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Timely Knowledge for friends of Cosmos Tree, Inc. and The Center for Religion and Advanced Spiritual Studies May/June 2014

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The Teacher's Birthday Celebration

Initiates of the Light of the Most High gathered at the Home Center in New York City and via teleconference from around the country and outside of it for The Teacher's Birthday Celebration, Which began at 3 pm on Saturday, March 1 with food and refreshments and fun.

Those present then participated in a 15-minute Meditation of the Light of the Most High, followed by Our Teacher's Birthday

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The Teacher's Correction: 'Right' Vs. 'Wrong' Or Perfection? - A Participatory Satsang

Our Teacher, Dr. Roger B. Lane, began the March Satsang by saying, "... There's a basic tendency that we have as people ... We are 'position players'. ... We play our position so that we're always busy defending our position, our agenda, whatever the ego has constructed as our being. ... By definition, because it has been constructed by the ego, it's going to be the false self. It's not going to be Who you *are*. In the beginning we chanted the HU chant. H-U. That's an old Sanskrit name for the Lord, God and that's Who we *are*. We're HU-mans. ..."

"We're God-man and that's why we're here. We're here to help ourSelves and to have the experience and to come into the complete Knowing of ourSelves as Soul, as Spirit. Because we've forgotten, we've been asleep."

"And what's happened to us as Souls is that we've kept identifying with the world of form. We've taken on body after body after body and we keep identifying with our thoughts, with our feelings, with our emotions, etc. And we have all these journeys into the worlds of duality. And, of course, the ego and the mind work in duality. ... 'Me versus you'. 'My team versus your team'. And yet the Spiritual Reality is just the opposite. We're all One. So I can't come against you without coming against mySelf. If it's 'me versus you' it's me versus mySelf. It's me versus the Spirit I *am*. I'm going to lose. When I'm setting it up as a competition to win I'm an automatic loser. ..."

"In working with the Spiritual Teacher - what I've experienced about 97% of the time is that there's a protection of the false self, of your position. And that we know that the false self, the basic selves, the part of our consciousness that is responsible for bringing forth our karmic patterns, wants to be 'right'. ... But if you're an Initiate on the Path of Soul Transcendence you

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"What Time Is It?: A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, began the April Satsang by saying, "What I'd like to do is start with your participation so I'm going to call in the Light Of The Most High and I'm going to ask a simple question. Just let whatever arises come up! There's nothing that's going to be considered 'right'; there's nothing that's going to be considered 'wrong'. ... So just let yourSelf have this experience!"

Dr. Lane commenced the Process by saying, "So, what time is it? (Pause) What time is it? (Pause) What time is it? (Pause) What time is it?" Our Teacher then asked, "Who'd like to share what time it is and it should be obvious by now I don't mean that it's 7:04 pm."

The first participant shared, "... I got 'Get Present! Be Present! Let go!' And 'It's time to Surrender'." Dr. Lane replied, "... You've got a good watch there. ...". A second participant shared, "To come into Alignment with the Lord, God inside mySelf." A third shared, "Time to allow time to be inside." A fourth shared, "The time is now." Another shared, "Time to Love God and time to go Home." Followed by another participant, "Time to Love mySelf enough to live The Teachings and Love God and be with God." And a final participant said, "I got no time. Being in the moment."

Dr. Lane then said, "Well I want to thank you for giving the Satsang for me. You guys did a really good job. We know that in Reality that there's no such thing as time. That time is a psychological event and it also tied in with the world of the senses. ..."

"When you sit in what the world calls Meditation according to the practice that we do on this Path where we rise above the sense

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Initiates' RETREAT 2014: Do You Know Your 3 R's?: Reset, Restart, Rebirth

During the last weekend of March, Our Teacher brought forward a beautiful weekend RETREAT for Initiates of the Sound Current on the Path Of Soul Transcendence. The RETREAT was attended by many Initiates from around the country and from Mexico and Venezuela.

The RETREAT – titled "Do You Know Your 3 R's?: Reset, Restart, Rebirth – helped those present to strengthen themSelves as the Spirit they *are* and 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!

SpiritCentral

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OPEN HOURS

Opportunities to speak with Dr. Lane and to experience personal and Spiritual Growth and Lifting into the "positive" energies. Call any Center for info. and call-in number.

