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“Effort’ On The Path Of Soul Transcendence: What Can You Afford? - A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, began the April Satsang, “I want to talk a little bit tonight about what is ‘Effort’ On The Path Of Soul Transcendence. ...”

“We started this Satsang with a little Meditation and the Meditation included Chanting HU, H-U. That is the Name of God in His First Manifestation. But it also tells us Who we are and What we are. We’re HU-man. So we’re God-man. We’re God in Manifestation. ...”

“We’re all wearing a body. ... We know that we as a Soul ... what we’ve done is we’ve identified in the world of form - meaning wearing a body - with form. In other words, we’ve identified with our thoughts and our feelings in this world. And we’ve taken them for real. And that identification is an attachment and we’re conditioned and confined by our attachments.

“But we’re Responsible. So, in other words, if I have a feeling of anger. ... and I go with it then that’s karma. Because that’s a creation away from God. And we’ve done this repeatedly in our lives, whether it’s a feeling, it’s a thought, whatever ... and we’ve created these creations away from God. ... We’re Responsible so we have to come back around, as it were, at the mercy of our creations. ...”

“We’re the ones who are both creating our embodiments and being Responsible for them and we’re also the ones who have the Ultimate Responsibility in having them be ‘uncreated’, as it were. Or burnt in the alchemical fires or the Spiritual Fires. ... And that really leads us to ‘Effort’ On This Path.

“I was inspired, if that’s the right word, to give a Talk - this Talk - on ‘Effort’ because I had a conversation with an Initiate [Of The Sound Current On The Path Of Soul Transcendence] ... The person was almost prideful and saying in a subscript, ‘aren’t I being a good student?’ ‘I’m really trying to get at this.’ ‘I’m really studying

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“Trust: What Are You Trusting? - A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, began the May Satsang: “Let’s start with just that question! So, I’m going to call in the Light [Of The Most High] and I’m going to ask you that question a few times: ‘Lord, God, send us Your Light! We put this time together into Your Light for the Highest Good.’ ‘What are you Trusting?’ [Pause] ‘When you Trust and are in Trust What are you Trusting?’ [Pause] ‘When you Trust What are you Trusting?’ [Pause] ‘When you’re in Trust What are you Trusting?’ [Pause] ‘When you Trust What are you Trusting?’ [Pause] And once more: ‘when you Trust What are you Trusting?’ OK. Anyone is welcome to share.”

A first Participant said, “The first thing that came was mySelf. Then it was God. The next was the universe and the next was what

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“Listening: The Opportunity Of The Ear - A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, began Our June Satsang, “Let’s do a Process! So I will call in The Light Of The Most High, ‘Lord, God, send us Your Light and we put this time together into Your Light for the Highest Good! [Pause] Now, I’m going to ask you a question repeatedly ... ‘How do you Listen?’ [Pause] ‘How do you Listen?’ [Pause] ‘How do you really Listen?’ [Pause] ‘How do you really Listen?’ [Pause] ‘How do you really Listen?’ [Pause] ‘How do you really Listen?’ [Pause] ‘How do you really Listen?’ [Pause] And ‘how do you really Listen?’ When you can bring your consciousness back here!

“Whoever would like to share please share!”

A first Participant said, “The first time I heard the question I heard nothing. A couple more times, I heard, ‘with fear and with assumption.’ When you added the word ‘really’ I just felt the

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RETREAT 2021:

“Compassion: The Teachings In Action”

During the weekend of June 11 to 13, 2021 Our Teacher Brought Forward a beautiful weekend RETREAT for Initiates Of The Sound Current On The Path Of Soul Transcendence. The RETREAT was attended by many Initiates from around the country and from Mexico.

The RETREAT, entitled “Compassion: The Teachings In Action”, helped Those Present Strengthen themSelves in the Spirit They are,

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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")!

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SpiritCentral

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**Look for our next scheduled Class
in the October/November/December
Issue of *SpiritCentral*.**

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 Jul. 11; Aug. 8; Sept. 12

Sun 10:30am Jul. 25; Aug. 29; Sept. 26
Special 2-hour Meditation

Meditation For Health And Well-Being

East Side (Home Center):

Tues 8:45pm Jul. 20; Aug. 17; Sept. 21

*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!

**"What Are You Professing?:
A Participatory Satsang"**

July 7, 2021

6:50pm EST

**"What Are You Protesting?:
A Participatory Satsang"**

August 4, 2021

6:50pm EST

**"What Are You Confessing?:
A Participatory Satsang"**

September 1, 2021

6:50pm EST

Satsangs

by Dr. Roger B. Lane

Available at All Centers

Listen to Our Monthly Podcasts!!!

