



Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies **April/May/June 2024**

COVID-19 UPDATE The Home Center is OPEN!

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

Home Center New York City

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"Peace On Earth!?!?: Where? How? When? - A Participatory Satsang" (MP3 A317)

Dr. Lane began the January Satsang by saying, "I want to talk a little bit about probably the ultimate in importance in living in this world, both individually and collectively. And I guess it's a Christmas song ... 'let there be Peace on earth ...' ... I want to talk about how do you do That? What is Peace?"

"I'm sure you know - given the situation in the world today—that there is a whole lot of learning about what not to do. Basically, there's always kind of a binary kind of a situation that goes on: one side says the other's wrong; the other side says the other one's wrong and you get this complete vilification and you get a complete hatred ... regarding the 'other' as an enemy ..."

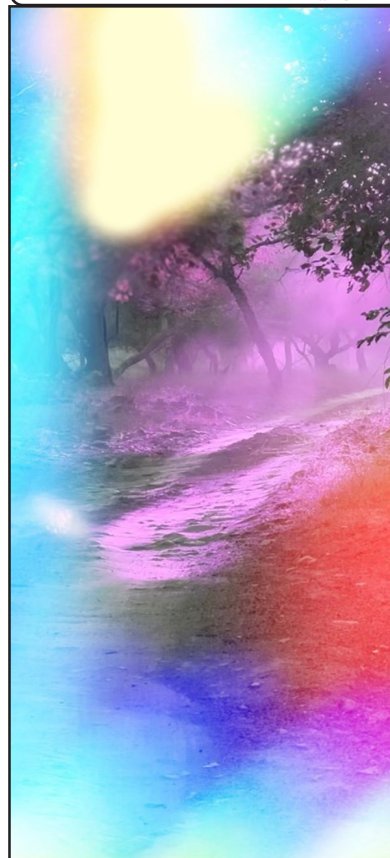
"And it's all based on, obviously, a misidentification as yourSelf as ego. ... The Teachings Teach us ... we don't try to get rid of the ego ... What we do is we use it properly and proper use of the ego is In Service to Spirit. ..."

Continued on page 3

"History: Continuation? Graduation? Fascination? - A Participatory Satsang" (MP3 A318)

Dr. Lane began the February Satsang by saying, "I want to talk a little bit tonight about something that really doesn't exist and that's 'history'. And we all have quote 'our personal history' and there's

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"And much of What The Teachings Teach us has to do with how we affect one another. ... we affect everything in the Inner Worlds. ... If we're out of our Integrity then we've affected all of Creation because we're at the Apex of It. ..."

-Dr. Roger B. Lane,
January
2024 Satsang
"Peace On Earth!?!?: Where? How? When? - A Participatory Satsang"

"How Is Your Cellular Service?: A Participatory Satsang" (MP3 A319)

Dr. Lane began the March Satsang by saying, "I'm not going to talk about, despite the Title, you get a better deal at—Mobile or Spectrum or Verizon ... That's not the cellular service I'm talking about. So What am I talking about? Well, I'm talking about 'when the eye is single the body is a Light'. And That means that What animates us, obviously, is *always* the Soul or the Spirit. And when the Spirit

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The Teacher's Birthday Satsang And Celebration 2024

On February 25th, 2024 Initiates Of The Sound Current On The Path Of Soul Transcendence joined Our Teacher in-person at the Home Center and via teleconference for the Celebration of Our Teacher's Birth.

We began by Calling in the Light Of The Most High and enjoying food Loving prepared by Initiates Who are very talented cooks and bakers.

After a short Meditation, Our Teacher began The Teacher's Birthday Satsang by saying, "I want to talk a bit today about What the Birthday is; why we even Celebrate and What are we giving Birth to. And I want to start a little bit by giving a summary of the New Dispensation—yes, described in The Human Story—but I want to reiterate It because It bears repeating and repeating and repeating.

"We know that Souls—They're created from God out of the Same Material, out of the Sound Current, as it were, of the Holy Spirit. 'In the beginning was the Word, the Word was with God.' Souls were with God. They were Given the experience of God's Creation and Souls used their Free Will to choose other than into the Spirit They are and karma got created so we had a separation ..."

"They're still One with God but ... Souls have lapsed into forgetfulness with the karma ... layers and layers of forgetfulness and separation. ..."

"So God in His Mercy and His Kindness has sent a Way to Return. And, as Souls, what do we do as Initiated Souls but we trace our way back ... through the Levels or the Frequencies of God? And we do This by following the Spiritual Instruction Given at the Time Of Initiation.

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The Human Story

Dr. Lane's New Book!

Understand the Spiritual Evolution of Mankind!

Available on Cosmos Tree & CRASS web sites & at the Home Center!

Online On Amazon, Apple, Barnes & Noble and More!

Paperback & Ebook out now! Coming soon in Hardback!

GIVE THIS MOMENTOUS BOOK TO YOURSELF, FRIENDS,
FAMILY AND COLLEAGUES!

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!

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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 Apr. 14; May 12; June 9

Sun 10:30am Apr. 28; May 26; June 30

Special 2-hour Meditation

Meditation For Health And Well-Being

East Side (Home Center):

Tues 8:45pm Apr. 16; May 21; June 18

*Meditations are available 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!