Tues. May 6, 13, 20, 27;

Jun. 3, 10, 17, 24 -- 7:30-8pm EST

Wed. May 7, 14, 21, 28; Jun. 4, 11, 18, 25 -- 4:30-5pm EST

MEDITATIONS

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

CALIFORNIA

Los Angeles area: Alternate Mondays. Please email LosAngelesMeditation@gmail.com for details.

CHICAGO

Chicagoland area: Please email Chicago@cosmostree.org for details.

HAWAII

Big Island: Please call 808-937-5958 for details.

TENNESSEE

Johnson City area: Every 2nd and 4th Mon. 7pm. Call 423-975-6868 for details.

WISCONSIN

Madison area: Every 4th Sun. 5pm; Every 2nd Sun. 5pm Meditation For Health And Well-Being. Call 608-838-7968 for location.

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Queretaro area: Call 52-442-224-3042 or in the U.S. 347-448-2310 for details.

NEW YORK

New York City: Every Mon. 7:30pm; Wed. (except 1st Wed. of the month) and Thurs. 6:10pm; Sun., May 11 & Jun. 8: 10:30 am; Sun. May 25 & June 29 - Special 2-hour Meditation; Meditation for Health and Well-Being East Side (Home Center): Tues. May 20; June 17 — 8:15 pm West Side: Location TBD Tues. May 27; June 24 — 8:15 pm

Meditation For Health & Well-Being

East Side location: 8:15 p.m.

(doors close at 8:10 p.m.)

Tues. May 20, 2014 /

Tues. June 17, 2014

177 E. 87th St. (Lexington - 3rd Aves) - Suite #204

Upper West Side location: 8:15 p.m.

(doors close at 8:10 p.m.)

Tues. May 27, 2014 / Tues. June 24, 2014

Location TBD

CD Available via Web site.

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:

NEW YORK

New York City:

Every Thurs. 6:30pm.

Time Warner - Channel 1997

RCN - Channel 84

Verizon (FiOS) - Channel 35

Brooklyn

Every Sat. — 4:30pm

Cablevision - Channel 68

Time Warner - Channel 35

RCN - Channel 83

Verizon - 43

For those outside New York City, please go to mnn.org at 6:30 PM Eastern, Thursdays, Scroll down to "Spirit Channel" Click on "Watch Now"

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

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"Oh, Dear God, Do You See Me?:"

A Participatory Satsang"

May 7, 2014

6:50 pm EST

TBA

June 4, 2014

6:50 pm EST

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by Dr. Roger B. Lane**

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Listen to Our Monthly Podcasts!!!

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**May: "Acceptance: The Key To
Your Heart"
(CD/MP3 A34)**

**June: "Peace: As Above, So
Below"
(CD/MP3 A35)**

Spring Semester

Communication Class (5 weeks)

Wednesdays, June 11 - July 9, 2014

Given by Dr. Roger B. Lane

Learn to Communicate directly, properly, exactly and effectively - from a Spiritual Perspective. When this Class is over you will Understand how to ask for what you want in all areas of your life and, more importantly, that the place where this critical interchange really takes place is inside yourSelf, "between" you and the Spirit You are.

Please see Epage in this issue of *SpiritCentral* for more information or call Registrar, Amy Blank at 708-846-1031.

Tools For Living Free Reading & Discussion

12:00 PM EST

**Teachings Study Group
Using *SpiritCentral* as the Tool!**

3:00 PM EST

May 11th & June 8th

Facilitated by Editor-In-Chief and Experienced

Sunday Program Leader Rev. Melissa Sones

Available By Teleconference (beyond a 50-mile radius)

For More Information About Participating Via Teleconference Contact Administrator Rev. Amy Blank at 708-846-1031 or by email at info@cosmostree.org.

Satsang, which this year was a "mini-Satsang."

Dr. Lane began by saying "As you know for the RETREAT, It's a RETREAT on what? On Resetting, OK? ... like you reset your system. Simple example is, say, you're in the habit of putting your cellphone wherever you put your cellphone and next time you want to use it you spend fifteen, twenty minutes looking for it ... and you waste a lot of time and energy on it ... resetting would be to put it in one place all the time so you know where it is. So you reset your whole approach. You change your whole approach to become efficient and to free up your energy.

