



Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies **January/February/March 2023**

COVID-19 UPDATE The Home Center is now OPEN!

**Proof of vaccination or a
negative COVID test within
24 hours required to enter.**

**Remember To Shop
smile.amazon To Benefit
Cosmos Tree And CRASS!
WHEN YOU SHOP AMAZON!**

**JUST CLICK ON EITHER OF
THESE LINKS!**

**Cosmos Tree
[smile.amazon.com/ch/06-
0993126](https://smile.amazon.com/ch/06-0993126)**

**CRASS
[smile.amazon.com/ch/13-
3771939](https://smile.amazon.com/ch/13-3771939)**

**SHARE THESE LINKS WITH
FRIENDS, FAMILY, LOVED
ONES, COLLEAGUES, ETC.!**

Home Center New York City

Mail:

Center For Religion And
Advanced Spiritual Studies

Cosmos Tree, Inc.
229 East 85 St. #1347
New York, NY 10028
212-828-0464

Web sites:

**spiritcentral.org
cosmostree.org**

email: info@cosmostree.org

Regional Centers

Pennsylvania

Philadelphia area
Valentina Isleib
917-841-8817

philadelphia@cosmostree.org

Tennessee

Johnson City area
Peggy Heatherly
423-975-6868

johnsoncity@cosmostree.org

OUTSIDE THE U.S.

Mexico

Queretaro area
Barry Lippman
52-442-237-5745

mexico@cosmostree.org

Initiates' RETREAT 2022: "Relaxing Into Being The Lord, God"

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

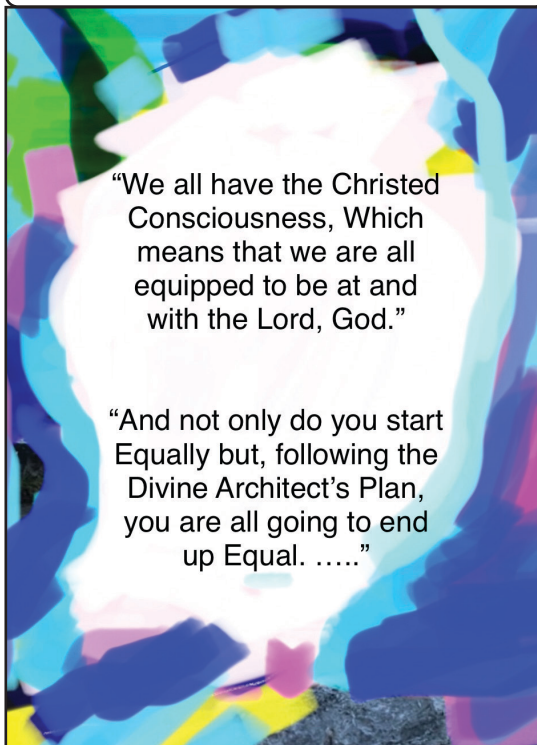
Continued on page 3

Holiday Satsang And Celebration 2022

On December 10th Initiates Of The Sound Current On The Path Of Soul Transcendence from around the country and outside of it attended the annual Holiday Satsang and Celebration - both in-person at the New York City Home Center and via teleconference.

After a brief Celebration at the Home Center featuring food Lovingly prepared by some very talented Initiates, Our Teacher continued the Sacred Event with a 30-minute Meditation Of The Light Of The Most High.

Continued on page 4



"We all have the Christed
Consciousness, Which
means that we are all
equipped to be at and
with the Lord, God."

"And not only do you start
Equally but, following the
Divine Architect's Plan,
you are all going to end
up Equal."

A Baker's Dozen: Tools For Daily Living

Learn To Live Your Life From A Spiritual Perspective!

In English and Spanish!

Both On Amazon in Paperback!

And in the cosmostree.org store!

English E-Book On Amazon

GO THERE!

"Are You Being Steadfast?: A Participatory Satsang" (MP3 A302)

Our Teacher, Dr. Lane, began the October 2022 Satsang by Calling in The Light Of The Most High and doing a Process. "So Lord, God, send us Your Light! And we put this time together into Your Light for the Highest Good. And have only That Which is for the Highest Good come forth. Now what I'd like you to do is just Return to the Place inside YourSelf That's Steadfast in Its Devotion, in Its Knowing, in

Continued on page 5

"Are You Paying A Withholding Tax?: A Participatory Satsang" (MP3 A303)

Our Teacher began the November Satsang by saying, "I want to talk a little bit about Withholding and want to take a look at ... what is Withholding?"

"And Withholding is basically exactly what the word says: that you're not present; you're not giving to yourSelf ... an experience, your knowledge, wisdom, your Upvibration, your Spiritual Integrity, your Integrity in general or anything else so that you're not present. And you are left with holding that.

Dr. Lane gave us many Enlightening examples beginning with that of an Initiate who "was kind of being very hard on someone, sort of 'ragging on someone'. ... I took a look and I knew there was anger ... and it went back well over a year for something she perceived this person had done. ... So she didn't 'know it' in quotes. But, obviously, the Spirit inside of her Knew. Obviously, there was a part of her that Knew that she was busy putting down this person.

"So take a look at what happened! She gave her power over to this person, made this person more important than God, than Spirit. Created

Continued on page 6

"Mirror, Mirror On The Wall, Who Is The Fairest Of Them All?: A Participatory Satsang" (MP3 A304)

Dr. Lane began the December Satsang by saying, "I want to talk a little bit tonight about Fairness. ... when we sit in judgment of what's fair, what's not, it's an incorrect approach. We know from The Teachings that if you Practice Giraffe Consciousness then you're Neutral towards everything that quote 'has happened to you'. And you know that everything that's happened to you is for your Highest Good. It's for Your Progression. In other words, the karma is being brought to you. ..."

Continued on page 7

Events Calendar

Fulfill Your Destiny:

Fulfill Your True Purpose

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

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

Call or write today for your free copy!

SpiritCentral

is published quarterly by Soundly,
Inc. Any distribution or reproduction
of this publication without written
permission is prohibited.

©2023. Soundly, Inc., New York, NY

editor

Melissa Sones

editorial staff

Amy Blank (layout, Epage)

Lara Saget (Illustration)

advisor

Dr. Roger B. Lane

SpiritCentral

229 East 85 St. #1347

New York, NY 10028

212-828-0464

email:

info@cosmostree.org

Web sites:

cosmostree.org

spiritcentral.org

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. 8; Feb. 12; Mar. 12

Sun 10:30am Jan. 29; Feb. 26; Mar. 26

Special 2-hour Meditation

Meditation For Health And Well-Being

East Side (Home Center):

Tues 8:45pm Jan. 17; Feb. 21; Mar. 21

*Meditations via teleconference

MEDITATIONS

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

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.