"More (Or Less) On The Ego: A Participatory Satsang"

(MP3 A320)

April 3, 2023

6:50pm ET

"Conflict Resolution Made Easy: A Participatory Satsang"

(MP3 A321)

May 1, 2023

6:50pm ET

**TBA
(MP3 A322)**

June 5, 2023

6:50pm ET

**Satsangs
by Dr. Roger B. Lane**

Listen to Our Monthly Podcasts!!!

cosmostree.org
spiritcentral.org

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

**May 5: "Applied
Mathematics: The Sum
Total Of Your Sorrows, Fears
and Worry - A Participatory
Satsang" (A189)**

**June 5: "Are You Being
Steadfast?: A Participatory
Satsang" (A302)**

JOIN US FOR OUR SUNDAY EVENTS!

SUNDAY PROGRAM

Apr. 14; May 12; June 9

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

Tools For Living Free Reading and Discussion: 12pm ET

Apr. 14: **#78 The Spiritual Reality Of Mankind**

May 12: **#79 More On Love**

June 9: **#80 The Spiritual Reality of Mankind – Part II**

Apr. 28; May 26; June 30

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

Video/DVD Showing and Discussion: 1pm ET

Apr. 28: **V16 What Is The Theology Of The Path Of Soul Transcendence?**

May 26: **V17 What Are The Teachings Of The Path Of Soul Transcendence
And How Do We Use The Teachings?**

June 30: **V18 Surrender And The Path Of Soul Transcendence**

THE TEACHINGS STUDY GROUP

Apr. 14; May 12; June 9 | 3pm ET

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

Apr. 14: **"Peace On Earth!?!: Where? How? When? - A Participatory Satsang"**

May 12: **"History: Continuation? Graduation? Fascination? - A
Participatory Satsang"**

June 9: **"How Is Your Cellular Service?: 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*.

Spring Semester

Everyday Evolution II

10 Meetings, Wednesdays, April 10 - June 26, 2024

(No Class 4/24 and 5/29)

Given by Dr. Roger B. Lane

LEARN TO LIVE IN POSITIVE NEUTRALITY!!

Fine-tune your Self-Talk

Move Deeper into Surrender

Live in the Oneness of the Spirit you *are*

Live in Neutrality

Payment: \$62 and additional payments of \$31 for Classes 2 - 9 or
\$300 for Series if paid in full when registered for Students enrolled
in a Degree Program of the Seminary or \$63/\$31.50 /\$310 for all
others. All payments are nonrefundable and nontransferable. Please
make checks payable to CRASS. For more information call Registrar,
Amy Blank at 708-846-1031 or email info@spiritcentral.org.

"So when you're Practicing Peace and Living in Peace you are automatically Practicing Proper Identification with yourSelf as Soul, as Spirit. And when you Know That you're a Soul and that you're Spirit there is no such a thing as 'other' because we're all One and the Same. We all live in the Oneness of the Holy Spirit or of the Sound Current; we're Souls.

"But in order for That to happen because we know ... what you can't accept within yourSelf gets projected onto 'others'. But let's take it in a ... larger framework ... if we can't accept that Spirit is *within* and that God is *within* ... we're going to project That onto 'others'. In some cases, it's only Jesus The Christ or only this figure or only that figure or only 'god in the heavens' is as That and so we've created a separation. We've created a spiritual separation.

"Of course, many of us as Initiates ... we're dealing with the incorporation of ourSelves into ourSelves, into the Knowing of ourSelves as Spirit. We're incorporating That ... that we *are* Spirit, that It's here and now. ..."

"And it's interesting, too; not only are both sides vilifying the 'other' but they also want to continue doing exactly what they've done before that hasn't worked. ..."

"And so what we need to do is we need to stop doing what we've done before and be willing to take a risk ... Begin to at least, 'OK. I don't know what's going to take the place of this but we're not going to do this anymore' and see what develops. But the focus always has to be on a solution ... going for a solution ..."

"There's so much of this vilification, of canceling out the 'others' that the points that are being raised never get looked at ... We never get to determine, 'hey! is there something to it?' ... But we can't do that if we're constantly vilifying the 'other' ..."

"But it's the same thing within ourSelves. Am I busy placing judgment on mySelf? Am I completely seeing God or Spirit or The Teachings or The Teacher as something 'other' than I? Am I proceeding as if I'm 'all alone' and ego-based? And am I striking out or am I Surrendering to the Spirit within? ..."

"And much of What The Teachings Teach us has to do with how we affect one another. ... we affect everything in the Inner Worlds. ... If we're out of our Integrity then we've affected all of Creation because we're at the Apex of It. ..."

"But it's more than a trickle; it can be a volcano ... whether it's not keeping a Commitment; whether it's not being truthful about something; whatever it is, it all ricochets through the Inner Worlds. ..."

"The Teachings Teach us Ahimsa is more than just refraining from eating living vegetables or so or not killing a bug. It also is the Awareness we're all One in Spirit and that we affect everything.

"And many of us walk around kind of feeling like we're powerless. We don't think we affect others. We don't think we have any power ... and so the power's always projected out there, whether to a government figure or a leader or a doctor and we don't take the authority for ourSelves. ..."

