



# Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies **January/February/March 2021**

**COVID-19 UPDATE**  
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## Home Center New York City

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Center For Religion And Advanced Spiritual Studies

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### Web sites:

[spiritcentral.org](http://spiritcentral.org)  
[cosmostree.org](http://cosmostree.org)

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## Regional Centers

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## **“How Are Your Interpretation Skills: Inverted? Misguided? Truthful? - A Participatory Satsang”**

Our Teacher, Dr. Roger B. Lane, began the October Satsang by saying, “I want to start by doing a Process. So I’m going to begin, as I do with all Processes, by calling in the Light Of The Most High. And I want you to take a situation in your life or a relationship or something that’s going on and I want you just to take a quick look at how are you holding it inside yourSelf? How have you interpreted it? So, ‘Lord, God, send us Your Light! And we put this time together into Your Light for the Highest Good.’”

“Now let a situation or a relationship come up and just see how you’re holding it inside yourSelf! What’s your understanding of it? What’s the purpose of it? Be honest. [Pause] Now have another situation and/or relationship come up in your life and just see how you’re holding it! What’s your understanding of it? [Pause] And, once more, take a situation and/or relationship in your life and just see how you’re holding it inside yourSelf! What is your understanding of it? [Pause] Now, when you can, bring your consciousness back! I’d like to have a few people just share what their understanding of it is. ...”

A Participant shared, “In the second and third one ... I just got that all of them, really, were coming forth for me to Learn and Lift and Grow. ... maybe I karmically created them or they’re just there for me to Learn and [sic] Grow.”

Another Participant stated, “The first one ... it made me think of a cartoon character that steps on a rake and gets hit in the face. So I know my interpretation has been that this relationship is for my Growth and Upliftment. And It feels like it’s aggressively so in that I feel like I keep stepping on that same rake a lot. The second relationship - my interpretation is that it is for Growth and Upliftment but ... the things that came up were fear and hope. And then the other relationship was very clearly nourishing and to Let Go of attachments. ...”

Continued on page 3

## **Holiday Satsang And Celebration 2020**

On December 19th Initiates of the Sound Current On The Path Of Soul Transcendence from around the country and outside of it attended the annual Holiday Satsang given by Our Beloved Teacher, Dr. Roger B. Lane. For the first time, It was held entirely via videoconference.

The Sacred Event began with a 30-minute Meditation Of The Light Of The Most High, followed by Satsang - a Spiritual Teaching - given by the Grace and Love of Our Beloved Teacher.

Continued on page 6

## **“Compassion: Passion? Judgement? Love And Acceptance? - A Participatory Satsang”**

Our Teacher, Dr. Roger B. Lane, began the November Satsang by saying, “I want to a little bit talk tonight about Compassion. What It is. What It isn’t and really how to be Compassionate. ...”

“So What is Compassion? I decided to look It up in an etymological dictionary. ... And It’s very hooked in with Patience. Have Patience! So I asked Myself, ‘hey! what does Patience have to do with Compassion?’ And I realized it has a lot to do with It because to be Compassionate you need an understanding of that individual and what that individual is. ... his body is the housing in this world for the Soul. He’s here having a Spiritual Experience and all Souls sooner or later Complete their karmic journeys and go Home to God. So That’s a given.

Continued on page 4

## **“Hey, Good Looking!: For What Are You Looking? Why Are You Looking? Where Are You Looking? Are You Focused On Looking? - A Participatory Satsang”**

Our Teacher, Dr. Roger B. Lane, shared in the December Satsang, “... Let’s start by doing a Process! I’m going to call in the Light [Of The Most High]. ‘Lord, God, send me Your Light! And we place this entire time together into Your Light for the Highest Good.’ I’m just going to ask you some questions and whatever comes up, comes up and that is, ‘What are you looking for?’ [Pause] ‘What are you looking for?’ [Pause] ‘Why are you looking?’ [Pause] ‘Where are you looking?’ [Pause] And ‘Are you focused on looking?’ I’m going to ask you again. ‘For what are you looking?’ [Pause] ‘Why are you looking?’ [Pause] ‘Where are you looking?’ [Pause] ‘Are you focused on looking?’ [Pause] And once more. ‘For what are you looking?’ [Pause] ‘Why are you looking?’ [Pause] ‘Where

Continued on page 5

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

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# Events Calendar

## Fulfill Your Destiny:

### Fulfill Your True Purpose

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

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

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## JOIN US FOR OUR SUNDAY EVENTS!

### SUNDAY PROGRAM

January 10; February 14; March 14

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

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

January 10: **#107 Our True Nature**

February 14: **#164 Would You Like Another Drop Of Honey?**

March 14: **#159 "What Is Loving? - Part II"**

January 31; February 28; March 28

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

Video/DVD Showing and Discussion: 1pm EST

Jan. 31: **#V21 What Do We Do On The Path Of Soul Transcendence?**

Feb. 28: **#V22 What Are You Doing For The Rest Of Your Life?:**

An Invitation

Mar. 28: **#V1 The Foundation For Understanding That You Are Spirit**

### THE TEACHINGS STUDY GROUP

January 10; February 14; March 14 | 3pm EST

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

Jan. 10: **"How Are Your Interpretation Skills: Inverted? Misguided?**

**Truthful? - A Participatory Satsang"**

Feb. 14: **"Compassion: Passion? Judgement? Love And Acceptance? -**

**A Participatory Satsang"**

Mar. 14: **"Hey, Good Looking!: For What Are You Looking? Why Are You**

**Looking? Where Are You Looking? Are You Focused On Looking? -**

**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 Jan. 10; Feb. 14; Mar. 14  
**Sun** 10:30am Jan. 31; Feb. 28; Mar. 28