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July 5: **"Is Your A/C Always
On?"**

(MP3 A039)

August 5: **"Freedom: Upon
Which Syllable Are You
Focused?"**

(MP3 A072)

September 5: **"Where Are
You Running? Why Are You
Running? What If You Trip
And Fall?"**

(MP3 A079)

JOIN US FOR OUR SUNDAY EVENTS!

SUNDAY PROGRAM

July 11; August 8; September 12

Meditation Of The Light Of The Most High:

10:30 - 11:30am EST

Tools For Living Free Reading and Discussion: 12pm EST

July 11: **#13 Taking Responsibility: Tag You're It (Part II)**

August 8: **#15 Using The Doorway To God**

September 12: **#16 Being Present In The Moment**

July 25; August 29; September 26

Meditation Of The Light Of The Most High:

10:30am - 12:30pm EST

Video/DVD Showing and Discussion: 1pm EST

Jul. 25: **#V5 The Power Of Choice**

Aug. 29: **#V6 Commitment: The Gift Of Giving Your Self To Yourself**

Sept. 26: **#V7 Living The Truth**

THE TEACHINGS STUDY GROUP

July 11; August 8; September 12 | 3pm EST
Using articles featured in SpiritCentral of Satsangs

Given by Dr. Lane

July 11: **"More On God's Will:
A Participatory Satsang"**

Aug. 8: **"'Effort' On The Path Of Soul
Transcendence: What Can You Afford? -
A Participatory Satsang"**

Sept. 12: **"Trust: What Are You Trusting? -
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*.

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this' and, of course, my response was, 'Did you do the Two-Part Release? [ed's note: The Two-Part Release is a Technique Taught by Dr. Lane where you call in the Light Of The Most High ask the Lord, God to take any negativity that you have; and tell yourSelf 'it's OK to let it go'. And you let it go!] Did you Co-Create what you wanted?' 'No, no, no, I just wanted to find out.' And all the focus went into finding out.

"So there was effort made but 'Effort' On The Path doesn't mean sheer effort. What it means is, Effort done, as it were, correctly, or focused in the right direction. ... The Teachings Teach us that as long as we want to find out why, for example, then we're keeping it around. We're stuck in the karma and we don't get clear. So that's not an appropriate effort. ..."

"You make the 'Effort' and you're met more than halfway by Spirit. What does the 'Effort' consist of? Many times it is a simple Focusing. Just Focus into The Light Of The Most High! Focus into Proper Identification! That you *are* Spirit, etc. Allowing the negativity or your creation to be taken from you. Allowing the Actions of Grace. Or doing the Two-Part Release Technique and Allowing Grace.

"So It's both: 'Effort' and Grace. It's the 'Effort' that sets up the arena, as it were, for the Action of Grace.

"You're not going to be violated. Spirit is not going to go against you. So, if you're holding a thought or a feeling and you're holding onto it and you ask for God's/Spirit's/The Teacher's Assistance you're not going to be violated. You will get to keep that which you choose to hold onto. And the effort will be an effort. It will be a real struggle. A real struggle. Some of you are deeply involved with struggle. ..."

"Many of you have a hard time just easing on down the road, as it were, just gliding along. So you create a lot of struggles. And we know from The Teachings ... that the mind loves to pose problems so it creates all sorts of problems that it can then be busy solving. ..."

"We get caught in this karmic loop, as it were, and we keep pushing; we keep trying to make something happen, etc., etc. And usually, my experience is ... that they might as well be the lonesome dove, you know. That they're the only ones who can make it happen. It's totally dependent upon them. And also somehow in some way these people are such incredible magicians that they can even make God disappear. So God was nowhere in the consciousness. They weren't doing it with God and as God. They forgot their Proper Identification so it was them against the world, as it were. And they would push and they would strain ... there was a grandiosity with that; there was a pridefulness in that. Instead of letting go and Letting God. ..."

"We've forgotten our Power. And we've forgotten Co-Creation. We've forgotten with God all things not only are possible but in God all things exist ... And we forget that God lives in us as us. So that's the Power we have. And That's the 'Effort' That's needed!

"And the Power is to Focus because, as we're told by the Christ, Jesus, 'When the eye is single, the body is alight.' He's talking about the Third Eye... It's got a single focus, One Focus, on Spirit, on God, on What It is. On What It is. And That lights up everything, as it were. That lights up everything.

"So it's very much like the Effortless Effort. That's really What's needed. ... That's What we need to do. It takes great courage to do That.

"It takes great Courage to see the Face of God. And the Journey is from fear of God to Love of God. That's the Journey of a Soul. However many times around it takes is however many times around it takes. It's all part of God's Love and Caring. So we get all these Opportunities, all these Opportunities, all these Opportunities. ..."

"Look closely at the 'Effort'! What does the 'Effort' consist of? But, basically, Remembering. Becoming a member again of the Body of God. Or of the Christ. ... It's That Consciousness where your will and God's Will are One and the Same. So that your Focus is *exactly* That. It's a God Focus. It's on God, as God, with God. That's One and the Same.

