



Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies **October/November/December 2020**

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“Are You Catching The Vibe?: A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, began the July Satsang by saying, “I want to talk a little bit tonight on ‘Are You Catching The Vibe?’ and I was led to give this Satsang by the recent RETREAT we had.

“We had a RETREAT and there were some Guidelines - simple Guidelines - and it was really profound almost the number of times that those were not adhered to. And I did some work with one of the attendees on why we had this particular Guideline and I brought the experience (of choosing other than the Guidelines) to this Soul and then I asked what it was the response was real simple. ‘Well, when I did that everything got downvibrated.’

“Yes, that’s why we have the Guidelines: for the Protection of the Initiates Of The Sound Current On The Path Of Soul Transcendence and to make it as easy as possible to ‘sail and to glide’ . . .”

“And it’s important to know that everything has a vibration, a frequency, etc. If you listen to some of the Health Talks I gave . . . I talked about What Health is. Obviously, It has to do with the Oneness, Wholeness, etc., and the Focus There and how individual organs in the body have a particular vibration and when they’re not vibrating at that frequency then you have what’s called Dis-ease. So, that’s the nature of Who and What we are.

“We’re engaged in a Spiritual Progression That involves the recapturing, the regaining of our Liberty, of our Freedom. We have enslaved ourSelves through our choice into karma. People describe karma - and a lot of the Students do - as ‘yucky’ and ‘muddy,’ etc. So it’s kind of dense, kind of ‘swampy’ . . . So that there’s a stickiness, there’s a heaviness to it. What there is, there’s a downvibration that goes on.

“We, as (Initiated Into The Sound Current) Souls, we Vibrate at a very High Frequency. As we get Clearer and Clearer and Clearer our Frequency increases. We can hold a greater Frequency; we can hold a greater Vibration, etc. and we become more sensitive to that which dulls us or lessens the Frequency of Where we’re at.

“And we know that everything has a frequency, a vibration, so things like thoughts and feelings have vibrations also. Matter of fact, they persist long after we move past them. If we persist in this thought or feeling, you could just see it there. I’ve seen these thoughts and feelings last many, many, many, many years after this person had them. They just kind of sit there.

“That’s why it is kind of hard if you want to change a habit to be in the same place as where you were engaged in that habit because those

Continued on page 3

“Where To Go With Our Thoughts And Feelings: A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, began the August Satsang by saying, “It’s summertime and I’d like the living to be easy so I’m going to let you do some of the work. So what I’d like you to do is call in the Light Of The Most High and I would just like you to have any thought or feeling or both come up. [Pause] And I’m going to ask you a question, ‘Where are you going to go with that? What are you going to do with that? What’s the purpose of having that?’ [Pause] Now have another set of thoughts and or feelings come up! ‘Where do you want to go with that? What’s the purpose of that? What are you going to do with that thought or that feeling?’ [Pause] I’m going to do one more. Have another set of thoughts or feelings come up! ‘Where are you going to go with that? What’s the purpose of having that?’ [Pause]

Continued on page 4

“What Was I Thinking?: Stinking? Sinking? Unblinking? - A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, began the September Satsang by saying, “I was inspired to give this Satsang - Satsang is Spiritual Instruction - inspired to give It by a conversation I had very recently with a Student. The Student was grappling with . . . the decay of the body, the aging process, getting older and, eventually, this thing called ‘death’ . . .”

“Sooner or later we won’t be here in this form. Many Students - no matter how long they’ve Studied - They still buy into the myth of ‘dying and death’ because of improper identification. You identify with the body so if the body dies, you die.

“To me the lovely thing about ‘getting older’ is my God! it must become so obvious that we’re more than the body. We’re much more than this

Continued on page 5

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Events Calendar

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

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SpiritCentral

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JOIN US FOR OUR SUNDAY EVENTS!

