



Spirit Central

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

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Baby Blessing On the Soul Present In Josephine Louise Blank

On Sunday, March 27, surrounded by Initiates of the Light of the Most High and invited guests, Our Teacher performed a Baby Blessing on the Soul with Josephine Louise Blank, born in December 2010 to Duane and Amy Blank, a very Loving and devoted Initiate of the Light of the Most High and a Minister of the Light and Sound of the Lord, God, who is very much beloved by Our Teacher.

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"Are You Stuck?: Do You Need A Tow Truck? Crowbar? Or God? - A Participatory Satsang"

"How many of you from time to time feel 'stuck'? Have you ever asked yourSelf ... 'why are you feeling "stuck"?" Dr. Lane asked at the start of Our Teacher's March Satsang. "'Stuck' means we're going around in the same old place ... So If we're 'stuck' it's a great indication that you're in karma ..."

"... the mind is part of the false self ... it has only one interest - to hook you up with your thoughts that are reincarnational in nature ... In its desire to be the king and the sovereign... O.K., it doesn't permit Spirit to be there. Spirit is excluded. And because of the way this works in Consciousness, the human race feels kicked out of Heaven, the Spiritual Heavens - the Garden of Eden ... - O.K. but it's not that God has kicked us out of the Garden of Eden it's that we've kicked God out and the false self has done that ... we're stuck in our reincarnational patterns, imprisoned in matter but God in His Kindness and His Mercy - He's given us a Way and that Way is through the Sound Current or the Holy Spirit, taking Initiation. Then you have access to Spirit; the Soul gets vivified, gets awakened, you get to know yourSelf as Spirit, as Soul beyond all your thoughts, beyond your feelings, etc. and you start to know God *directly* ..."

"... so we're always excluding Spirit," Dr. Lane continued. "Spirit is always being excluded when we're in a rut. ... 'how come, Dr. Lane, when I'm going through something I always forget about God?' Well, karma is spelled s-t-u-p-i-d. ... You forget. But guess what? That's what you've done for God knows how many embodiments. You've forgotten that you're Spirit. So God in his Kindness and Mercy gives you another embodiment so you can start to remember. Through the Gift of Initiation you start to remember. ..."

Dr. Lane then described a situation in which Our Teacher chose to drive on the beach and got stuck; people came along in a tow truck and offered to tow Our Teacher's car for a rather extravagant sum, which Our Teacher accepted; that truck got stuck only to be towed yet again by an even bigger one, which had happened along and the driver of which charged even more money. "... at least there was movement," said Dr. Lane "... when we get into these ruts and we get really 'stuck' that's what happens and we keep going around and around, you know. ... If we forget ... we can't do it. We're not going to get 'unstuck.' Where's the tow going to come from? ..."

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"What Do I Do If It Happens Again?: A Participatory Satsang"

Dr. Lane began Our Teacher's April Satang by giving an example of "a person describing his or her fear of what would happen if the experience he had just gone through were to happen again."

"That depends on you," said Dr. Lane. "You have choice."

Dr. Lane went on to say that there is "something called or what I label a 'flinch point.' This is where our karma pushes against us and we immediately go into reactive mode. ... a flinch point is also a place of, we have a thought or feeling and, rather than stay with that, we kick out as it were from that. ... If I were to tell you 'you need to do X, Y, Z' and, let's say, you run up inside yourSelf against a place of fear - 'I'm afraid to do that' - unless you're willing to stay with it and be strong with that and just admit it inside yourSelf and move beyond it you'll flinch and the flinch point will come out, many times as ... 'why do we have to do x y and z?' ... instead of staying within yourSelf and contained. ... There was this choice point and it's a strengthener. ..."

"The question is 'Oh my God! What happens if it happens again? If I have this struggle?' ... If you stay present with God with the Spirit you *are* and use Giraffe Consciousness [as Dr. Lane has written, Giraffe Consciousness means "You will be focused in the Lord as you go about your business in the world"] guess what happens? There's no attachment; there's no energy and you just have that experience. ... If you live in fear of it that's where you're going to get caught. ... We know Spiritually that fear of karma *is* karma so if I'm afraid that X, Y and Z is gonna happen then that's my attachment. ..."

"How things work Spiritually is that you get to see your gains OK or you'll get tested. In other words, if you think 'Oh boy! I've really mastered this' OK then guess what? You'll get to have the experience and you'll get to see if you've really mastered it. ... Now, if I were a betting man I'd say that 99 out of 100 times that if you think you've mastered it, you're in for an awakening. OK. And the other one percent adheres to what I just said. ... we know that Walking this Spiritual Path, on the Sound Current Path called Path of Soul Transcendence, we know everything's an opportunity and everything is an occasion for us to be strengthened. ..."