MEXICO

Queretaro area: Please call
52-442-237-5745 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
7:30-8:30pm ET**

**Every Wednesday
4:30-5:30pm ET**

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!

**"Acceptance: Are You
Applying It Equally?:
A Participatory Satsang"**
(MP3 A305)

January 4, 2023

6:50pm ET

**"Shame And Guilt And
Proper Identification:
A Participatory Satsang"**
(MP3 A306)

February 1, 2023

6:50pm ET

**TBA
(MP3 A307)
March 1, 2023
6:50pm ET**

Satsangs

Listen to Our Monthly Podcasts!!!

cosmostree.org
spiritcentral.org

**Jan. 5: "A New Model For
The 'Business' Of Life: A
Participatory Satsang"**
(MP3 A145)

**Feb. 5: "Do You Have The
'Dropsies'?: A Participatory
Satsang"**
(MP3 A115)

**Mar. 5: "The Predominant
Thought On This Planet: A
Participatory Satsang"**
(MP3 A131)

JOIN US FOR OUR SUNDAY EVENTS!

SUNDAY PROGRAM

Jan. 8; Feb. 12; Mar. 12

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

Tools For Living Free Reading and Discussion: 12pm ET

Jan. 8: **#53 Why Not Do It Now?**

Feb. 12: **#54 What Is Your Next Step?**

Mar. 12: **#56 The Winner Is The Spirit In You!**

Jan. 29; Feb. 26; Mar. 26

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

Video/DVD Showing and Discussion: 1pm ET

Jan. 29: **V1 The Foundation For Understanding That You Are The Spirit**

Feb. 26: **V2 Forgiveness**

Mar. 26: **V3 Abundance Consciousness**

THE TEACHINGS STUDY GROUP

Jan. 8; Feb. 12; Mar. 12 | 3pm ET

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

Jan. 8: **"Are You Being Steadfast?: A Participatory Satsang"**

Feb. 12: **"Are You Paying A Withholding Tax?: A Participatory Satsang"**

Mar. 12: **"Mirror, Mirror On The Wall, Who Is The Fairest Of Them All?:
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*.

Winter & Spring Semesters

Giraffe Consciousness Clinic

5 Meetings, Wednesdays, Jan. 18 - Feb. 15, 2023

Integrity Clinic

3 Meetings, Wednesdays, Feb. 22 - Mar. 8, 2023

Everyday Evolution 1

10 weeks, Wednesdays, March 22 - May 24, 2023

All Clinic Meetings and Classes are 7:45-9:15pm

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

Given by Dr. Roger B. Lane

For details email info@cosmostree.org.

More details also on the Events page

included with this Issue of *SpiritCentral*.

Continued from page 1 - Initiates' RETREAT 2022: "Relaxing Into Being The Lord, God"

RETREAT was preceded on Thursday evening by an Optional Section That many Initiates chose to give to themselves as well. Through Meditation Of The Light Of The Most High; the magnificent Meditation For Health And Well-Being and dyads we were given many Opportunities to Surrender what we were holding onto and to be in Integrity. Much Growth and Upliftment and Learning was had by all!

The RETREAT Itself – entitled "Relaxing Into Being The Lord, God" – facilitated Those present to Strengthen Themselves as the Spirit They *are* and to Choose to live as Devotees of the Lord, God *each and every moment* – thanks to the Love and Generosity and Grace of Our Beloved Teacher.

Dr. Lane began RETREAT at 5 pm on Friday by Educating us: "It didn't say 'Relax Into Being With The Lord, God'. It says 'Relaxing Into Being The Lord, God. That is YOU!'"

Our Teacher then asked One of us to Call in the Light Of The Most High and Instructed us to do Simran and Dhyān. As Taught by Our Teacher, when we do Simran and Dhyān *exactly* as Taught by Our Teacher, we're in the Inner Worlds with Our Teacher Riding the Sound Current. As Our Teacher Teaches us, we do Simran and Dhyān *exactly* as Taught by Our Teacher by Following Our Teacher's Instructions and by Allowing ourselves to relax into It and to stop "reaching".

After a meal break, Our Teacher began by having us go around and share What we preferred to get out of this Sacred RETREAT, giving us the Blessing of further Education from Our Beloved Teacher. To one Participant who shared "wanting" to be worthy, Our Teacher reinforced that "want" is a separation. "You're already Worthy. ... How can you move into the Knowing that you *are* Worthy? ... I Lovingly Suggest you do extra work to let go of fear of God."

In response to another Participant who said, "deepen my receiving God's Love and living in the Joy and the Appreciation that I am the Lord, God", Our Teacher said that it's "an impossible situation to receive God's Love and also Appreciate that you *are* God. ... You're receiving What you *are*. There's still distance. There's still separation. The Title of the RETREAT is 'Relaxing Into Being God.' After Our Teacher's Loving Input, the Participant said, "Accepting that I *am* God!"

Our Teacher then shared, "I'm just kind of showing the next step above those illusionary fields, the finetuning and that's what you'll need to Relax Into in your Journey. It's not that you're saying the wrong thing or you don't have it down. It's just literally what it looks like from where you're at so it's really important, very important, if you walk around 'oh That's it! I've got it! I nailed it!' you haven't nailed it. You're going on the Upward Spiral and it will look and seem very different, you have a different view, as it were. If you say 'That's it! I've nailed it!' you've created karma. You got a definite creation ... and you have to go back in there and have it uncreated. That's a lot of work. So, I advise you just to stay open, 'OK. That's my understanding for now as of 7:00 Friday'."

Our Teacher then Instructed us to "do whatever you need to do to Relax into the Spirit you *are*", which we Each did in our own way as music played in the background.

Group work followed as we formed twosomes or dyads and asked each other how, up until now, we've relaxed into Spirit; elaborated upon what, up until now, we've allowed to stop us from Relaxing into Spirit; the Knowing each of us has of how to let all that stuff go and the Opportunity to Apply That Knowing.

After a short break, Our Teacher invited us to read *Tools For Living Free* #171 Titled "The Teacher, The Mirror And You – Part II". As we were handed the Tool, Our Teacher emphasized: "Tools are a Loving way to Relax Into The Sound Current! ... It's definitely in your interest to familiarize yourself with the Tools!"

In #171, we Further Learned that being in the Presence of The Teacher is always a Sacred Opportunity to Learn Responsibility. It's up to us whether we choose to get caught in the cosmic mirror held by Our Teacher as an Action of Grace or to go with the karma we've created that is being reflected back to us. As Our Teacher states in This Tool, "... The Teacher's Holding the mirror for you ... – That's part of the Grace. That's part of the Action of Grace That you're given. ..."