"And to Live in Peace we need to take the Authority that we *are* Powerful and that what we do does affect 'others' and we have the Opportunity and the Choice ... to Practice Proper ID and to Know ... the seemingly 'other' is just an illusion. The enemy is just a projection of what we haven't accepted in ourSelves and have judgments on. And we need to make the enemy our friend. Not just the outer enemy but what we perceive as the enemy within us.

"What we haven't accepted we need to become friends with that. ..."

"And my question to you is, do you really think that if you have no enemies within yourSelf, if you've really made friends with all parts of yourSelf and are in Acceptance, that you will have any enemies out there that you will go against? I don't think so. ... Practicing Proper ID is really the Way to go. ..."

"Peace isn't the absence of war. It's a very Active state of being in Alignment and Attunement with the Spirit you *are*. ... Because inside mySelf I have the Respect and the Devotion to the Spirit I *am* and I recognize It—Same Spirit in me as in you—so how can you possibly be the enemy? ..."

"... if you take a look at what's happening now in the world none of it has its cause in present time; it's all karma coming back. And to Me, war is the most horrible of all things for the simple reason that what you 'loose in heaven is loosed on the earth'. And it's going to come back and it's going to come back. It may come back a thousand years later, two thousand years later but oh! it's going to come back. And we're just creating this vicious, vicious cycle.

"And isn't that true for us individually, too, when we choose to enter into karma, into negativity? What happens? ... We're just creating more karma that we're responsible for. ... And we have to come back around and pick it up. ..."

"And it's very, very important to Practice What The Teachings Teach us

of Blame-less Responsibility. Yeah, I'm Responsible for what I hold in my consciousness. If I hold anger; hate; scorn, I'm Responsible and it's going to come back around and I'll need to pick it up in the future. Why do that? ..."

"And when we Live in Peace we Live in Acceptance. We Accept that each Soul *is* Powerful and we're Powerful and we have the Power *within* us to determine what's called 'the future'. Individually, we do it by where we place Our Focus; where we place our choices, etc.; whether we wish to deny ourSelves as Soul, as Spirit or whether we wish to affirm It and Practice Proper ID.

"The Teachings give us the Wonder-full Tool of Eternal Vigilance and also of Giraffe Consciousness so that we're always monitoring ourSelves or Choosing into the Spirit we *are* ... Practicing Proper ID.

"And when we Practice That then guess what? We don't have to do anything about anybody else or anything else. ..."

"So if I'm willing ... to stop my negativity, I don't have to know what's going to take its place. All I have to do is be at Spirit, at That 'Place' and Allow It. ..."

"If I refuse to fight you ... it's because I know I'm just fighting mySelf. I'm going against the Spirit I *am*. Why do that? ..."

"And ... when we persist in ... our fighting and in our anger and in our agenda ... we're ... creating a lot of karma. ... a lot of disequilibrium in the Inner Worlds. ..."

"And to Me the Key to it all is the simple Knowing—not as a nice expression at Christmas time, not as a nice churchianity lingo or jargon but in the simple everydayness of our lives—is that we are all One. And if we're all One, how can I go against you? ... Even ... on an individual level (if I) hold anger against you; am scornful towards you; hold judgments on you, it all comes back to me. ..."

"Yeah, we know that the cosmic mirror exists in the etheric plane and so that whatever I see in the mirror I've created it but, because of how it sits, I don't remember that and I don't remember that and I don't remember that I am that powerful and that I created that. ..."

"But as I Lift and Grow and become more Responsible I get to see that whatever's in the mirror is mine. So whatever the 'enemy' is that's me. ... I'm my own enemy. And so I'm going to make friends with the 'enemy' and I'm going to make Peace.

"And God in His Kindness and His Mercy He gives us a Way. And we Know that Peace is 'as the above, so the below'. That means that in Spirit—the Above—we *are* Souls. And so in the below—on this planet—we need to Know That we *are* Souls and That we are to be Established in That Realm, in the Soul Realm.

"And so on an everyday level What do we need to do? ... we can ... direct our Focus into Spirit ... Practice Eternal Vigilance; Practice Giraffe Consciousness; keep Our Commitments; speak The Truth. ... we need to ... move into the Love because That's What God *is*. And 'Peace on earth, good will towards men' What is 'good will'? Good will is God's Will. What is God's Will? Obviously, It's the Movement of Souls back to Whence They came, back into the Godhead. ..."

"Anybody can start—Initiate or not—by just Choosing into the Spirit They *are*; Choosing into other than negativity; Choosing into other than fear and doubt; Choosing to see quote 'the other person' as a Soul, as Spirit and that They are the Same Spirit, made of the Same Material, the Holy Spirit or the Sound Current ..."

"And to live in the Oneness of the Holy Spirit. ..."

"We all come from the Same Place; we all are of the Same Material; we all are going back to the Same Place.

"What's your problem? What's your problem?"

"And the problem is *within* of Accepting just how Wonder-full and how Magnificent we *are*. Let's Practice Blame-less Responsibility and be Responsible for That and ... for the Knowing and be Responsible for Living accordingly and treating 'others' like That! ..."

"Remember to 'Love Your Neighbor as Yourself' ... because he's you. Real Simple. ... We all live in That Oneness of the Holy Spirit and That's What we're asked to do and That's how we have Peace on earth. ..."

