



Spirit Central

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

Home Center - New York City

Mail:

Center for Religion and
Advanced Spiritual Studies
or
Cosmos Tree, Inc.
1461A First Ave. - #182
New York, NY 10075
212-828-0464

email: spiritcentral@yahoo.com

Web sites:

www.spiritcentral.org
www.cosmostree.org

Regional Centers

California

Los Angeles area
Rebecca Underwood
310-913-7212

Connecticut

Litchfield area
Marilyn Fiala Grossman
203-981-1030

Hawaii

Hilo area
Dewi Lim
808-937-5958

Illinois

Glenview (Chicago) area
Karen Fiala
847-414-6462

New Jersey

Middletown area
Karen Baxter
201-456-3568

Tennessee

Johnson City area
Peggy Heatherly
423-975-6868

Wisconsin

Madison area
Alice Shuman-Johnson
608-838-7968

OUTSIDETHE.U.S.

Mexico

Queretaro area
Barry Lippman
52-442-224-3042
From the U.S.: 347-448-2310

"Practicing The 3 'L's' When Working With Your Teacher - A Participatory Satsang"

At the outset of Our Teacher's March Satsang, Dr. Lane reminded us that "We really can be talking about any situation in which someone is really being your Teacher. ... Any situation is to be used to Lift and Grow and God can use anybody to be your Teacher in that situation. Or Your Spiritual Teacher can use anybody or anything to give you what is needed."

The first "L" is to LISTEN. "Listen is very different from hearing," stated Dr. Lane. "'Listening' is being present without your agenda. Many of you I notice when I talk to you, all you want to do is wait until I'm through so that you can run your negativity or prove your point ..." And Our Teacher advised: "You need to put your willfulness aside. Your agenda, your willfulness, what you think is right, what you think is wrong, what you think is so, OK, because you're all looking at it from the karmic fields." You are saying: "I'm not going to listen to what I was asked to do, OK. I'm going to do it my way."

Dr. Lane explained however, "The nice thing about The Teachings I bring forth - this is not a dictatorship, it's not listen to me or else - hey! you're free to listen to anybody you want to including yourSelf in the karmic fields. But what happens is that by Spiritual Law then you become the teacher. And that's fine, but

Continued on p. 2

"Are You In A Loving Relationship With The Lord, God? - A Participatory Satsang"

At the outset of the April Satsang, Our Teacher commented on the short Meditation that the participants had just completed. Dr. Lane reminded us that the "HU," which we had chanted, "...is an old Sanskrit name for the Lord, God. And why do we say that? Well, we're called Humans so that tells us where we're from. We are from God and, actually, HU is the first Manifestation of God so we're His Manifestation. Now obviously we don't look like God. ... But we look like God in the sense of What we're made out of and our Essence is Spirit or the Word or [the] Sound Current. That's what we are. And we go up Here [Dr. Lane is referring to the Upper Part of the Third Eye, located at the upper part of the forehead behind and between the eyebrows.] ... Why? For a simple reason: that's Where the Soul sits in the body. So the Soul is the same 'material' as God. It's here within us so that tells us something really important: that God's within. ... If He lives in us as us then, guess what? We are responsible to come into that Knowing ..."

Dr. Lane observed: "We can't even breathe on our own. ...There's something going on. And what happens when a body 'dies'? ... The Soul withdraws from the body. It cuts the silver cord and, bingo! It's gone. And where does It go? Same place It was while in the body. ..."

Dr. Lane continued: "Our bodies are the

Continued on p. 3

Our Teacher's Birthday Celebration and Satsang

The light streamed in between the buildings of the Upper East Side of New York City and warmed late winter streets. It was March 6th, 2010 and we were gathering to celebrate Our Teacher's Birthday at the Home Center. Initiates of The Light Of The Most High came from around the country and flooded in from several boroughs of the city to join Our Beloved Teacher, Dr. Roger Bruce Lane, for His Birthday Celebration.

The Event began with Blessing the bountiful table of food lovingly prepared by Initiates. Warm smiles were omnipresent. After an hour or so of enjoying the celebration Dr. Lane gave us a Gift by giving Our Teacher's Annual Birthday Satsang, which is a Spiritual Teaching. Dr. Lane began by thanking all of us for being there to Celebrate Our Teacher's Birthday. Dr. Lane explained that, "We are here Celebrating and that's a key word: Celebrating. And Celebration has to do with really being in Joy. It has to do with offering one's Self to the Spirit that we are and it has to do with the commitment to that. ..."