"You've been living your life feeling unloved, feeling like no one cares about you, feeling unworthy. Here It is! Take It [ed.'s note: Dr. Lane is referring to The Teacher's Art of Grace of Holding the mirror] and Allow yourself to be moved to the other side of it. But when we insist on being in our karma then we're going to insist that that comes from The Teacher rather than from the mirror that The Teacher is Holding, whose objects you've placed."

Our Teacher then Graced us with the Opportunity to Work another important Tool of Upliftment: Satsang #A140 Titled "The Humility To Be A Student". The Tool reinforced the Learning That Being Humble means that we "Surrender" and "Surrender More" and "Surrender More".

We "let our thoughts go, let our feelings go and be filled with Spirit. ... We need to have the Humility ... to stand naked before God. ..."

While the first evening of RETREAT seemingly "ended" outwardly between 10 and 11 pm, in Reality, Our Growth and Upliftment continues as long as we choose to stay in the Forcefield by being Present and following The Teacher's Instructions, Which were to now give ourselves Quiet Time. No talking – inwardly as well. We were then given Homework: read another important *Tools For Living Free*, #11 Titled "You Are Worthy Of Abundance". For this writer, This Tool is always an important reminder that Abundance is Placing my consciousness at God. And that prosperity follows Abundance. Abundance is not "stuff" in the world.

Our Teacher began the second day of RETREAT early with Simran and Dhyān, during Which Our Teacher gave us much-needed help including the Instruction to always keep our heads up straight so that the Spiritual Currents can Flow, an important Instruction for us to follow in our everyday Spiritual Practice.

After a breakfast break, Our Teacher began by inviting us to Participate through any sharing we'd like to do as well as any insights or dreams we've had. One Participant shared about hearing The Tones Chanted "automatically" to which Our Teacher offered further clarification: "In Reality, your Tones are being Chanted 24 hours a day by Spirit ..." And in response to another Participant Who shared a dream that included a surfboard, Our Teacher Educated us further: "The RETREAT is called 'Relaxing Into Being The Lord, God'. All we do is Ride the Sound Current! ... That's What we do all day."

In response to another Participant whose dream involved barnacles on this Participant's leg, Our Teacher said, "You see, you have karma from a lot of past lives. ... First you want to take it off and then you realized that ain't the way. And you're OK with having it on your leg. The karma's OK and you just move past it. That's what happens Spiritually as you Walk This Path ..."

Our Teacher then Educated us on the four types of karma after cautioning the Participants to Remember that karma is *not* a Focus of The Teachings Of The Path Of Soul Transcendence: 1) Original karma when we were created by the Lord, God out of the Sound Current; 2) the fate karma assigned to us this lifetime; 3) the day-to-day karma we choose to create in our current daily lives and 4) karma stored for future lifetimes. Our Teacher explained the tremendous Grace brought forward for Initiates regarding stored karma. "You can't be an Initiate Of The Light Of The Most High on This Path and have the Opportunity to go to Completion this lifetime and have stored karma ... going to Complete your karmic journey here as a Soul ... and have karma that needs to be fulfilled in the future. ... The Master takes it upon Himself to dispose of it for you. That's stored karma. ..."

"... You don't have to do anything about it [stored karma]. Like in the dream you moved on. All you have to do is your Spiritual Progression ... follow the Instructions Imparted by The Teacher at the Time Of Initiation and everything else gets taken care of through Grace. That's Grace. That's a Lovely dream."

To assist another Participant Who had asked what is meant by 'dead to the world', Our Teacher reviewed the realms or levels below the Soul Realm – the astral, causal, mental and etheric – further explaining that above that is the Soul Realm. "The Soul has entered into Eternal Life. ... That's what's meant by 'dead to the world.' It has no pull into the world."

After a short break, we broke into dyads and asked each other questions; this time focusing on what we need to do in our everydayness to keep the Commitment we had made in the earlier dyad; any refinements we need to make including in the physical and to walk around and "play out" the refinements we've chosen, to "give it to ourselves!"

After lunch Our Teacher began by giving us the Sacred Opportunity to Listen to and Participate in the Meditation For Health And Well-Being, a magnificent Tool that many of us gave to ourselves in the Optional Section and That, for this writer, is, experientially, like having a great big vacuum cleaner vacuum out all that negativity I've been holding onto. As long as I Work It as Instructed by Our Teacher in This Meditation. Wow!

Our Teacher then asked us to Participate in an Activity – the Divine Walk – in Which we have the Opportunity to walk in the physical while inwardly Walking The Path as Instructed by Being Present. In the sharing of experiences that followed, we Learned that how we Work the Divine Walk is how we Work Our Spiritual Practice as well as our everyday lives. If we Allowed ourselves to be pulled out of the Divine Walk we're allowing the separation to distract us in our everyday lives as well as in our Spiritual Practice. One Participant shared an experience that is also an important Teaching: when we let go of the things of the world, we can have more of it.

Continued on page 8

Our Teacher then thanked Each Initiate Who has been of Service throughout the year. "I just wanted to share My Thank You's and My Appreciation but also to tell you how It works Spiritually. And that is that there are Somethings called Light Units. Service means that you're doing It as prescribed, using It as an Opportunity to be in the Loving Heart, to be with God ... the Real Focus is on being with Spirit. If you're looking for accolades here on this level then that's where you get them rather than in Spirit. ... Light units - It's at the discretion of the Master when you receive It but It will be in the present lifetime ... so you don't have to put on another body to receive It. ... That's ... Grace. ..."

Our Teacher further explained to us that when a Forcefield is laid down "what is laid down Spiritually for you needs to be adhered to." Our Teacher was Educating us in response to some Initiates Who chose to violate the Forcefield. "The Forcefield - this is how Loved you are - pulled back. Otherwise, you become karmically responsible for the Growth That other Souls would have obtained had the Forcefield continued. ... What's laid down for you Spiritually needs to be adhered to."

"What does this have to do with the ... Christed Consciousness? Well, everything! The Christ laid down the Blueprint ... the Archetype ... And What's the Blueprint? ... He was born in a manger so He was born amongst the basic instincts, animal instincts, etc., etc.

"What does He have to do? But He's going to be killed, right. They are after Him. ... had to go flee to Egyptland and Egyptland, of course, is synonymous with you have to go through your fate karma ... and then you kind of grow up.

"That's ... Spiritual Law: every Soul goes through Its fate karma. It's not things that are imposed upon It or anything else like that. But it's karma that is created that is to be met in the present lifetime for the Soul's Growth and Learning. That's Spiritual Law. Period. Must be fulfilled.

"If you're an Initiate On A Sound Current Path - particularly, I'll speak for just This Path - ... there's also Grace so it can be met in many ways but the karma must be met. You're not going to get away with anything.

