



Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and The Center for Religion and Advanced Spiritual Studies
January/February 2011

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“Are You Waiting For Rigor Mortis Or Are You Applying The Teachings Rigorously?: A Participatory Satsang”

Dr. Lane lovingly began His November Satsang by inviting participants to do a Process. Dr. Lane guided us by saying: “Get nice and quiet and I will call in the Spiritual Light that I work with, the Light Of The Most High. ... Now I want you to see yourSelf as Soul, as Spirit. ... What would you like to have happen to this Soul when It leaves ... your present body? ... And how’s it going to happen?”

The participants were invited to share their experiences: “I just felt like I had this wonderful opportunity to be returned Home to God. ...”; “... I imagined being in the stillness and the Presence of God...”; “I felt a lightness ... I had no attachments. I was completely free. ...”; “Through Initiation... into the Sound Current... because that’s how you go.”; “I felt peace and quiet and then the question of what I want in this life is to Love God unconditionally because I know that’s all I need when I leave the body. ...”; “For the first question I had the experience of just living as the Spirit that I *am* and then when I dropped the body there was no difference. I was doing the same thing in the body and out of it. ... Through doing our Spiritual Practices on the Path Of Soul Transcendence and exercising our choice *moment-to-moment* to live with the Truth of who we *are*. ...”

Dr. Lane said: “See, it’s interesting because a lot of the Students that spoke - you left out something that’s crucial. See, we’re talking about the pull of the Soul into this world. We’re in the world but we’re not of it, O.K., but we’ve forgotten who we *are* and the Soul is confused. ... you’ve been here many, many times and there’s a force and there’s a power with the karma that you’ve created and it’s a downward force. And many of you, when you shared, ‘Oh, I’ll just focus on God’ or, ‘I’ll let go and let God’ etc. as if it were the easiest thing or second nature. And what you’ve told me is you guys are spoiled rotten. You’re spoiled rotten. You don’t know how good you have it as Initiates of the Sound Current. ... That you really think you’d be able to do it without that essential choice that you’ve made. ... But you need to appreciate what you’ve been given ... See, so really you were kind of giving the Path a compliment by pretending it was so easy or by neglecting it has this real downward force, this real downward pull called reincarnational patterns. ...”

“In this culture, at least in the west, we’ve cut out karma and reincarnation. ... but now what’s in the culture is, ‘Hey! I won’t be so important if there’s karma and reincarnation.’ For some reason we feel the ego is not that important and, therefore, we feel we’re not that important. You’re half-right. The ego is not that important other than to direct you into Spirit but it makes everything very

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“I Wish You A...: A Participatory Satsang”

Just after Dr. Lane commenced Our Teacher’s November Satsang It was interrupted by a telephone participant who called in late. Our Teacher took that opportunity to describe the Forcefield of the Light Of The Most High and The Teachings that Our Teacher brings forward and the importance of living up to our Commitment to participate in It. As Dr. Lane explained: “God is living in us as us and, O.K., we’ve forgotten that because we’ve created separation though our choices. ... We’re at the effect of the karma we’ve put in motion. ...” In failing to meet that commitment we remove ourSelves from the field of Grace and have to get It [ed.’s note: the Upliftment and Upvibration] through the physical.

“... The Teachings that I bring forward we don’t focus on karma. We focus on the Way of Grace, the Way of God, and on Loving God. ... We know where Peace is: Peace is ‘The Peace that passeth all understanding.’ It’s when your will and God’s Will are in alignment. ... Peace is inside. And from that ‘Place’ you work It and you live and things get manifested. And you treat each other like that. O.K. Good will is, of course, God’s Will. ... God’s Will is that we come to know Him and use this life to know Him and complete our journeys here and go Home to Him. But it’s only through the process of Love and discovering that we are this Love and the Joy that is inside of us. You see that’s our real Nature: to be in Joy.”

Dr. Lane then led the participants through a Process. After calling in the Light Of The Most High Our Teacher asked: “Now I want you inside yourSelf to picture someone that you really don’t like. ... Then inside yourSelf - be honest! - ‘Whatare you wishing him or her or them?’ ... Now inside yourSelf picture someone you’re very simpatico with, you’re very friendly with, etc. ‘What are you wishing them?’ ... Now go back to the first person that had done you dirt and wish them the same you wished the person that you were simpatico with. ... Now, inside yourSelf ... ‘What do you wish yourSelf?’ And before the day is over commit to wishing yourSelf the same thing you wished the person with whom you were simpatico.”

