them. In response to one Participant's sharing, Our Teacher

reinforced that - as Initiates - our job is to Be Present and that “the trick is to *Allow* Yourself to go into the Soul Body.” That's how we Participate in the activity and in all that we do.

On Saturday evening, Our Teacher Treated us to a Special Evening with Our Teacher to further Study The Teachings. During the first part of the evening, Our Teacher went over the Realms or levels that the Soul lives on in the Inner Worlds, which are the astral; causal; mental; etheric and Soul Realm, Where the Soul is Established in Eternal Life. Our Teacher further explained that each level corresponds to a Color and a Sound and Instructed us in Them.

Our Teacher also instructed us on the 27 levels above the Soul Realm and on the Sounds associated with these Realms. Our Teacher further told us about “ETC”. “When you have those 27 levels, you have ETC going on. You have the Eternally Travelling Consciousness going. ... Once you've entered into Eternal life it ain't over. It's Eternally Traveling Consciousness. Remember It goes from Soul Realm all the way on up to HU! All the way on up.” As Our Teacher told us, HU or H-U is the First Manifestation Of the Lord, God. It is the Sound associated with That Level.

Our Teacher also Lovingly told us that many of us have an incorrect approach to our Spiritual Work. “You approach it competitively as if you were climbing the realms of the corporate ladder. ... getting in the Soul Realm! Full of pride. ... You forget about being Lovers of God.” Our Teacher further emphasized that if we bring up or think about past lifetimes or phenomena we are creating karma and we are responsible for those creations.

As Our Teacher Teaches, our Job is to Love, God.

The second part of the Evening was a Question-and-Answer Session Where we were invited to ask questions out of genuine interest in The Teachings and Applying Them. In response to a question, Our Teacher reinforced that the Path Of Soul Transcendence is a Bhakti Path. “A Bhakti Path is Devotion to the Teacher. Through being in Devotion to The Teacher That's how you become Devoted to God. Total Devotion does the trick!” Our Teacher reinforced this important Learning in response to another question, this time regarding Our Beloved Teacher, Who is the Lord, God in Manifestation: “It's [The Teacher/The Lord, God] pure Love and Devotion. You need to Know That! If you've been running a separation [between yourSelf and The Teacher or God] give it up!”

Blessed once again with Homework before we “hit the pillow” we read the Sacred *Tools For Living Free* #104 titled “Our Responsibility To Walk Through the Tenth Door: Tisra Til.” Tisra Til, as the Tool states, “means where the Seat of the Soul is ... in the Upper Part Of The Third Eye. ... Another name for it is the Tenth Door.”

The final day of RETREAT included Our Teacher's once again, in response to a Participant signing in late, strongly emphasizing the importance of being On Point. Our Teacher reinforced that our choices to be outside the Guidelines, which, during this RETREAT and in preparation for It, were many “is just the thing that we use to stop us from going to Completion”!

Our Sharing further included Our Teacher responding to a Participant who spoke of the “gap between the life I have and the one I want”, “why not just create the life you want?” To another Participant who shared a dream, Our Teacher explained that the dream was telling this Participant that “you can cruise along at RETREAT and in your life. ... be friends with ... your own Purification Process – That's where the Value is! ... When you view your life in worldly terms you get in trouble.” Our Teacher further reinforced the importance of being Neutral and Knowing that we live in the Oneness of Spirit. “There is no ‘good’ or ‘bad.’ Doing your laundry is as important as doing brain surgery.”

Our Teacher then Very Lovingly asked us all to take a Blameless Inventory of what we need to do to be On Point. We then went into our breakout rooms to share with our "breakout buddies" what we needed to do to give ourSelves permission to live as the Spirit we *are*. The Sharing that followed included "Loving My Neighbor as Myself"; "Loving The Teacher"; doing Self-Talk; following the Guidelines; practicing Forgiveness and being in Gratitude.

Throughout RETREAT, through additional group work; Meditation Of The Light Of The Most High; written work; activities and exercises; generous sharing of discoveries, gains, insights and dreams, Homework; and Tools, including many *Tools For Living Free* and MP3s of Our Teacher's Satsangs, we continued to Learn more about The Teachings Of The Path Of Soul Transcendence, especially Eternal Vigilance and the importance of being On Point.

As our final Sacred Gift to ourSelves, as RETREAT neared Its conclusion, we were given the Opportunity to create a Tool to help us to give ourSelves That Sacred Permission.

As a Generous Gift from Our Teacher, the Energy of RETREAT is always available to us as long as we choose to Receive It. This writer Knows that Our Teacher Lovingly gives us the Opportunity to continue to Lift and Grow after Classes or Clinics or RETREATs have formally concluded – as long as we choose inside ourSelves to do so.

A Special Note: Our Teacher gave us the Gift of the Saturday Evening of Studying The Teachings instead of our usual annual fundraising Auction as Initiates had requested this change. This year, the fundraiser with the amount needed to cover the cost of the Generous Scholarships that were made available by Our Teacher to Participants in need was emailed to Participants a few days before RETREAT began and the fundraising continued during RETREAT and for two days after It. Before RETREAT even began, the goal had been surpassed (!), with the overflow going towards the General Scholarship Fund and the General Fund.

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On the Thursday before RETREAT, Our Teacher held a special one-day Optional Section of RETREAT, Which most Initiates chose to attend via Zoom.

The Optional Section began with a one-hour Meditation Of The Light Of The Most High, during which Our Teacher Lovingly

Instructed us on What we need to do to do Simran and Dhyana *exactly* as Taught.

Our Teacher then invited us to listen to a Satsang titled "Excuse me, What Did You Say Your Excuse Was?" As Our Teacher told us in this Talk referring to Our Purpose here to come to Know ourSelves as Spirit, as Soul, "You don't have an excuse. No Soul has an excuse because no Soul is discharged from Its Responsibility ... That's What we're here to do."

We were reminded of the importance of "taking a moment" to release negativity, Our Teacher further Taught us, "I have absolutely no excuse ... we're here to be One with God ... We can't be excused from Our Spiritual Work."

We were then given the Blessing of completing Study Guides, after which we went into our breakout rooms to share what it looks like for us to live as the Spirit we *are* and the excuses we have allowed to separate us. Further explanation followed, including writing down what it is we do need to do to live as the Spirit we *are*.

The whiteboard feature was used to note some of the common denominators in our excuses, including judgements; "my way or the highway"; money; attachments; unworthiness; fear of what's going to happen.

We were given the Blessing of Homework, which was to read *Tools For Living Free* #145 titled "What Do You Have To Do To Trust Yourself."

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I wish to join My Teacher in expressing Gratitude to Rev. Amy Blank, who was of Loving Service throughout RETREAT and prior to It, notably with the new technology.

Finally, there are no words to describe the Loving and Caring and Compassion of Our Teacher in Generously preparing and bringing forward this RETREAT, including Our Teacher's Loving Service that went into the shift to new technology and the Grace given to make it fall into place perfectly. Our Teacher prepared and brought forward RETREAT while bringing forward regular Meditations Of The Light Of The Most High, now via teleconference and enormously popular with many Initiates calling in for every single One; Satsangs, also now via teleconference; Clinics and Classes, all as of now via teleconference and/or Zoom.

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

At this time of the COVID-19 situation in particular,

Give YourSelves and others the Gift of Our At-Home Meditations!

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