"And at Christmas we Celebrate, really, the birth of the Christ and, really, of This Knowledge of Responsibility. We have This Responsibility ... to Fulfill ourSelves. And the good news is we take Initiation then we move from fate to Destiny.

"What's the difference? Day and night. ... Fate karma is ... what's supposed to happen, what must happen ... this particular lifetime. ... Destiny, the Soul moves into the Archetypal Fulfillment that It needs to do of the Christed Consciousness. ..."

"I want to talk also about the Resurrection ... the Christ, Jesus wouldn't have come in if He were not here to Demonstrate the Resurrection. ... It had to be Demonstrated because It wasn't available to Souls. Souls previously were confined to purgatory or limbo. ... so Christ comes... 'I'm doing This Experiment. ... I'm going to Demonstrate the Resurrection Process of going into the Soul Body and being with God'.

"And His Disciples, really His Initiates, were Taught the Sound Current. And the Way was open, the Door was open for Souls to enter into What's called Eternal Life. OK. ... 'No one comes to the Father except through Me: The Christed Consciousness. ...'"

"So ... He's doing This Experiment: Can these Souls in bodies - Who have forgotten Who and What they *are* - can they now Progress beyond limbo land and enter into Eternal Life? Let's see! And yet at the same time ... He always Knows the outcome ... He says, 'I'll be back'. ..."

"So why did This Consciousness, why did It Return? And He Knew He would Return. Because He Knew that It would be successful; The Experiment was successful. The Experiment was, 'OK, I'll carry This Frequency. I'll carry the Christed Consciousness. When I leave the body, I'm going to Distribute It. ... Every Soul will now have the Christed Consciousness. So let's see! ... if they can do That Progression beyond limbo land.' And, *woah!*, It's done. Souls have been able to do That through Grace, through the Sound Current. ..."

"Why is He going to Return? ... Creation on the lower levels - It's finished. It's complete. ... That means that in the Worlds of Spirit, Soul Realm and above It, It is still going on. Creation is still going on.

"Christ, Jesus comes back - That Consciousness that was in the body with the One known as Jesus comes back - and He goes 'alright,

well, you know, that first part of The Experiment went OK, you guys are ... doing good, human race ... you're going beyond limbo land and some of you guys have entered into Eternal Life.

"Now we're going to work It a little differently. We're going to give you an even Greater Opportunity ... We Know that there are ... 27 levels between the Soul Realm and God. Well, you guys were able to go beyond limbo land into Eternal Life. I'm going to carry This Frequency with Me and It's going to be Distributed and That Frequency is exactly what you guys are called. It's HU. You guys are HU-mans. I'm going to carry This Frequency - HU - First Manifestation of God.

"And I'm going to Distribute It and now you've got this shot *while you're in the body*. Wasn't available really before to go Home to God and ... to keep Traveling, Uplifting, Upvibrating through all the Realms of Pure Spirit *while you're in the body*. Before It had to be done after you left the body. ..."

"Now we're going to do this Dispensation, and ... we're going to use It to give you the Opportunity and the Ride to not just go to Completion [ed.'s note: Dr. Lane is referring to the Completion of our karmic journeys], not just enter into Eternal Life Where you're no longer subject to karma and reincarnation ... but we're going to give you the Opportunity to be Uplifted through the 27 additional Realms back into HU - H-U."

"So even the Christed Consciousness ... It evolved. ... What was shown of It was increased ... because the audience can tolerate It. They can Hold That Frequency. ..."

"So if the audience can hold That Frequency, the audience, of course, being Souls in bodies and Those That will be reincarnating ... Well, then, 'OK, I'll show It. Well, then, I'll show It. OK.'

"So, Christmas is really the story of the Christ and your Christed Consciousness separating out of the mass ... - out of the unconscious, the sleep, as it were - and Demonstrating the Resurrection Process. But now It's been altered and Increased to also give Souls the Opportunity to be Upvibrated back to HU ..."

"So That Frequency is being Distributed ... The Spiritual Reality of His Birth is extremely profound and the Spiritual Reality of His Return - That Consciousness - is of vital importance. ... It's extremely, extremely important. So, Souls have like this clear shot now: The Divine Oscillation. You can Upvibrate and Oscillate and Oscillate and Oscillate beyond the Soul Realm into the Clear North Country, into the Pure Worlds of Spirit, into the very HU - the First Manifestation of Who and What you *are*. And That's What HU-mans are.

"You know, we have 'peace on earth, good will towards men' but It is God's Will. You see. God's Will is Good Will. God's Will is That you return to Him but you also, as a Soul, you're going to keep on Traveling, as it were; you're going to keep on being Uplifted and Upvibrated to Completion as a Soul.

"And That happens when you return back to the Original Manifestation of yourSelf as God, as Spirit, as the Lord, God Himself. And you can do this now *in the body, in the body*.

"Let's see how This Experiment ... turns out... the result is already Known and ... I bet that it's a rather Successful Experiment. That It's a very successful experiment.

"So, when we talk of the Birth of the Christ we need to get away from this personage of Jesus, etc. and understand the Birth and the Rebirth, as it were, of the Christed Consciousness ... That Consciousness has returned and with It Brings Forth the Higher Frequency of HU - H-U - to give Souls the Opportunity ... of This Upvibration Pattern ... all the way to the 33rd Level. Ain't nothing higher. No Higher Frequencies available. ..."

"And in those Levels - the Soul Realm and above - there is no density. ... So you're going to be Traveling and Upvibrating through the Levels of Pure Spirit *while you're in the body*. You have an Opportunity. *Woah! Woah!*

"And if I were a betting man I'd also say that this group is the avant-garde of That. ... You've been practicing or, at least, Knowing the Focus and the Wisdom of following the Bhakti Path *exactly* as Prescribed. So when we talk about the Christed Consciousness What are we talking about? ... We're talking about the Sacrifice of the Christ, Jesus

the Spirit That It *is*. And now inside yourSelf have some doubts come up and some fears come up! Have it really, really pull on you! Now Return to the Place of Steadfastness. [Pause] Now let all the doubts come back, the fears come back - all that good negativity - let it just come forth! [Pause] And now Return to the Place of Steadfastness! [Pause] Now, once again, have your fears come forth, your doubts and Return to the Place of Steadfastness. [Pause] Now when you can bring your consciousness back here! And anyone who'd like to share is free to share."

One Participant shared: "When you told us to Return to the Place of Steadfastness, It was effortless. ... It seemed Natural" to which Our Teacher responded, "What about My asking you for the purposes of this exercise what bothered you?" "The fears and doubts ... It didn't feel good."

"That's the purpose. I appreciate that."

Another Participant shared: "... Worthiness came up. ... Even judging ... am I actually Being Steadfast?"