SUNDAY PROGRAM

October 11; November 8; December 13

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

Tools For Living Free Reading and Discussion: 12pm EST

October 11: #163 The Forbidden Truth You Already Posses - Part II

November 8: #161 Living In Your Own Inherent Truth

December 13: #149 Simple, Simple Prescriptions From God's Drug Store

October 25; November 29; December 27

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

Video/DVD Showing and Discussion: 1pm EST

Oct. 25: #V18 Surrender And The Path Of Soul Transcendence

Nov. 29: #V19 The Final Surrender And The Path Of Soul Transcendence

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

THE TEACHINGS STUDY GROUP

October 11; November 8; December 13 | 3pm EST

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

Oct. 11: "Are You Catching The Vibe?: A Participatory Satsang"

Nov. 8: "Where To Go With Our Thoughts And Feelings: A Participatory Satsang"

Dec. 13: "What Was I Thinking?: Stinking? Sinking? Unblinking? - 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 NONINITIATES 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 Oct. 11; Nov. 8; Dec. 13

Sun 10:30am Oct. 25; Nov. 29; Dec. 27

Special 2-hour Meditation

Meditation For Health And Well-Being

East Side (Home Center):

Tues 8:15pm Oct. 20; Nov. 17; Dec. 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 2nd and 4th Mon. 7pm. Please call 423-975-6868 for details.

OUTSIDE THE U.S.

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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. A reservation is needed to call in. Visit cosmostree.org, click on Offerings then on Open Hour. Reservations can be made up to one week in advance.

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!

"How Are Your Interpretation Skills?: Inverted? Misguided? Truthful? - A Participatory Satsang"

October 7, 2020
6:50pm EST

TBA
November 4, 2020
6:50pm EST

TBA
December 2, 2020
6:50pm EST

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

Listen to Our Monthly Podcasts!!!

cosmostree.org spiritcentral.org

October 5:

"For What Are You Arguing? Who 'Loses' If You 'Win'? A Participatory Satsang" (MP3 A144)

November 5:

"How Do You Achieve 'Spiritual Success?': A Participatory Satsang" (MP3 A155)

December 5:

"What Does 'Jesus The Nazarene' Mean?: Meaning And Application" (MP3 A087)

FALL SEMESTER

Taught by Dr. Roger B. Lane

A SURVEY OF RELIGIONS EAST & WEST

10 weeks -- Wednesdays, Oct. 14 - Dec. 16
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!

Please see the Events page in this Issue of SpiritCentral for more details.

Four Special Holiday Meditations

Meditation of Gratitude! Thanksgiving Day, Noon

Meditations Of The Light Of The Most High
Special Thanksgiving Meditation! Thursday, November 26, 6:10 pm
Special Christmas Eve Meditation! Thursday, December 24, 6:10 pm
Special New Year's Eve Meditation! Monday, December 31, 6:10 pm

Available by Teleconference - Email info@cosmostree.org for details

thoughts and feelings - they're around in an ectoplasmic reality and they just vibrate; they vibrate; they vibrate. ..."

"Today I did some Open Hours [ed.'s note: Dr. Lane is referring to the semiweekly time periods when Our Teacher is Generously available for Spiritual Counseling via phone to anyone who chooses to call in] and people were in trouble because they willfully ignored The Teachings about identifying with thoughts, identifying with feelings and they took them for real. So they were downvibrated. It didn't just happen. The thoughts and feelings have no power of their own. When we choose into them we feed them; we feed them; we feed them. We're feeding them, we're feeding them; they vibrate at the frequency that thoughts and feelings vibrate at. So we're going to be downvibrated. ..."

"We know that in the History of ourSelves as Soul we're confused. Confused means that we seemingly have two natures: human and Spirit. And we constantly choose between one or the other, one or the other, one or the other, one or the other. Instead of going with the Truth that we *are* Spirit in human form. ..."

"We're subject to these thoughts and feelings but they're to be used to springboard into the Spirit that we *are*. ... These thoughts and these feelings - they're magnetic. They have a power to them, as it were. They have a pull to them. There's a pull! And that's why karma - if we choose into it - pulls us 'down' and 'out' into the world.

"We, as Initiates on this Path, we have a Remedy. We do the exact opposite. We go 'in', as it were, and 'up': into the Soul Body at the Upper Part Of The Third Eye. So these thoughts and feelings, which are karma, have a downward pull and here we are as Initiates having an Upward Trajectory. We're on an Upward Spiral going Home. So isn't it kind of counterproductive to latch onto these thoughts and feelings and make them real? And then make all sorts of stories up. And make decisions up, etc.

