



Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and The Center for Religion and Advanced Spiritual Studies July/August 2010

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"Technology For The Ages: A Participatory Satsang"

Dr. Lane began Our Teacher's May Satsang with an assignment: "Write down three to five technology things that absolutely fascinate and amaze you and [that] you think are [so] advanced ..." Answers included: "scanning technology"; "string theory"; "particle colliders"; "genetic engineering"; "cloning"; and "remote control", among others. "Do you notice that these things have something in common?" Dr. Lane inquired. "What are they?" Answers included: "they're man-made"; "they all involve invisible forces"; "when used properly they make our lives easier."

"What struck me," Our Teacher instructed, "is they're all external to us and here we are, once again, looking outside ourSelves for technology ... and I'd like to mention a technology no one has mentioned. ... and that is the Soul Body. ... How many of those inventions ... how many of them, as they say, can go to God? How many of them can know God *directly*? I didn't hear one of them that was able to do That ..."

"... and what animates the body is something called the Soul and the Soul Body. OK. And It is One and the Same with the Lord, God, OK? Because we live in the physical as a result of where we've placed our

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"How Was Your Reception?: A Participatory Satsang"

Dr. Lane began Our Teacher's June Satsang by calling in the Light of the Most High "because that's What we work with Which issues out of the Godhead Itself." Dr. Lane then asked us to do a Process: "Imagine yourself at a reception where you're being honored," Our Teacher said. "You're the guest of honor and I just want you to imagine yourself there. [Pause] And you're receiving a big big plaque honoring you and with this honor goes a large cash gift. And you exit to the applause of all the thousands of people gathered there. And, if you need it to be millions honoring you, make it millions." Afterwards Dr. Lane asked: "How was it for you being there? Were you able to receive the honor? Were you able to receive the acclaim? Were you able to receive the cash? Were you receptive to the applause? ..."

Dr. Lane then explained that one reason that Our Teacher chose the topic for tonight's Talk is that Our Teacher had noticed that "[when] a lot of people bless the food, it's like ... just performing some ritual ... and the inner meaning is not there. It's just something by rote or something they're supposed to do, something they feel obligated to do. OK. So I'll see the Light of the Most High sitting there and being around the Soul that's present with them but not incorporated into It and they haven't received the Upvibration. And that's part of what I mean when I say 'How was your reception? Have you received the Spirit? ... In order to be there to receive It, we have to be Present. OK. If we're focused on our agenda and the next thing we have to do ... well, we're always working from outside in and, of course, we're nowhere

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Retreat 2010: "The Simply SIGH RETREAT"

In early May, Our Teacher brought forward a beautiful weekend RETREAT for Initiates of the Path of Soul Transcendence. The RETREAT was attended by Initiates from around the country and from Mexico.

The RETREAT - titled "The Simply SIGH RETREAT" - helped those present to strengthen themSelves as the Spirit They *Are* and to commit/recommit to living as Devotees of the Lord, God thanks to the Grace of Our Beloved Teacher and to our own choice(s) to Allow the Gift of God's/Our Teacher's Grace by choosing to stay Present. During one "session" alone - the regular sharing of "gains", those present continually shared their Growth, Upliftment and strengthening into the Spirit they *are*. For instance, one of those present acknowledged being able to better listen to the Spirit (versus to anything outside of oneSelf). Another took the key step of choosing to surrender and then surrender some more re: growing in Love for Our Beloved Teacher, really for oneSelf. Still others gained via dreams that often pinpointed both where they were "caught" - i.e., in creating karma - and/or, more importantly, the gains they had made re: growing in their Love of the Lord, God, really themSelves, and that they may have, up until that point in the RETREAT, chosen to "forget." "Spirit goes ahead and makes sure you're okay," commented Our Teacher during one of these "sessions." "You just have to be Present."