"And we do It at *each* moment, *each* moment, *each* moment. ... And we need to make sure we're Practicing the Presence of God and we're Practicing Living as the Spirit we *are*.

"It's real simple.

"And we'll stop with That."

An Enlightening Question-and-Answer Session led by Our Teacher followed the Satsang.

collective history, etc., etc. ... But why doesn't it exist?

"When we talk about history what are we talking about? Something occurring in time and space. And we know from The Teachings Of The Path Of Soul Transcendence that when we're involved with time and space what are we involved with but ego, the false self, the illusionary worlds.

"So that when we run our history, as it were, what happens? We're just referring to ourSelves falsely, to the part of us that really doesn't exist. Not to the Eternal Part in us, not to the Part in us That's True, That *is* Soul, That *is* Spirit. But we're really talking about the karmic record of ourSelves as a Soul.

"And we know also that when the Soul has been permanently Established in the Soul Realm, there's no record of ever having been here. The karmic record is cleared. There isn't any karma. ..."

"So that's the reality of it.

"We can also approach it from the simple point of view that there's no such thing as time. ... we're referring to our psychological self or the self defined by ego and we know, once again, that that is the false self. ..."

"And we are so engrossed with our story, with our history of how this came to be ... all sorts of takes on it ... But The Teachings Teach us how to Live in Grace.

"And we know also that God is a Respector of our person. That if we choose to focus into our history that that's what we get.

"If you'd like to live in Grace, Which means Being Present at *each moment* and, of course, if you're Present there's no history. And I've mentioned this a few times; I don't mind mentioning it again. Those of you who've read the Don Juan Series—the Castaneda books—the training is on this person's being *entirely* present and shedding *everything, everything* that he identifies with.

"And yet the trainer was wise. And he knew that this person who had an intellectual bent, actually was an intellectual, he needed something to revolve around, something to hang onto and so he let him keep his notebook; he let him keep his notebook. That was the thing the guy's consciousness held onto until it decided 'OK. I'm going into my freedom. I'm going to be free'. Alright.

"And, similarly with us, we kind of operate the same way. But the difference was that that character, he took the Opportunities to shed; to shed; to shed; to shed; to shed all the attachments, all the stuff he was holding onto, all 'his history', as it were. Because that's what the training was all about: to be devoid of your history.

"I'll use Myself as an example. My name is Dr. Lane. I come from a certain kind of a background; I went to certain schools; this and this and this ... happened to me in my life. Not one of them will tell you Who and What I really *am*. Nothing external will make a statement about, really, Who you *are* as a Soul, as Spirit.

"It's interesting, when I wrote the Book, the last Book, The Human Story—I really Suggest you hang out with It over and over again and really integrate It and integrate It into your life and Understand more about This Path and What you're doing. Yes, and give It to friends, acquaintances and your enemies and let them hang out with It! At least they'll get the Frequency and the Blessing of a Light Initiation. ...—"

"I wrote the preface and I told seemingly why I came to write This Book and how I got interested in Spirit, etc., etc. And several people came up to Me and said how much they loved the preface ... I always have ... the same reaction ..., which is ... 'Oh, that's really interesting' because I didn't share the real Inner Truth because That wasn't to be divulged ..."

"But the Real Me still wasn't being Known and that's because I gave them history. ..."

"And many of us we're fascinated by our own history and we love to measure how far we've come. ... but you're still measuring the false self. Why are you measuring the gains of the false self?

"If you say, 'yeah, I used to allow Spirit to enter my life very, very seldom ... but now I'm doing so much better; I really allow Spirit much more' but who's the 'I' that you're referring to? Is that really true or is that your perception? You might have been allowing Spirit more when you were struggling and seemingly having a difficult time. You've just made an evaluation and based on that evaluation ... you're constructing a whole reality. ..."

"... when you look at 'history', Who writes the 'history'? Well, the victors write the 'history'. You take a look at the Bible, who wrote the Bible? Well, the orthodox followers did. The ones who won out. The doctrines that won out. ... They're the ones that get to write quote 'the history'. They get to write the quote 'the truth'. They get to write 'what happened'. Yeah, but did it?

"So we have 'our history' based on what the false self has done, constructs by and of the false self and we don't really have a true way to evaluate. And we also know if we're busy subjecting ourSelves to the Truth of Spirit we have no time to evaluate. We have no inclination to evaluate. We're just Present. We're just Present. ..."

"But when we talk about 'history', what are we talking about? Something in the past ... that's gone. You're not the same person. The cells in your body have changed. They change; God Knows how quickly. The atoms in your body, they may be whirling around in different patterns. The consciousness you're working on, the Levels you're working on, etc.—They're all changing. Hopefully, you're Lifting and Growing, etc., etc. What are you doing going back and denying that we're *always* evolving? We're *always* changing. We're *always* Dancing as a Soul, as a Spirit. And we want to hold ourSelves basically fixated or we want to give ourSelves a reference point.

"But even if ... we want to ignore that that's a reference point of the false self ... we're referring to something that occurred when we were under and with a certain karma. You don't know if you're still under that karma. You don't know if you've Progressed through it. And those Souls that do ... they don't care. They don't care about past reference points. They don't care about 'how far they've come' in quotes. ... All they wish to be is to be with Spirit, to be with God, to be in the Inherent Truth, in their Integrity of themSelves.