"We Know The Teachings Teach us that we're One and we know the Truth of That through experience. We live in the Oneness of the Holy Spirit. And many of us, we compare ourSelves to somebody else. As soon as we've done that we've split off from Spirit. And then we always, always, lose whether we're making ourSelves better than they are or less than because It's the same Spirit in them as in you. God's in them and God's in you. So What are you splitting off? What are you comparing? The Same to the Same? Think about it! ..."

"How do you expect to be different if It is the Same Spirit? Doesn't make any sense. As soon as you do that you separate yourSelf out from Spirit. And that action that you are taking - that's a downward vibration. That's a real downward vibration.

"And we know the whole Spiritual Progression is one of ever-increasing Frequencies. If we go through the Realms, what distinguishes the Realms? ... It all has to do with density. As you go higher and higher, as it were, Higher Frequencies - things are less dense. They're less material. There's more Spirit. ..."

"When we Progress Spiritually we're going from dense to less dense to less dense to less dense. But when we put an attachment to our thought, to our feelings, then bingo! what are we doing? We're slamming ourSelves back down into greater density. ..."

"So, really, why am I talking about all this? Beats me! But there's method in the madness. I'm really talking about this because it is a cautionary tale. We need to watch what's in our environment; what frequencies we choose, what vibrations we choose to bring into our environment. What are we creating? What are we holding onto, etc.?"

"We can't pretend that we're not aware of the difference in the different levels of vibration. From dense to less dense to Spiritual. And moods follow that. ... What vibe have you been catching? What have you been doing? What have you been picking up? If you choose to enter into gossip or the tale of woe of the world, what are you picking up? What are you entering into? What do you think your environment is going to be like? What's the vibe you're catching?"

"If you're putting out anger, hostility, what vibe do you think people are going to be catching from you? And what do you think you're going to catch from yourSelf? Because, as the creator, it all goes back to you. It's not just resentment, which has to do with you're

sending back to yourSelf that negativity. But all the emotions. It's the flow of the motion through the emotional body, as it were. It's not going to float very well if there's density..."

"We know that in the Spiritual Progression we're constantly being Upvibrated, Upvibrated, Upvibrated, Upvibrated, Upvibrated and having the karma cleared, having the karma cleared, having the karma cleared. So that we can move into, go from dense to less dense to being of Spirit, to regaining That, to live in That, to giving up our enslavement.

"There's another reason why I wanted to talk about what vibe you're catching. And that has to do with The Teachings. The Teachings issue forth from God Himself as does the Sound Current. And it is said that the Sound Current can't be bought. You can't pay for It; can't bribe God; can't bribe The Teacher. There's no way to pay for It. It can't be Taught. You can't sit down and hear a lecture on It. Look at all the many times in a Satsang we've been told about the History of ourSelves as Souls when we've entered the world of form and identified with our thoughts, with our feelings and yet we're still doing that!

"We claim to be on an Upward Spiral going Home. We're doing the opposite: we're latching onto our thoughts and feelings. So it can't be Taught. It really has to be Caught. Can't be bought; can't be Taught; it must be Caught.

"And when we Sit in Simran and Dhyana what are we doing but we're in the Soul Body Riding the Sound Current. We're Catching that Wave, as it were. We're Riding the Sound, Riding the Sound, Riding the Sound. Make sure you Catch That! Through it all we can Catch It if your Focus is There. If you're Focus is There.

"But you have to put your Focus There. ... You're the great traffic cop. And you need to - with all the pulls on you, all the thoughts, all the feelings, all the negativity, all the stuff you run, all the people and their stuff, etc., etc. - you need to stay Clear inside yourSelf. And you need to ask yourSelf, 'hey! what's the vibe here?' (ed.'s note: Dr. Lane is pointing within) Is it one of Upliftment and Growth and Consciousness or is it part of the downward spiral? Am I going to be in a Lifting Pattern when I Choose into This or am I going to be on a downward slope?"

"You don't lose Free Will when you Walk this Path. What happens is that you have *direct access* to Spirit, Which isn't open to those who don't Choose into the Sound Current. ... If you don't choose into being with God then you don't choose into having *direct access*. It's really simple. That's okay, you're still Loved and you're still cared about but if you do Choose into the Sound Current then you do have this Access.