Dr. Lane explained that we are Celebrating The Teacher's Birthday for the very reason that Our Teacher is here. "If we're honest and we take a look at it we really come to the conclusion that The Teacher is here for us. That that's the only reason He's come," said Dr. Lane. Our Teacher continued: "Well, if He's come for us, isn't That cause for Celebration? That we are so loved by God that The Teacher comes to gather the Initiates and take them Home, if they wish to come. ... God extends Himself into the human pole and that It's right here for us and all we have to do is tap into It. Boy, That's something to really Celebrate!"

"Most of the planet is under karma, OK, and with karma comes ignorance - ignoring the Spirit they are or having forgotten," Dr. Lane continued. "That's why we're all in bodies; we've forgotten. We've forgotten who we are, Which is Spirit. ... (Spirit) hasn't forgotten us and we're not forgotten and we're loved. That's real cause for Celebration. ... We have to have the courage of knowing the Truth; that we are Spirit, that we are Soul and that we can be with God while we're in the body. What a Blessing that is! ..."

"But that Inner Knowing in you, That's what knows It and that's what you're required to do. If you Celebrate the Inner Knowing - just staying within yourSelf: 'Hey! Not only do I have this Opportunity but I've been given this Opportunity and I've taken this Opportunity as an Initiate of The Light Of The Most High - That's spectacular. That's absolutely spectacular!' ..."

"God has given us the Instrument to know Him and that Instrument is the Soul. ... When we go in the Soul that's when we start to experience God and start to ... know God directly. When we start to know God directly we start to experience the Joy because that's what we are. We are the very thing we are focusing upon. ... The answer to all our dilemmas is just Loving God.

"Love God. That solves it all. ... How do you know? Don't take my word for it. But you know it through your experiences. See, if you go inside and you go in the Soul Body you start having experiences and you start

Continued on p. 4

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 monthly by Soundly, Inc. Any distribution or reproduction of this publication without written permission is prohibited. Copyright 2010.Soundly,Inc. New York, NY.

editor

Melissa Sones

editorial staff

Don Baxter (Epage Editor)

Evan LaFemina (layout)

Barry Lippman

Rebecca Underwood

advisor

Dr. Roger B. Lane

SpiritCentral

1461A First Ave. - #182

New York, NY 10075

212-828-0464

e-mail:

spiritcentral@yahoo.com

websites:

www.cosmostree.org

www.spiritcentral.org

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. May 4, 11, 18, 25; June 1, 8, 15, 22, 29 — 7:30-8pm EST

Wed. May 5, 12, 19, 26; June 2, 9, 16, 23, 30 — 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., May 9 and Jun. 13 10:30 am; Sun. May 30 and Jun. 27 Special 2-hour Meditation.; Meditation for Health and Well-Being East Side (Home Center):

Tues. May 18, June 15 — 8:15 pm

West Side (200 W. 90th St, #10A):

Tues. May 25, June 22 — 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

VIDEOSHOWINGS

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

"Technology For The Ages: A Participatory Satsang"

May 5, 2010 at 6:50 pm EDT

June Satsung June 2, 2010 at 6:50 pm EDT

Satsangs

by Dr. Roger B. Lane

Available at All Centers

Summer Semester 2010

Communication Class

Beginning July 28 for 5 Weeks
Wednesdays 7:45 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
www.spiritcentral.org

May - A106

"When You Do The Math
'What Does Loving God =?'"

June - A120

"The Myth Of Reality"

Continued from p. 1: "Practicing The 3 'L's'"

then you've got to do it 'karmically,' then you've become responsible to get your karmic learning 'karmically.' ... And you're gonna get it because by Spiritual Law you can't go Home and have anything present with you that's of karma because that's the separation. ... But, generally, you're not here for any other Purpose other than to Learn and Lift and Grow. ...Your Inheritance is to be of Spirit and to be the Spirit you *are* and to come into that knowing. ...You can't nurture It if you're running your stuff, (and) insist on your negativity."