"So all these reference points about history, it's a form of striving. It's an ego's thrust. It's the thrust of the ego. ..."

"Let's take ... 'I used to resent the Spiritual Progression and now I'm OK with It'. Well, no, you never used to resent It. You were allowing the basic selves and having an experience of that and what they do ... Now, you have distance and separation. You've Learned to work with your basics where they're not driving the car, so to speak. ... And you're the traffic cop. ... And you have that distance ... and you're learning mastery with them. ..."

"Basics Lift and Grow and they become conscious selves. ... So it's very important that we work with our basic selves. And that is what helps Our Progression—we get their cooperation, etc., their wonderful, wonderful energy. They've got lots of good stuff, a lot wisdom, etc. They're not something to be approached as against you or something to push away or restrain. They're energy to be used in cooperation with Your 'eye being single'. That means Focused on the Spirit That you *are*. ... And when you do That you help them in their progression as well as helping the Soul's Progression.

"And it's interesting, we talk about the Soul's Progression ... it's not that the Soul Progresses and Graduates, etc., etc. It's rather that It already *is* and It's in the process of Its Fulfillment. ... So Spiritually It's already at the 15th grade, let's say, and your job is to work it, work The Teachings, work the Initiation, work your focus, be the traffic cop so that the Fulfillment to the 15th grade happens. Because, obviously, you can't be more than It *is*. It can't be more. It already is.

"See, now even with this Wonder-full Book, The Human Story,

leaves the body, when our Soul leaves the body, within a half hour or so we have what's commonly called death, death of the body.

"So underneath everything is Soul, is Spirit. Alright. What animates the body is the Light Of The Most High God or God or Soul or Spirit.

"How are we in Service to That and, also, are we Allowing clear reception? Are we Receptive? ..."

"... as people we tend to ... go outside of Our Knowing, outside of Who and What we *are* and we think we're taking a shortcut. ... When you Work It via Grace, what happens? The karma is handled; you get the Learning that's needed, etc. Otherwise ... you have to get the Learning karmically, which takes a lot more time and a lot more effort. So, in the long run, you're making it hard for yourSelf. ... But why do that? ... if we can get the Learning via Grace why not take That?

"So we have cells ... in our body. And it's the housing for the Spirit we *are*. But yet that body is completely dead unless it's animated by That Spirit, by the Soul That we *are*.

"But what do you think happens in our daily life? Unless we're Allowing ourSelves to live as the Spirit we *are*, we're really walking around 'dead' ... literally, at the Time Of Initiation ... the Soul is Sparked Awake. And It begins Its Process of Waking Up, becoming more and more conscious, being able to be alive on the Frequencies That the Soul Lives on, on the Levels. You get this Wonder-full and Glorious Process of The Spiritual Awakening.

"And The Teachings Teach us that we're always at Choice. ... You get to vote. And your vote counts. And you can either vote for Grace or vote for karma.

"See, but the nice thing is that the election is rigged ... in the sense of hey! you'll always be Loved regardless of your choice. But depending upon your choice ... your awareness of That Love changes. Choose into Grace—well, you're in That Love. ... Just like when we sit in Simran and Dhyana and we do Dhyana *exactly* as Taught, What are we doing? But we're Riding the Sound Current. ..."

"When we choose other than That, whether it's in Simran and Dhyana or in our everyday life, when we choose into karma, we're choosing into, really, 'death', the seeming separation of ourSelves from the Spirit we *are*, from God, from the Blessings of Who and What we *are*, from receiving on a cellular level That Which we *are*, That Which animates us. And we're interfering with the cellular reception. ..."

"... we come up with ... great reasons ... to choose into karma/ other than the Spirit we *are*. We love that and it's so attractive. It has a magnetic quality to it. And lots of times ... we can't distinguish it from the real thing because we're so ... identified with it.

"When we work with basic selves and we start to have a dialogue with them; start to do Self-Talk and start to be a really good and Loving traffic cop with them, we start to get distance from them in the sense of we have Neutrality. We don't allow ourSelves to be pulled into their stuff or anything else like that and we have separation in a good way.

"We're not ... all entangled with them. And The Teachings Teach us that one of the signs of karma is entanglement. So we have this entanglement with our basics so you know we're going to produce and keep producing karma until we start following The Teachings, doing Self-Talk and getting separation in the good sense of the word and, as it were, growing up, being mature. We can then exercise choice.

"But even our choice into being all entangled with basics is a choice. ... we always have power as an Initiate to what? 'Let me get good cell transmission!' 'Let me get a clear signal!' You want to get clear. ..."

"Keeping clear, Choosing into the Spirit That you *are*—It Allows the Spiritual Flow from the basics to the conscious self and then you can decide. Otherwise ... the basics are going to do whatever they want to do. Of course, their job is to keep you reincarnating and you'll keep making the choice into less than

What you *are* and there'll be static: 'Oh, there's lots of static on the line.' ..."

"If you work it as an Initiate ... you get above the static and you have Clear Reception. Remember, it's working it as an Initiate. ... In the Process ... you're Lifted above it so that you don't even have to deal with the static; you don't even have to deal with the negativity.

"All we need to do is ... Focus and be the Spirit That we *are*. Real simple. ..."