"God's Will permeates all of Creation, all of Creation. It couldn't exist without God's Will willing It into Being. Sustaining It. Maintaining It. Stabilizing It. ... So God's the great cosmic glue, as it were. But you have to extend cosmic beyond just this cosmos and into all the Unipolar Reality above the worlds of duality.

"If we're into effort and it's strenuous and it's hard, etc., then that's really a sign that we're into duality. We're misidentifying ourSelves. We've forgotten. That's a good feedback system. What can we do but we can choose to Remember. Come into the Oneness of Spirit and move into That Flow. You know? So many of us go against the current, as it were. Current of a river but we also go against The Sound Current. If you really... ride the Sound Current you just glide, you just flow along, you just flow, flow, flow, flow. ..."

"If we're really practicing the Spiritual Instruction, doing Simran and Dhyana, we're not hanging there, we're gliding along, we're moving forward. [ed's note: Simran and Dhyana is the Meditation Technique Taught at the Time Of Initiation.] And It's Effortless Effort. And, of course, the 'Effort' is to follow the Spiritual Instruction, to Allow, to let go, to Trust, to take your Learning of being able to go into the Soul Body and applying and then just glide. And just glide. And we need to do this not just as a metaphor but as Reality.

"So I'm going to ask you now to get nice and quiet. And inside yourSelf ask yourSelf, 'What are you making a lot of effort with?' 'With what are you making a lot of effort?' And I'm going to qualify that. You have to make effort but it's effort in the sense of laborious, laborious, laborious effort. So that has a negative connotation. Ask yourSelf that, 'What are you laboriously efforting?' [Pause] 'How can you Allow yourSelf to move into the Effortless Effort?' [Pause] 'What do you need to do to Allow yourSelf to move into the Effortless Effort?' [Pause] 'What Tools and Techniques do you have to move into the Effortless Effort?' [Pause] Now let's have a few Participants share!"

A first Participant said, "... The effort that I, up until now, have done is an approach to the way I do my work. ... The laborious part is, up until now, I've been disconnected to the Spirit that I *am*. I've stepped out of What I Know to be True. The Tools that I have are Self-Talk; Proper ID; Letting Go of anything that isn't God. ... Two-Part Release. ..."

A second Participant shared, "The effort that came up for me is also in relation to my work. Trying to be competent. ... Proving my worth probably. ... the second is ... being disciplined with Walking The Path Of Soul Transcendence ... The third part, the Tools, what came up for me was very simple: Simran and Dhyana."

Another added, "The laborious effort for me was like trying to correct a past action and change the past. ... The Effortless Effort is to forgive mySelf; do the Two-Part Release; let it go and tell mySelf it's OK to begin anew. ..."

A final Participant shared, "The laborious effort, up until now, has been around my work. Up until now I've had attachments and an agenda around it, which is very clearly blocking the Flow of Spirit. ..."

Our Teacher then Instructed by saying, "It's really important with all things and, really, with the artistic, creative process going on to really, really stay in that flow. You go and get into how will it be perceived. Will people like it? Will they buy it? etc., etc. What will the gallery think? Can I get into a gallery? And bingo! you're in trouble and you've lost it. And, it's got to hurt so I Lovingly encourage you to stay Centered, not just when you're doing your artistic but also, in general, when you go through this life. ..."

"We're always at Choice but if we truly Remember that we *are* Spirit and we practice Proper ID then really we can ease on down the road. And we usually have a pretty good bio-feedback system that tells us when we're not. So use that to Lift and reCenter! reCenter! reCenter! reCenter! reCenter! reCenter! reCenter! reCenter! reCenter! reCenter!"

"Always go back to your Central Identification, Which is That you're Spirit!"

"And all the times that you're not; those are Golden Opportunities to do That. That's how that game is played! ..."

Our Teacher Generously answered questions asked following the Satsang.

Continued from page 1 - "Trust: What Are You Trusting? - A Participatory Satsang"

was being brought forth to me for the Highest Good. ..." Our Teacher commented, "You are Trusting yourSelf with a capital 'S'. That is the Divine Self, the Soul and the Spirit That *is* God. ... We know that the universe is part of the negative creation so you're not Trusting God when you trust the universe. God obviously is in the universe but the universe isn't God. It's very, very limited. Our Consciousness thinks that it's the big kahuna but it's not. OK. And we confuse the universe with the Unipolar Existence, the Oneness of the Spirit in Which we live. So I definitely wouldn't want to Trust the universe because it's filled with karmic fields ..."