Special 2-hour Meditation

#### *Meditation For Health And Well-Being*

East Side (Home Center):

**Tues** 8:15pm Jan. 19; Feb. 16; Mar. 16

\*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. A reservation is needed to call in. Visit [cosmostree.org](http://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](http://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 You Feeling About Your Feelings: Foe? Weapon? Opportunity? Reality? - A Participatory Satsang"**

**January 6, 2021**

**6:50pm EST**

**TBA**

**February 3, 2021**

**6:50pm EST**

**TBA**

**March 3, 2021**

**6:50pm EST**

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

## Listen to Our Monthly Podcasts!!!

[cosmostree.org](http://cosmostree.org)  
[spiritcentral.org](http://spiritcentral.org)

**January 5:**

**"How To Have A Happy New Year"**  
**(MP3 A055)**

**February 5:**

**"Are You Fearing And Tearing Or Caring And Sharing?"**  
**(MP3 A068)**

**March 5:**

**"Are You Giving Yourself The Best?"**  
**(MP3 A014)**

## WINTER SEMESTER

### EVERYDAY EVOLUTION 1

**10 weeks, Wednesdays, January 20 - March 24, 2021**

**7:45-9:15pm**

(except 1st Wednesday of the month when Class begins 8:15pm)

**Given by Dr. Roger B. Lane**

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

*Open to all but may be some prerequisites.*

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

## Continued from page 1 - "How Are Your Interpretation Skills? Inverted? Misguided? Truthful? - A Participatory Satsang"

In response to a question from Our Teacher, the Participant explained that the rake is "the rate at which I am reminded to Lift and Grow or have Opportunities to Lift and Grow; feels kind of like getting a rake handle in the face and it happens just really a lot," to which Our Teacher said, "Good for you!"

Another Participant shared, "The first situation - the understanding that came in was fear of God. ... The second situation was looking for worth elsewhere: doing a good job and working for value out there. And being afraid of Being God. It was all kind of similar. And then the third one ... it was a relationship, it was not knowing how to relate with that individual and kind of a dumbing mySelf down ... also fear of God, basically ..."

Our Teacher then asked this Participant "how was your 'dumbing yourSelf down' because you didn't know how to relate to the person related to fear of God?" The Participant responded that "it felt as if I was trying to not be Present so that way I could be in that other individual's wavelength so I wouldn't be alone - like fear of letting go, fear that if I was Present I would be losing that."

Our Teacher Instructed, "So you went into a kind of a manipulation ...", to which this Participant said, "yes."

Our Beloved Teacher then further gathered and Focused us by saying, "I want to talk a little bit about interpretation skills, our interpretative skills. And when we're placed in situations or things come up for us and we make interpretations there's several things that seem to happen that I've noticed. I was inspired to give this Satsang because of recent conversations that I've had with some of the Initiates. So let me give you a couple of examples ...!"

"A person recently shared with me that she didn't think Zoom meetings were any good, had any purpose. ... There were a couple of things I noticed ... One is obviously that it was untruthful because she did several things. She made a blanket objective statement rather than speaking for herSelf. So, we tend to generalize something that's just particular to us and what we do many times, too, is we have a feeling or thought and then we identify with the thought and with the feeling and then 'lo and behold, what happens? It becomes an 'objective reality' because of our false identification with it. We've made it into a truth with a small 't' ..."

"And obviously, this person had no clue about how people related to it. How the Zoom meeting could be beneficial for other people, etc., etc. ... The other thing that struck me is there was something personal going on ... The person could have been afraid of the technical involvement, could have been afraid of how they may appear or look on Zoom, whatever it is.

"We need to really, really stay with what's true for us. We need to be honest and truthful and stay away from objectifying very, very subjective kinds of things. You want to make sure it fits the facts. That you're being truthful in that you're not just projecting. You don't want to make a generalized statement ..."

"I had another conversation with an Initiate Of The Sound Current On The Path Of Soul Transcendence in which he proceeded to give me a couple of reasons for why he had acted in a certain way. They seemed very logical, kind of an intelligent approach, seemingly knew what was going on except for one thing: it was all nonsense. It was completely nonsensical because this person hasn't gotten something that we've talked about many, many times and that is we think this x, y, z is happening in our lives - our basics are doing x, y, z - but we forget that many times it's a concoction. That's not what's really going on but it allows what's really going on to go on while you're busy focusing on the concoction. ..."

"Underneath this person's reasons ... was a real, real fear of God. ... When we're working things, etc. we never want to really say, 'Oh, that's it! I got it!' But really come to realize, 'That's my level of understanding now, where I'm at ... at this point in the Spiral. I'm going to keep my eye on it and see how it evolves.' ... We need to take the point of view of letting our Understanding evolve and grow.