"And we know that our bodies, they vibrate; all the organs vibrate; everything vibrates. And when the frequency drops ... so does the health of that organ. It drops and it doesn't vibrate as it ... is to do in health and then you get disease.

"Of course, dis-ease is exactly what happens when the ease of the Spiritual Flow is interfered with. You get dis-ease. If the Spiritual Energy isn't coming on up to the conscious self ... That Energy's got to go somewhere and It's going to ricochet ... create all sorts of things, all sorts of things. ... it's going to create growths, tumors, etc., bounce around in there.

"Not a very Clear Reception. And it's an out-picturing of not having the wherewithal or not willing to take Responsibility for the fact that you *are* the Creator. ..."

"And isn't this the whole thing with our approach to Spirit until it's not? We think Spirit's 'up there' and The Teachings are 'out there' ... and so we fight and we fight and we fight. If you Walk This Path and you Walk It *exactly* as Taught and you do your Simran and Dhyana as Taught you can only come to one conclusion and that is 'Tag! You're It!' So you're It. You *are* That Light Of The Most High. You *are* the Living God.

"And in That Wonder-full Book called The Human Story That talks about the New Dispensation, The Christ, Jesus comes in, enables Souls to be able to go into the Soul Realm, to be Established into Eternal Life. And Jesus The Christ said, 'I shall Return'. ... And why is He Returning? Because there are Twenty-Seven Levels beyond the Soul Realm to HU—the First Manifestation of the Lord, God—and He's Returning to make That available. And He Returned in What's called the Traveler Consciousness. Those Twenty-Seven Levels, Frequencies ... They're in you as well. And so that Traveler Consciousness—just like the Christed Consciousness—is in you. ... And now you have the Opportunity that *while you're in the body* to go beyond the Soul Realm and on up to HU.

"Before, when a Soul entered the Soul Realm in the body ... generally, They had to leave the body and continue with the ETC or the Eternal Traveling Consciousness in the Worlds of Spirit. Now we're Blessed to be able to do It on this planet *while in the body*.

"But all that means that we need What? We need to have Reception. We need to have Receptivity.

"When you come to the Center for Meditation Of The Light Of The Most High you're asked to go to the Place of Receptivity, the Place in you to Receive the Light Of the Most High ... In other words, you're asked to be yourSelf.

"Not yourSelf as your identity in this world ... but your Eternal Identity ... as Soul, as Spirit, as a Traveler.

"And aren't we all travelers with a small 't' as well? Aren't we all just traveling through these environs? We're all just travelers. And we're Travelers with a capital 'T' Spiritually because those Twenty-Seven Levels are *within* us as well.

"So we need to keep ourSelves Clear. We need to be a Nazir. We need to *always, always* be On Point; Choose Spirit, Choose Spirit. Yeah, it's very attractive to get into our attachments ... But just like when we sit in Simran and Dhyana at the Upper Part Of The Third Eye, yeah, we're going to drop but we always Return, Return, Return, Return, Return.

"And isn't That What we're doing but we're Returning back

"Until The Christ, Jesus came into the world, Souls could not Rejoin, as it were, or Enter into the Soul Realm. They were in limbo. The Christ, Jesus comes, Demonstrates through the Resurrection Process the Coming Together—that we have to rise in the Soul Body and rise above 'death', physical death of being in the body here and being crucified by time and space, that over-identification, etc., etc.

"So The Christ gets physically crucified; Demonstrates the Resurrection Process; and upon His 'death' the Christed Consciousness is Distributed so It's in all Souls. It's Distributed to *all* Souls. This is crucial. Why? Because with the Christed Consciousness, Which is your will and God's Will One and the Same, then it becomes possible to What? What is God's Will but that you be Home with Him. It becomes possible to now go to and maintain and Enter into the Soul Realm, into Eternal Life Where you're no longer subject to karma and reincarnation.

"You've Entered into Eternal Life.

"We know there are Twenty-Seven Levels or Frequencies beyond the Soul Realm. The Dispensation now—What's been Given Birth now—is the ability to Travel through the Twenty-Seven Realms to HU—H-U, the Level of the First Manifestation of the Lord, God. And we can now do It *while we're in the body*.

"So That Frequency has Entered the earth plane and That's What's being Given Birth.

"Because of mankind's choices into karma, it's created, as it were, separation ... And what does man do but we live with that illusion of separation and of 'death'.

"Remember What's said in John. ... 'I'm in the Father and the Father is in me'. Ain't no difference and ain't no separation. If you look at It objectively, God's the Great Oversoul. He *is* the Sound Current. He *is* the Holy Spirit. We are created as Souls out of That Same Material. We're the Same Thing. ..."

"And in our daily lives, What do we need to do but we need to live as a Nazir. What's a Nazir? A Nazir is ... On Point. He's always aware of himSelf as Soul, as Spirit, always Chooses into That. ... He's taken on the Responsibility of Being a Soul.

"And it's interesting. He's taken It on *consciously*. See! That's the Key. ... So if you're ignorant of the fact that you have That Responsibility you're still Responsible. It's not an excuse. You're not exempt. ..."

"And if you have fallen prey to an excuse, a Nazir Learns from it. You recover and you go back to The Focus. ... You get Present. You don't dwell on all that negative stuff. You don't dwell on the past ..."