Dr. Lane responded, "I didn't ask you to be steadfast. I asked you to go to the Place of Steadfastness" after which this Participant shared, "So the place would be ... the third eye."

Our Teacher further Instructed us: "The Teachings don't say the Place of Steadfastness is the third eye. ... The Teachings do say though that It's the Upper Part Of The Third Eye. The third eye ... incorporates a lot of the negative worlds, etc., etc. The Upper Part has to do with the Worlds of Spirit. ... It's very specific. The Upper Part of the Third Eye."

Another then shared: "The Place of Steadfastness: It was a single focus. It was a very clear single focus. The doubts and fears was (sic) very distracting; it was just a lot of thinking ... very distracting."

Another shared: "The Place of Steadfastness - I felt immediate Freedom. ..."

Dr. Lane further Taught us: "Our Power does consist in exercising our Free Will. Yeah, we do have our choice. Negativity has the power of attraction, so to speak, ... and it has a pull on us. Work The Teachings on This Path, then the whole point is that we have the Spiritual Strength to ... stay in the Strength of Who we *are*, the Spirit we *are* and, of course, It can't be matched by that negativity. Otherwise, we're pulled into it and that, of course, is karma and reincarnation. ... All those pulls ... we can't be pulled back because we've 'overcome the world', as it were. ..."

Another Participant shared: "As I continued to move back and forth ... It seemed like it was getting lighter and lighter as I continued to do The Steadfastness."

Dr. Lane further Educated us: "Alright. So you can see how a Soul can Progress even in a split of a second ... when you returned to the negativity - that didn't have as much of a pull on you as before. *Every* second here is precious. ..."

Yet another Participant shared: "... I'm a little chagrined ... my last negativity I had a hard time letting go ..." to which Our Teacher responded: "... Now take a look at this! My response to you is you're an 'ego freak'. What are you doing? What are you doing clearing it? 'I had a hard time'. ... You don't have to do anything other than direct your consciousness into the Spirit That you *are*. Let the Spirit do the work! ..."

"Your job in this case is direct your Focus to God, the Place of Steadfastness and let the Spirit clear that gook out. ... So it's not an ego task. You need to watch it. ... But The Teachings Teach us ... the ego is to be in Service with Spirit so you use your ego, your conscious awareness, to Focus into God, the Spirit."

"As you get on with Your Progression, etc., etc., you realize. 'Oh, My God!' - no pun intended - 'But That's Me' ... It's so easy when you use Lestoil."

An Attendee last shared: "When I went for the ease and Grace I felt just Love and Peace and when going for doubt I felt angst and discomfort."

Dr. Lane continued: "If you noticed there were a couple of responses; they really struck Me. 'Being in the Place of Steadfastness - It felt Natural.' And we Know that That's Our Nature. We *are* Spirit and that Joy *is* Our Nature. Our True Nature *is* Joy and Peace. So, yeah, (in) the first sharing the person hit the nail on the head immediately. 'It felt Natural.' ... The other stuff was bothersome ... it stops (Your Receiving) the Divine Oscillation That's going on. ... And, yeah, It is Peaceful to be in That Place of Steadfastness. And the difference between just a whole lot of ... brain activity ... and just being at Peace and calm. ..."

"And when we talk about being Steadfast we really need to be consistent, consistent, consistent. ... It's not that you don't have fears and doubts ... But what do you do? You Return to the Place of Knowing, The Place of your Inner, Inner Strength and Your Knowing that nothing ... violates It. Nothing violates this Inner Knowing. ... there's always a Return, a Return. You *consistently* Return. ..."

"That's What the Christ, Jesus was talking about when He said, 'When the eye is single the body is A Light'. You have a Spiritual Focus. Your eye is single. ... All that negativity doesn't come forth because the body is A Light. All the cells in our body are lit up. ... If we have That Focus everything else follows into That Focus. That's really, really important. ... we're always in That Awareness of ourSelves as Spirit and we're *always* fully Returning to the Level that we're at in Spirit. ..."

Our Teacher then shared the definition of Steadfast: "And one of the meanings ... was fascinating. There's one in a verb form. And It means to avail of help. Stead means to avail of help. To Stead. ... You need to avail yourSelf of the help. Of course, the help of the Spirit, God's Grace. ... We're being a good policeman, as it were, and directing ourSelves into That Place. And from Most High comes The Help that we need. ..."

"We're talking about, as it were, a Bigger Healing. We're talking about Healing as Wholeness, as Oneness. And, yeah, so you go to God, yeah, because, ultimately, That's What and Who you *are* but also to be in That Oneness and to have your separation ... cleansed, as it were, for you to come into that Oneness, so you can be ... in The Unity."

"It's you that have to direct That and That's the Steadfastness That's needed."

"... Being in Integrity, that's What's really, really important. ... Part of the Steadfastness includes incorporating What you Know. ... It's always good to have a Reference Point. 'What do The Teachings say about this? What is my Knowing about this?' Be open to That and Return and live from that Knowing regardless of how it looks, regardless of what other people say, etc. etc. ..."

"And you just stay in your Knowing. ... We are all One. ... We tend to love only those that are closest to us - like family and friends, etc. but there's no way that people are separate from one another. ... We're One with Spirit. There is no separation."

"And That's What Steadfastness is. It's always Returning to That Oneness, to That Oneness, to That Oneness, The Oneness of Spirit. ... God lives in us as us. That's What we *are*. God's always being God and That's the Steadfastness and That's What's needed."

"Not that we don't have negativity ... but we're always Returning, Returning, Returning, Returning, Returning, Returning."

"We'll stop with that."

To Order This Satsang, please go to cosmostree.org, click on shop/download, then put A302 in the search box at the top of the page.

Continued from page 1 - "Are You Paying A Withholding Tax?: A Participatory Satsang"

separation between herSelf and that person and was left with holding the karma of her creation. That's a heavy tax, folks! ... But guess what? Uncle Sam didn't do it. She did it.

"Take a look at it! It's Withholding on several levels. Not knowing the feeling or claiming not to know and then going ahead and pretending she didn't know that she was beating up on someone inside herSelf. And then, obviously, we know that if you're beating up on someone or something it's really a projection of something you beat up on in yourSelf. ... It's all One and we're all One. ..."

"So I brought it to this person's attention. ... person was honest, admitted it, did the work but think about it! Living over a year with anger at someone and having all this stuff going on inside of you. What does that do? ... You can't be fully present. Can't be with God. How can you be with God when you've made your anger more important? ..."

"And God is not going to enter into negativity. He's not going to ... deny how powerful you are. ... You *are* That Powerful and you're One and the Same as Spirit. And if This is what you need to Learn - that you *are* That Powerful and That you're One with Spirit - so be it.