"You're assuming you're going to be in the same place Spiritually - Vibrationally - or as a person that you were ... you're stronger, you have more Clarity and you understand more that you're in control, OK, that you decide where you're going to place your focus and your energy. Choice. You understand the importance of choice. ... It's up to you as a Conscious Self to learn how to work with that part of your Consciousness and get

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Retreat 2011: Seeing The Face Of The Lord, God

During the Easter weekend Our Teacher brought forward a majestic weekend Retreat for Initiates of the Path of Soul Transcendence. The Retreat was attended by Initiates from around the country and Mexico.

The Retreat was titled "Seeing The Face Of The Lord, God" and the focus was to assist Initiates in doing just That - surrendering all that isn't the Living God inside and allowing the Lord, God, The Spirit, that Lives in us to be revealed to

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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. May. 3, 10, 24, 31; Jun. 7, 14, 21, 28 — 7:30-8pm EST

Wed. May. 4, 11, 18, 25; Jun. 1, 8, 15, 22, 29 — 4:30-5pm EST

MEDITATIONS

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

CALIFORNIA

Los Angeles area: Every Wed. 7pm

FLORIDA

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

HAWAII

Big Island: Every Sun.; Please call 808-937-5958 for time & location.

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.

OUTSIDE THE U.S.

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., May. 8 and Jun. 12: 10:30 am; Sun. May. 29, Jun. 26 Special 2-hour Meditation;

Meditation for Health and Well-Being East Side (Home Center): Tues. May. 17, Jun. 21 — 8:15 pm

West Side (200 W. 90th St, #10A): Tues. May. 24, Jun. 28 — 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.

HAWAII

Big Island: 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 (except Apr. 24)

Join Us For An Hour Of Spiritual Instruction

**"Q: What's Your Problem?
A: Same As Yours -
A Participatory Satsang"**
May 4, 2011
6:50 pm EDT

**"The Supreme Importance Of A
Simple Preposition:
A Participatory Satsang"**
June 1, 2011 at
6:50 pm EDT

Satsangs
by Dr. Roger B. Lane

Available at All Centers

Spring Semester

**"Fear, Hurt, Pain
And Other Attachments"**

Taught by Dr. Lane

**STARTING WED. MAY 18
FOR FIVE WEEKS
7:45 PM - 9 PM**

**--How To Be Unattached
And Free**

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

Listen to Our Monthly Podcasts!!!

www.cosmostree.org
www.spiritcentral.org

May. "Where Is God?: A Participatory Satsang" (A9)

Jun. "Choosing Wisely Your Creations: A Participatory Satsang" (A20)

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Dr. Lane explained that "We really give the Blessing of the Light of the Most High as a Way for the Soul to have an easier time in this world and to make it easier for the Soul to be focused into the Light that the Soul is."

As Dr. Lane has said: a Baby Blessing gives the Soul "a jump start" so that "It will be able to hold strong" along the negative polarity; and to assist It in Its (Spiritual) Progression." Below the Soul Level, as the Holy Spirit or the Sound Current enters manifested life or duality, It splits along the negative and positive polarities. Along the negative polarity, It is the Light; along the positive polarity, It is the Sound. A Baby Blessing is a Light Initiation. A Sound Current Initiation or Initiation into the Path of Soul Transcendence requires volition, which a baby has not yet acquired.

A Baby Blessing is done to lift and clear any karma that God wishes to clear at this Blessing (Ms. Josephine Blank did very well at letting go! And seemed to be quite focused for her age!!); to extend the Field of Grace to the Soul; and to be used as a focusing tool. Moreover, as Dr. Lane has explained, "Grace extends through the family of an Initiate and extends through the Souls of the families for generation and generation and generation."

The godparents were not present but Our Teacher asked two Initiates to stand in for them at this Blessing. "The godparents are both charged with the responsibility of guiding Spiritually this Soul in the body of this young lady known as Josephine," explained Dr. Lane, "and that is an Obligation and Responsibility and Joy that is to be taken very seriously. And in the normal course of development a child will many times need someone other than a parent and you are to be there for this child." The purpose of the godparents, as Dr. Lane has also explained, is to hold her in their hearts; to place any "worries" or "concerns" for her into the Light of the Most High and to let them go.

After a round of applause, a Certificate of Baby Blessing from the Center for Religion and Advanced Spiritual Studies was given to Josephine and read by Dr. Lane. Pictures were then taken; and everyone shared in refreshments.