Several participants then shared their experiences. These included: “I realized that when I wished this person who had done me wrong all the good stuff, I realized that if they had all that stuff they wouldn’t have said or done the thing that they had done. It was about them; it wasn’t about me and if they were truly happy and had all the things I wished them they wouldn’t have been in the pain to act that way...”; “I found mySelf coming up with the same answer for everything: peace, peace, peace, peace. ...”; “I just came up with Growth and Upliftment. Those who I’m buddies with and those who had done me wrong, yeah. ...”; “I was definitely grateful to have a much more difficult time to find someone that had done me wrong. ...”; “The first person - I wished him peace but then I realized I wanted him to walk this Path. ... The second person I was so full of love that I wasn’t even sure I wished (sic) him more and more God because he already has allowed That. Then when it came to mySelf

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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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OPEN HOURS

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. Jan. 4, 11, 18, 25; Feb. 1, 8, 15, 22 — 7:30-8pm EST

Wed. Jan. 5, 12, 19, 26; Feb. 2, 9, 16, 23 — 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

FLORIDA

Sarasota area: call 941-349-0432 or 941-284-2002 for details.

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.

South Jersey area: Every Wed. - 6pm (except 1st Wed. of month)

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.

NEW YORK

New York City: Every Mon. 7:30 pm; Wed. (except 1st Wed. of the month) and Thurs. 6:10pm; Sun., Jan. 9 and Feb. 13: 10:30 am; Sun. Jan. 30 and Feb. 27 Special 2-hour

Meditation; Meditation for Health and Well-Being East Side (Home Center): Tues. Jan. 18, Feb. 15 — 8:15 pm

West Side (200 W. 90th St, #10A): Tues. Jan. 25, Feb. 22 — 8:15 pm

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

"Are You Facing A 'Challenge'? Change Your Lens!: A Participatory Satsang"

January 5, 2011 at 6:50 pm EDT

February Satsang February 2, 2011 at 6:50 pm EDT

Satsangs by Dr. Roger B. Lane

Available at All Centers

Winter Semester

"Understanding The Spirit You Are - Part I"

Taught by Dr. Lane

STARTING WED. FEB. 9 FOR 12 WEEKS 7:45 PM - 9 PM

For more info. please see Events Page with this issue of SpiritCentral

Listen to Our Monthly Podcasts!!!

www.cosmostree.org
www.spiritcentral.org

Jan. "The Only Question For Every Inner Or Outer Situation: A Participatory Satsang" (A129)

Feb. "'Death' And Pride: A Participatory Satsang" (A130)

Holiday Satsang 2010

Dr. Lane began Our Teacher's annual Holiday Satsang for Initiates, who gathered in New York at the Home Center and teleconferenced in from around the country and from Mexico, by thanking all of us for what we have done this year. Our Teacher also encouraged all those attending in-person and via teleconference to use the many Tools Our Teacher has made available for our Growth and Upliftment. "We also have lots of Resources here. Use Them!" Dr. Lane said. "... That's how you open up the Present. ... These are some of the Presents that you have ... you discover ... The Teachings are inside of you. ... So there probably will be a little theme and that has to do with opening up the Present."

"Christ, Jesus ... He was born in a stable symbolizing we're born into our basic instincts and, if allowed, we are run by our basics, by that part of our Consciousness that brings forth our karmic forces for this lifetime. And each of us has to move into our Christhood and our Christhood is the Alignment of your will with God's Will. ... But you got to open up the Present. What's the Present? Well, the Present is Initiation into the Sound Current. ... There is a Way but you got to do it That Way. ..."

"How do you open up the Present? ... with Loving interest ... with some enthusiasm ... We go inside and we meet and are with the Lord, God. That's crucial. We got to open up that Present and we have to be entirely Present to open up the Present. ... Many of us - what we do in our Consciousness, we do the equivalent of walking six blocks away ..."

"The way the Consciousness is set up, the lower self, the basic selves always experience Spirit as above it so that it seems Spirit is above it or lording over it or telling it what to do. See, as long as you play that game you're in business but what business are you in? You're in the business of reincarnation. ..."

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important. Your choices *are* very important. Your thoughts *are* very important. Your feelings *are* very important. Where you place your energy is very important. ...”

“It’s the Initiation that gives you that focus and that ability to do it (to choose into Spirit). ... That’s the real Truth: we *are* free and we’ve enslaved ourSelves by the creation of karma ... The reason I kind of got on people who left out the essential element of Initiation into the Sound Current is real simple: because they denied the weight and the downward force into reincarnation ... Somehow we think miraculously... you’re gonna be able to let go and let God; you’re gonna miraculously be able to choose into the Spirit you *are* without any of this downward pressure into the world. ...”