A second Participant volunteered to share, "The first couple of times I heard the True Self and then the last couple of times I heard the Lord, God." Our Teacher said, "They're the same thing. You're Trusting yourSelf, you're Trusting your True Self, you're Trusting God. ... It's really a location problem that people locate God outside of themselves instead of *within*. Of course, that's the whole trick isn't it?"

A third Participant shared, "Each time, God - the word - came. But each time the word felt really different. I had the experience the first time that I was mentalizing it somehow and then, as it kept coming, it felt like I was Allowing more of an expansive experience with it. The Oneness." Our Teacher replied, "In a sense the history of consciousness and the human race - there's God, then our consciousness has to expand or grow to That to Accept That. Of course, the individual does, too. Otherwise, God is excluded ... God is the Self and the Self is God."

"We're told by the Christ, Jesus that our will and God's Will are One and the Same. That's how you get the Christed Consciousness. ... That Consciousness includes the Lord, God. We know that the willfulness of people - that going against God, as it were - creates the karma. So the simple statement is, 'Your will and God's Will are One and the Same.' There is the answer to that. We have the Alignment Process. 'As Above So Below' becomes the Reality. ..."

A fourth Participant shared, "I kept coming up with 'Trust! I am God.'" Our Teacher said, "Can you Trust That? ... There is that tendency in the human consciousness, we're always pushing Spirit away. ... We're always pushing God away and create the karma, the karma, the karma and then there's no 'place' for God. But God is Eternally Present. So He's here now. And that's the Acceptance That's needed."

A fifth Participant said, "... just, 'God,' came. Nothing else. Then towards the last one or two was 'God's Design for me.'" Our Teacher commented, "God's Plan for you is the Same as for every other Soul and That is to come to Know Him and use the body to take advantage of That Opportunity. Whenever you choose to do It - God's Patient. It's called reincarnation."

"The Divine Architect - That is God - His Plan is the Same. We all need to follow the Blueprint. The Blueprint was in the Christ, in That Consciousness. ... Eventually you're all going to go to Your Resurrection. You're going to go into the Soul Body and be with God. And there is, obviously, the Process of Initiation Into The Sound Current. So God's Design for the Soul in you ... is *exactly* the Same as for everyone else. You need to Trust That. ..."

The last Participant shared, "I trust my higher self." Our Teacher then detailed, "I appreciate your efforts and what you're saying. I know that's a very common expression ... when we talk of the 'higher self' we think there's something above us, as it were. But The Teachings that I Bring Forth - The Teachings Of The Christ - say that That Consciousness, that God Consciousness, the Christed Consciousness is *within* us. So we're It. It's not higher than us ... We're the Apex of God's Creation. But It certainly isn't the body and It certainly isn't our mind or our feelings, etc., but It's the Spirit that we *are*. And when you say the inner self, the inner self to me is the Soul, or the Spirit that you *are* but we also know that the Soul lives on many levels and some of them are in the psycho-material planes or the negative planes and that's where the karma is, OK. In other words, in this world people will say, [name of Participant], and your last name and you will turn around. That's you but, in reality, that's simply a shell. That's the housing for the Spirit you *are* and That Spirit in you lives on all these different levels. Some of them, as I said, are in the negative worlds and filled with karma, which is filled with distortion. So when it's set up 'I listen to my inner self' woo! I'm sorry to hear that because you're going to be misled. And the whole point of that part of your consciousness is to recreate and perpetuate embodiment

patterns. OK. We're set up that we have a negative polarity, as it were, not a bad polarity but a negative as in a battery and a Positive Polarity or a Spiritual One.

"And It is through the Spiritual Gift of Initiation Into The Sound Current that the Soul is woken up and can start extending and moving into the Positive Polarity or the Spirit That It *is*. OK. And then also when you talk about feelings well ... But they don't have a reality. They change all the time. OK. You can't really depend upon them and they are also part of the negative worlds. They are part of the illusionary worlds and the level in the Spirit or in Inner Worlds where feelings are or emotions are is part of that negativity, etc. And it's where karma is stored. So there's going to be lots of distortion."

"But this brings up something really important, which is we can only see things in terms of where our consciousness is at. ... The trick is to not take where you're at seriously. ... It's a nice Opportunity not to take your thoughts and feelings and opinions very seriously. ..."

"There's Free Will That goes on. And That Free Will is also connected with Trusting. We can choose to Trust or we can choose to not Trust. If we're Trusting, we're Trusting Spirit; we're Trusting God; we're Trusting That Which Is - Whatever you want to call It - The Great OverSoul, Spirit, etc. When we move into Trusting God we're Trusting ourSelf. So if you take the Reality of That... I'm Trusting God *within*, the Soul, the Spirit *within*. Then What goes on? I'm Trusting mySelf. If you're Trusting yourSelf then my question is, 'Then What are you resisting? What are you resisting? What are you resisting? Are you resisting yourSelf? Why are you resisting yourSelf? ...'"