"We're going to be making a lot of choices," Our Teacher emphasized at the RETREAT's start, "but there's only One Choice. ... The focus is on Loving God ... It's okay to be scared but don't believe your crap." Our Teacher then asked: "Why the name SIGH?" after which Dr. Lane noted that many of us sigh a lot. If something happens when we feel uncomfortable or we forget that we're Initiates of the Sound Current on the Path of Soul Transcendence. One Student then correctly stated what "SIGH" stands for: "Sitting In God's Heart." "Sitting in God's Heart means giving up all of that [the manipulation; attachment to results; the drive for fame and status, etc.] and just be Present ...," Dr. Lane instructed, adding that "The Lover of God has to give up wanting to be in that Love - just be in It." Our Teacher urged us to see the Gift that other people [and situations] are presenting to us: "It's a Blessing. It's [the karma] got to be cleared." As the Teachings of the Path of Soul Transcendence brought forward by Our Teacher teach us, we use our everyday lives - "our everydayness" - to Lift and Grow into the Spirit we *are*, to strengthen ourSelves as the Spirit we *are*, as Devotees of the Lord, God - really, to stay Present or to "Sit In God's Heart."

Through group and dyad work; dream and written work; Meditation; quiet time; outdoor "activities"; open, generous sharing of discoveries, insights and gains; homework; "participation checks" to make sure we're present; Processes led by Our Teacher; artwork; and many Tools, including the educational publication *Tools For Living Free* and the Newsletter, *SpiritCentral*, we learned more about The

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Events Calendar

Fulfill Your Destiny:

Fulfill Your True Purpose

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

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

Call or write today for your free copy.

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OPENHOURS

Opportunities to speak with Dr. Lane and to experience personal and Spiritual growth and the lifting into the "positive" energies. Call any Center for info. and call-in number.
Tues. July 6, 13, 20, 27; August 3, 10, 17, 24, 31 — 7:30-8pm EST
Wed. July 7, 14, 21, 28; August 4, 11, 18, 25 — 4:30-5pm EST

MEDITATIONS

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

CALIFORNIA

Los Angeles area: Every Wed. 7pm

CONNECTICUT

Litchfield area: Every Mon. 11am

HAWAII

Hilo area: Every Mon. 6:10pm;
Meditation for Health and Well-Being last Fri. of every month 7pm.
Please call 808-937-5958 for location.

ILLINOIS

Glenview (Chicago) area: Call Center for details 847-414-6462

NEW JERSEY

Middletown area: Call 201-456-3568 for details.

NEW YORK

New York City: Every Mon. 7:30 pm;
Wed. (except 1st Wed. of the month) and Thurs. 6:10pm; Sun., July 11 and Aug. 8 10:30 am; Sun. July 25 and Aug. 29 Special 2-hour Meditation.;
Meditation for Health and Well-Being East Side (Home Center):
Tues. Jul. 20, Aug. 17 — 8:15 pm
West Side (200 W. 90th St, #10A):
Tues. Jul. 27, Aug. 24 — 8:15 pm

TENNESSEE

Johnson City area: Every 2nd and 4th Mon. 7pm

WISCONSIN

Madison area: Every 4th Sun. 5pm; Every 2nd Sun. 5pm Meditation for Health and Well-Being

MEXICO

Queretaro
Call for details.

Contact specific center for more information about these events

VIDEO 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.

CONNECTICUT

Litchfield area: Call for details.

HAWAII

Hilo area: First Sun. of every month 4:30-5:30 pm, including Discussion.

NEW YORK

New York City:
Every Fri. 3pm.
Time Warner - Channel 57
RCN - Channel 84

Brooklyn

Every Sat. — 4:30pm
Cablevision - Channel 68
Time Warner - Channel 35
RCN - Channel 83
Verizon 43

Video showing and discussion:
last Sun. of every month
1-2pm at NYC Center

Join Us For An Hour Of Spiritual Instruction

"How Do You Achieve 'Spiritual Success'?: A Participatory Satsung"

July 7, 2010 at
6:50 pm EDT

August Satsung
August 4, 2010 at
6:50 pm EDT

Satsangs
by Dr. Roger B. Lane, Ph.D.
Founder/Director,
Cosmos Tree and CRASS

Available at All Centers

Summer Semester 2010
Communication Class
Beginning July 28 for 5 Weeks
Wed. from 7:45 pm to 9:15 pm

- Learn to communicate directly
- Uncover your existing communication style
- Learn what works for you
- Learn to create your life in a positive and direct manner

See Events Page in this issue of SpiritCentral for more details

Listen to Our Monthly Podcasts!!!

www.cosmostree.org
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JULY - A133
"The Truth, Five Saboteurs, A ConMan And You:
A Participatory Satsang"

AUGUST- A141
"Are You 'Down And Out'?:
A Participatory Satsang"

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focus and the choices we've made before; in other words, we've chosen away from Spirit; we've chosen away from God; we've chosen into our thoughts, into our emotions; we've created separation from ourSelves, from the Spirit we are or karma - we've forgotten that we're Spirit and the Soul is with us ..."