"So this person walked around for well over a year ... without being Entirely Present ... That's a real Withhold from yourSelf. Withholding the Spirit That you *are*. Withholding the Truth. ..."

Dr. Lane then shared another example, "the story of a 'wild turkey'". Our Teacher was busy doing Inner Work with His Students and a wild turkey happened to pass on the grounds where we were staying. And One of Our Teacher's Students said, 'Oh, Look! Look! A wild turkey!' And, of course, pulled herSelf and lots of others out. What did she do? Well, She Withheld the Upvibration that was in the process of happening. She Withheld the Learning. She Withheld the Spirit and the Joy of Being with Spirit from herSelf. That's a pretty heavy Withholding Tax.

"Chasing the things in your mind that are just coming across. ... When you chase after them you pull yourSelf out. When you take them as real you're pulling yourSelf out. ..."

Our Teacher then shared another example, that of "making a decision for someone else. ... this person wanted to do 'x, y and z' but was afraid to bring it up to her husband and so she didn't do 'x, y and z'. ... She had given over her power. She was disrespectful to herSelf. She was disrespectful to her husband and when she shared it with her husband ... the response was 'I don't even know if I would have said "no".' ..."

"And this person shared that she had a big Withhold. She Withheld really herSelf from being with her Integrity, from being with what she wanted to do and she was left with holding the burden of not giving herSelf what she wanted, with creating a false idol, giving her power over to her husband. ... it was unfair to her husband because her husband didn't even know she was doing that. ..."

"The good news is that she recognized it ... on the spot and vowed to take self-corrective action so that within herSelf ... she wouldn't be making a decision for someone else. ..."

"A lot of times isn't that what we do? 'Oh, I don't want to bring it up to Joe Schmo because he'll get angry. ... I'm afraid of my own power' ... so it seems on the surface to be so much easier to give your power over but it's not. You pay a heavy Withholding Tax. Because you're also going to build resentment towards that person ... plus you've imagined what the person is going to say or not say. You've got a creation in the astral level so you're responsible for that creation, too, because it's a creation away from God and away from the Spirit you *are* and you're stuck with that karma. That's the Withholding Tax. It's a heavy, heavy burden. ..."

"You kind of intuit that there's something amiss here [Dr. Lane is referring to the karma that was created]. Well, then, stop in your tracks and have it released. You don't have to know what it is. ... When we insist on finding out why, why, why, why we're keeping it around and we're keeping the separation going. We want to be Scholars of the Spirit we *are*. We don't want to be scholars of

negativity... because that's all illusion.

"And the short test the Teachings Teach us is can you take it with you? ... Never seen a Soul go Home taking any of that stuff ... So if you're going to have to drop it, why not drop it now? ... Just drop it! Period. End of sentence.

"When we deny our power, when we deny Who and What we *are* we're Withholding from ourSelves. ... The Spirit inside of you Knows. It will not be mocked. ..."

Our Teacher then shared a story that Our Teacher has shared with us many times for Our Growth and Upliftment. That of Our Teacher's having a sports car and the seats in the back getting too small to accommodate Our Teacher's young son. As Our Teacher explained, "The Spirit said 'well, wait a year!' I didn't listen because I had made being a quote 'good father' more important and so I got this new car and guess what? It suffered from sudden deceleration syndrome. ... The car would shut down, lose its power. ... can't even steer off to the shoulder of the road and there are big semi-tractor trailers coming around behind you. ... Well, this happened three or four times. ... And, of course, the company wouldn't do anything about it. ..."

"Eventually, I did manage to speak to someone ... well 'lo and behold they told me to bring the car in and ... guess what? There was no record of ever having leased that car. Oh, OK, well, thank You, Spirit. Thank You for taking care of it but look what I did. I went against the Spirit, same Spirit in Me ... I made like I knew better. Was told to 'wait a year' because, obviously, there was a problem with the new model. ... and it would take about year for them to iron it out. Oh, no! I had to do it just to validate what a 'good father' I was. ... I had to spend a year ... in and out of shops, dealing with the company and ... going through the horrible, horrible experience of losing the power ... not being able to steer and in the rearview mirror seeing big tractor trailers.

"And I created all that. So I withheld the Spirit I *am*. Because if I had stayed in My Integrity and gone with the Spirit I *am* I would have Listened. Instead, I made being a 'good father' the false idol and I worshipped that. And I got to pay the price. That was my Withholding. I was left holding having to deal with it outwardly and having to deal with it inwardly as well. ..."

"So we're always at choice. ... I had a choice. ... do we want to pay ... the Tax or not? What's the Tax? Well, we're left holding the karma. Do we want to walk around with it or do we want to just live in the Fullness of Who we *are* ..."

"You don't have to deal with the negative. All you have to do is Align with the Positive and give That to yourSelf. ... In the examples I've used, you don't have to say 'no I'm not going to share this ...' You just simply stay in Alignment. ... Never mind those 'wild turkeys' out there. Simply choose 'I'll be with Spirit!' ... Something passes through your mind and you jump on it you are taking it for reality ..."

"The Teachings Teach us about Blame-less Responsibility. ... The best antidote to having to pay Withholding Tax ... is Eternal Vigilance. Eternal Vigilance. Giraffe Consciousness. And constantly Choosing into the Spirit That you *are*. Period. ..."

"What's the paycheck but Joy, Integrity, Inner Peace, Being Present with the Spirit you *are*. Can't lose with That. ..."

"Left with holding your karma doesn't benefit anybody. ... The best way to educate is by repetition so you repeatedly affirm, Celebrate and Be the Spirit that you *are*.

"Real simple!

"We'll stop with that."

Our Teacher Generously answered the question asked following the Satsang.

To Order This Satsang, please go to cosmostree.org, click on shop/download, then put A303 in the search box at the top of the page.

Continued from page 1 - "Mirror, Mirror On The Wall, Who Is The Fairest Of Them All?: A Participatory Satsang"

"And what do we do when we sit in judgement, 'is this fair or not?' For example, is this fair that this happened to me? Is it fair that this person has more money, has a better job, is handsomer, is a better athlete ... What we've done is we've separated out from the Spirit we *are*."

"We Know each Soul is given accordingly to Its karma and given correctly. So let's take a trite example of somebody's having more money and you may wonder 'is that fair?' And you're envious ... but you don't know why that particular being has all this money. Maybe there's a karmic learning. Maybe That Soul has to learn 'hey! That ain't it' and had walked around thinking 'only if I had more money everything would be OK and I'd really be something' ..."

"The Teachings Teach us to go into the Spirit we *are*. And we don't have to deal with the negativity for the very reason that negativity doesn't exist in Spirit. And if we go into Spirit and keep reinforcing ourSelves as Soul, as Spirit then the negativity or the karma comes off of us. And the reason that negativity exists is to afford us That Wonderful Choice. Do we want to choose into negativity or do we want to Choose into being with God or Spirit? ..."