"There's a God of Love. And That God is a God Who is involved in all of His Creation so we move from a God of laws - a tough God - ... to a God of Love and there are only two laws. 'Love God with all your Heart, all your Soul and all your might' and 'Love your neighbor as yourSelf'. That fulfills the karmic law. ... The growth in Consciousness is the incorporation of this God ... of Love, a God of Love. We need to Accept That. We need to Accept that we're Worthy of God. We need to Accept that we're Worthy of God. ..."

"God in His Kindness and Mercy has given us That Opportunity to come to Know Him through Initiation Into The Sound Current. So there's a Way. Not man's way but Spirit's Way. God's Way. The Journey of a Soul is from fear of God to Love of God."

"And what are we Trusting but ourSelves? That Which we Truly *are*. Not the false self; not the mind; not the emotions; not anything but the Spirit we *are*. So if you find yourSelf fighting, ask yourSelf, 'What am I fighting?' 'What am I fighting?' 'Why am I fighting?' 'What are you fighting for?'"

"And so along with This Trust there is Surrender. What are you Surrendering to? You're Surrendering to the Spirit you *are*. You're Surrendering to yourSelf. You're not Surrendering to this pie-in-the-sky God 'up there.' ... You're not Surrendering to anything but the Spirit you *are*. ... Surrender to the Spirit we *are*. It's not being submissive; it's being Humble and is the Humility to Accept the Greatness of What and Who you *are*. It's really quite something."

"So I'm going to give you a homework assignment and hopefully you'll do it continuously and that is to always check and verify that you're Trusting the Spirit you *are*. That you're Trusting yourSelf. That you really are in Surrender."

"And we know the Reality that the Christ has *already* won the battle. Every Soul, as it were, is going to go Home. That's the Divine Blueprint. What are we fighting for? It's already been decided. So it's up to us to Surrender to the Truth of Our Being. ... The Process of Trusting the Spirit that we *are*: we Surrender. And we Surrender everything that isn't in Alignment with That. What are we doing but giving ourSelves to ourSelves. We're giving the Awesomeness, the Wonderfulness, the incredible Beingness of ourSelves to ourSelves. We're giving Spirit to Spirit. We're giving God to God."

"Then you realize, 'Well, wait a second! The only reason I'm giving God to God is because I created a "distance" that I have to give to, that there's a separation.' And then you realize that the subject and the object and the 'distance' between them, as it were, doesn't really exist and that It's all God. It's all Spirit. It's all Love."

"That's What and Who you *are* and What you're Surrendering to!
"I will stop with That. ..."

Our Teacher Generously answered questions following the Satsang.

Upper Part of my Third Eye. ... That's how I really Listen, through the Upper Part Of The Third Eye."

A second Participant said, "Couple of times I heard ... 'By Being Present,' and then I also heard, 'By being empty.' I guess I interpreted that as an empty mind." Our Teacher elaborated, "Well, yes. A lot of times we have a setup going. We're listening to someone but we're not really listening. They're talking and we're coming up with either our response to it or we're reacting inside ourSelves or we're judging the person and what's being said. And we're just other than being Present. ... Instead of having the flow of this energy and the transmission that goes on, we're blocking the flow tremendously. Not OK. Not OK. Instead of having a communion of two Souls, we're having two ego contests going on. ... 'I'll really show how smart I am'; 'how brilliant I am'; 'how much of a scientist I am' ... or else we're playing along with the basic selves. And the basic selves have an incredible desire to be liked. You're listening through that and responding through that and it's not an honest communication so you're outside your Integrity. So, yeah, being empty is a wonderful approach to Listening."

"Thank you. Who else would like to share?"

A third Participant then shared, "Similar to being empty is being Neutral."

A fourth Participant shared, "Being quiet and still. My quiet was for my mind. Let my mind to not do any mind stuff, for my mind to be still. ... It was also like being a receptacle. Being still to Receive." Our Beloved Teacher then elaborated, "The mind is not going to stop being the mind. So you have to allow yourSelf to rise above into the Oneness, into Spirit. Going into the Soul Body, really, and being with Spirit. ... What I do is I simply go inside mySelf to the Spirit and be with God on the level that this particular person is at, Where the Soul with this person is at. Then you have an Attunement going. We have a Harmony going. That's how you do It. That's how I do It! And the outer conversation really is completely irrelevant. ... What matters is the Harmonic Resonance going on. That's really important! That's really important! ..."

"Not everybody is at the same place. And, even if they were, the karma is not all on the same levels or stacked in the same way, etc. So unless you're at Peace within yourSelf, at Spirit, Listening at the Upper Part Of The Third Eye ... there's going to be one distortion going on in the speaker and it's going to be filtered through another distortion on the part of the listener. Because you're choosing into the karmic fields. When you were kids did you ever play the game telephone? Well, you can see what happens. ..."