"So we have this Thing called the Soul or the Soul Body, OK, and It's present with us, OK, and if you don't think It's present with you, stick around when somebody's dying, OK, and if you can really see what's happening you'll see why the 'person' leaves the body ... the Soul goes and the body 'dies' because That has animated the body. OK. ... So That's what animates us, this Thing called the Soul. It has the ability to know Itself as Spirit. It has this ability to cut through the mind, the emotions, the unconscious and the imagination, OK, when It's properly activated. It has to be activated. It has to be, as It were, plugged in. How is It plugged in? Well, It's plugged in by one method and that is Initiation into the Sound Current, into the Holy Spirit. ... It starts to wake up and It starts to know Itself on the Levels It lives on ... It lives on the Astral, which is the Level closest to the imagination ... then we have the Causal or the emotional; then we have the Mental; then we have the Etheric, which is the great unconscious, OK, and then we have the Soul Level and It's 'there.' When the Soul has cleared all Its karma It knows Itself as Soul, as Spirit and has entered into what's called 'Eternal Life' ..."

Dr. Lane further instructed: "We get this great Opportunity to come here and we have this technology and this Soul - It's amazing. It can locate Itself. It knows where It is in Spirit. It knows where It is in the Inner Worlds. How? By the Frequency that It is involved with and this Frequency translates many times into What you think of as color, [What] you think of as music, OK, so the Song of the Soul - It listens to Itself and

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It can tell where It is, on which Level as It travels. Can any of your inventions do that? Can any of those things that you've talked about know God, know things *directly*? ..."

Dr. Lane explained further: "And It's smart enough not to fall for your nonsense. It never falls for our nonsense. It doesn't believe that you are the thing sitting on this chair listening to this Satsang ... It doesn't think you're your race. It doesn't think you're how much money you have. It never gets tricked into that stuff. OK. It doesn't even believe that you're on your deathbed and you're about to leave this world because - and this is probably the most marvelous part of this Thing called the Soul and the Technology - even though while you're going through your nonsense and your fear and your doubt and your emotions and all that stuff that you run and your resentment and your hatreds, etc. etc. the Soul is What It is. It's with God and It's in Joy ..."

"So here's this Thing called the Soul That has this incredible ability not to fall for our negativity ... not to be anything other than What It Is ... All It has to do *is be*. See, and that's the key point. The Soul in us just *is*. ... It means that It has the ability to be the Love That It is. It has the ability to rise above Its creation. OK. It has ability not to be as foolish as we are when we have a thought. 'Oh, this is my thought about God.' OK, so I have this thought. It [ed.'s note: Dr. Lane is referring to the thought] gets caught in what's called the "cosmic mirror" and it gets reflected back to me and it looks like it's an objective reality. 'Oh God is this' and not only do I forget that it's just a thought but I forget that I'm the creator of that thought and not only do I forget that but I'm prancing around and I'm really happy because I'm not aware, I've chosen into ignorance that, yeah, I created this thought so I've created a separation between the Spirit I *am* and the Soul and me. I've created this separation so that's karma. So there I am with my karma and I think my karma's real and I proclaim it as the 'truth'. OK? That's the wonderful thing about the Soul and the Technology that It has. It doesn't fall for that stuff. ..."

"That Technology, the Technology of the Soul, demands our focus, demands our attention ... because It doesn't interfere with our ignorance ... the TV won't turn itself on. You have to do it. ... Similarly, the Soul and that Focus into Completion of your karmic journeys, your Focus into Knowing yourSelf as Soul, as Spirit - you need to activate It ..."