"You can't have Access to the Positive Polarity if you haven't chosen into Initiation Into The Sound Current. ... When we choose what thoughts and what feelings we're going to carry around ... we may want to do a quick admission conference: 'Should I admit this into my consciousness?' 'What's the gain for me?' We find that when we're feeling lazy or tired or not good enough or whatever the mood we're in happens to be it's easiest to go down the pathway of density, negativity because it has a magnetic pull and you give yourSelf over.

"But reevaluate it! Reevaluate it! What you 'gonna do'? What you gonna do when those thoughts and those feelings come for you? What are you going to do?"

"And what are you going to do with the Blessings That are here for you? What are you going to do with the Fullness of your Being? Watch out because things are really tricky in there! You know we have a false consciousness that evaluates everything in terms of dollars and cents or status in the world - that sort of thing. Watch out! The Reference Point needs to be One of Spiritual Progression and of gains made with That in your Identity as Soul.

"That's why this life is constructed. It's not constructed for you to have more possessions, more fame, more status or anything else like that. But it's constructed for you to come to Know God and to experience That Reality and to come to Know yourSelf.

"So the vibe you're Catching - both internally and externally - does it promote That? Does it help sustain That? Does it help nourish

"Now I'd like to bring forth an experience and have you see where you can go with that, if you're willing to go into Proper Identification, Which means Knowing that you're Soul, Knowing that you're Spirit. Now just follow into That Proper Identification and see what happens with those thoughts and those feelings! Where do they go? Are you taking them with you? Where are you going inside yourSelf? Now, when you can, bring yourSelf Present and I'd like whoever would like to just share: 'What was your experience having your thoughts and your feelings? What was the purpose that they served? Where did go with them? And then, when you practiced Proper Identification, where did you go? And what happened to those thoughts and feelings?' ..."

A first Participant shared, "The thoughts and feelings that came up for me were fear, anger, sadness. When it was asked, 'Where do you want to go with them?' what came to me is that I don't want to go anywhere with them! ... 'What are they for?' I heard To direct my Focus, as an Opportunity, to assist me to see where I don't want to go. Then when I practiced Proper Identification those feelings just Lift off of me and I felt like I could breathe. ..."

A second Participant shared, "I became aware of all sorts of 'blah blah.' I want a blah, blah. I want a blah, blah. ... 'Where do I want to go with them?' I wanted some of them to go away. ... When I reached Proper Identification it all just went away, completely away. I couldn't even remember what it all was."

A third shared, "Where I want to go with them before and after is nowhere. The purpose, at first, was to direct mySelf. The third time it came up - I guess this particular set of feelings and thoughts were (sic) about letting go of attachments - is a wonderful Opportunity. From the very first question I think I was Identified Properly... because when I heard Your Voice and You said, 'Where are you going?' I felt really Joyous because I felt that all of those thoughts were just habits. I didn't even have a connection to them ... When I did the Process the second part about being Identified Properly I felt really grateful because it is always like receiving this great news, 'Oh, I'm fine! I'm Loved! I'm Supplied!' It was like an instant treat. ..."

A fourth Participant shared, "I had similar experiences and then I was really amazed when I chose to place my Focus at God how quickly everything disappeared. Also, I had a little bit of sadness, which ... came up after I let it go. It was a representation of what I choose, up until now, to Allow. It was a really beautiful representation of Choice and Eternal Vigilance. ..."

Another Participant shared, "I entertained the thoughts that I entertain a lot and then I had another thought, another thought. ... Then, when You said to focus on Proper Identification, I noticed that I, at first, still kept the thoughts going and there was also almost like a Ball of Light. And when I Focused more and more on the Ball of Light then that became stronger and stronger. ..."

Our Beloved Teacher picked up from there with, "I'd like to share some things and the purpose of why I'm giving this particular Satsang. We started off by Chanting HU, H-U, Which is the First Manifestation of the Lord, God in the Inner Worlds. And That's Who we *are*. We're HU-mans. We're God in Manifestation but we have forgotten."

"In our History as a Soul what have we done? But those thoughts and feelings that you come up with - we've identified with them and we've taken them for real so when the Soul enters the world of form It identifies with form. It identifies incorrectly. ... We know that karma repeats and repeats and repeats and repeats until the Soul is moved past it. ... We know that these thoughts and these feelings: we go down the road and they're habitual. We know that the part of our Consciousness That is responsible for bringing forth the karma this lifetime we've agreed to - the basic selves - they are habitual. They operate, really, out of time and space. They're not relating to what's going on at all but they're relating to their habitual responses. And so we go nowhere."