"We're Spirit and we're here in a body and we need to understand when we come and have a conversation with someone it's really two Souls meeting. And if you're an Initiate Of The Light Of The Most High guess what? That Light Frequency that you *are*, That gets Transmitted. That gets Transmitted. And the other person is not at all going to be open if you're busy showing off ... Soon as you come from ego then you've isolated yourSelf. ... Remember It's Individual Responsibility In A Group Setting. ..."

"We need to understand how powerful we *are*. When we have conversations, when we listen to other people talk, you're just being there can be enormously, enormously important, even without uttering a word. ... Sometimes we have to Listen. People, even if they're unconscious, on some level they're aware if you're holding a judgment; if you're blaming them; if you're not Present, etc. ..."

"One of the things with Listening too, is we have got to be fully engaged. Not with our thoughts, not with our feelings, not with our responses... but just with that person's being and that's what's so crucial. The content doesn't matter; the context doesn't matter; all that matters is one Soul is Present with the other. It's the same kind of thing with relationships. People have a lot of trouble with relationships. Why? They can't find a way inside themselves to be themselves in the presence of somebody else. ..."

"If you take a look at the conversations you have and what goes on, there's something that you're afraid of. And usually what goes on is that we tend to work things from an ego level. So ego means it's going to be based on power and control. So, 'who's going to be in charge in this conversation?' 'Who's going to come

out ahead?' 'Who's going to be victorious...?' You have those kinds of things going on instead of just sharing. Whatever it is, just sharing. Sharing, really, if you're an Initiate Of The Light Of The Most High, you're sharing God's Grace. God's Grace. That Vibratory Frequency in you That's Alive. And you're sharing It. Wow! What an incredible Blessing!

"When we sit in Simran and Dhyana [ed.'s note: the Meditation Technique Taught at the Time Of Initiation] we go on 'up', as it were, into the Soul Body ... And we're Present with God. And we Listen; we Listen; we Listen; we Listen; we Listen; we Listen. We ride the Sound Current; we ride the Sound Current. We don't sit in judgment about ourSelves. We don't sit in judgment about Spirit. We just Receive. We're receptive. We're receptive. ... We have to be empty. ..."

"But That's what we need to do in our daily lives, in our conversations and in being with people. We need to be with the Spirit we *are* while we're with another person. And, yes, we can be with them at whatever level they're at. And we just hold to That Which we *are*. That's the way to work it! ..."

"The interesting thing is if you're Present for the person you're having a conversation with - by conversation I don't just mean verbal; I mean all kinds of communication - if you're Present for that then you're Present with yourSelf. If you're Present with yourSelf then you get all these goodies. You get all these things from Spirit. The Overflow; the Overflow; the Overflow you can give out. But you can't do that if you're not Present and not Loving and not Caring and not Sharing.

"So It's about Caring. It's about Sharing. What are you Sharing? But you're Sharing the Spirit you *are*. Doesn't mean you have to talk about It. Doesn't mean you have to talk about Spirit or God or anything but That Vibratory Frequency that you *are*; you're Sharing That.

"And you're also Sharing yourSelf. Who and What you *are*. The Essential You. Stripped away from your identity in this world and your thoughts and your feelings and any of that stuff. When we go to God we stand naked, as it were; we stand completely naked. What does that mean? It means we're in the Soul Body with God. ..."

"We know from the Teachings that we're all One. We know that God lives in us as us. It's the same Spirit in you as in the person from whence the communication is coming from or who you're engaged with. It's the same Spirit. So It's God to God. So we need to be Present, we need to be empty. We need to Allow. ... Being Present with yourSelf. Just inside yourSelf hanging out, having a good time with the Spirit you *are*.

"And we need to look at each encounter like That. Here's another Opportunity to be with God. Here's another Opportunity to have fun with God. Here's another Opportunity. ... When we're with someone we can be with God; we can be with Spirit. Oh, how nice! And we can just Share. And the Harmonics and the Vibratory Frequency That we *are*: hey! That's just there. And we're two Souls vibrating together. Oscillating together. Whatever we're doing. That's pretty neat! That's the Opportunity of Communication and of Sharing without an agenda, without having to prove anything, without having to judge anybody, without having to make anybody right or wrong; we're just there Present. Like we are in Spirit, and with Spirit, when we do Simran and Dhyana.

"So I Lovingly encourage you treat each communication as another Opportunity to do Simran and Dhyana. ... You always Return, Return, Return, Return. So to do It in conversation when you're having communication.

"If you find yourSelf slipping into those old patterns, go back. Return, Return, Return, Return, Return, Return to the Spirit you *are*, to the Knowing, to the Loving, to the Caring, to the Sharing, to the Opportunity to Participate in a Field of Grace with another Soul.