"Much like our consciousness is an ETC. Consciousness. An Eternally Traveling Consciousness, as it were. Our understanding needs to be ETC. 'That's where I'm at right now; let's see the next level of

understanding!' And that's really how you need to work on things. It's all under the wonderful practice of Giraffe Consciousness, that it's all karmically correct. ..."

"Now, also, I was talking to another Student and this person was sharing something in terms of work and how - and this had happened before the virus when people were being furloughed - this person had been asked to leave her work and there was a lot of 'oh, my gosh! How could this have happened to me?' etc., etc. ... And a whole sense of victimhood. ... But this person stayed with it and really came to the other side and was conscious enough and honest enough to say, 'Wait a second now! ... I created this because I didn't want to work there anymore. I couldn't stand to work there anymore. ..."

Our Teacher continued, "And, also, of course, what a Blessing it was to be asked to leave because it was one of the worst places you could be with the coronavirus going around. ... So many times what happens - and I see this over and over and over again - is a focus on victimhood rather than on agency. Rather than 'hey! you created this and ... on a Spiritual Creation Level as a Soul, you needed to have this Learning, whatever the Learning is'. ..."

"It's not a case of - and I hear this very often - 'Oh, why does God do this to me?' ... Well, He does that because of His Love, His Caring and His Devotion for you. So He brings you that which you need for your karmic learning and for your Growth and for your Upliftment so you can get to the other side of it and get clear. And get clear and get clear. So it's not like you've been done dirt but you've been done - comes an image of a washcloth and soap. You've been done a real cleansing, a real clearing ..."

"So we need to understand how Powerful we are. It's just the opposite; we're not victims. ... We've created it. ... If you want to just go through situations ... Those interpretations miss the point. We've agreed to be here and to have these experiences and to have these Upliftment Opportunities. They're Opportunities for Upliftment. They're not Opportunities to debate. They're not Opportunities to make yourSelf wrong. They're not Opportunities to make God wrong. They're not Opportunities to make The Teacher wrong. ... They're Opportunities to Lift and Grow. ..."

"That plays into the importance of the First Law of Spirit, Which is Acceptance. If we Accept it, we Accept it, we Accept it; we don't run any of this stuff. We can also pray and ask God for the Understanding. 'I don't get why this happened. It feels awful but why did it happen?' ..."

"So we really need to watch our interpretation. ... The real Truth is it happens because of God's/The Teacher's/Spirit's Love for us and for us to Lift and Grow. We're on an Upward Spiral going Home. Why in the world would anything be by Spirit, by God, by The Teacher... that violates that or goes against that or abuses that? It's all for that Single Purpose. That Single Purpose is Your Knowing yourSelf as Soul, as Spirit, and Loving God. ..."

"And that's the Purpose of Human life so everything, once again, everything is going to be in Alignment with that Purpose.

"So the real issue is, is your interpretation in Alignment with your Knowing of this Purpose of Life? ... The Purpose of why you're here. So are you in Alignment with everything's being for your Growth, Upliftment, done out of Love and Devotion? ..."

"Everything that happens to us is staged just for our benefit out of that same Love and out of that same Devotion that God/the Spirit/The Teacher has for us'. This world's a stage and the play of our life is for us to move into and be at its Purpose, Which is Love and Loving and God and Knowing ourSelves as Soul, as Spirit. That's the Whole Game!

"Are your interpretations in Alignment with that simple Truth? That's where we need to be! ... Any interpretation other than That is part of the karmic fields, part of the story, part of a false narrative. ..."

"And the simple Truth that God/Spirit/The Teacher Loves us Unconditionally. We're Unconditionally Loved and we need to apply that to our narrative, to our story, to our life as a Lover of God!

"And it's really that simple."

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

*Continued from page 1 - "Compassion: Passion? Judgement? Love And Acceptance? - A Participatory Satsang"*

"And part of What we're here to Learn, too, is to Love God - to Know ourSelves as Soul, as Spirit by Loving God. In the Process we come to Know that we *are* the Love. We *are* that Love. That the subject and the object and the Love 'between' them is an illusion as well. And That it's all Love.

"I remember many, many years ago I asked Myself a question, 'why this particular person I knew was so incredibly mean, was so incredibly non-caring and so tremendously brutal in his ways'. And I realized it was because that's how he thought of himself. That he didn't know how Loved he was. He had no idea. Couldn't even conceive of It. ..."

"Because when we're unconscious things get perverted; they get projected. And things are inside out. He didn't know how Loved he was. And I understood then ... the situation mankind is in, that we don't know how Loved we are. And Compassion has a lot to do with being Patient, trusting the system and knowing that each Soul, sooner or later, finishes up and has the Knowing that they are that Love.

"So that's a wonderful aspect to Compassion. Have Patience! Obviously, with Patience there's a Neutral approach; there's no judgement; there's no blame, etc. and there's an Acceptance. There's an Acceptance of that person's ignorance in a way because that's what it is. It's ignorance.

"And The Teachings Teach us that the Remedy for ignorance is Education and we know that sooner or later They'll be Educated. That That's Part of the Divine System.

"Then I decided, let me look up what the word means in a regular dictionary. So I looked it up and it had to do with, basically, recognizing distress in someone and having a willingness to alleviate it. ... It's just that similar kind of Neutrality. So if somebody has walked across the desert and needs water, you give them water. You don't judge them or enter into a sympathy pact. ... That's condescending. That's patronizing. And that's a judgement.