"I was struck when it was described as when you had the Opportunity to go into Proper Identification that there's a part of this person that kept them going. That's the whole thing: they have

no life other than the life that you give them, so to speak. You have to feed that, you have to feed that, you have to feed that. Otherwise, they die of their own accord. ..."

"We need to starve our basics and those habitual responses to death, in a sense, and we starve them by being Focused in the Present, in the Spirit That we *are*. ... Our basics - they look for so many excuses. One of the excuses that the consciousness loves to run to avoid Responsibility is that 'we're not good enough, we're not Worthy', etc. So we get this whole thing of the Garden of Eden. We're not Worthy. They're ashamed of their nakedness. They're ashamed; they don't measure up. Their nakedness, of course, is not having any clothes, not being in any of the bodies other than the Soul Body. There is no density, they're not clothed and they're ashamed. And it seems, of course, that God has kicked us out. When in fact, we've kicked God out."

"How have we kicked God out? Not by having those thoughts and feelings but by holding on to them. What passes through you passes through you - that's fine. But what we insist on and go with - that's the karma, that's the separation, our kicking God out. When we identify falsely ... with the world of form, bingo! That's what we've done."

"It's really important to know that it's not that you're not supposed to have any thoughts and feelings; that's not it. Obviously, you have an emotional body and a mental body; that's what those bodies do. There are thoughts and feelings. It comes with the territory. You put on a physical body and you get thoughts and feelings. They're usually hooked together ..."

"So it's not that we're not supposed to have them but we have them for a reason. There's a Divine Economy."

"God is pretty smart. He doesn't just put things in the System to put things in the System. Everything serves a Purpose. And the Purpose is so that we can Choose other than, other than, other than. Anything along the negative polarity exists so that we can Choose into the Positive Polarity. OK. Even if it's a backwards way - as one person said - so I know where I don't want to go or be. Alright. Yeah, that gets refined and refined and refined. By practicing Proper Identification, practicing It, practicing It, practicing It you know where you wish to be within your own consciousness and that's What and Who we *are*. We *are* Spirit. We *are* Soul. This Knowing, this Remembrance of Who and What we *are* - It doesn't just happen."

"We're in the body because we've forgotten Who we *are*. We've forgotten That we're Soul and we're Spirit. We've been asleep. And God in His Kindness and Mercy He gives us all the Opportunities we need called putting on a body, putting on a body, putting on a body, to come and Receive Initiation Into The Sound Current, Into The Holy Spirit, Whatever you wish to call It, to begin this Remembrance Process and This Journey back Home. This Journey back Home."

"'No one comes to the Father except through Me,' said the Christ, Jesus. He's talking about the Christed Consciousness. What is the Christed Consciousness but our will and God's Will are One and the Same! That happens when we're in Alignment with His Will. ..."

"God is Kind and Merciful and He gives us a Way back Home. He gives us a Way to Remember, to become a Member again of the Body of Christ, of God, etc. We're a cell in His Body yet we walk around as if we're separate from God. We have these thoughts and these feelings and rather than use them as a jumping-off point, we take them as Reality. We take them as Reality. ..."

"We're Spirit living in the body and we're having these experiences in the body to Remember That Which we *are*. God has given us Free will and Choice. We have Choice. And the Progression That we can do here *while in the body* is found nowhere else in the Inner Worlds. Nowhere else! ..."

"God gives us the wonderful Opportunity called Hu-man life here on this earth where there is Mercy and Kindness. He takes you to meet a Master Who can Initiate you Into The Sound Current. And then the Spiritual Progression goes on and on and on and on and on. And you're able to do your Progression through the Different Frequencies, through the Different Realms, etcetera. You can't do That anywhere else. ..."

Continued from page 1 - "What Was I Thinking?: Stinking? Sinking? Unblinking? - A Participatory Satsang"

thing called the body. The Purpose of the body is to House the Soul or the Spirit, to give us the Opportunity to Fulfill our Destiny here, Which is to Know ourSelves as Soul, as Spirit. That's the Destiny of all mankind. It has nothing to do with a belief system; It has nothing to do with the color of your skin, how thick or thin your wallet is ..."