"That's the Beauty of It and That's the Opportunity.

"And we'll stop with that."

Our Teacher Generously answered questions following the Satsang.

Learn how Deeply Loved and Held they *are* by Our Beloved Teacher, Dr. Roger B. Lane, and that we are all One. Also, Brought Forward was the anchoring experience of Compassion being God to God, God *as* God. This and much more were all thanks to the Great Compassion Demonstrated and Living Love Given by Our Beloved Teacher in RETREAT and in each moment.

Dr. Lane began the RETREAT by Calling In the Light Of The Most High and directing us as we did one hour of Simran and Dhyān *exactly* as Taught at the Time Of Initiation. During This Sacred Meditation in the Inner Worlds with Our Teacher, Our Beloved Teacher Gifted us with Blessings and Grace beyond measure. We were Lifted to the Vibration of the Spiritual Frequency Placed at RETREAT by Our Teacher. In fact, the entire RETREAT was filled with this incandescent, ceaseless Love of Simran and Dhyān! All Given to us as a Gift by Our Beloved Teacher.

During RETREAT Our Beloved Teacher led us through group work; additional Meditations; quiet time; “activities” and exercises; generous sharing of discoveries, insights and gains; Homework; “Participation Checks” to make sure we are Present; and many Tools, including MP3s of Our Teacher’s Satsangs and *Tools For Living Free* - the two-sided educational publication included with each Issue of *SpiritCentral*, the Cosmos Tree/CRASS Newsletter and available free-of-charge at cosmostree.org - Which we studied.

Throughout RETREAT we Learned further about The Living Qualities of The Teachings Of The Path Of Soul Transcendence and that It takes Loving one’s Self to Choose to be in Alignment and Attunement. Also, that the Choice is *moment-by-moment*, ever-renewing and ever-green as It is ever-available and ever-inviting. The Choice is to Learn to Love God; Know that we are That Love and that it *all* is Love.

Our Teacher led RETREAT with a recording of a recent Satsang Our Beloved One gave to Our Spiritual Community a few months prior, in November of 2020. The Title of the Talk was: “Compassion: Passion? Judgment? Love and Acceptance? – A Participatory Satsang”. We Learned in this Tool and in the RETREAT very much about the Gift of Compassion. In this Important Talk Our Teacher explained that “we have to watch the form things take”. Our Teacher gave the example of someone “who wouldn’t take Initiation, come for Meditation - absolutely nothing - and used the environment that he grew up with as an excuse not to be involved with Spirit. And Then this Soul left the body and came to Me and told Me in the Spirit very directly that ‘hey! you know, the two most important things in my life were the woman that I loved and You’. And I thought that’s hysterical. The guy wouldn’t get within a 1000 yards of Me. Then I realized ‘hey! yeah, because I was holding a mirror to him of the Truth and what he was doing within himSelf and he was conscious enough as a Being to recognize that and moved past it. And he apologized to me for being lazy, which told me also that he knew exactly what he was doing.

“And I thought ‘wow! this is wonderful. Look at this! Look how it looks. It looks like this guy would have nothing

to do with Spirit, couldn’t care less and the opposite was really going on.’ It was fantastic.

“So we need to be compassionate, too, with people and not judge by appearances of where they are at and what they’re running. Because we don’t know what’s going on inside of them - they could be pushing back real strong against God, against Spirit, against you because they need to create the space inside themSelves where something is worked out, where something is worked out.

“So there’s nothing personal going on. Nothing personal. And a Compassionate person Knows that. A Compassionate person also knows you can Trust the System. ... You can set limits but you don’t have to do anything to change them (people). You can Trust that the System will. 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 okay 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. ...”

What a Beautiful Gift Living in this Reality is! Our Teacher Blessed His Students with this RETREAT to move them into this Experience. As They Integrate and Strengthen the Knowing of themSelves Spiritually They live life more and more in Grace.

Also Taught during this magnificent 2021 RETREAT is that Compassion has to do with Caring, Sharing, Loving and Patience. Students were reminded, once again, that the deep-seated Joy of a life well-lived is found in the Spirit *within*. What we most look for already exists inside! Students Learned that Compassion is Surrendering control of others and that relationship “problems” come from people’s fear to be themSelves. However, a healthy relationship, as defined by Our Beloved Teacher, is one where each person allows oneSelf to be one-hundred percent oneSelf in the presence of another. Another quality of this kind of relationship is that the Love for one another and God is greater than any attachment or need to control. Therefore, we support and Uplift each other in that Love. This is a truly is a beautiful, Living recipe of how to relate to other Souls in bodies.