"And we Know from The Teachings that we're only given that which we can handle. ... And, yeah, we wish to alleviate the suffering, the distress actually. And it's interesting, The Teachings Teach us that stress is really not knowing Who you *are*. That's the difference. Stress is the difference between the Spirit you *are* and where you place yourSelf vibrationally. And that gap is stress."

"That tells us also about how to work things within ourSelves. What do we do if we're away from the Center of our Being, away from the Spirit, choosing into karma? Well, we have Compassion with ourSelves but It is not in the form of, 'Oh gosh! It's so hard. I'm just going to choose into karma, etc. I can't do this. It's so difficult. Why did God do this to me?' But Compassion is, 'OK, I'm in distress. I've moved away from the Spirit that I *am*. So I'm going to alleviate it. I have lots of ways to alleviate it. I have lots and lots of Tools. I can drop back inside and be with God anytime I want to. Just think, anytime I want to! Anytime I want to!' Wow! Wow! Talk about Compassion! And isn't God Compassionate? Think about God's Compassion!

"That He gives Himself up, as it were. Enters into Hu-man life. Right there in Hu-man life so we can participate with Him and as Him. That's really quite something! Anytime we want! And if we're Initiates On This Path we have *Direct Access* to Spirit. 24/7. Think about That! That's God's Mercy and Kindness. It all gets set up when you meet a Master Who can Initiate you Into The Sound Current On This Path. You have *Direct Access*. God, in His Kindness and Mercy, He takes you to Meet a Master who can do That. Wow! ..."

"So watch the form of things. We tend to really generalize, 'Oh, I don't like how that looks.' Yeah, but there was Grace with it, you know? ... We tend to look at the form of things and how they appear. We need to stay in touch with Grace and the Compassion That's involved in the Spiritual Action and not how It looks. Not how it looks. ..."

"We focus on the pain and suffering and we forget about the Glory of Who we *are*. So we need always to Remember That. And when we're Compassionate we're Remembering the Glory and Splendor.

"And we also know the distress, as it were, that's caused by forgetfulness. That's why Souls are here: because they've forgotten Who They *are*.

"And we Walk This Path - the Sound Current - to Remember. We retrace our footsteps, as it were. (When) we go out into the manifested worlds and we go 'down and out'. And we retrace it. We go 'in and up', as it were. And we trace our footsteps and we Walk This Path to Completion.

"And we Remember ourSelves as Soul, as Spirit. And we Remember: we become a Member again of the Body of God. That's crucial. That's crucial! ..."

"Everybody is to do That. 'That Which is in Me is in you, too.' The Christed Consciousness is placed in everyone. That's the good news. And That's the bad news because we're Responsible.

"Compassion has a lot to do with Knowing That Responsibility and helping Souls fulfill It. So it's very important to be yourSelf, do yourSelf. Always be doing yourSelf, your being yourSelf! You're doing yourSelf.

"And really to Share That."

"And we also know that all the pain and all the suffering in the world that people go through - it's substantial. You don't have to be negative towards anyone. Their pain and their suffering is enough. And if you're Blessed to Walk This Path, you may want to Share It. ..."

"So We as Souls Who are Compassionate ... we do whatever we can to give other Souls that Opportunity to get beyond that karmic creation ... It (Compassion) always has to do with a Complete Understanding of what Souls are laboring under. ..."

"If you have the Antidote, you have the Antidote. Of course, the Antidote is What? To go inside and be with God, be with the Spirit. Be with the Spirit. That's Where the Joy is! That's Where the Joy is! ..."

"The Joy is in Spirit. ... Joy is deep-seated in the Soul and That's Where It is and That's Where we can go and, as Initiates On This Path, we're really, really Blessed. Compassion is Caring. It's Sharing. It's Loving. Period. ..."

"I don't 'should' on people because that's a judgement. ... People act out of their karmic fields. People's 'knowing' is out of their karmic fields. ... You get so many distortions. So many, so many. And a Compassionate Being Knows this, Knows that Souls are laboring under illusion. Under the yoke of karma. ... But Compassionate Souls also Know the Remedy. ... The Best we can do for others is Serve ourSelves. ..."

"There's nothing personal going on. And a Compassionate person Knows that. ... A Compassionate person also Knows you can Trust the System. You don't have to do anything about anybody. ... You can set limits but you don't have to do anything to change them. You can Trust that the System will. [ed.'s note: Dr. Lane is referring to Educating the incarnated Soul] You have Patience and you have Loving.

"And lastly, a Compassionate person, besides understanding the yoke of oppression that Souls live under - self-created oppression, oppression of the karmic fields of their choices, of their attachments - that really, we're all OK and we're all in this together. We're in this together.

"So anything I can do for someone else, I'm really doing it for mySelf. It's the same Spirit. We're all One. And I'm doing it for Humanity. ..."

"We're not our personalities. We're not our karma. We *are* Soul. We *are* Spirit. And a Compassionate person never confuses the two, never confuses the expression of that being - that expression is pretty muddled by karma, by attachments: by fear, doubt, pain, separation, anguish, despair, all that - never confuses that expression with the Soul That's *within*, with Spirit That's *within*.

"And Compassion is God to God. And God as God.

"Real simple.

"It's God to God.

"We'll stop with that."