"Spirit is your servant. The Soul is your servant and is dependent on you as a conscious being 'cause God's given us free will. So we have this marvelous Technology. Just think! It can know Itself. Do any of your inventions, do they have a Consciousness? Do they know Itself? Can they know God? Can they be both within and without? Can they be both the biggest and the smallest? Can they be Omnipresent? ... How many of those inventions know that the chair you're sitting on isn't solid? ... How many of those inventions can hear the Sound of the Soul? How many of those inventions can locate itself? ..."

"Just like you all went outside of yourSelf to find these great inventions, this great technology, OK, that's what the Soul has done throughout all its embodiments. It's gone 'down' and 'out' as it were into the physical world and out there into the world. ... And the training of the Soul in the Initiatory Process of the Sound Current is just the opposite. What do we do? We learn to go inside ourSelves in the Inner World of Spirit because God lives in us as us and we learn to go 'up' as it were ... we go 'up' as it were into the Soul Body ... the sheaths around the Soul, as it were, of karma - they're peeled away; they're peeled away and we just open to What's there ..."

"... We have to choose into God, we have to choose into Spirit. And the timeline for doing that is called your reincarnational pattern. However long it takes you is however long it takes you. ... So here we have this Thing that's asleep and we're needed to activate This. And when It's activated we get to discover this amazing thing that we are called Spirit, called HUMAN. ... You got to use this Great Technology. Think about It! It can know Itself. It lives in Joy. It can locate Itself. It hears the Music of the Spheres. It can listen to the Sound Current, the Audible part. ... It's able to travel through the Inner Worlds. It can go where rockets and spaceships can't even begin to go ..."

Our Teacher explained further: "The Soul Body doesn't play games with the magnetic light. How much of your technology works in a nonmagnetic way? How much of your technology can be present with you at all times? So it's all about our waking up to what's present ... and appreciating That Which We Are. We're pretty far out, we're pretty avant-garde. This Thing in us - the Soul Body - It's pretty fantastic. ..."

Dr. Lane concluded: "So we have this Thing. And let's remember that. It's with us. It's dependent on us just like with the TV - you can't get to enjoy the TV unless you turn it on. Same thing with the Soul that's present with you. You can't get to enjoy That Which You Are, you can't get to know yourSelf, unless you turn It on, unless you activate It through the Process of Initiation ... So here's this Soul Body that can be anywhere, do anything, be with God, complete your karmic journeys here once It's activated and It's just waiting to be discovered ... By turning it on, we get turned on because when the Eye is Single - focused on Spirit, on God - then the Body's Alight. ... the horrible thing that happens is we get to be responsible and most of us don't want to be responsible ... Speaking of Technology of the Ages, now is the time when we are to exercise that choice and it's as simple as that."

A Spirited question-and-answer session followed.

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... we make the Inner Commitment, then everything seems to fall into Alignment. ..."

Dr. Lane further stated: "A lot of people, they'll ask a question, OK, and they won't be present to receive it. Right away they'll put up a defense. ... because it's always about power and dominance and control to the ego so you have to defend it. And because the ego lives in duality, if someone or Your Teacher wants to make things right, you immediately perceive that you must be wrong. OK. But the Teachings teach us that no, hey! the focus is into Spirit! It's not about making you wrong. OK. The focus is into Loving God. ... So are you receiving the Spirit you are? Are you present? OK? ..."

Our Teacher explained further: "We condition our reality; we condition the Truth. ... the real Truth is that the Soul in us is a true Queen of Heaven. We're the Queens of Heaven. OK. When we work with the Light [of the Most High] and call in the Light [of the Most High] and sit in the Light of the Most High, then guess what? We're being received *directly* into the Heart of God and how receptive are you?"

"Are you receiving That? Are you receiving the simple Truth? When you work with the Light of the Most High, are you receiving the Blessings? Do you condition your commitment to Spirit? Do you condition the Blessing? 'OK. Let me push it aside until I think I'm good enough, until I think I've earned it.' ... I've never seen it matter if you're rich or poor. I've never seen it matter if you're white, green or black. I've never seen it matter if you're body is American, Swedish or God forbid [ed.'s note: Our Teacher is joking here with a particular Student] Venezuelan. ... What I have seen matter is how much you love the Lord, God and how much you've given yourSelf, been receptive within yourSelf to the Spirit you *are*. ..."