"No 'body' is an Initiate of The Light Of The Most High," emphasized Dr. Lane. "But the Soul in that body - that's what's so precious and that's what's so valuable and that's what's been Initiated. You see, so if we can know that, OK, then we get away from 'right' or 'wrong.' Just because you are getting a Spiritual Correction doesn't mean you're 'wrong.' It just means you are getting the Correction. ... 'Did I rob, cheat, steal, and lie?' 'Yeah, you did all that.' You probably did it a thousand times and this is the Correction. All that stuff got you to where you are. Not about 'right' or 'wrong,' it's about, 'OK, that's nice; let's start anew.' ... 'Do I still have responsibility for all that stuff?' 'Oh, yeah.' 'Is there blame?' 'No.' But there is Blameless Responsibility. So we want to really be present and we want to avoid our agenda, we want to avoid 'right' versus 'wrong.' ...The focus is on making you 'right,' OK. As in the 'Right-Hand of God,' 'the Right Side of God,' 'the Right Polarity,' OK, the 'Positive Polarity.' That Which is of Spirit. That's the Focus and that's the Attunement. ..."

"And so what you want to do is you want to really Listen, be Present and Learn," asserted Our Teacher. "And how do you Learn? But you apply what you're learning, OK. ... I teach the Way of Grace so why not take It? ...There's total protection if and when your heart is Present with God, if you're Present with God. ...The Teachings work when you work them. ...We know if you have expectation and you let it go, you surrender it. If you've got hurt and pain - that's your attachment; that's a great signal. Use it, let it go and co-create what you want instead of walking around in resentment. ... Insights are nice

Continued on p. 3

Continued from p. 2: "Practicing The 3 'L's'"

and you also want to have the experience and have the understanding through the *direct experience*. But you can't do that if you're defending yourSelf, if you've mocked up how it's supposed to be or look."

Dr. Lane advised: "You may just want to check it out; in other words, don't run assumptions. ... Allowing yourSelf to check out assumptions. ... What are the implications of what I'm Learning? How can I make that okay? Because if I'm learning, for example, that Spirit supplies and I come from a household where everyone worries and I live in a culture where 'Wow! You worry. Wow! You're a mature person. That's good. You're a wonderful, responsible person because you worry.' So you have to check the implications of that and say, 'Am I willing to have a new definition for being a responsible person if I don't worry?'"

"LISTEN, LEARN, and LIFT," suggested Our Teacher. "And many of us, we're not stupid. ... We know exactly that Lifting is going to happen, is going to occur and many of us will block the process. We'll just abort that energy flow and we won't permit it because we get scared, because we don't want to be uncomfortable, it may be too freeing." And Dr. Lane reminded us: "The reality is, hey! we are free. ... Even though we yearn to be free, etc., etc. we'll do the very thing to just stop it and block it because it scares us."

"The negative forces that be - not that they're bad but they're the karmic forces - which are interested in having the Soul return and return ... They love to keep you in ignorance. ... Ignoring the very basic Truth that you can be with God *while you are in the body*. ... This planet is inundated with this denial and with this ignorance. And it's very tempting to choose into that. And we need to have the Spiritual Courage and the Strength to allow the Lifting, to allow yourSelf to be free. ... The pain of separation, that's what humanity is under; we're all under that pain, other than those Souls that have allowed themSelves to be freed and through the miracle of Grace."

Dr. Lane observed: "We don't want to be responsible. ... Any excuse will do. ... And we can choose into that or we can just allow the Lifting. ... We also know that if we're Initiates of The Light Of The Most High through this Dispensation that there's Grace and that we're protected. ... (Grace) gives us great cushions, as it were. ... We don't get hurt. But where we do get hurt is if we're trying to protect ourSelves and protecting the basic selves and those responses and argue from that space. ... Grace works with what's called Windows of Opportunity. ... You don't get to have the Window stay open all the time. ... (Spirit) respect(s) you, you're a powerful creator, and you get to learn your way."

"God lives in you as you. ... God put your buns here on this planet. That's an incredible Blessing and an incredible Opportunity and a real Gift. ... Regardless of the form that the Learning comes in you want to Listen, you want to be Present, you want to Learn, you want to apply what you've heard; you want to integrate it into your life; and you want to allow the Lifting and the Action of Grace. Your way hasn't worked. It's only God's Way that is going to bring you Home."