"And the RETREAT is focused on resetting. What do we need to do within our own Consciousness to reset? What do we have to reset? Do we have to reset our attitude towards Spirit? ... Towards Walking this Path? Towards doing our Spiritual Practice? Towards Tithing? Towards the way we treat ourSelves and treat others? What do we need to reset?"

"And this is a Birthday Satsang. What are we Celebrating here but we're Celebrating the Love of God - God's Love for us - that He sends Himself, as it were, puts Himself in HU-man form to gather up His Kids, give them the Opportunity to know themSelves as Soul, as Spirit and complete their karmic journeys. This is the Opportunity of a lifetime ... this is the Purpose of HU-man Life and why we've come. And behind it all is God's Love, His Mercy and His Kindness and His Compassion.

"And ... yeah, God makes sure there's a Soul on this planet to give Souls that Opportunity to carry out this Spiritual Action, OK and It's a Manifestation of His Love, His Grace. And That's really what we're Celebrating.

"So I want to put the two together: Knowing how Loved you are and how much God Loves you and your Purpose here. What do you need to do? And we'll do a little Process. What do you need to do inside yourSelf to reset? What do you have to reset?"

Dr. Lane then did the following Process: I'm going to call in the Light [Of The Most High] and inside yourSelf - I'm going to ask that question two or three or four times - and let what comes up inside you ... Let it just come up. 'Lord, God, send us Your Light! We put this time together in Your Light for the Highest Good. And we ask that whatever comes forth be for the Highest Good.'

"Now 'what do I need to reset inside mySelf'? ... [Pause] 'What do I need to rest inside mySelf'? ... [Pause] 'What do I need to reset inside mySelf'? ... [Pause] 'What do I need to rest inside mySelf'?"

"And anyone's welcome to share what you'd like to reset inside yourSelf."

The first Participant said: "... following the Instructions *exactly* as taught ... I needed to reset *moment-to-moment* knowing that the Garden was inside me ..." Another shared: "deep trust." Another said: "Aligning my will with God's Will." Another Participant shared: "Surrender. Let go. Allow and Forgive." Participant five shared: "Receiving. Believing and Accepting God's Love", after which Our Teacher said: "... Why don't you give up the believing and move into the Immediacy of It? Let yourSelf have That Experience *directly*. ..." Another Participant shared: "To do my Spiritual Practice *exactly* as taught." And the final Participant offered: "A visual: instead of going 'down' and 'out' going 'in' and 'up'." Our Teacher explained: "Of course, that's exactly from the Blue Book. The Blue Book talks about 'down' and 'out' because the Soul has been here so often in so many embodiments It identifies with the world of form ... it's false identification ... It's always going 'down' - a lower frequency -

and into the world. The whole training on this Path is to go within and then to go into the Soul Body and that's the reverse and That's how you retrace the Soul's steps, as it were ..."

Dr. Lane further stated: "Just as a general reset I hope some of you will add this to your resets and that is that the Home Center - even though It's physically in New York - It's everyone's Center and everyone needs to be part of It and do whatever he or she can for the group to be of Service. It's part of Loving Service, OK, so that This is everyone's Center.

"Another thing also is to really practice Individual Responsibility in a group setting so if you're involved with others - and we're all involved with others in a big way called the HU-man race - if you're involved with a group ... say, involved in a Service group, a Minister's group, that you don't sit there and say 'who's going to do it?' Rather, you take the Responsibility to get it done, OK? That's another important reset, OK? Alright.

"And then also what I'd like to put out to you is one of the things I ... would love to see come to fruition. It's obviously here Spiritually or I wouldn't be talking about It but It needs Initiate reset into This and to make It Theirs is ... a Permanent RETREAT Center ... but It needs your reset to bring into manifestation. And this RETREAT Center will be a place of Love; Sanctuary; Rest; Study of The Teachings ... you can just participate in the Love that's Present ... That is really waiting on the Initiate's reset ... so if you'd like to give yourSelf a big important Gift of Love you may want to reset into having and helping to manifest this Permanent RETREAT Center ..."