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

**Continued from page 1 - "Hey, Good Looking!: For What Are You Looking? Why Are You Looking? Where Are You Looking? Are You Focused On Looking? - A Participatory Satsang"**

are you looking?' [Pause] And 'Are you focused on looking?' [Pause] Alright, once more. 'For what are you looking?' [Pause] 'Why are you looking?' [Pause] 'Where are you looking?' [Pause] 'Are you focused on looking?' [Pause] Now, when you can, bring your consciousness back here. And anyone is free to share what came up for them with those questions.

A first Participant shared, "What am I looking for? God, Love and Acceptance. ... Why? Because I haven't fully Accepted yet that God lives in me as me. ..." Our Teacher then said, "And Loves you." The Participant agreed and resumed, "So, where am I looking? Outside of mySelf. Am I focused on looking? Yeah, sometimes. ..."

A second Participant then said, "... I had almost verbatim the same experience. Looking for Peace; Love; Security; Serenity; God. Why am I looking? I think [first Participant] said it much better but I was thinking because I haven't Accepted those Things yet. Where am I looking? Outside of mySelf, constantly, up until now. And am I actively looking? Yes, yes, yes and yes, up until now. ..."

A third Participant contributed to the discussion, "I was looking to get rid of fear. And then, why? I wasn't accepting that I was having fear. And, again, where? I was looking outside and focused - sometimes, not all the time - but sometimes."

Our Beloved Teacher then prompted the third Participant to go further, "What out there would help you in this scheme get rid of your fear?" And the third Participant said, "... I was looking in my ego and in my mind ... that somehow you (my ego, mind) come up with a dynamic or formula to get rid of the fear. So, I figured that was outside of my True Self." Our Teacher replied, "Well, it is outside of your True Self - the mind is - but it's also completely denying that you are already have a Way. Not only that, but you're also in denial of The Teachings that the Journey of a Soul is from fear to Love. So, there's no focus, there's no Teaching about getting rid of the fear. It's about coming to Know yourSelf as Soul, as Spirit and when you do that, in the process, then the fear goes."

A fourth Participant shared, "I had a few different answers come up each time. What am I looking for? To hide; comfort and another ... was God. Why? (Until I was looking for God I was) Hiding from responsibilities. ... For the why for God was because ... I want to know mySelf as Spirit; and the comfort was shame. And then, where? ... they all were outside; with God I still felt like I was looking outside. And if I'm focused on looking ..."

A final Participant shared, "I wasn't looking for anything. I feel safe. I have God. When I feel 'off' I just Chant My Tones and go back to God. I don't feel like I have to look for anything. ... I have what I need."

Dr. Lane replied, "Thank you for doing the Satsang. ... I'll just flesh it out a little bit. You guys really did a wonderful job in, really, giving the Satsang."

"I was moved to give this Satsang by a couple of interchanges I had with some Initiates and ... the common denominator was that basically they were in complete denial and non-Acceptance of What they have."

"So, for example, 'how I have to find a way to go through this karma' really reveals several things. Once again, the false identity. It's obviously an ego process, etc. It's complete denial that you already have a Way. Then, of course, with the ego comes the fact of the expulsion: that you've kicked God out. That there's no room for God. There's no room for Grace."

"And The Path that I Bring Forth is One of Grace and so to completely exclude the Action of Grace is really a perpetuation of being bound by the ego and into false identity and not Accepting, really, how Blessed you *are*. And really, that you *are* Worthy. If you knew you were Worthy, hey! you could Accept all this. But that's the struggle. And that's the movement of it."

"I had another conversation where someone was insisting what The Teachings were no matter how many times It has be Taught that, very specifically, that that is not The Teaching. It was a completely wrong focus and basically an ego-driven one as well. So it came from false identity. Not Accepting the Love and the Grace."

"So, 'for what are you looking?' If you're looking for it then you haven't Accepted that you *are* Spirit, that you are fully Blessed and Initiated Into The Sound Current. You haven't Accepted your Worthiness."

You haven't Accepted how Loved you *are*. And how much Love there is. So, you really need to Allow That. You really, really need to TAR It. To Trust and to Allow It. Really, to take It in and Receive It.

"I've shared with you quite often my experience of going back - I don't know, ask me, about 45 years - of when I completely saw how Loved we are and how furious I was for days because we've never been taught That, never shown That, etc. etc."

"So it's really a Process. We really have to move into That. That's very, very important and very much like people who ask questions all the time ... they don't really have an interest in the answer or finding the answer. They just have a tremendous interest in spinning their wheels on the mental plane. And doing that, doing that, doing that, doing that ..."

"So, the part where you ask, 'are you focused on the looking', 'are you focused on the looking?' It's very similar to that. ... Where would all the energy go that used to go into looking and questing?"

"And, really, if you take a look at the questions and your responses, it's basically the pattern of a Soul in the body. The Soul has identified with what? Thoughts and feelings. It's identified with form in the worlds of form. Then It takes it for real and then It reincarnates, It reincarnates, It reincarnates. On this Path we're Taught to do exactly the opposite. We're Taught to go 'in' and 'up', as it were. We're Taught to go into the Soul Body, in the Soul Body, and be with God at the Upper Part Of The Third Eye. That's Where we *are* and That's Where we're met by Spirit. That's Where The Master stands and safeguards our comings and goings. ..."