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"Isn't this what happens when we get 'stuck'?" Dr. Lane continued. "All this kind of negativity needs to be cleared. Many of us when we enter into negative patterns - we tend to be really blind and so we honestly think that the person to whom we're negative has caused it or the place or the situation in which it occurred we better avoid it because that's where it happened and that's what caused the pain and we never track it back to ourSelves ... it didn't just come up. It's what's been going around and around and around in you for a long time: the negativity.

"So what can you do when you're 'stuck' and you forget? Choice. Choice. Because it's so simple we tend to dismiss that word. We tend to dismiss Choice and we tend to dismiss the Power with That. O.K. Put some reminders up, whatever you need to, that you *are* Spirit. It could be a saying. It could be a picture. It could be a Tool whatever or put [as a reminder] the "two-part Release Process" and do That: asking the Lord, God to take it and telling yourSelf 'to let it go!' ... So put up some reminders that you *are* Soul, that you *are* Spirit ... Admit to yourSelf that there may be a part of you that really loves this rut because as long as you're in this rut your energy's tied up ..."

"It was very easy for me to feel like a victim stuck on the beach and these guys 'robbing' me of 50 bucks. But it was just as easy for me to see the tide's coming so I knew from the way the waves were breaking it would just break right over the car... so it was just as easy for me to be grateful 'hey! Somebody came along and offered to tow the truck' so I have choice and I had to give up my victimhood and on top of it I had to be honest. I didn't know a thing about driving on the beach ... We have to be prepared to give up being a victim. And that's part of owning our Power. When we call on God we're owning our Power. ... "

"I've had people, even recently, all involved with something that happened God knows how long ago ... And if the pain is still there, what happened to Giraffe Consciousness [as Dr. Lane has written, the latter means being "focused in the Lord as you go about your business in the world."] and practicing That and letting all this go? ... Trusting, Allowing, Receiving ... do some Introjection Work. What was it in me? What was I caught up in? It might be a very simple situation of my boyfriend Bob is leaving. ... and you're furious at the guy for leaving. But guess what? His leaving has nothing to do with you. It's a gift. Take it! ... The fact that you feel that you can't survive without him - that's in you. That's not in Bob. And as a very bright lady I know ... said 'You know, you can tell when a woman is really in her power and that is when she really wants to be with either her spouse or her lover and she's okay if she's not.' ..."

"... being in a rut is throwing yourSelf in prison and locking the door," Dr. Lane explained. " ... What unlocks the door is the One who always unlocks the Door, O.K., and that's God, Spirit but you got to call on the Spirit, you got to call the Waters, you have to do That!

"So put signs up. ... And it's okay to be uncomfortable. ... We just go to be comfortable and we cheat ourSelves out of so much ..."

Dr. Lane ended with the participatory part of the Satsang, asking all of us to "go inside" and calling in the Light Of The Most High. "Now have a situation or something that you are 'stuck' in, up until now; just ask that it come forward!" Dr. Lane said. "And bring God into it and allow yourSelf to be 'unstuck.'

"I Lovingly suggest Call on God. He's got the Best tow truck in town. And It's the only One really ... 'Stuckness' is forgetting that and you're here to remember ..."

A Spirited question-and-answer session followed

Continued from p. 1: "What Do You Do...?"

... cooperation so that there's cooperation and you have the inner strength, OK, and you recognize it for what it is. ... As you do your Spiritual Work and you start Lifting and Growing you start getting distance on them ... and the attachment lessens and lessens and lessens until it disappears. ... You may have that experience again and be totally neutral. ... If you live in fear of something happening again, OK, that that's the attachment, OK, and, most likely, on some level you're going to attract it. ..."

"The flinch point comes in because it's so easy to, as it were, give up and give way and allow yourSelf to be pulled into the world, into fear, doubt, pain hurt ... rather than stay within yourSelf, contained. ..."

Dr. Lane then posited a hypothetical example of Our Teacher's being asked by someone to go to a movie and, having "a fear of not being liked or I worship other peoples' opinion, I'll say 'yes' even though I don't want to go. ... I've created karma. ... I need to sit with that [my Truth/staying in my Integrity] and stay contained with that and know I'm okay whether or not that person speaks to me. ... the second time it comes around maybe you are taking more responsibility. ..."