"So ... what I want you to do ... take a moment now and Co-Create the reset with the Lord, God! For example, if it's identifying with the Garden inside rather than outside - though still enjoying the outside world, 'Lord, God, I'm moving on knowing and understanding and living that the Garden is within. Please help me live That! Please Co-Create that with me!'

"OK. And some of you may have had the Experience ... That of actually experiencing the Spiritual Frequency moving in on That. The Teacher's Forcefield extending to That. And that's how you Co-Create. ... There's this beautiful partnership that goes on: you and the Spirit; you and the Spirit; you and the Spirit. ... this dance goes on in this magnificent way ... that's how we *really* express our Love of God. So put your resets into a Co-Creation Pattern with the Lord, God. Take a moment to do that [Pause]! ..."

The Teacher's Birthday Satsang was followed by the Sacred and Devotional Washing of the Feet, Which Our Teacher has often explained has to do with the "At-One-Ment ... of our will with God's Will"; "to be in Love"; "Surrender to the Love within".

After the Washing of the Feet, Our Teacher was presented with the Group Gift, a group donation from His Initiates to CRASS to help pay for new sound equipment and Our Teacher's Travel Ministry. Our Teacher was also given personal gifts from His Students.

The Gift-Giving was followed by excellent musical performances by the Rev. Dewi Lim, Rev. Valentina Iseib and Edward Faust, after which we all enjoyed more food and refreshments.

A special thank you to those Initiates who prepared the food, which was exceptionally delicious!

A fun and Uplifting time was had by all!

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have access into Spirit and you have the ability to practice Proper Identification. To know that ... you're Spirit, you're Soul and that you live in the Oneness of the Sound Current, of the Holy Spirit with the Lord, God. That's the incredible Mystery of it all. ... here we are in the physical and we are with God and God lives in us. Wow! That's a hell of a miracle.

"And yet the ego doesn't want to know ... anything. It just wants to be in charge. And it creates this false identity of 'I', the 'I' identity of 'me, me', 'give me! give me!'. ... The Spiritual Reality is ... the Upper Part of the Third Eye. ..."

"But the point is that there's no point. When The Teacher corrects you, as it were, there's a meeting here. There's a meeting in Spirit even though you may be meeting in bodies and in Spirit you're just in that Oneness. There's no wrong; there's no right. The Teacher only has one Purpose and that's to help move you and help you be the Spirit that you *are*. So what's wrong with that? He's not making you wrong. He's making you right.

"Right with yourSelf. Right identification. Helping you be HU-man. And yet there's so much resistance. ... The interesting thing is if you take a look at our Responsibility in this world, what's our Responsibility? It's the same for me as it is for you as it is for anybody else: It's to know yourSelf as Spirit. You don't do it this lifetime: it's fine. God is patient. He Loves you. He'll give you as many bodies as you need as you suffer through your painful embodiments. ... And the pain is the pain of separation. ... What's the separation but your identification with your thoughts, with your feelings, with your hurt, with your pain, with your negativity, etc.? And we're all Responsible. ... Look in the mirror; you're living proof. You're at the effect of your karma.

"Now through God's Grace: if you're an Initiate, obviously there's no way in hell you can balance it. You most likely can't even balance your fate karma, the karma for this lifetime. How are you going to balance the karma for future lifetimes? ... That's handled by Grace. But everything we do we're Responsible for whether we know it or not. ... That's one of the great tricks of the false consciousness, that we don't connect up with we're the cause. We don't take the Responsibility. We look in the mirror and think ... what's in the mirror is so and we forget that we created what's in the mirror. There no link back. You know, if you're Blessed to be Walking this Path you'll get your karma back very quickly so you can see the connection. ..."

"This is how it works. There was a position. We hold a position and we insist. There's an insistence upon the position and it's all ego based. And The Teacher doesn't work out of the ego. ... When you meet The Teacher *truly* as His Student you're meeting really as One. And there's no 'position' other than Love and Love holds no position. It just flows. ..."

"See, you don't have to perfect the Spirit that you *are* because the Spirit in you - That's the only Thing that's perfect. Even though most of us insist and want to be perfect on other levels: the mental, the physical, the emotional, etc. But why be perfect on those levels if you're not going to inherit those levels? You're not going there. You're not, ultimately, going to wind up there. Why be perfect? ..."