"It's Acceptance! It's Acceptance! It's Acceptance! ... Maybe there's something here on this planet, more than just, 'Oh, something terrible has happened! There's a pandemic!' Maybe there's something more than just fear. We see so much of that fear here., etc., etc."

"And also movement into a Oneness. We all go through this thing called life together. ... As soon as we practice identity politics... we're practicing false identity. It's going to be us in contradistinction to anything else and anybody else. ... If you're true to yourSelf and you listen to yourSelf, it is just the opposite. We are Supplied; we are cared for; we're One and the Same as God, as Spirit. ... We're One and the Same with Spirit. Anything else is going to lead us askew and into great difficulties and great trouble. We're going to have strife; we're going to have power plays; we're going to have struggle; we're going to have disappointment; we're going to have illusion; we're going to have so much of that negativity..."

"It's your basics going out there in the world creating expectations and then, of course, what? Being disappointed. Or creating attachments, attachments. So we need to all be Neutral. All be Neutral. And remember the Journey of a Soul is from fear to Love!"

"Now, if you paid close attention to the interchange I had at the beginning - that to me was very indicative that so many of us are focused on our own little role, not aware of bigger sense going on. Not aware of the Spirit That we *are*, not aware, as was said so beautifully earlier, that God lives in us as us. So God lives in me as me. That It's God and we need to have that sense not just the sense of your little, small job egotistically but how it fits in in the bigger picture and that you *are* the bigger picture and we all do our part to bring forth the movement of Spirit and the Spiritual Progression and the Spiritual Energy Patterns That are here and That come to the planet. ..."

"There's a Spiritual Movement going on. The Soul progresses individually and, of course, collectively. [ed.'s note: Dr. Lane is referring to Souls] And notice where It comes: It comes to this planet, the most negatively charged planet. ... If you take a look at some of your thoughts and what you persevere in ... the negativity, small-mindedness and the 'me versus you' mentality, etc., it takes a practiced approach. It's not one of the West of being entirely ego-bound and it's not one of the East being completely lost in the communal. It's both. But as The Teachings Teach us, the point of the ego is really not to obliterate it because it is so terrible but to use it properly, which is in Service to Spirit."

"So, we use our daily life and our *moment-to-moment* thoughts and feelings in Service to Spirit. How do we do That? We keep letting them go and releasing them. We keep letting go of fear; we keep letting go of

Dr. Lane began the 2020 Holiday Satsang by saying, "I want to start today by talking about what is going on with Christmas in the sense of the Christ. What It's really about; What's the Message of Christmas; what does It mean and what is our part in It ..."

"Jesus is born in a barn amongst the animals so He's with the lower self, as it were - the animal instinctual kind of life. And, of course, we are led by our instinct when we are following our karma. ... And word gets out that there's going to be a census taken and that Jews are going to be killed. And, of course, Jesus was a Jew. ... So they flee to Egypt to avoid the census. Egypt is historically and spiritually referred to as the desert; in other words, fate karma. ..."

"He starts His life there and what does He have to do? But He has to retrace His own Consciousness, as it were, and become conscious. And That's what we have to do as individuals. We have to get back. When we Walk the Path Of Soul Transcendence What are we doing? But we're retracing our Consciousness through the link back. We go back to whence we came, as it were. By our Knowing and our Knowledge and our being able to hold the Frequency of the Lord, God, Knowing ourSelf as Soul, as Spirit. ..."

"We have to come into the Knowing *consciously* and *consciously* make that Choice and Know *consciously* that we *are* Soul, that we *are* Spirit. So the Christ had to go here, as it were, and do that. Individually. ..."

"And also He came, as it were, for us. ... In recognition of the collective needs within our Consciousness and the next part in our Spiritual Progression. And What was that? But we needed to evolve beyond a whole sense of God as the meanest guy in the valley: Our god can defeat your god. Any enemy the Hebrews ran into, bingo! they could defeat them because they had the meanest god.

"Talk about elitism going the on! Talk about the one percent! This is the one percent of the one percent of the one percent who could actually fulfill the 613 laws in order to be what they perceived as spiritually free. So He comes around and what does He do? He says 'Uh, Uh. Forget that! I'm going to reduce It to two. "Love God with all your Heart and all your Soul and all your might and Love your neighbor as yourSelf. That's the fulfillment of the karmic law".'

"Now, It's interesting. Pomegranates, which have 613 seeds, never evolved to a place ... where there are just two seeds ... But we as human beings are responsible for that evolution, as it were.

"And What is that telling us? That's telling us something profound: 'Love God with all your Heart and all your Soul and all your might and Love your neighbor as yourSelf.'"

"Guess what that means? They're equal. They're equal. Man and God isn't split off but they're equal. God's Creation. We're created in His image meaning we're of the Sound Current or of the Holy Spirit. God's the great Oversoul and our Soul is of that same Essence. We're created in His Image. We're created of the Sound Current by God. So there is no separation. ..."

"We have the Demonstration - through the Resurrection - of What goes on. Through the crucifixion. .... The pain of separation. ... It's on a horizontal plane but we can use that to Resurrect, Resurrect, Resurrect. And What's the Resurrection but being able to go before God in the Soul Body? That's a Spiritual Process That is physically Demonstrated by the Christ, Jesus. ..."