"It has to do with the Spirit we *are*. And That's the Purpose of being in the body: to have that Opportunity and to come to Know yourSelf as Soul, as Spirit. God's pretty patient. Patience is called reincarnation. So we have this reincarnational pattern with us. We come into the body with the karma that has been assigned this lifetime and whoa! if we're Blessed and Fortunate we come and we meet a Master who can Initiate us (Into The Sound Current) and take us Home to God. To finish our karmic journeys through this Process.

"We tend to forget that we're nonmaterial as well. So we think that everything we encounter is our creation this lifetime. We think that we just were born. ... There's no karma upon us.

"This lovely Student I was having a conversation with was looking back on her life and it was basically a case of 'would've, should've, could've'. But see, that's the very thing! If you would have, if you should have and you could have you'd have made other choices. However - this is key - you went down that road for the karmic learning. To fulfill the karma you went down that road. ..."

"If it weren't karmically correct for you to do so, you wouldn't have done so. We sit and envy these people who have all this money or are free materially, etc., etc., and we haven't a clue what their Learning is. Maybe they've created having a lot of money so they could get the Learning that that's not it because in a previous lifetime they envied the wealthy people when they were poor. So they get to have a lot of money this lifetime. And guess what? It's not doing what they thought it would do for them. ..."

"We'll sit and look at other people's lives and we'll judge it and we'll judge them but we don't know what the karma is. If you could read the karmic records, you wouldn't be judging them.

"This brings up something very crucial: Acceptance is the First Law of Spirit.

"You need to Accept where you're at. What's going on in your life and where others are. Do you have to like it? No. Does it have to feel good? No. But you need to Accept it. ..."

"We 'should' on ourSelves and we 'should' on others and we're really being disrespectful to ourSelves, to the Spirit we *are*. 'This shouldn't have happened to me.' 'Oh! how dare this happen to me!' Well, who are you not to have this happen to you? ..."

"There's a Divine Choreography in our life. When we play the game of 'I should have done that; I should have done this; I should have done that', we're forgetting the Choreography and, even worse, we're forgetting the Choreographer, Who is, of course, God.

"There's a Blueprint. There's a Divine Blueprint by the Divine Architect. All Souls have to follow the Blueprint. How long it takes? That's the individual Soul's karma. You can't judge where a Soul is at. ..."

"You understand there is a Process. It's a Process of Learning and we need to have the same Kindness and consideration towards ourSelves. So we have this 'Stinking Thinking' that really stinks of making ourSelves wrong; making our experiences wrong; making other people wrong; sitting in judgment upon what happens to us and what doesn't, etc., etc. ..."

"You have the Learning through experiences, through experiences. If you're Blessed and you're Fortunate and you're Walking This Path, yeah, the karma is mitigated and you may get it through the Way of Grace but the point is that all karma - it must be fulfilled.

"It has to be fulfilled. Grace may be involved and it may not all have to be fulfilled here in the physical. You can have it fulfilled inwardly, etc. The Master may take it upon Himself, etc., etc. But the point is that karma is karma. It's an immutable law.

"And the Christ, Jesus said, 'Ignorance of the law is no excuse.' And so when we have this 'Stinking Thinking' - 'It shouldn't have happened this way'; 'How dare God do this to me!' etc., etc. Well, why not? God's not doing it to you. That's Your Learning. You're so Loved that you're given Your Learning so that you can move on and Progress. ..."

"The point is real simple. It's to Know yourSelf as Spirit. ... Souls have forgotten and, really, that's why we're here: because we've forgotten that we *are* Soul. God, in His Kindness and His Mercy, He gives us this Opportunity because there is a Way. It's been here forever. You're either under the lords of karma or you're under Grace.

"But if you're fortunate enough to Walk a Sound Current Path you can't play the game of ignorance and 'would've, could've, should've'. And all that 'Stinking Thinking' leads to a real 'Sinking' of our Consciousness.

"There's a 'Sinking' that goes on. We lower our Consciousness. We make ourSelves wrong; we make Spirit wrong; we make God wrong. ... We've expelled God from our Consciousness.