"So we have The Christ Who loves us unconditionally so we don't have to be perfect. So why bother? So what position is there that you wish to uphold? ... The interesting thing to me is what people protect. ... A lot of times it's our image in the world. How you think people see you. How you think people should see you. But every person I know, as a person, as a personality, cannot see into the Innermost Heart. ... They can't even see that God lives in them as they so what are they going to see? Another blind person making believe he's got 20/20 vision? ..."

"We'll hold onto this vision until the pain of it is so much. So when The Teacher works with you, you need to be open; you need to be Loving; you need to let go and to drop your agenda because, in the immortal words of Ed 'Seventy-Five Cents', 'Your agenda, your hurt, fear and pain, you got the inner riot going on; you've got the inner riot going on'. And it's laughable. It's a riot you know. It's laughable except it is causing you such hurt and such pain and such misery. So when you come before The Teacher

inwardly or outwardly there's the Opportunity to let go and just be Present.

"You're good enough! ... Underneath it all there's this fear that God or The Teacher will see us for Who we really *are*. So we have to hide or protect ourSelves and we can't show ourSelves. ..."

"But we've been found good enough. If you're in a HU-man body you've won the race for the Opportunity to know yourSelf as Soul, as Spirit. So many Souls compete to take on a body just so they can have this Opportunity and you've won that Opportunity. So you've already done something right. What's there to prove? And if God lives in you as you you're perfectly OK with me. What's there to be right about? God already made you right: He is living in you as you. ... So working with The Teacher or The Spirit or really any Opportunity to Lift and Grow: you want to Surrender your agenda; you want to let go and Trust; you want to just be Present with the Spirit that you *are*. ... There's nothing to protect. ..."

"So really the story that I shared about my using that I'm not perfect physically as an argument not to be the Spirit that I *am* - that really is what we all do. And that's why we don't take the Opportunity to move into the Perfection of the Spirit we *are* through Opportunities that life gives us, The Teacher directly, indirectly, outwardly, inwardly, etc. We go and we protect. The interesting thing about vulnerability is when you're truly vulnerable you don't get hurt. When you go and protect the vulnerability and the hurt, you're always at the hurt and you're always reinforcing that and fear comes upon you. If you're afraid of getting hurt you're going to get hurt. It's real simple. So we all need to stand in the Loving without any agenda.

"It's like when you do Service, what's the goal? Is it to see who's doing more? Who's doing less? Is it to put down other people? Or is it to be Focused on what's the goal? What's the Service Project? And doing it Lovingly, Serving each other and Serving others? ..."

"We don't need to stand naked before God and cover up because God lives in us as us. There's nothing to cover up. We've already measured up. We're fine. You don't have to prove you're right. God's already proved it. He put your ass on this planet. That was automatically Spiritually correct. It's the right thing to do. We're right. But we all need to - and this is very important - both with your inner environment, interpersonally and intrapersonally you need to be Present with yourSelf, with the Spirit that you *are* and use everything that comes up as an Opportunity to Surrender, to let go and to just be Present. ..."

"If I have a negative thought I'm separating mySelf from the Spirit that I *am*. If I have a negative thought about you, I'm separating mySelf from the Spirit I *am*. ... We need to realize that we are One. We're only hurting ourSelves. There's nothing to be right about. You're automatically right. You're here in HU-man form. So that's right. And to take every Opportunity to perfect the Expression of the Spirit that you *are*. With The Outer Teacher, with The Inner Teacher, with Spirit, with whatever life brings you. It's all a Golden Opportunity and we need to take advantage of That and we need to be smart.

"What I'd like to do in conclusion is a quick Process and I'll start by calling in the Light Of Most High so, 'Lord, God send us Your Light! And we put this time together into Your Light for the Highest Good!' Now just get nice and quiet! And inside yourSelf run an agenda you have or a vision of yourSelf, you know: you're so smart or you're so this or you're immune from the Spiritual Laws, whatever it is. Now just allow the Opportunity for that to be corrected and to let it go. Now pull back the previous agenda you had. Now take the Opportunity again to let it go. For the sake of this exercise we'll say that the Window of Opportunity has closed so it's up to you now to work it internally. What feels better? What's better for you? What works better in your life? Your agenda or the Correction into Perfection?