"The Christ, Jesus was obviously Christed, Which means that His Consciousness was One and the Same with the Lord, God. His Will and God's Will became One and the Same. And What is God's Will for us but that we become One with God?..."

"Through the creation of our karma, through the creation of our own crucifixion, our own false identification with our thoughts, with our feelings - that's what separates us out from the Spirit we *are* and then causes the embodiment patterns. ..."

"So we have all these thoughts, all these feelings. We take them for real; we take them for real. We have reference points. It's like Initiates who come and they come with their thoughts and they come with their feelings and This Path is a Surrender Path. You need to be willing to let go of your agenda; let go of your

agenda; let go of your agenda; let go of your agenda. Because if your thoughts could do it then guess what? You wouldn't be in the body. If your feelings could do it you wouldn't be in the body. Both the good news and the bad news is unless you're really, really crazy that your thoughts and your feelings - they're hooked. They each go with the other. If you have a thought you have a feeling with it. If you have a feeling you have a thought with it.

"And if you've really paid attention to your basics - the part in the consciousness that brings forth your karma assigned to you this lifetime - you'll see that they can be playing all sorts of games with you. And they could have you chasing and running after your thoughts and after your feelings, thinking that's what's really going on and it's not. It's not at all what's going on. But as long as you're identified with them there's no Spiritual Progress because you've made them god. That's what's meant by 'thou shall have no other idols before me' because you've made them the most important thing and that's what causes separation. But separation isn't a plot by the Republicans or by the Democrats or Russia or China or any other country. It's something *we* do, is something *we* do. ..."

"The whole story of Christmas - it's about the Responsibility, isn't it? It's really about Responsibility. We know from The Teachings that Responsibility has to do with What? The ability to Respond to the Spirit that we *are*. The ability to Respond to the Spirit That we *are*.

"And It has to do with Proper ID. We identify ourSelves properly, as Soul, as Spirit. So when negativity comes up - that ain't you ... but what you do is you use that to Choose into Spirit. ..."

"So the story of the Christ, Jesus really tells us a way to be Free within ourSelves. And just take a look at that! Even on a superficial level, what are the two Commandments of the Christ, Jesus? 'Love God with all your Heart and all your Soul' and 'Love your neighbor as yourSelf.' So if I'm feeling angry and persist in it ... I'm not fulfilling that basic Instruction am I? ... We know that the self-willed mind creates its own death, as it were. Cannot participate with Spirit.

"So the Training ... on this Path is to let go, let go, let go and use all that negativity. ... Then bingo! the Love is flowing. The Love is flowing. Think about That! Then the Love is flowing and we're open. ... Proper ID is extremely, extremely important ..."

"We tend to 'should' on ourSelves; we tend to 'should' on ourSelves. Virtually a hundred percent of the time we're 'should'ing' on ourSelves based on not knowing what really is. So we think it 'should' be that way.

"Part of our Responsibility, also, is to be On Point. We need to be On Point. Remember, Jesus is a Nazarene! Nazarene doesn't just mean someone from Nazareth. But it means someone who is On Point, On Point, On Point. It can be simple things. ... But it also has to do with being Responsible. ..."

"A lot of times I like to check up and see what are you doing? What are you doing? And when I ask, it basically comes down to, 'I didn't want to.' Well, I don't want to do a lot of things but our Responsibility is we need to get past that and we need to honor the Commitment. We have to be in Integrity. That's part of our Responsibility. That's part of our Responsibility. We need to be in our Integrity. We need to honor that which we Ccommit to and That Which we *are*.

"And we also need to have the reference points within ourSelves. Or within The Teachings. So it really doesn't matter. For example, you take a Class and there's a requirement ... you all agreed to do it. ... then you don't do it. ... The Christ is telling us you need to make that extra effort. ... Refer to what you've agreed to ... And be in agreement. ... Be in Loving Cooperation! That's really important. It's important, too, that we're mature about it. In other words, we haven't done what so many of us do is see this as something outside ourSelves like an obligation ..."

"The mature way to do it is we take it *within* ourSelves. The Prescription is *within*. We take it within ourSelves. We make that

**Continued from page 5 - "Hey, Good Looking!: For What Are You Looking? Why Are You Looking? Where Are You Looking? Are You Focused On Looking? - A Participatory Satsang"**

unworthiness; and we keep practicing TAR. Trusting.

"But the Trust isn't really blind fate. The Trust is really moving into Wisdom. The Wisdom of your own experience. ... Surrender! Surrender! Surrender! Let go! Let go! Let go! 'How many times, Lord?' 'As many times as are needed. As many times as are needed.' 'Yeah, but I'm tired; yeah, but I'm tired.' 'Surrender that, too! Give it up!' 'Yeah, but ... we should have to ...' 'Give it up! ...'"

"Cooperation is a big part; cooperation's a big part; cooperation's a big part. You have to cooperate with what is. Not with what you think should be. Not with what you think will be or anything else like that but what is Present. And you stay immediately Present. If we go, 'Oh, I shouldn't have to do this. It should be easier.' Well, my experience of that is - probably a hundred percent of the time - what you're really saying is, 'I'm ignorant of how things really are.' ..."