And so, in conclusion, Our Teacher urged: "If you find yourSelf defending yourSelf, give it up! If you find yourSelf with all sorts of reasons, give it up! If you find youSelf aborting the Lifting, give that up! If you find yourSelf not present, give that up unless you want to be where you are. But remember Windows of Opportunity! They're very small and the encounters are small. In an interaction with The Teacher, Your Teacher may not repeat it again. ... Windows of Opportunity - They don't last forever. ... Grace is Grace, OK; God extends His Hand, His Loving Hand. Take the offer! ... Never push away what God wants to give you."

A Spirited question-and-answer session followed.

Continued from p. 1: "Are You In A Loving Relationship With The Lord, God?"

outcropping of Where we live because we live in the Inner Worlds. ... We know the Kingdom of Heaven is within. But Where within? It's not our mind. It's not our emotions, OK. But It's in the Soul Body. ... religions just reflect the human consciousness which is very materialistic, OK? And what you see is kind of what you get so if you can't see beyond the physical body, well, of course it's the resurrection of the physical body. Well, not at all, OK. But It's a process of the Soul that God is within. ..."

Our Teacher further explained: "There's always a Way to, while being in a Soul Body *while being in a physical body*, to be with God. That's a great Miracle. OK. And we know of the Oneness of the Holy Spirit. We know we're One with God, OK. It's through the Holy Spirit, through the Sound Current, extends through all levels and the Soul that's in us is of that same Essence. So what are we doing when we have a Loving Relationship with God? What are we doing? OK. But we're Loving ourSelf. Think about it! You're Loving your True Self, OK, but it's not the 'self' that most psychologists would have us identify with or our culture has us identified with. ..."

As Dr. Lane explained, "We know from science that we can't even observe what is with our senses, that from the Heisenberg Principle we know things are distorted ... And that being an observer we disturb what we're observing ... we persist as human beings in trying to know things through our senses but we can't. And there is a Way of knowing God *directly* ... The karma sits upon us, OK, as Souls, it sits upon the Soul and it sits upon us so we can only know God through reflection, ... it's like looking, if you throw a pebble in a lake, you see the pebble and you could swear hey! the pebble was there, that's where it is, OK, but you go there where you think it is to find the pebble and pull it up you won't find it. It won't be there, OK, because of the built-in distortions. OK? And that's how things work in the world of the senses and in our loving ourSelves, OK; we tend to false identify. We tend to identify with our thoughts, our feelings, what we think God is but God in His Kindness and in His Mercy He's done a pretty neat thing. He's made sure there's a Way for us to know Him *directly*. ... Through the Soul Body. And there's a Process, which actually the Christ, Jesus taught, which involves how to go in the Soul Body and be with God. ..." [The Process is Initiation into the Sound Current or the Holy Spirit.]

"Every creation away from God you're karmically responsible for," Our Teacher stated. "You created it, you're responsible for it. And those creations are what separates us from the Spirit we *are*. ... If we make a creation, even a simple one like worry or fear or doubt that's all an attachment and with that attachment comes pain. ... Pain can be kind of a good thing because it helps us know where we're caught. ... so you are at the mercy of your creations, OK, so you're enslaved. And by Loving God what happens? You start getting out of that bondage you created, OK. There's a Way to get to that mountain, as it were, and receive the Word, OK, or the Holy Spirit or the Sound Current and then you start to vibrate with That and the Soul starts to know Itself and complete Itself. ... You are going to vibrate Spiritually at the same frequency you vibrated on when you were in the body. ... And the Soul sits in the body, OK, and It's asleep. There's a Process of being awoken and as It [the Soul] awakes It starts to recognize Itself and Love God. ... If you're focused on Loving God then you start to walk clearer inside yourSelf, you start to let go. ..."