"... the whole point is to be Free. Why do I want to be entangled ... isn't it just easier to go with the Spiritual Flow? ..."

"So, really, 'what you gonna do when they come for you?' You're gonna go to the Spirit that you *are*. Neutrality. Going to be Neutral. ..."

"We need to Know we have this Wonderful System in place, really, of God's Justice, as it were. It's called karma and reincarnation. ... Really, all karma is is an Opportunity to Learn. You have karmic lessons you can Learn. The earth is really one big one-room schoolhouse. ... Souls of all different grades. ..."

"Karma and reincarnation is a wonderful System that ensures Fairness. Complete and utter Fairness."

"So we don't have to sit in judgement of anything or anybody. Was it fair the person had this really bad infection and lost his leg? Yeah, it was very fair. It was karmically correct. ... You need to understand that in that body is a Soul and that this life is the Opportunity... there's a balancing of karma going on. Can't be more fair than that. ... How Loved we must be that we're given this chance to have it balanced. ..."

"And then if you're working ... on a Sound Current Path things are handled differently. Is that fair? Yeah ... because you signed up for It, part of your Learning, part of Your Soul's Progression. ... Anybody wants It can be placed There. ..."

"Yeah, It's inclusive. Includes everybody. And if you follow The Teachings *exactly*, you'll all have the same result. How's that for Equality? Does it matter the color of the body that the Soul is in? No. Does it matter how much money ... No. Souls come in on all levels ... and from all levels and they have all different physical life situations. True diversity! ... Can't beat the System. It's the ultimate in Fairness. The ultimate. ..."

"So, so many ... Initiates, you get caught up in ... the form the Love or the Loving takes. Watch out! ... That's a nice way of making the Spirit That you *are* wrong and separating you out from Spirit and running less preferred feelings. ... And all that does is continue a protection racket against God's Love, Spirit's Love, The Teacher's Love for you because if you knew how Loved you *are* you'd drop all this stuff and you'd walk around Knowing how Blessed and Fortunate you are. ..."

"No body is Initiated Into The Sound Current. ... Not one. But the Soul within the body, yeah. And, yeah, It is God's Plan That *all* Souls go to Completion, but that's not a focus. That's a byproduct of their Coming to Know themSelves as Soul, as Spirit. And That's just the Divine Architect's Plan. 'No one comes to the Father except through Me', said the Christ, Jesus."

"Obviously, He wasn't talking about a religion ... That wasn't His Mission. ... He was talking about the Christed Consciousness."

And we know that the Christed Consciousness is our will and God's Will are One and the Same.

"And we know that when He passed and left the body That Consciousness was put in every Soul, in *every* Soul. So everyone has It. Talk about Fairness! Everybody's got the Same Consciousness? Woah!

"And we know What The Experiment was That He Participated in. Opening the Door to Soul Level Consciousness. Wow! Everybody's got That! You mean you're walking around thinking that things aren't fair when everybody has *exactly* the same Consciousness in them? ... not everybody is awake on all the levels within That Consciousness ... so there are different manifestations on this planet of It but everybody, as it were, is Equal."

"How's that for Fairness? How's that for Fairness?"

"And not only do you all start Equally but, following the Divine Architect's Plan, you're all going to end up Equal. ... But, up until now, we love to create this disease called separation. I'm separate from you. You're separate from me. ... We're all separate according to our socioeconomic class, our race, our culture, our nationality, our sexual orientation, our political orientation, whatever ... And we can keep distinguishing ourSelves, distinguishing ourSelves, distinguishing ourSelves from others and find the most ridiculous criteria to do so. ... to judge them 'oh, we're better than' or 'we're different from'."

"But The Reality is that we're all the Same. We all have This Consciousness. We all have the Christed Consciousness, Which means that we're all equipped to be at and with the Lord, God. ... We're all Equal. ... And the At-One-Ment is that everybody ... possesses the same Consciousness and ... we're at One and as One with the Lord, God."

"So God Loves us so much that He's taken us unto Him, as it were. Gives us the means to Know That and Grow into That and Be That. Yeah, Loving. That's fair and It's fair to everybody and It's fair to every single Soul."

"It's said that 'not one Soul will be left behind.' So there's no discrimination against even one Soul. That's how fair the Whole System is. That's how fair God's System is. That's the Truth of the Loving, of the Kindness, of the Mercy of the Lord, God. Real clear. Real clear."

"And you may want to Pray for the Understanding of That and that you act accordingly and Know that everything that happens is according to God's Plan and is completely fair."

"You might have to change your narrow point of view; you might have to change your historical timelines; you might have to change your point of identification ... but it's all Fair in Love and war and there ain't no war here. There's just Love."

"And we can give up the war we have within ourSelves fighting Who and What we *are* and fighting God's Love. ..."

"As a concluding Process I'd like you to get quiet and just inside yourSelf let something come forth that you've judged in your life to be unfair. And now simply let it go. Know that it was all fair. It was all for your Highest Good and it was all karmically correct. [Pause] Now let something else that you've judged as unfair come forth. [Pause] And now let that go Knowing that it was karmically correct and fair and all part of God's Plan. [Pause] Now let a third thing come forth that you've judged unfair. Now let it go Knowing that it was completely fair, part of God's Plan and karmically correct for the Soul within you. [Pause] And when you can bring your consciousness back here."

"And we'll stop with that."

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

To Order This Satsang, please go to cosmostree.org, click on shop/download, then put A304 in the search box at the top of the page.

Continued from page 3 - Initiates' RETREAT 2022: "Relaxing Into Being The Lord, God"

We were then given the Sacred Opportunity to give ourSelves another Important Tool: *Tools for Living Free* #125 Titled "Living In Loving Cooperation". As Our Teacher states in the Tool re: Loving Cooperation: "... when we unleash our emotions and our thoughts and our insistence upon what others should do and try to control others – we've chosen into and unleashed karma. And Love has to do with ... mediating and arbitrating and cooperating with the different parts of yourSelf ..." That includes, per the Tool, educating the basic selves, the part of us that brings forward our karmic patterns, by using the Four Rules of Self-Talk: keep it present; positive; give direction and encouragement. As Our Teacher has Taught us, "it's tricky in there" and Self-Talk Allows the Spiritual Flow.