"The Opportunity is given to come into the Remembrance of That [ed.'s note: Dr. Lane is referring to That we *are* Spirit, we *are* Soul] and become a Member again of the Body of God. The Christed Consciousness is in everyone. Our will and God's Will One and the Same. Real simple. Real simple. ..."

"It's about What was Demonstrated: Rising above time and space. False identity with the body, with our thoughts and feelings, etc., and coming into the Resurrection Process. Or going into the Soul Body and being with God, Which, of course, is by Initiation Into The Sound Current or the Holy Spirit. Whatever you choose to call It.

"And 'Created in God's Image': That, of course, means that the Same Material that God is we *are*. And God's the great OverSoul. ... You take a drop of water from the ocean it's *exactly* the same as the ocean.

"All this brings us to a point and a position of Responsibility. We have a Responsibility to Fulfill This and to go with our Knowing. And 'would've's, could've's and should've's' deny this. Deny Who and What we *are*.

"And they 'Sink' our Sightline into just the material world. So I'd like to suggest another point of view. Really, It's the God Point of View. ... We need to have an 'Unblinking' attitude and that 'Unblinking' attitude means courage. And an understanding that everything we've been through was for the Highest Good, was karmically correct, was absolutely necessary for our Growth and Development. ..."

"Things don't just happen. And when we get into 'would've, should've and could've' we deny the Orchestration and we deny how Loved we *are*. And we're violating the First Law of Spirit, Which is Acceptance. I'll repeat it again: we don't have to like it ... but we need to Accept it. We need to Accept it. ..."

"We live (life) courageously and, yes, it takes great courage to see the Face of God. It's an Inner Process. This Process is available through the Initiatory Process (Into The Sound Current) to anybody, any Soul That asks for It. If the Master deems the Soul ready then bingo! you're on Your Way. ..."

"Everything gets recorded. ... Of course, the karma we create - it's all recorded and it goes with us. So you don't have to worry about anybody's getting away with anything. It's not your job. Trust in the System! ... There's plenty of Justice. It's called karma and reincarnation.

"When you Align yourSelf with the Christed Being That's Where the Peace is. 'As Above, So Below'. That Christed Being and that Christed Consciousness is with us. We were charged with That

**Continued from page 3 - "Are You Catching The Vibe?:
A Participatory Satsang"**

It? Does it help inspire? ..."

"We're either being inspired or expired. And death, really, is choosing into the lower frequencies, into the density. ... That's what karma is.

"We really need to get Clear and be Clear. And how do we do That? Well, we do It by going to the Upper Part Of The Third Eye and by seeing with Spirit's Eye, Spirit's Eye, Spirit's Eye. ..."

"There's always Choice, there's always Choice. You can be Established in the Soul Realm and you'll still have That Choice. God doesn't take away Choice from you. You have Free Will and can always decide. ..."

"I'd like to conclude by having us do a Process. Call in The Light, 'Lord, God, send us Your Light and we put this time together into Your Light for the Highest Good!' Now, inside yourSelf just let an old familiar thought or feeling come forth. And just note the consequence of that. Does it Lift you or does it drag you down? Now inside yourSelf let yourSelf go to the Upper Part Of The Third Eye. Catch the Vibe That's There. The Sound Current. And just note What That does.

"Now Remember that you're at Choice! You could Choose the Upward Spiral or the downward spiral.

"I personally Highly Recommend and Lovingly Suggest you pick the Upward Spiral.

"We'll stop with That."

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

**Continued from page 5 - "What Was I Thinking?: Stinking?
Sinking? Unblinking? - A Participatory Satsang"**

Responsibility. We were Given That. 'That Which is in Me is in you, too,' said the Christ, Jesus. So tag! We're it!"

"So when we play the game of 'would've, could've and should've' we're denying Our Responsibility. That's not OK. That's not OK. ... Take your Learning because it's all OK!"

"It's a big OK because we get all the time we need to come into the Fulfillment of our Spiritual Destiny, Which is, once again, to Know ourSelves as Soul, as Spirit. And if we keep That in the foreground of our Being then we will go through this life in an 'Unblinking' manner, in a courageous manner.