"You need to be Present so we take the Learning and we move on.

"And one of the nice things in This Dispensation That I Bring to Birth ... is there ain't no guilt. You haven't done anything wrong. ... And another thing is there ain't no shame. ... in This Dispensation there's nothing ideal. We don't have Jesus The Christ ... against Whom to measure ourSelf. Because He said, 'That Which is in Me is in You, too'—... the exact opposite of what we're taught. ... You have to take Responsibility because What's in Me is in You, too. Ain't no difference. ..."

"So What's being Birthed now is that whole ... sensibility and also the Ability to Progress beyond the Soul Realm and go through the Twenty-Seven Levels to HU and That's Monumental. That's Monumental.

"And, you know, if you'd like to give Me a Birthday present, yeah, Live The Teachings *exactly* as They are to be Lived. Do Simran and Dhyana *exactly* as Taught.

"And, also, to give you a little MO. A few things really stand out. One is that in this world that's kind of full of destruction and death and decay ... I'm asking you that in the face of this destruction and this negativity to Practice Devotion. ... We are Devotees of God. We *are* Lovers of God. ... by Knowing and Being as the Spirit we *are*.

That's how we Practice Devotion.

"And by Being a Nazir. Am I following The Teachings as Something *within* me, not something outside that's imposed. Something *within* me. And am I Allowing the Expression of mySelf as Soul, as Spirit and to be in That Love and Loving?

"I am also asking you to have Compassion. But What does Compassion mean? It doesn't mean 'aw shucks, ain't it awful that happened?' ... that's judgment. ... Compassion is Understanding and Knowing that 'OK. We're here and we're worried And full of doubt, etc., and underneath that is fear'. And because of the fear what have we done? We've cut ourSelves off from Spirit. It's not that God has expelled us from the Garden of Eden ... just the opposite. But we've expelled ourSelves ..."

"We've made choices and exercised our Free Will ... away from the Spirit we *are* into karma, into negativity and we've kicked ourSelves literally out of the Garden.

"And God in His Kindness and Mercy ... 'hey, This is the Way back to the Garden' ... in Reality ... you've never left the Garden. [When] We go to the Upper Part Of The Third Eye we rise above the thoughts and the feelings because our identification with thoughts and feelings, that's what's blinded us. ..."

"So ... Compassion acknowledges that hey! people are full of worry and they're full of doubt based on fear and Compassion takes the form of Kindness, that we be Kind to one another. Remember that The Teachings Teach us that we're all the Same Kind. We're All Souls so we need to be Kind. ..."

"So we need to be Compassionate in the form of Kindness.

"And the third thing I'm going to ask you to do is to be Courageous. Yeah, it takes Great Courage to see the Face of God. Courage is Knowing that you're in God. 'I'm in the Father and the Father's in me'. There's no separation. God lives in us as us.

"If you have That Knowing and that literal point of view of that 'hey! I'm in God' then guess what? There's nothing to be afraid of because ... you're afraid of yourSelf. So be Courageous! That's very, very important. Devotion, Compassionate and Courageous. ..."

"Remember It goes hand in hand with Kindness. And with Devotion. And isn't that a Nazir? A Nazir always has the Courage to be himSelf regardless of the circumstance, ... regardless of His own inner resistance. And He's always aware that He's a Soul and that It's the Same Soul in Him as in everyone so there's Kindness. And He's always Devoted to the Spirit that He is. He's always Devoted to God.

"So if you want to give Me a Birthday Gift—and I love Birthday Gifts every day of the year—Devotion, Compassion, Courage. It's a Wonder-full, Wonder-full MO.

"Remember the Nature of Spirit is to Give. And you *are* Spirit. Those of you who walk around limiting yourSelf, limiting what you give, etc., you need to flip that around as well and just be Giving as the Spirit That you *are*.

"We'll stop with That."

The Teacher's Birthday Satsang was followed by the Sacred Washing of the Feet. In response to some sharing afterwards, Our Teacher further Reminded us: "And we Know that 'the Peace That Passeth All Understanding' is when the above is as the below or when you're in the Spirit *while in the body*. So the above is as the below and the below is as the above. They're All the Same. ..."

The Washing of the Feet was followed by the presentation to Our Teacher of the Group Gift from Our Teacher's Initiates—Donations to Center For Religion And Advanced Spiritual Studies (CRASS) to go towards Publications and to the General Fund.

The Celebration continued with more treats prepared by those very talented cooks and bakers.

Fun was had by all.

it's not that the Soul is going to Progress to more than What It was able to before or more than It *is*, as it were. ... But, rather, yeah, It's going to be Fulfilled to What It *is*. ..."

"That's the Key. It's always in Fulfillment of Itself. It's Fulfilling Itself. Can't be more than It is because It's God. ... It's One and the Same ..."

"And the Part of God Focused on maintaining Those Realms above the Soul Realm, etc. (is) called the Traveler Consciousness, That's in Each and Every One. That's in Each and Every One.

"And there's Someone here That Holds That Frequency.

"The Christ, Jesus ... was also a Traveler. ... He was able to Hold Those Frequencies above the Soul Level but It hadn't been Activated yet. Souls couldn't go With Him; They could Enter into the Soul Realm. That's What was permitted at the time. Now Souls can go—whether in the body or not—to HU.