"How do you get Home? Well, we know how the Soul works and how It completes Its karmic journeys. It takes Initiation through the Sound Current and then That starts the Soul waking up, waking up, on the Levels that It lives on. And It starts slowly, but surely, as It Upvibrates to know Itself more and more as Spirit, as God, and to be able to be with God *directly*, and know God *directly*. But it's only through Grace - really, through God's Grace -- that the Soul can even do This. It can't wake Itself up. It can't Initiate Itself. It can't clear the mud as it were - the karma -- from around the Soul. It can't do that by Itself. So It has to be receptive to God's Grace. But you can't condition God's Grace. God's Grace comes as God's Grace comes ... The focus is on Loving God. ..."

Dr. Lane then asked: "How receptive are you to Spirit? And how receptive are you to knowing that in fact you are a Queen, the Soul

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is a Queen of Heaven? And we walk around being beggars, begging for the slightest morsel of love, of affection, of knowing we're okay, of knowing we're worthy. We just walk around begging. If you take a look and if you're honest with yourSelf ... so much of what we do is to manipulate that and to get that reassurance that we think we need, that we're okay. ... God put your ass here. That's good enough. Nothing for you to prove. ... the fact that you have this Blessing, this opportunity called Human Life – that's a great, great Gift ..."

"The real question you need to ask yourSelf is: 'How am I doing at my own reception? I'm being received by Heaven. How am I doing? Can I accept the award?' And what is the award? Human life. What is the grant you've been given? Well, Initiation into the Sound Current if you've taken It. And you'll notice there's the support. ... the support of the community. There's the support of Spirit and there's the support of the Teacher. And if you're really, really honest, you'll see that you don't need anything in this world other than God, other than Spirit. That's the only support you need. If you need other support, then guess what? You're trying to manipulate and trying to assure yourSelf that you're okay. But God lives in you as you, so you're automatically okay. ..."

"Are we receptive to, OK, let me ask for Spiritual Guidance and are we receptive to the response? Are we receptive to being 'There' or do we have our dukes up? ... " Dr. Lane continued: "We're always fighting but what are you fighting? ... Spirit will not be mocked. ... What are you fighting for? The power is in Surrender. ... It's the letting go and the letting go into Spirit. ... Are you receptive to that Truth? Are you receptive to the Love that's here for you? Are you receptive to the simple fact that you're okay? Are you receptive to God's Grace? Are you receptive to the Truth of who you *are*? ... When you pray and ask for something are you receptive to the answer or does it have to be the way you think it has to be, in the time you think it has to be in? OK."

Dr. Lane concluded: "... I hope you enjoy your reception and the Joy of being in Spirit, being received by God, by Spirit, being embraced by Spirit. That's where the Joy is, that's where the Truth is. ... The simple Truth is that you are loved. You are cared about. You are worthy. And Spirit has placed you here to give you the Opportunity to come to know yourSelf as Soul, as Spirit.

"Are you receptive to that Truth? Are you taking advantage of that? And are you receptive to others? Are you receptive to the lessons? Are you taking everything as an Opportunity to Lift and to Grow?" Dr. Lane instructed us further: "... I go to the Love and it's the choice, it's the choice, it's the choice. OK. So I'm receptive to the Truth of what's true for me, Which is the Love. ... I just go to the Love and I'm receptive to That.

"If I ask God to move into a situation am I receptive to God's doing it or do I then walk around thinking I have to do it mySelf? If I pray for Clarity and Guidance, do I try to create what I think is the Guidance I need or am I always in a watchful, waiting state to receive the answer? ..."

Dr. Lane left us with this: "So how was your reception? Did you enjoy it? Was it everything you wanted It to be? How would you make It better? ... Answer those questions and then come from the place of 100% receptivity to God, to Spirit, to the Love that's present. ..."

"Are we receiving ourSelves as the Spirit we are or are we receiving ourSelves as a wandering beggars? ... if you insist on being a beggar and thinking that you're cut off from source, from Spirit, from God, change your tune! Give yourSelf an update. Be a good anchor person and give yourSelf the latest news: that the Soul and the Spirit is very vibrant in you and that *each moment* you have a decision to be receptive to those Frequencies of Soul.

"And we'll stop with that."