“So we go into these reincarnational patterns until we choose into the Resurrection Process. Of course the Resurrection Process is to go into the Soul Body and start to know yourSelf as Spirit ... The great miracle is - guess what? - we can be with God *while we’re in the body*. ... One of my Students put it very beautifully during a Class. She was saying, ‘Well, you know, if I practice the Teachings then when I’m reacting to something or to someone then I need to practice the Teachings, too. I need to apply them rigorously. Rigorously. Not wait until *rigor mortis* but apply them rigorously.’ And briefly what are The Teachings? Well, that we’re worthy; that we’re loved; that it is our Spiritual Responsibility to come to know ourSelves as Soul, as Spirit; that we do live in God, with God *while we’re in the body*; and we practice the Reality of Soul, of Spirit and that we *are* worthy. See, that’s what’s really crucial. ...”

“And something very paradoxical happens. The more we can focus on the Spirit and be the Spirit we *are* and choose to let go and let God, the more we can be in this world and enjoy it because there’s less attachment. ... Most of us we don’t want to do the work ... but it’s pleasant work. Responsibility - the ability to respond to the Spirit we *are*. That same Student who made a pledge to apply The Teachings rigorously and work Them rigorously ... she is moving into ever-, ever-increasing Levels of Joy because That’s Our Nature: Being Joyous. ... The Nature of the Soul is Joy. See, and the Journey of the Soul is from fear to Love. ... God in His Kindness and His Mercy - He’s given us a Way to be with Him *while we’re in the body* and to finish our karmic journeys. ... The choice is yours to move into this exciting Journey of coming to know yourSelf ...”

“This planet was created so that the Soul can leap through the many levels in the Inner Worlds and know Itself as Spirit. ... God gave you free will and you’re here to learn how to exercise it and exercise it properly... We’re in charge of where we place our focus, where we place our Consciousness: we’re in charge of our own Progression. The Teacher can only give you the Keys and He can only tell you: ‘Hey! The Door’s open. This is how you get through the Door.’ ... You have a choice. You can go through the Door and you can know what is meant by ‘God will guard your comings and goings.’ ... What are you waiting for? *Rigor mortis* is not going to serve you. Applying the Truth of Spirit and the Initiatory approach and applying It rigorously-that’s what’s gonna serve you. ...”

Dr. Lane asked: “Can you stand the Joy? Can you stand the Celebration? Can you stand the happiness? Can you stand the inner festivities? ... How about being in Gratitude for the life that God’s given you ...? We have this Opportunity to know and be with Him *while we’re in the body* through this Path. That’s pretty miraculous. ... I suggest a more joyous and a more fun-filled approach to living your life.

“And it really *is* that simple.”

A Spirited question-and-answer session followed.

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I realized I had a lot of wishing that kind of seemed like I just had a lot of judgment. ... I liked when I got to just give mySelf what I wished for the person that I really like. ...”

Our Teacher then explained: “If we hold someone or wish someone less than the Spirit, we’re doing several things. It’s the same Spirit in that person as in you. ... So we’re all the same Spirit. So if you hold someone and wish them less than the Spirit they *are*, you’re affecting really every Soul and you’re affecting yourSelf and that’s karma,” Dr. Lane said. “And karma is creations away from the Lord, God that you’re responsible for. O.K. And that separation is the cause of all our hurt and all our pain. ... Also, somebody shared that, ‘Hey! the person did me dirt, that happened three or four years ago. What am I doing holding on?’ When we hold on we are creating attachments and attachments are separations and they’re karma. So part of our Consciousness, you see, is not fully Present. It is not fully at and with God. It’s occupied with this person or what they did. That’s separation, O.K.

“And how it works also Spiritually is that Souls - when they complete their karmic journeys - They have to be able to go and stand and be with the Lord, God and be entirely Present. But you can’t be present with God if you have an attachment. ... You’ve still enslaved yourSelf. So you’re enslaving yourSelf also by that creation. And then someone also said, maybe a couple people said, ‘Well, you know, the person done me wrong.’ O.K. Well, what you’re saying is that ‘I’m such an unusual being that I’m the *only* person in creation that this particular thing was not karmically correct. It wasn’t supposed to happen. It was wrong.’ ...”