"But the point is that It's all One and we're all One. ..."

"There's this lovely verse in the Bible ... 'I'm in the Father and the Father is in me'. Now stay with That! ... The Teachings Teach us that God lives in us as us. ... We're One and the Same as God. Find a history with That Truth. How can there be history with That? 'I'm in the Father and the Father is in me'. It's all concurrent. It's all going on now. The Alpha *is* the Omega; the Omega *is* the Alpha ... It's all going on now. There ain't no history because there's no dropping off into the false self, into time and space. Because if you do that then you deny That Truth that the Father is in you and that you're in the Father. ..."

"So I Lovingly Suggest that when we find ourSelves attracted to our history—it's in time and space and it's part of the karmic fields—it's going to be magnetic so it's going to have an attraction ... just like ... all of our emotions. ... we're very attracted to them and it's so easy to go down that road; thoughts are, etc.—they're all magnetic.

"So that when we find ourSelves attracted to history we need to just Let Go. ... we Let Go; we Let Go to be Present, into the Eternal Oneness, into the Truth of Spirit. ..."

"There is a Special Dispensation with This Path That I'm Blessed and Honored to Bring Forth. And That is that we start (Simran and Dhyana) at the Lord, God. We start at the Upper Part Of The Third Eye. We're at the Lord, God *immediately*. We don't need to build up our power to get There, as it were. ... But we're right There. ..."

"That That's all we need to do. To be right There ... without history, without a story, without anything. ..."

"... the mind will be bored because it has nothing to cogitate about ... The mind loves that stuff. It loves to analyze; it loves to have a problem that it can 'solve', etc. ... all these little points of time. It loves to see 'progress' and makes comparisons. Because the mind is of the false self and wants to deny you the Spirit That you *are* but, really, only as strengthener ... and that's its purpose. It wants ... to be in charge of your consciousness.

"You as a conscious self, though, and as an Initiated Soul you are to Choose into Spirit; into the Oneness of God, of Spirit; Know that you and the Father are One and the Same! You/The Teacher/The Father: All One and the Same. The Inner Master/The Outer Master/God/The Trinity—All the Same. All in You. All in us.

"That's the Power.

"That's the Power.

"And we need to be in Our Power Surrendering to That Simple Truth.

"If we run history, we've dropped. We run comparisons, we've dropped. If we've run 'how am I doing?' we've dropped ..."

"Our Whole Purpose is to be in the Oneness of the Holy Spirit, Which is Who and What you *are*, Which is What the Soul *is*.

"We'll stop with That."

to God, to the Spirit That we *are*? 'In the beginning was the word and the word was with God'. The Alpha *is* the Omega; the Omega *is* the Alpha. Anywhere around the circle is God.

"And because ... we've chosen away from Spirit when we were Given the Opportunity of coming to Know and see God's Creation ... then we started creating karma and started creating our reincarnational pattern.

"And God in His Kindness and His Mercy He's Given us a Way back. But we can't have the signals come through, as it were; we can't have those Frequencies come through if we don't have our ear towards the Sound Current, towards God; if we don't have ... our eye Focused on the Spirit That we *are*. ..."

"So, once again, the choice is ours and we have the Tools to keep the Reception nice and Clear and even if it's full of static we have the Tools to go above it.

"And we are that Powerful!

"But the bottom line is we're just Returning to ourSelves. That cell is just like the Soul, is God. ... Soul is the Same as the Oversoul or the Lord, God. That Reception is of the Lord, God. And we're constantly ... being Upvibrated.

"And in Reality ... we really are being Vibrated and really Held Into Being and really Brought Into Being by The Master. We're all vibrated by That. We couldn't exist without It. If That Traveler Consciousness, The One Holding It and that person, That Being—obviously, He's wise enough to Know What He's Holding, etc., but Knows that His body's distinct from That Consciousness

—but if That Consciousness were to leave without Its replacement, everything would fold. ... It's What Holds up and Sustains us. It's part of the Reception.

"We need to be Open to That. ... Because That is obviously Awake on all Those Twenty-Seven Levels all the way through HU. That Consciousness is *within* you and it's just starting to Wake Up ... but It's there. So It lies dormant or near dormant but It's there and the Waking Up Process *is* the Receptivity Process—Letting go; Surrendering; Being Open; Being Vulnerable to the Spirit That you *are*.

"And when you're open and vulnerable to the Spirit That you *are* ... there ain't no hurt, there ain't no pain in Spirit. But when we go to protect ourSelves that's where the hurt is because we're always back there in time and space, limiting ourSelves.

"And that just causes a lot of static.

"I just want to enCourage you to keep yourSelf Clear; keep yourSelf open; keep yourSelf Loving and keep yourSelf *always*, *always*, *always* Attuned and Choosing into the Spirit That you *are*. Because That enables you to Live as the Spirit that you *are* on the Levels That you're Awake on and, in turn, causes Upvibration, Upliftment, etc. ... on the Levels That you're not.

"So Your Progression is just completely, one-hundred percent Aligned with your Surrendering to Who and What you *are* and That's in yourSelves so you're just Surrendering to yourSelf, to the Spirit that you *are*.

"It's real simple.

"We'll stop with That".