"We'll stop with that."

A Spirited question-and-answer session followed.

world, the false identity of being in the body and ... know the Soul Body, the Soul, the Spirit that we *are*. ... What is this time for? You can call it time, you can call it a lifetime, you can call it an embodiment ... But it's for what you're talking about. It's for Knowing yourSelf as Spirit; to be in Alignment with the Lord, God; to Love God; to complete your karmic journeys here and to go Home. And that's why God has given you life. ..."

"In the beginning we did the HU chant. H-U. And that's the name of God as He manifests. That's the First Manifestation of God. And that's where the word 'human' comes from. We're God in Manifestation. We've forgotten who we are and we're asleep. ... What time it is? It's the time to be Awake. To be Awakened. And we know that is Spiritually. ... Time killers are people who place God or Spirit outside of themselves. ... Then, of course, they wait to die to be hooked into Spirit. ..."

"We know that the Lord, God is also a Frequency or an Oscillation and we know that, OK, the Soul within you it - if It hasn't Awakened through the Process of Initiation into The Sound Current - It's going to be asleep. But you die from the body, guess what? If you were to go to God you'd have no chance. ... Because that Divine Oscillation or that Frequency - you couldn't tolerate It ... If you're living and you're not Awakened in the Spirit and Walking that Path you're dead, anyway. ... Coming here and wearing a body we all think we're alive because we're wearing ... a body. But actually it's referred to as being dead and it's a condition that you need to Awaken from. And that's the Purpose of HU-man life: to be Awakened from the sleep you've been in lifetime after lifetime after lifetime. That the Soul has identified with thoughts, feelings, etc., with the world of form. It doesn't know to go inside. It doesn't know that God is within. ..."

"The Truth is real simple. It's tag you're It! God is inside. ... In the Beginning was the Word and the Word was with God. You were created as Soul. We're created in His Image. ... The same 'Material', the same Essence as the Lord, God: That's the Soul. ..."

"And being a Spiritual Warrior means always being on point. And living in what's called the Eternal Now. Now is the moment. Now is the moment. Always keeping your Consciousness at God. ... Any kind of opinion that you have your Consciousness is going to be involved with it just to check if it is correct or not. So you have a line of energy outside yourSelf and that's an attachment. And we know that any thought, anything other than being in Abundance Consciousness, focused on God, is a creation. ... Whatever it is, whatever we create, we become karmically responsible. We are responsible for our creations and the reason for that is real simple. So that we learn to create in Alignment with the Spirit that we *are*. And we also learn Responsibility. ..."

Dr. Lane then gave an example of our creating our own reality as the powerful creators that we are. "I have the thought: God is a 'meanie'. It goes into the Cosmic Mirror, then I mistake it for Reality. And, on top of it, I don't know that I've created it so I've lost my Knowing that I'm a creator and that I'm Responsible for what I create because under karma it looks like, 'Hey! this stuff just exists. We didn't create it and we're not Responsible.' But *now* is the time for you to learn that you *are* Responsible. You *are* Responsible for your creations. You *are* Responsible for where you focus. You *are* Responsible for the proper use of this Gift called HU-man life. ..."

"God's patient. He is a Loving God. A kind God. You don't get it; you want to play dumb; you want to kill time - fine. It's called reincarnation. You get to re-embodiment as many times as you need to and the suffering that you create is as much suffering you need to create because the suffering is the pain of that separation. And the separation is a result of our creations away from the Lord, God. ..."

"Now is the time and this is the hour' as the song says from one of our attendees here. It's never too late. ... You have an Opportunity now to turn. Now. Any moment. Any moment. Any moment. ..."

"So it's never too late. I don't care what you've done. It doesn't matter. Remember the story of Jesus and all these people

judging the whore, the prostitute? ... And 'he who is without sin can cast the first stone.' ... Sin is ... not knowing Who you *are*. And you can turn from that anytime. Simply going inside yourSelf and asking God for help, 'I don't know where to go. I don't know what to do. But help me, Lord.' Bingo! It's heard. You're met. So it's never too late.