"So, we need to cooperate; we need to Accept; we need to be in Loving Kindness. And we need to really be in Loving forbearance, in a way. ... We need to be Lovingly persevering and that whole focus of perseverance and forbearance changes. When we stay Present it is *moment-to-moment-to-moment-to-moment* and there's no history with it and we don't get into how long it's been, etc., etc. And how hard it's been etc., etc. ... So we need to let go of all history. All past, all future and just

be Present. Just Accept what is. Because *in* the Present is Spirit, is God.

"It's kind of like when we go for solutions we're not going to figure anything out ourSelves. We just need to be Present, in Spirit, with Spirit and the Solutions come. And what is a Solution but the Solutio, the Spirit, God, the Divine.

"So, if you find yourSelf looking for something, do a reality check: do I already have it? Do I need to Accept it? Do I need to Know and Trust that it's here for me? Do I need to Receive it?"

"And what my experience is whatever you truly need you already have. And when you need something else, it'll be there when you need it to be there.

"But we get caught up so much in our wants and our desires and in our trying to make ourSelves perfect, etc. ..."

"Whenever you pursue anything... ask yourSelf, is it already here? What is it I'm looking for? Why am I looking? Am I focused on looking or do I really, really have it?"

"It's really that simple.

"I'll stop with that."

Our Teacher Generously answered questions asked by Our Teacher's Students following the Satsang.

**Continued from page 6 - Holiday Satsang And Celebration 2020**

our inner authority and then we just follow that. That's really crucial! Otherwise, we're allowing ourSelves to be crucified. And, yeah, we're Responsible for all those Commitments, everything. The message of the Christ is also that. ... Every single creation we're Responsible for.

"When we sit in Simran and Dhyana you could see a lot of times what you've created in your imagination, in your mind or in your feelings. ... And guess what? ... You're karmically Responsible. Every creation you're Responsible for. Karma must be fulfilled on every single level. On every single level. And that's part of the message of the Christ. ..."

"The Responsibility is on us individually. It's not ominous. It's not ... oppressive, heavy or anything else. Just a wonderful Opportunity to Know ourSelves as Spirit.

"And there are about three years that aren't accounted for in the Bible in the life of Jesus the Christ. During that time What did He do? But He went to India and Studied the Sound Current. ... He comes back and Teaches the Sound Current. ... He continues to act as the Christ, Jesus so He is always in His Integrity. He is always in His Integrity. And That's part of the message of the Christ also.

"What we do many times is we'll dumb down things (because) 'they won't understand.' And we become dishonest. We become dishonest and we're not being ourSelves. And, of course, the best Remedy in the world, both individually and collectively, is for you to be yourSelf. For you to be the Spirit that you *are*. And to Manifest That. ..."

"When we do Simran and Dhyana, What are we doing? We don't worry about dropping from the Upper Part Of The Third Eye. ... We Return, Return, Return. We keep Returning to the Spirit that we *are*. ..."

"How about asking yourSelf a simple question: does it really matter what you think and feel? How about just following the Master's Instruction? That's your Protection. As with everything, That's your Protection! ..."

"So There's a Way. That Positive Polarity ... - the extension of God into the world - is here. That's an important part of the message. God is in this world. ... So Jesus comes along ... and shows mankind its next step. We have to incorporate that God is *within*. That's pretty revolutionary. That's pretty revolutionary! God is *within*.

"So there're some everyday practices if you are involved in Christhood that are spelled out for us. Permit ... nothing to separate you from God! Focus only on the Lord, God! The eye needs to be single then your whole body is alight. Be Responsible! Take care of

others! Take care of others! Build your foundation on your Spiritual Progress!

"On this Path, the Foundation is Simran and Dhyana, Service, because we're all One. And so when we Serve others we're Serving ourSelves. ... We're in the Oneness of the Holy Spirit or of the Sound Current and That's Where we reside. And then Tithing is the Gift you give yourSelf to let go of attachments to the things of the world and to tap into Who's in charge and What's the Source. Well, the Lord, God. And to break away from the whole consciousness of lack and limitation. ..."

"Society in its own way has made it that money is 'the root of all evil' but it's not money that is the root of evil. But it's the attachment. We know there is no evil so it has to do with that's it's the root of negativity, the attachments. That's the crucifixion."

"Our Responsibility is to constantly use that to Let Go, move into Spirit. Let Go, move into Spirit! Always Focusing on Spirit. Good Will towards man is God's Will. ... and live On Point from our Integrity, from the Spirit that we *are*. ... We need to have the Courage of our own Christhood. ..."

"That's the message of Christmas! ..."

"We come into this world so that we can go to our Resurrection. It's that simple! And we know that Resurrection is going into the Soul Body and being with God. And being able to hold that Frequency, entering into What's called Eternal Life when we become 'dead to this world'. And that means there are no pulls; there are no attachments into this world. ..."

"It's that simple! Proper ID; God's Will; Loving Responsibility towards ourSelves, towards others; living the Foundation; Knowing yourSelf as Soul, as Spirit; being On Point. ... That's the message of the Christ! Focus on the Solution and all Solutions come from the Lord, God.

"We'll stop with That."

The Satsang was followed by a Process of Commitment for the year and the presentation to Our Teacher of the Group Gift to the Center For Religion And Advanced Spiritual Studies - a donation from Our Teacher's Initiates to support the Center during COVID and for the General Fund, followed by celebratory treats.

The time together was en-Joyed by all.