After dinner, Our Teacher Graced us with the Opportunity to do more Simran and Dhyan. Our Teacher then opened the floor to "any questions about the Simran and Dhyan That you're doing, any problems that you have or anything about It (in) general." In response to sharing from one Participant that thoughts were coming up, Our Teacher responded: "... the Light Of The Most High is pushing out all you created. You're Blessed by having it vacuumed out!" A second also shared regarding thoughts that were coming up and we were Educated ever more: "You're not Responsible for the thoughts that pass through you. You're Responsible for thoughts that you hold on to. It has to do with what you Allow to pass through and what you hold onto. ... If you find yourSelf jumping on them (thoughts) you want to make sure you're doing the Dyhan Part. What's important is you ride the Waves and Allow (the karma) to be vacuumed out!"

After a short break, Our Teacher Graced us with a Special Q & A With Our Teacher as a Thank You to us for reaching (actually surpassing!) the goal set for this year's RETREAT Scholarship Fund. Our Teacher began by stating the evening's guidelines: questions need to be about The Path or our experience on It and it needs to be an Honest question; no "showing off" how much we know. In this special Q & A we were given the Rare Opportunity to Learn more about the Miracle Brought Forward by God/Our Teacher that "There is a New Frequency on this planet and That is HU." Our Teacher further explained to us that there are 27 Levels above the Soul Realm and that the Highest Manifested One is "HU – God in Manifestation. Spirit, really. Now HU is available in the physical so the Soul can Progress all the way up." Wow!

When a Participant shared "an experience of a breeze, the wind, in Meditation" and asked, "Is that possible?" Our Teacher Taught us more about the Soul Locating Itself through the Sound It hears on the different levels. "... the Soul just kind of tapped into It. Remember where it says in the Bible, 'The Wind blows. Where It comes from no one knows. Where It's going no one knows'. Jesus The Christ is talking about That, The Worlds of Spirit. He's Talking about The Worlds of Spirit: Pure Spirit, no density. You know, when we start working the upper part of the etheric you start tapping into, have moments where you are experiencing no density, no matter." Our Teacher continued, "All these realms, levels, they interpenetrate then you get above there there's no density.

"But depending upon the karma that's upon the Soul, the Soul can tap into different levels but there's a big difference between Its being tapped into and you're just having a fleeting experience of It versus being able to Hold That Frequency. So that really (is) the determining factor. Just like you get into the etheric (level) you'll have the experiences

of no density but because you're not There yet - in the Soul Realm or above - you can't hold It but, yes, it is possible because the Soul is just revealing Itself to you."

Our Teacher further explained to us that the Sound in the Upper Levels is the wind or the breeze or angels. And, as you start getting even higher in the upper levels, It's "... woodwinds or violins."

Our Teacher also gave us an important Reminder: "when we drop the body ... you just Sit in the Love. You've been doing it for a while. We live, in Reality, in the Unipolar Existence."

Quiet Time followed during which, before bed, we read two more *Tools For Living Free*: #29 "Living a Blame-less Existence" and #129 "Now Is The Time For The Real Education". As Our Teacher states in #129: "... now actually is the time where Education of the Soul becomes of keynote importance ..." As Our Teacher has Taught us this planet is a classroom; all Learning is inside of us in the University of the Soul.

On Sunday morning, after Our Sacred Meditation Practice and then a breakfast break, Our Teacher began by Instructing us that anyone who finds him- or herSelf falling asleep during Simran and Dhyan to please raise an arm or do It standing up. Our Teacher then asked if anyone would like to share any "leftovers". What an Opportunity this was for us to Lift and Grow through the sharing of many dreams. In response to the sharing of one, Our Teacher emphasized the importance of working with our basics. After the sharing of another, Our Teacher Reminded us that Our Progression is based on how much we Love God. "This is a Bhakti Path – a Path of Devotion. You need to understand This ... Your Progression is based on It."

We were then Graced with a final round of dyads including the Opportunity to go inside and see how Our Love of God has grown. For this Initiate Who had chosen to attend the Optional Section there was a heightened/deepened Learning from the dyads, having Participated in them prior to the formal RETREAT as well. While the dyads at RETREAT Itself and the Optional Section were not the same, for this writer there was a powerful finetuning that took place overall, a Learning, as I repeated answers to questions, that I need to be in Integrity with what I put out – every word.

We then created our own Tools to use in our everyday lives to help us re-Center by reminding us of Our Learning at RETREAT. This writer created a special plate – now on display at home – with the Reminder to "Go In The Soul Body and Be with God *constantly!*"

As a Graduation Gift, Our Teacher Graced us with the Gift of four *Tools For Living Free* as well as the Talk "The Uniate Nature of Reality."

This writer's overall Learning from RETREAT, Which was crystallized Thanks to My Teacher's Working with me as I wrote this article, is simple: Relax Into Being The Lord, God! As I've Learned, It's an experience I give mySelf by Allowing It inside mySelf! Simple and Immediate.

Much Growth, Upliftment, Learning and Strengthening was had by all!

Finally, a Thank YOU to Our Teacher for Our Teacher's Love, Generosity and Compassion in Bringing Forward this Magnificent RETREAT. And a thank you as well to all the Initiates Who were of Loving Service in the Preparation of RETREAT and throughout It and afterwards as well.

Continued from page 1 - Holiday Satsang And Celebration 2022

to come into the body and to do This. But then isn't That the Sacrifice of *each and every* Soul here in a body? ... of being in the finite so It can reDiscover and know Its Infiniteness? ... "

"Ah, OK. So then why am I in this finite thing called the body? Oh, OK. It's to Realize that its Purpose is for me to Know and be the Infinite, to be the Lord, God, to Know that I'm That and to engage in this Spiritual Progression and to Fulfill my Destiny. Oh, OK.' And so That's What the Real Birth is: The Birth is the Acknowledgment and the Knowing and the Application of this Wisdom.

"And What's the Wisdom? Real simple. I *am* Spirit, and God lives in me as me. 'So That means I'm Manifesting God!' Yeah, That's right. But doesn't That bring us to the whole point of this Satsang? ... "

"And That is that you're here. God lives in you as you and you're Manifesting God. And then with this New Dispensation - the second part, as it were, of The Experiment - we can be in the body and Upvibrate, Upvibrate, Upvibrate all the way to HU and What's HU? The First Manifestation of the Lord, God.

"You mean It's come full cycle?" Yes, It has.

"And where to do we get this Opportunity?' Right here, folks in the body!

"When's the time?' Right now!

"So, really, you're Celebrating the Birth of This Movement. Of the Movement of the Christed Self to Complete Itself Completely. ... "

"We talk about the Birth of the Christ - we're talking about the Birth of Souls Knowing that They *are* the Living God, that They *are* God in Manifestation, not as a wonderful thought ... but through Their Upvibration, through Their Experiential Learning brought about on the Bhakti Path Of The Sound Current, On The Path Of Soul Transcendence.

"That's how we do It, folks!"

"Well stop with that."

The Satsang was followed by 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's Scholarship and General Funds, followed by celebratory treats.

The time together was en-Joyed by all.