"The time is now to Forgive. Forgiveness is an extremely, extremely powerful, powerful Reality. ... By not forgiving, your Consciousness is always at the negativity and always involved with the being or the person or the situation that you can't forgive. ... There's a real system of justice here called karma and reincarnation. You don't have to worry about people's getting away with anything. ... But Forgiveness is for you. It's for giving yourSelf the Spirit you *are*. It's for you to be Free. It's for you to break out of your enslavement. It has nothing to do with the other person. ... Forgiveness is about being Free. Because anger is pernicious; resentment is pernicious. And a creation away from the Spirit you *are* gets you to wear body after body after body after body and enslavement to your creation. ... Now is the time for Forgiveness. ... Resentment. You need to move past that. Anger. Move past that. Envy. Move past that. Whatever it is. ..."

"God in His wisdom gives us plenty of Opportunities to strengthen our choice muscles and choose away because we do have free will. ... It's the time to make a Commitment to yourSelf. It's the time to be Responsible. If you're sloppy in your approach to the Spirit you *are* make a Commitment to be on point! ... See, because the training of the Soul is Proper Identification with the Spirit It *is*. And It's had ... so many lifetimes of identifying with the things of the world ... The training of the Soul is to reverse that. ... There's only one way to reverse the pattern of going 'down' into this world and 'out' into the world because the karma is pushing down upon you ... That is to go 'up' after going inside. Inside yourSelf in the Soul Body, allowing yourSelf to be Upvibrated. That reverses it and starts the journey Home. The Exact Way is done through Initiation. [ed.'s note: Dr. Lane is referring to Initiation into the Sound Current] ..."

"But now is the time to be true to yourSelf. ... If you're very fortunate while you're in this world you'll be 'naked'. And that means that you'll stand 'naked' before and with God. You won't have any of the covering around the Soul. You'll be directly in the Soul Body with God. ... Now is the time to give up that illusion that we're unworthy. That we're not good enough. That God's up here and we're down there. ... God is a God of Grace, Compassion and Kindness. This is our Opportunity, God gives us this time called your life, your lifetime. How are you going to use it? How are you going to use *each moment* of it?"

"And a Spiritual Warrior lives as if this is his last day. Actually, a Spiritual Warrior lives as if it's his last moment. Think about it. If you only had, let's say, even a week to live what would you do? Where would your priorities be? Where would you be focused? If you had only a day to live where would it be? ... So a Spiritual Warrior is living in the Eternal Now. Present now ... this moment; this moment; this moment with God, with the Spirit they *are*. ..."

"Hundreds, thousands of Opportunities each day to let go of the negativity; let go of hurt; let go of the pain and, at least, be with Spirit even if you don't know what's going to take the place of that negativity. I Lovingly Suggest that all of you here really take good stock and Reset and understand what 'time' it is.

"And the other part of that is that God created this for you. This is your time! This is your lifetime! ... You're in charge. It's yours. What are you going to do with your time?"

"Many of us think we can do time management and manage time but time is a Gift to us. ... Are we going to keep opening up the Present of the Spirit we *are* or are we going to keep wasting time, denying the simple Truth that we *are* Spirit? That we *are* Responsible? That God lives in us as us? ... Or are we just going to be honest and say, 'Yeah, I'm Spirit. This is what I'm here for. And thank you God for all the moments in my past life and my past lives that have led me to this point. But from now on I'm just going to spend it with You.' It's real simple. ..."

commit/recommit to living as Devotees of the Lord, God thanks to the Love and the Grace of Our Beloved Teacher and our own Choice to attend and to Allow the Learning/Growth/Upliftment.

Through group and dyad work; Meditation; quiet time; "activities" and exercises; generous sharing of discoveries, insights and gains; Homework; "participation checks" to make sure we are Present; and through the many Tools, including CDs of Our Teacher's Talks and DVDs of Our Teacher's Series of Spiritual Learning and *Tools For Living Free*, we learned more about The Teachings of the Path of Soul Transcendence and that "it takes effort" to actively work The Teachings. "You have to be determined," as Our Teacher has often said.