But Dr. Lane reminded us: “But nothing that happens to us is ‘wrong.’ ... There’s a reason why that happened to you and if you work it Spiritually you work it as: ‘O.K. What’s my Learning, how can I use it to Lift and Grow? What do I need to do and how can I be clear of the negativity I’ve added to it?’ Because all it is, it’s just an action. ...”

Our Teacher offered an example: “Let’s just say somebody owes you 50 cents. And they take years and years to pay you back 50 cents. And you’re enraged... Then the guy comes and he pays you back the 50 cents. O.K. Has the debt been settled? Only in the physical. The 50 cents was repaid but what about all that you created? All that anger, all that judgment. What about that, that you’re karmically responsible for? And all that wishing that person less than the Spirit they *are*. You’re karmically responsible.

“Now let’s take it the other way around, of the person who owes the 50 cents, ‘Why do I have to give that person 50 cents. I don’t think I owe it to him or her. What’s going on? That’s ridiculous.’ And you’re just angry and angry. ... And you pay the 50 cents back eventually. What about all that stuff you created? What about all those wishes and all those judgments on the person you owed the 50 cents to? There’s a reason why you’re both involved in this drama of 50 cents.

“There’s a reason. It’s karmically correct. There’s a learning going on for both ...”

Observed Dr. Lane: “We really need to see how we hold others. Because how we hold others inside ourSelves is really how we’re holding ourSelves. ...”

“To me the greatest and the most brilliant psychologist; I’m not sure - don’t get me wrong - I don’t know if there will ever be an HBO series called ‘In Treatment with The Christ, Jesus’ ... But when He said ‘To Love your neighbor as yourSelf’ it was pretty brilliant because that’s how you got to Love your neighbor. ... How you treat yourSelf is how you treat others. It’s all a manifestation of That, from that same Spot. So, what’s very, very important to do is be aware of what you’re running inside yourSelf and change it and lift and hold people to the Spirit they *are*. To the Soul That they *are*.

“And that’s really what ‘empathy’ is. ‘Empathy’ is knowing that the Light Of The Most High, that God lives in them as them and anything that’s given to them they can handle because they’re Spirit; they’re the Lord, God. It’s just the opposite of ‘sympathy’: ‘awe shucks, isn’t that too bad that happened.’ ...”

“Really we need to kind of Bless everyone because they’re completing, they’re the actors in this, they’re bringing this action to us so that we can use it to Lift and to Grow. ...”

Our Teacher assured us: “There is something in it for you or else Spirit would not have brought it forth for you. ... If we judge anybody then we preclude ourSelves and exclude ourSelves from the Lifting Action and from the Upvibration and from the Spirit that we *are* and that hurts and that’s painful. ... If we judge ourSelves and judge others then we separate. Even if we compare ourSelves to somebody else we lose out because we’re the same, we’re the same Spirit. ...”

In conclusion Dr. Lane suggested the following homework: “Once a day ask yourSelf: ‘How am I holding _____?’ And pick a person. And if you’re holding them less than Spirit, hold them as Spirit! And then each day do the same to yourSelf. ‘How am I holding mySelf?’ And if you’re holding yourSelf as less than Spirit, change it and move into holding yourSelf as Spirit. ...”

And Our Teacher reminded us: “See, it’s not about tolerance. It’s about Love. There’s a big difference. If you’re tolerating others, move into Loving them. You don’t have to like them but you love them.”

A Spirited question-and-answer session followed.

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"The Christ ... wasn't in that business. Remember He refused outright to be the King of the Jews. ... He said 'No. My Kingdom is not of this world.' His Business wasn't reincarnation. It was Easter. It was The Resurrection. ... He demonstrated what Resurrection is very well. It means rising above time and space because that's how we get crucified. The ego - we need to rise above that so we need to rise about our thoughts, our emotion, our feeling, our hurt and our pain and be Present in the Spirit ..."

"What you need to do as Students is ask yourSelf, 'What business am I in? Am I in the reincarnational business or am I in the Resurrection Business? What's my focus?' ... Many of you ... we tend to go with our habits ... If you know something is good for you, if you know there's a Present for you, give it to yourSelf, especially if it's something that helps you move more into the Christed Consciousness that you are, why not take it? ..."

Our Teacher then gave an example of one person who has had a gripe with another person and that Our Teacher instructed them to "talk it out" together. "Before you know it, one's walking out of the room, the other one's chasing them; they never have talked it out; they haven't come to any resolution, any peace inside themSelves and, of course, what are they doing? But that's separation because whatever animosity you have toward someone you have towards yourSelf, towards the Spirit you *are*. It's all one Spirit.