Our Teacher further elucidated: "God has given me a choice, see. ... We're busy judging and making wrong and we need to do just the opposite - Acceptance. It is said that the First Law of Spirit is Acceptance. ... The Teachings that I'm involved with teach us that God's in the situation and that's the opportunity to Lift and to Grow and to choose into Loving. See? And somewhere, we're so programmed to go outside ourSelves ... We don't know enough to get quiet. We don't know enough to allow ourSelves to just be present, [to] listen to, really, the Self, the Spirit that we *are* and let the answers come forward, you see? If we could learn to just be present with that and be open. We don't know what's gonna come, it could be pretty exciting what's gonna come, and allow the solution to present itself, OK?"

"Because, in point of fact, we're totally supplied. The fact that you're here now. You've been supplied with enough oxygen and enough food and enough of what you truly need so that you're here and you're present. And we're *always* being supplied, see. We're always supplied. And the Truth is if God lives in us as us don't you think He's gonna take care of Himself? Well, of course He's gonna take of Himself. OK? And we're the vehicle. See, we're walking around in these bodies and we're like these cells, each of us is like a cell in the Body of God. But we're also very important to this thing called God because God is waiting for us to go to Completion. It all has to do with learning to Love Him. ... Nothing happens unless it is karmically correct. So it's all karmically correct. If it's all karmically correct, it's all for your Growth and Upliftment. ..."

Continued on p. 4

Continued from p. 3: “Are You In A Loving Relationship With The Lord, God?”

“And so every time we go into Love we’re faced with something from our own lower self, or the false self, the false consciousness which doesn’t want to do that - it doesn’t want to Lift; it doesn’t want to Surrender; it doesn’t want to let go. ...The power is really in Surrender, in letting go to the Love. ... But you’re not gonna hurt yourSelf, the Spirit in you doesn’t go against the Spirit, OK. Spirit is for giving. Both as two words and as one word It’s for giving. ... If you are a HUMAN being, by definition, you’re having a Spiritual experience because the HU, the ancient name of God, tells us where we are from. ...We are all created as Souls, OK. That’s our original karma. ... All the Souls were created at the same time and we’re all created as Souls. ...We came here, we had an earth experience, to experience that part of God’s creation and we started to forget ... and we started to create the separations.

“And so Loving God is a way of reversing that and of letting go of the pain. OK. But remember it’s not a God out there. It’s not a God that you approach through rituals or through dogma or heavy-duty penance. I’ve been in places and I’ve seen pilgrims crawling on their knees for miles and miles and miles and blood just flowing, OK. Now the only good that does is for the orthopedic surgeons who have to go in there and restore and rebuild cartilage and stuff like that.

“So we’re not here to be beggars, but we’re here to be Lovers, OK. We’re here to be Lovers of God. ...God has given us free will. We have volition so we have choice. So we’re always at choice where to place our Consciousness. ...The power of choice, that’s what’s crucial. ... No one creates our misery but us. ... But we have to let go of our volition. We have to let go also of what we think is so. ...”

In conclusion, Dr. Lane reminded us: “ So through a Process of Initiation, the Soul starts to wake up, starts to know Itself, and It starts to heal ... And It starts to Know and Love God *directly*. ... as Reality, as a Vibratory Frequency That’s always present and That resides within. OK. And when we Love God we start to construct That and, even if we don’t actively choose Initiation this lifetime, all our choices into Spirit - they serve us. They serve us. They serve us because they’re strengtheners because this body – this is the gym. This is the gym and this is where the Spiritual muscle is worked and when your time is done with this gym there’s only one equation that’s looked at and that is, OK, can the Soul that’s within you, is It strong enough to be present with God. OK? Into What’s called Eternal Life and What’s Eternal Life? ... It has to do with that the Soul is able to be with God and not be subject to reincarnation. ...”

Our Teacher then led the participants through a process where each could re-live a situation with anger and pain; ask God to take it; and then let it go. And, Our Teacher directed: “Note what inside of you has taken its place.”

A Spirited question-and-answer session followed.

Continued from p. 1: “Our Teacher’s Birthday Celebration and Satsang”

remembering who you are. ...Through Grace and through practicing The Teachings, guess what? (The Soul) gets to see Itself, gets to know Itself. It gets to know Itself *directly*. ...Those moments are moments of the fondest Joy, the fondest Happiness. ... And that’s cause for Celebration.