Dr. Lane began the RETREAT by explaining that "Your job as Initiates is always to be *on Point*." Our Teacher continued, giving the example of a mom "missing" her son while she was at RETREAT: "No matter the Love for your kids it pales compared to your Love of God." Our Teacher also assisted those present to better understand the Power of using Spiritual reference points (as opposed to "getting at things mentally.") "If you work it Spiritually," Our Teacher explained, everything takes care of itself. "I'm 'doing this.' 'I'm doing that' instead of Allowing Grace. ... You have to leave it to God. Referring to the "Reset" focus of RETREAT, Our Teacher continued: Allow Grace and "the fresh start might look different from the way you think it will look."

Dr. Lane also clarified early in the RETREAT why we call in the Light Of The Most High: "You're placing your Consciousness on notice that you're focusing 'There' and you're opening to It and you're Focused. It happens anyway. It's for you and It has to do with your own awareness and being open to It. ... The more you're in Alignment with Spirit - That's where the Peace is, where your will and God's Will are One and the Same. That's the Christed Consciousness. ... God's *already* granted us Peace. We're the ones who have enslaved ourSelves. It's also the Peace that Passeth all understanding." Our Teacher has often explained that enslavement is any creation away from the Spirit we *are*.

After an initial exercise, Dr. Lane spoke to us about the importance of educating our basic selves or the part of us that brings forward our karmic patterns by using the four rules of Self-talk: keep it present and positive; give direction and encouragement. This writer learned early on that Self-talk involves giving mySelf the time of day rather than doing it "mechanistically." It's up to me to do the inner work and Allow the flow of Spirit. "It's a simple choice," said Our Teacher, noting that the basics "will use anything" to keep us from Lifting. Moreover, if fear comes up, continued Our Teacher, we need to also give ourSelves the time of day by doing the Two-Part Release Technique: call in the Light Of The Most High and ask the Lord, God to take it and then tell ourSelves to "let it go!"

"Always make the Spirit you *are* a Priority!" Dr. Lane emphasized. "Appreciate It and What you're involved with!" and "whatever you're running into take the Learning." "Give your Spiritual Growth the Priority It needs and be respectful of yourSelf and The Teachings ... get in the habit of giving to yourSelf, whether Simran and Dhyana or Self-talk ... the Spirit wants to give on all levels. Get in the habit of giving to others in Service to yourSelf. The basic selves just want to take."

As RETREAT progressed, Our Teacher once again instructed us on the importance of taking advantage of the many "Windows of Opportunity" – really Gifts of Grace - given to us by The Teacher/The Lord, God for our constant Growth and Upliftment. As Our Teacher has said, "Take It [the Grace] or It [the Window of Opportunity] 'just closes.'" Dr. Lane also instructed us regarding our real relationships with Our Teacher: "The Spiritual Form of The Teacher is placed with you at the Time of Initiation. It's Reality." As for time and space, "There's no such thing as space. In reality, it's [the room] all packed with Souls." And again, the crucial Teaching of Responsibility or the ability to respond to Spirit: "It's [the Path] got to be Walked *exactly* as taught. Doing It your way is the very thing you create to prevent yourSelf from breaking those chains. ... The Teacher does the work. You don't have to do the work. You just have to Focus. Love God! Make it easy on yourSelf! ... The Sacred exists. It's found in your everydayness."

At RETREAT's end, Our Teacher concluded: "We sit in Devotion. Every moment [is] to be with Spirit. That is Our Wealth. ... Learn to sit in Gratitude! Sit in Gratitude in the Fulfillment of OurSelves, of Our earthly Purpose!"

RETREAT Weekend included a lively Saturday night Auction that featured musical performances by Rev. Dewi Lim, Andrew Isleib, Rev. Valentina Isleib, Elisa Hunter and Edward Faust that was very successful in providing funding for the many activities of CRASS.

This writer joins in Our Teacher's sincerest thanks to the many who were of Loving Service before, during and after RETREAT and to the many individuals and companies that donated generously to the Auction.

On Monday, there were Fellow Walker, Area Representative and Ministers' Meetings that brought Clarity and Guidance and assisted in Refocus/Recommitment to the Spirit we *are*.

Finally, there are once again no words to describe the Loving and Caring and Compassion of Our Teacher in preparing and bringing forward this RETREAT while also bringing forward Talks, Classes, Workshops, Meetings as well as our regularly scheduled Meditation during this same time period.

On behalf of all of Your Initiates, we thank YOU.