"See, and Christmas reminds us of 'good will on earth, peace towards men' because we're all the same Spirit ... so be mindful about what you're creating and change the pattern. ... so many of us love to tell a story. ... about ... what I'm thinking about so-and-so is true. ... But what's the effect of the story? ... It's to justify you in your position. O.K. ... You've won! Bravo! ... But your win is staged too and it's staged by the negative forces ..."

"But every moment can be Christmas. Every moment can be the birth of the Christ in you. And that means amongst all this stuff in me, amongst all this negativity, I'm still going to choose to enter into the Spirit. O.K. Yeah, I'm really tired. I worked late last night but I'm gong to choose to come to the Sunday Program. I'm going to choose to take a Class. I've been the Area Rep for a long time and I've been doing it this way. But now I'm also going to do it that way. O.K. So we need to stretch. It's about moving into our Christhood ... And opening the Gift of Spirit - that's what does it. ..."

Our Teacher then gave an example of another Student who had asked Our Teacher what Our Teacher described as a good question: "Gee, do we have to die to be with God?" "Somewhere he knows 'yeah, you can be with God *while you're in the body* and that's what this is all about. ... It shows the Power of an Initiated Soul. Here's the weight of the collective karma ... This one Soul is being moved past it ... past the crucifixion of time and space. Wow! What a Blessing! ..."

"See, and that's what happens when you open this Package, this Present, of the Spirit you *are*, of Initiation and of the Tools. ... We handicap ourSelves so often ... by going with what's 'true' for us measured by our thoughts and feelings, measured by our habits. ... It's so easy to be angry at someone, it's so easy to be hurt, it's so easy to be afraid. ... As long as we're doing that ... we're not being Present to receive. We know that in the Garden of Eden there is another Tree ... It was the Tree of Life or the Indwelling Presence ... we go to the wrong tree for the Present. ..."

"*Each and every moment* we have to open up to the Presence of God. But it takes an effort ... You gotta make that effort. The beautiful thing about what you're involved with is it's a combination of effort and Grace. You make the effort. That places your Consciousness where you can receive God's Grace. Make the effort to come to a Sunday Program! Make the effort to come and do an Open Hour! ... make an effort to come when the Center's open! ..."

"If you're of Service and doing It with a Loving Heart, you get all the Blessings. ... Most of you worry how much is in your bank account. You should know and understand how much gets attributed and put into your Spiritual bank account as Light Units and how much you've gained and you've Upvibrated. ... the whole world and the whole universe was created just for you ... Spiritually, man sits at the Apex of all of Creation ... not to dominate, not to control ... but to Love and to be of Service. ..."

"Jesus was born amongst the animals. ... And He had to become Christed. The Messiah had to redeem Himself. ... He took away the karma and made it possible for man to go into the Soul Realm. ... But it starts with each of us. Each of us has that Blessed Responsibility to open the Present. ... It's time for us to really really start to have the experience and to know Spirit as fun, as Joy; (it's time for) doing our Spiritual Progression and It's something very interesting discovering Who we *are*, discovering ourSelves and the Blessing of being in our own Integrity. ..."

"But you have to do It and you have to do ... Initiation just as Initiation is taught. ... do It the Way you're taught and simply be in the Resurrection Business! ... Initiation was the Gift. OK. ... *Each and every moment* we celebrate Easter being in the Resurrected Body, Which is, of course, the Soul Body. ... That's the great Gift of This Life - that we can be with God *while we're in the body*. ... I encourage you ... making a decision to come to the Center ... making a decision to do an Open Hour ... making a decision to be in Neutrality. ... The Presents all are under the Tree of Integrity, God's Tree ... and it takes effort ..."

"So I encourage you. I know you're gong to make New Year's Resolution. Make just one: that you commit to let go of habits - whether they're of thoughts, of feelings, physical habits ... your world view. Let go of that and simply choose into Spirit! ... takes effort but man alive! What a reward you get!! ... And enjoy unwrapping the Present! Enjoy using It and keep using It! ..."

"Christmas is about being free. Christmas is about God's Will, Good Will, O.K. and the Best thing you can do for Mankind is to do your Progression."

Holiday Satsang was both preceded and followed by a Spirited Holiday Celebration. Personal Gifts were given to Our Teacher; and, as a group, we presented a Gift to The Center for Religion and Advanced Spiritual Studies - a donation to help with Outreach so that we can continue to Serve others, really, by serving ourSelves.