Dr. Lane then spoke of the many people with whom Our Teacher's works who continue choosing into karma. "We're left with that wonderful thing God's given us: free will. God gave us free will. We can choose however we wish. OK. And so when we have a situation, we're not bound by how we responded previously ... If you're willing to have the situation or yourSelf be born anew, be born fresh and don't allow all that quote past to have a hold on you 'cause it can only have a hold on you if you allow it. If you don't allow it then you can have the situation be anew and you'll be neutral. You'll be practicing what I call Giraffe Consciousness. You'll be eating on the Higher Levels so to speak, the Spiritual Food, as your body goes through this. ..."

"The judgment is 'oh! This shouldn't be happening to me!' ... not only shouldn't it be happening but it's happening in such a textbook manner and it's perfect for you. ... you're only given that which you can handle. ...Those of you who study with me and, perhaps, others - so you may be involved in an action of Grace where, OK, you'll be tested but maybe it won't be on this level. ... So you don't even want to assume anything about when it comes around again and how it's going to come around. ..."

"What we do inside ourSelves is we get afraid. We get afraid and we get more attached and more attached inside ourSelves. ... And it's the attachment. At the end of this Satsang I want do a little Process with you of just giving that attachment to God and making a choice of a situation that you're going to pick and how your approach is. See! That's the key. It has to do with the approach - how are you going to approach the situation rather than the situation itself. ... How you going to approach this situation? Am I going to approach it the same old way? Am I going to live in hurt, pain, fear? Am I going to get angry? ... Rather than sit and be contained within mySelf? What am I going to do? How am I going to approach it? ... Rather than 'OK. I'm going to meet this guy's anger ... head-on.' We need to take another approach. ... I'll use humor. I'll use flattery. I'll use something personal I know and deflate the whole situation and then we'll get down to business. But I can only do that if I'm not attached. ..."

"Another thing is you want to do 'nintendo' ... it basically means 'work your buns off and leave the results to God' ... And let go of the outcome of that situation and how it 'should' look. ..."

"What counts and what goes with you as Soul, as Spirit is OK 'how'd you work it inside yourSelf? How did you Lift? How did you Grow? Did you get it?' I'm sure, you know, the karma keeps coming around, keeps coming around, keeps coming around, until you get it, until you understand. ... And it stops when you stop. It stops when you stop with the engagement into it, with the attachments, when you're free of it. ... Actually, you've gotten the situation again and again and again. How are you going to respond when it comes again? ... "

"In conclusion, you can run the whole gamut of feeling powerless, feeling not responsible, living in fear or you can take responsibility; own up to your power; put whatever stands in the way of that into The Light (of the Most High); let it go; and face the situation anew neutrally, positively, knowing it's there for your Upliftment and your Growth. And that's all it is. ..."

"And the choice is yours."

A Spirited question-and-answer session followed.

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us. "Seeing The Face Of The Lord, God" means being with God *while we're in the body* - which is the great Gift Initiated Souls Receive if they walk The Path *exactly* as laid out. This requires a Choice to give ourSelves Love and Our Teacher taught that the acronym for LOVE is Letting Go Of Volition Every Time. In other words, surrendering our agendas - the hurt, pain, fear, sadness, anger, etc. This writer discovered that letting go of agendas immediately moves me into Love because as negative attachments are surrendered God, Who is Love, fills those "places." As Initiates when we Love OurSelves and know we are Worthy of the Spirit living in us as us and actively nurture That Knowledge through our choices we Lift and Grow.

Our Teacher explained that "Seeing The Face Of The Lord, God" is being established in the Soul Realm, free from attachments, with God and "facing" God naked, which means in the Soul Body and without karma. Our Teacher taught that this take courage, focus, discipline and choice.

Through group and dyad work, Meditation Of The Light Of The Most High, introspection, quiet time, open sharing, Processes led by Our Teacher, many Tools, including the marvelous educational publication *Tools For Living Free*, Meditation For Health & Well-Being and a recorded Talk titled "Fear And Its Antidote" we learned about The Teachings of the Path of Soul Transcendence. This writer learned that being an Initiate is Joyful and that the Soul is always with God but it is my responsibility to know It. The very best thing I can do is Love God. Which is Loving mySelf because the Spirit lives in me as me and the Path of Soul Transcendence is a Surrender Path. We surrender anything that isn't God. This is Our Responsibility and Our Teacher has brought forward many Tools to assist us with this and the prodding needed to use Them! Make the choice and put what we know in place! Some of The Teachings to help Initiates be the best Initiates they can be are Giraffe Consciousness or keeping one's Focus at God while we go about our business in the world; Gratiitud; Release Processes; Self-talk; and Trust, Allow and Receive. Essential is our choosing The Teachings and applying Them. Our Teacher said, "We can never, never, never understate the importance of volition. ..."