"So, I'd like to end by doing a Process. 'Lord, God send us Your Light and we put this time together into Your Light for the Highest Good!' Whatever comes up, let it come up! What is your 'Stinking Thinking'? Find something in your life that you look at ... 'This shouldn't have happened!' [Pause] Now go with that ... see the level that your consciousness is at with it! [Pause] Now take the same thing and Accept that it's happened and see how it has been a Strengtheners in your life! And how it contributes to Your Awareness of yourSelf as Soul, as Spirit. [Pause] Now pick something else that you run a lot of 'would've's, could've's and should've's'! ... What happens when you adopt an attitude of an 'Unblinking' Consciousness? Now, when you can, return your consciousness back here. ..."

Our Teacher Lovingly and Generously answered a question asked following the Satsang.

Continued from page 4 - "Where To Go With Our Thoughts And Feelings: A Participatory Satsang"

"Doesn't it make a lot of sense that if you can do That here in this negatively charged planet then things inside of us that are negatively charged like thoughts and feelings, etcetera, that they're springboards, too? ..."

"A lot of times we don't want to give it up. Those thoughts and feelings - they're so consoling. They're so familiar. ... But thoughts and feelings just are. They're really to be used properly as a jumping-off point and then you see that they're neither good nor bad; they're just Neutral. ..."

"We can't go anywhere with them other than in the karmic fields. You know this when you decide to practice Proper ID and go to Spirit, that bingo! it just drops off of you. ... But if you're hanging on to them or you're attached to them or you're insistent on them or you're taking them as real, well, guess what? They're not going to fall off of you. ... By holding on to them you're sabotaging yourSelf from going to the Spirit, the Lifting and Growing.

"We have these things called thoughts and feelings. We can't go to God with them. We can't go to Spirit with them. We can't go to the Reality of our Being with them. But God has given them to us. So maybe we can use them to get to God. How about that?! ..."

"And we do that by exercising Choice into the Positive Polarity. I feel fear, OK, fine. I don't have to use that to stop mySelf. I don't have to use my hurt. 'Oh! I'm so hurt this happened! Oh my gosh! ... Therefore, I'll never be in this arena again. I'll never entertain this again.' Well, that's just insisting on the hurt and making that rule your life.

"And why would you want something negative to rule your life and determine your life? Anytime we go outside ourSelves and give our Power over we're creating karma. We've created a false idol. We're worshiping a false god. All idols are false. If we're making any of these thoughts and feelings our god we've created a great graven image. ... Yes, these things are painful but use that as a jumping-off point. OK, let me go to Spirit, let me go to God! Heal that pain! heal that hurt! Heal that separation!"

"Let me take back my Power! Let me take back my Power! ..."

"There's a part of us that knows that what we've been doing

may have been separating ourSelves out from Spirit because we didn't really Know and Trust Who and What we *are*. There's like a sadness and a mourning; 'I stayed and I lingered in negativity and I didn't need to do that.'

"So I Lovingly Suggest use your thoughts and feelings for what they're there for, which is to assist you in Choosing into the Spirit you *are*! You can't take the thoughts and feelings to God but you can use them to propel yourSelf to God! But you can use them to propel yourSelf to God!"

"And, if you notice, you take Initiation Into The Sound Current On The Path Of Soul Transcendence, or really on any Sound Current Path, you've got This Access now to Spirit. ... You have Access to Spirit once you receive that Initiation but there's Free Choice. So it's not an automatic. ..."

"One of the many things I Love about The Path that I'm Blessed to Bring Forth is That it's not Grace versus effort or effort versus Grace. It's not either/or. It's both and. You have to make the effort; you have to Choose.

"Exercise Free Will and then you're met by Spirit; you're met by Grace! It's a wonderful, wonderful combination. But you have to make the effort. You have to decide, 'I'm going to Spirit. I'm going to God.' And you have to Let Go of that which you hold onto in the negative worlds: the thoughts, the feelings, etc. And then Spirit comes and takes it from you. ... You have the choice to grab back, grab back, grab back or not. The consciousness will usually respond out of fear and try to grab back. It really takes practice and practice and practice to Know that you're OK and move into Trust and be with God. ..."

"This is the training ground and inside ourSelves we have all these Opportunities. And thoughts and feelings are a wonderful training ground, etcetera. They're not real. They can look like reality but use them to move into and be in the Only Reality there is, Which is God!"

"I will stop with that."

Our Teacher Generously answered a question following the Satsang.