Our Beloved Teacher said that we need to be in our Integrity and come from That. No manipulation, wanting to be liked or measuring how much we are loved. That’s just lower consciousness stuff. We just need to be in the Fullness of the Spirit that we *are*. Our Teacher shared that we need to have Compassion for others and how what we do affects them. Therefore, it is best to always stay Clear and Loving. And in Our Integrity.

Our Beloved Teacher also explained that Compassion has to do with being Present. Our Beloved said, “When you’re Present with God then you’re available to yourSelf, to God and to others. ... When people are coming from their karma we really need to stay Present and not participate in it. ...”

Another important Learning is that, as Initiates, we help “others” by Sharing the Truth of Spirit. So that means Service Consciousness. Sharing The Wealth. Being Honest

and Direct about What Initiates are involved with because Compassion is understanding, and having Empathy for, the karma Souls are laboring under: the pain; the misery; the situations; the fear; the worry; etc. The Joy and the Freedom from the karmic load is with God and - by the Grace of The Master - all Souls are carried. Initiates of Our Beloved Teacher are especially Cared for and it is a privilege to share the Truth of Spirit. Our Beloved Teacher explained that Initiates need to wake up to the fact that They're in God's Awareness and at the Center of His Being. We're deeply Loved and Known. We are the very Essence of God. Stay in the reminder that This is Who we Truly *are*; The Teacher Loves and carries us There. The Teachings *are*, in fact, in us. We Grow and discover the voracity of The Teachings; we Love God and Allow that Expression. And the Joy is in the Surrender to just That; Surrender to God in the form of The Teacher.

Our Teacher explained that it is important to reinforce our Commitment to Compassion by living a life of Compassion. Treat all with a Loving Consciousness. Treat all respectfully. We're all One. Love is Active. Dr. Lane explained that we can go Home laughing and having a good time. Surrender makes it much more Joyful than resisting Surrendering to Grace! Be entirely Present; drop our agendas and Allowing God to do whatever God wants to do. All we have to do is be Present.

Our Beloved Teacher also detailed The Way of the Soul as detachment. This is not the same as uncaring; rather it is Neutrality. Judgement-free we Accept everything and one because there is no perfection in the physical. When we know that all is Perfect in Spirit then it is easy to Accept. We also Learned that There are no mistakes, this life is a Gift for Growth and Upliftment and Learning.

Our Teacher reinforced to His Students the importance of being in Gratitude and Appreciation of the Love, Growth and Learning received through Grace; of practicing Giraffe Consciousness – “keep your Focus on God while your body walks through this life”, as stated by Our Teacher in the “Red Book”, The Path Of Soul Transcendence: A Handbook For Initiates - and eating the fruits of Proper Identification as Soul, as Spirit. There is great Inspiration in Loving God. When we Surrender we come into the Part of us That's Joyful and filled with the Joy of Spirit.

On Saturday night Our Beloved Teacher Gifted Those at RETREAT with an Open Question-and-Answer Section in Which we were given the privilege of asking Our Teacher any questions we had relative to RETREAT and The Path Of Soul Transcendence. Questions ranged from asking about the Spiritual Action that came in with Coronavirus; how the planet's dormition was averted this most recent time by the Compassionate Plea of a Great Master; the difference between Living in Grace and something being karmically correct and inquires about the new Frequency and Dispensation That has been Brought in. It was Uplifting and inspiring to understand the Compassion and Power we have access to in Our Great Teacher. Our Beloved Teacher is truly a Gift to all Souls and we are especially Blessed to be by Our Master's side.

Our Beloved Teacher also gave His Students Who elected in an Optional RETREAT Section on Thursday, June 10 in the late afternoon into the evening. This was an Opportunity to deepen our Knowing of how to work The Teachings; experience the Oneness of Spirit and Rest in how closely held we are by The Teacher. Through These Experiences we saw just how practical Spirituality and living an Eternally Vigilant Focused Life is. We moved deeper into the important Teaching that This Dispensation has Brought Forth a Further Elaboration of the Fulfillment of the karmic law in addition to the two the Christ, Jesus laid down: “Love God with all Your Heart, all Your Soul and all your might” and, “Love your neighbor as yourSelf.” We were moved directly into This Elaboration by Our Beloved Teacher: “Enjoy the life God has given you!”

This writer joins in Our Teacher's sincerest thanks to the many who were of Loving Service before, during and after RETREAT and to the many individuals who donated generously to the RETREAT Scholarship Fund and made it possible for other Initiates to attend.

Finally, and most importantly, there are once again no words to describe the Loving and Caring and Compassion of Our Teacher in preparing and Bringing Forward this RETREAT. On behalf of all of Your Initiates, we thank YOU, Beloved Teacher. You are in Our Hearts.

Meditation For Health And Well-Being

Get Quiet * Let Go of Stress *

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Home Center -- **Tuesday** 8:45pm

(doors close at 8:40pm)

July 20; August 17; September 21

Also available via teleconference!