Our Teacher taught that an Initiate who is truly acting as an Initiate is, "... living in the Oneness of Spirit. ..." and that God is Irresistible, Irreplaceable and Incandescent so the more we take care of the Light [of the Most High] within us, the more It shines. Our Teacher also explained that the antidote to fear is Trust. Our Teacher encouraged us to Trust in the Reality of God and that God lives in us; therefore, there can be no fear. We were directed to Live in Grace by choosing to be entirely present with God.

We studied the *Tools For Living Free* #98 "Choosing Wisely Your Creations", which describes that "each moment is an opportunity to create positively, to create well, to move into Inner Alignment, an Inner Peace which is... the God within..." We do this by actively using, choosing and living the Teachings. In addition, we read the *Tools For Living Free* #89 "Applying The Message Of The Easter Season". This was a perfect Tool to use because we were Blessed to have Retreat on Easter weekend! Our Teacher taught that the True Resurrection is when the Soul Body is in the Soul Realm. Another way of describing this is that the Soul waking up through the Process of Initiation and going Home to God while It is in the body. This is a miracle! This writer learned that the Resurrection is indeed my Best Friend; It's how I'm Home with God; and my whole life has been leading up to This.

Our Teacher Lovingly Suggested we surrender the striving and trying to control. Our Teacher taught that the attitude of trying to control implies the underlying assumption that Love is not freely given and explained that this is an old perspective and one we are Lifting beyond. Dr. Lane also explained that wanting to control our outer environment is the 'lazy' way. It is, in fact, brave and courageous to go inwards and do the Self-talk; to give God the negativity; and to Co-Create Positively with God by Calling in The Light of the Most High and asking the Lord, God to take the negativity and telling ourSelves to "let it go." Our Teacher also reinforced that that we *are* Worthy; we don't have to earn anything, This writer was reminded of lyrics written by a Fellow Initiate, "Call in The Light and work your life/with Loving and Compassion." This takes Loving Persistence. Our Teacher also taught us that the Solution is God and that we are to have Proper Identification of OurSelves as Spirit. Our Teacher also explained that the new paradigm for the lower self is Loving Cooperation, which entails our directing our focus. As we educate our lower self it becomes less and less important to us and the attachments fall away. We discover OurSelves, our True Selves, the Lord, God living in us, as us.

During Retreat Our Beloved Teacher gave us the Blessed *Tools for Living Free* #38 "Introjection: Claiming Our Power". The Teaching of Introjection is a Gift, it is like a vacuum cleaner picking up negativity that we create! Indeed Introjection is the antidote to projection. Our Teacher instructed us to Call in The Light of the Most High, to ask the Lord, God to recall our projections by saying, Lord, God, for the Highest Good, recall my projections and raise me to the level of Spirit to have the understanding." Our Teacher said: "When we Introject we are cooperating with Spirit's Plan for us. ..." All we have to do is initiate it and Graces comes in.

Another important Teaching Our Teacher brought forward was Proper Identification: truly knowing ourSelves as Spirit. Our Teacher taught that our "outer" image of ourSelves is just a con and that, "despite how it looks (we) have to stay clear. ..." We are unable to see the Face Of God if we go with past reference points because these are attachments. Our Teacher suggested that we live life inside out and backwards; i.e., place the Spirit in us first and work life from that Place. Work The Teachings to be Neutral and in total Acceptance. Drop all past reference points. Be Present. As Our Teacher emphasized, "the Way Of The Soul is Detachment." Our Teacher explained that the "best thing we can do for anybody is be the Spirit you are and do Our Spiritual Practices exactly as taught." That is recipe for success! A recipe for Seeing The Face Of The Lord, God. As Our Teacher also shared with us "the way to thank The Teacher is Love God."

At the close of Retreat Our Teacher gave us the Gifts of *Tools For Living Free* #87 "Being Present" and #84 "The Spiritual Teacher."

Our Retreat weekend also included a lively Saturday night Auction with featured musical performances by Rev. Dewi Lim, Rev. Karen Baxter, Andrew Isleib, Elisa Hunter and Edward Faust that was a success in generating funding for the many outreach activities of CRASS. We are grateful for our Fellow Initiates who Lovingly supported the Retreat through their Service and their donations.

Finally, there are no words to describe the Love and Generosity of Our Teacher in preparing yet another Retreat and giving of Our Teacher's Time and Energy in Directing and Presenting It. We are Blessed beyond measure!

If you haven't already requested or taken Initiation into the Sound Current contact your nearest Center. Initiation into the Sound Current is the Way to come to know yourSelf and fulfill your Divine Purpose here.