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Teachings of the Path of Soul Transcendence. Key themes included the importance of Applying The Teachings – "Spiritual work is active, not passive"; of having Spiritual reference points (versus external ones); of Giraffe Consciousness or constantly returning to the God point at the Upper Part Of The Third Eye, a technique taught at the time of Initiation – "Practice Giraffe Consciousness and you won't be at the effect of it [negativity] and you will let yourSelf be moved"; and of remembering, *moment-to-moment*, that we're Initiates of the Light of the Most High. When asked how we choose to do That, answers included Eternal Vigilance; being in the physical presence of The Teacher and going to the Center; Prayer; Meditation; practicing Forgiveness; Loving ourSelves; living in Gratitude; Blessing the food; and listening to music by Initiates.

Of the many Teachings brought forward, Dr. Lane frequently emphasized the following: Generosity – getting "in there" and "taking 2 seconds to do the inner work"; Self-Talk - "If you feel fear, work with your basics. We're not here as observers"; Introjection or taking back our projections onto others and situations which often - if not most often - includes Our Teacher; Co-creating with Spirit – "It will be done with you; It won't be done for you"; "... Be Happy as Your Father In Heaven Is" - "If you're saying you're not happy and spending your time [with that negative focus] ... You're okay (!) so you can be Happy right now!!!"; Give up past reference points – "... [otherwise] part of your Consciousness isn't present" 'You're not [Student's name] so you can let go of all the history that's with [Student's name]'; Allow – "Allow Love for Spirit and for The Teacher to come through"; Be Present – "You're not going to get hurt if you're Present"; Surrender – "I learned quickly it's Spirit's agenda, not mine"; 'As the Blue Book states, 'Egotism and self-will are opposed to the Holy Name: the two cannot dwell in the same House''; Do your Spiritual Progression *exactly* as taught – "The best Gift anybody can give the HUman race - better than good works, better than charity - is to do your Spiritual Progression"; Eternal Vigilance – "In life ... [there are] a lot of distractions ... you always have to pay attention and practice Eternal Vigilance."

As Our Teacher often does, Dr. Lane instructed us in the Flow of Spirit from the Lord, God through all the Levels in the Inner Worlds, beginning with HU or the Highest Manifestation of the Lord, God through the additional Levels above the Soul Realm at which "Point" Spirit splits along the negative (magnetic) pole, where It is known as the (Spiritual) Light and along the Positive (Spiritual) Polarity, where It is known as the Sound. After Dr. Lane explained how God extends Himself through all the Levels below the Soul Realm Our Teacher pointed out that to enter the Soul Realm the Soul must be free of attachments. At this Point, one is "Home Free" so to speak, living in Eternal Life. The Gift of Initiation is the Gift of the opportunity to Know God *directly while we're in the body* (!) which means that once given the Precious Gift of Initiation by Our Beloved Teacher we can – if we take full advantage of this Spiritual Opportunity - be "Home Free", and Live in "Eternal Life" *while we're in the body* if we do our Spiritual Practices *exactly* as taught. WOW!!!

"This is the greatest Journey, the Journey to God, to the Self," said Dr. Lane near RETREAT's end, adding that "RETREAT goes on and it's your job to tap into It." We were then given a Tool for the road as well as the opportunity to create One for ourSelves.

RETREAT weekend also included a lively Saturday night Auction that featured musical performances by Rev. Dewi Lim, Rev. Karen Baxter, Andrew Iseib and Edward Faust that was very successful in providing funding for the many activities of CRASS and for which Our Teacher expressed His Appreciation and Gratitude and thoroughly enjoyed.

Our sincerest thanks and appreciation to the Executive Retreat Center Committee for their Loving Service in finding a beautiful location for the Retreat.

On Monday, there were Area Rep and Ministers' Meetings as well as our regularly scheduled Drop-in hours and Meditation Of The Light Of The Most High.

During this three-day period, two Initiates of the Light of the Most High received the Sacred Blessings of and Ordination as Ministers Of The Light And Sound Of the Lord, God.

Finally, there are no words to describe the Love and Generosity of Our Teacher in preparing yet another RETREAT and in the giving of Our Teacher's Time and Energy in Directing and Presenting It. As Dr. Lane often says: "You know how to thank me," which is to "Love yourSelf enough to give yourSelf the Best, which is God."