“The whole goal is to become and regain our Christed Consciousness, which is our will and God’s Will in alignment. The Celebration is, hey! yeah! There’s a Way to do that. ...We have the Opportunity to *directly* have this union with God. Each moment we have a choice. ... If we choose into Spirit, mission accomplished! ... Every situation is that Opportunity to work inside ourSelves The Teachings, to celebrate *being* with God. ... It’s Loving and It’s Loving Surrender. ...”

“Every time we choose Spirit there’s a great victory and there’s a great cause for Celebration. ... (The Teacher) is here to remind you that hey! There’s a Way. It’s the Way of God. It’s Way of Grace. ... But why not be Loving within yourSelf? Why not give yourSelf this Celebration? Why not give yourSelf this Joy, this sheer Joy? ...”

Dr. Lane described recently viewing the manuscript of the Unknown Poet and quoted a poem: ““There are no words/To describe my Love for You/There’s only the Word that describes my Love for You.”” Dr. Lane explained: “So, only the Sound Current, only the Word. ...”

“The Truth is just the opposite (of the separation the ego sees.) There’s just the Oneness; we’re all together in the Oneness of the Holy Spirit or the Sound Current. ... Isn’t this a big Celebration? Just think, we’re not anchored, we’re not defined by time and space. We *are* Spirit. ...We have choice and in choosing into Spirit that’s where the Joy is; that’s where the Power is. The Power is in Surrender. And The Teacher comes here to help us remember, to give us that opportunity. ...”

“This is a Path of Loving God and It’s a Devotional Path. ... Because we cannot wrap our mind about (the concept of God) then guess what? We may not comprehend it so God puts on a body and takes on human form. So we have this human (The Teacher.) The Path is all about Loving God and you love God though The Teacher. ...Through this Process and at the end of that Process when all that stuff is clear then you (fully) become a Lover of God and That’s the relationship. ...”

“Now isn’t that cause for Celebration? That we are so loved that there is a Way to come Home to God and God places Himself here and helps us realize ourSelves and helps us be who we really are. That’s cause for Celebration and it’s called a Birthday because when you give birth something new arises. ...We use the Soul to go to Completion and to *know* God. ...We have everything we need right here, right now. ...So start now! Celebrate now! We Celebrate that we are Spirit, that we are Soul and that miracle of miracles, mystery of mysteries, we can be with God while we’re in the body. Matter of fact, *God lives in our body as us*. And the Soul is located within us. ...”

Dr. Lane closed the Satsang by suggesting: “So we celebrate It and *each moment* we have an Opportunity to give birth to ourSelves. ...We have free will and we have free choice. ...The Teacher only has a Birthday once a year... but you have it *every moment* of everyday because you can decide to give birth to the Spirit that you *are*. ...”

The Satsang was followed by the Sacred Act of the Washing of the Feet. It is of note that The Sound Current is also known as the Waters of Life and the Manna from Heaven. This was a lovely Opportunity for all those who participated to be Present with God and let go and surrender into Joy. After this beautiful process Initiates shared that “It was really Loving;” there was a “starting again, a baptism;” a “joy of giving;” and “washing away the old and being Present.”

We followed the Washing of the Feet by giving Our Teacher a group Birthday Gift – social media participation that includes software and any required fees. Then Dr. Lane was presented with personal cards and gifts from Initiates.

Live music and more Celebration followed.

**WATCH THE VIDEO SERIES “UNDERSTANDING THE SPIRIT YOU ARE” WITH OUR TEACHER
RIGHT THERE AT YOUR DESK, IN YOUR LIVING ROOM AND/OR ON YOUR LAPTOP OR PHONE!!!**

**ALL YOU HAVE TO DO IS GO TO WWW.MNN.ORG EVERY FRIDAY AT 3 PM EASTERN; ONCE YOU REACH THE
HOME PAGE: LOOK ON THE RIGHT-HAND SIDE WHERE IT READS “WATCH MNN LIVE”; AND, UNDER THAT
HEADING WHERE IT READS “MNN3”, CLICK ON “WATCH MNN3 LIVE” AND YOU’RE RIGHT THERE!!!**

LIFT! GROW! AND COME TO KNOW WHO YOU REALLY ARE THROUGH THIS BEAUTIFUL TOOL!!!

TELL YOUR FRIENDS/LOVED ONES/COLLEAGUES/ENEMIES!!!