



Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies July/August 2015

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Mail:

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

email: info@spiritcentral.org

Web sites:

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“Are Your Rationalizations Rational?: A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, shared in His May Satsang, “I want to talk a little about the rationalizations we use to rationalize our staying stuck, our staying in negativity, etc. I just want to point them out to you and help bring them into the light of day so you can see them for what they are, which is nothing. And yet they seem very real, very solid, etc. ...”

“God Loves us. Spirit Loves us. We’re Loved unconditionally. You can hold onto your negativity as long as you want. And that’s called karma and living in karma. The thing about living in karma is that it doesn’t feel too good because it goes against Who we are.

We Chanted the HU Tone in the beginning. HU, H-U, which is the First Manifestation of the Lord, God. That’s the Frequency of that Manifestation and That’s Who we are. We’re HU-man. And we’ve forgotten Who we are. So God, in His Kindness and in His Mercy, gives us Opportunities to come into that Knowing of Who we are. And those Opportunities are called embodiments. God will give us as many bodies as you need to come into that Alignment of your will and God’s Will being

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“Do You Know And Are You Completely Committed To The Other Half Of The Mandate To ‘Question Authority’?: A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, shared in His June Satsang, “Let’s start with a little Process! I’m going to call in the Light [Of The Most High] and I’m going to see if you can come up with what is ‘The Other Half Of The Mandate’ that’s in the title of the Satsang, which is to ‘Question Authority’? So, ‘Lord, God, send us Your Light and we put this time together into Your Light for The Highest Good!’ And ‘What is ‘The Other Half Of ‘To Question Authority’?’ ... Or finish this sentence, ‘Question Authority ...’ Now bring your Consciousness back here. ...”

“What is ‘The Other Half’ of that for you? And then I’ll tell you what it is for me. ‘What’s ‘The Other Half Of that Mandate’?’ A first Participant shared, ‘Being Responsible.’ ... A second said, ‘I got ‘Question Authority’ or live in Trust.’ A third said, ‘Live your Truth.’ A fourth said, ‘Listen to authority but it depends on what authority I’m listening to.’ A fifth shared, ‘Go inside, be Present.’ ...”

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Initiates’ RETREAT 2015: INDIVIDUAL RESPONSIBILITY: How? When? Why?

During the last weekend of April, 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 “INDIVIDUAL RESPONSIBILITY: How? When? Why?” – helped those present to strengthen themselves as the Spirit they are and to Commit/Re-Commit to living as Devotees of the Lord, God thanks to the Love and the Grace of Our Beloved Teacher and to our Choice to give the RETREAT to ourselves.

Through group work; Meditation; quiet time; “activities” and exercises; dream work; generous sharing of discoveries, insights and gains; Homework; “Participation checks” to make sure we are Present; and through many Tools, including CDs of Our Teacher’s Talks 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 RETREAT by calling in the Light Of The Most High. Our Teacher then asked for a definition of Responsibility according to The Teachings, to which one Participant answered, “Responding to the Spirit you are.” “You do have that ability to respond,” Dr. Lane emphasized. Our Teacher then asked us what Responsibility means to us? One Participant responded, “Living as an Initiate following exactly the Spiritual Instruction”; another shared, “Always Choosing the Light [Of The Most High] and realizing we are creators”; another responded, “Aligning your will with God’s Will at each moment”; yet another offered, “Proper ID.”

“On this Path we’re Lovers of God,” Dr. Lane continued. “If you’re Present with God, it is totally impossible for you to be late. [ed.’s note: Dr. Lane was referring to a Participant who was.] ... Forgetting only happens when you forget Who you are. ... All you have to do is Be Present!”

Our Teacher then instructed us on “Giraffe Consciousness,” Which, according to The Teachings, is to “Keep your Focus on God as your body walks through this life.” “The way of the Soul is detachment. If you’re detached the karma doesn’t pull on you,” Dr. Lane explained. And on how Power-full we are: “‘Mankind shall have dominion over all things’ so man sits at the Apex of Creation. Why? God lives inside us as us. OK. We’re Soul. We’re Spirit. OK. ... Many of us go ‘the angels they’re above’. No. It’s just an incorrect perception. We’re ‘down here’ and God’s ‘up there’ ... The opposite is true. Man has

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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.

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SpiritCentral

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editor

Melissa Sones

editorial staff

Amy Blank (layout, Epage)

Rebecca Hammerstein

advisor

Dr. Roger B. Lane

SpiritCentral

1461A First Ave. - #182

New York, NY 10075

212-828-0464

e-mail:

info@spiritcentral.org

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GO THERE!

Summer Class Living In Grace

5 Weeks Wednesdays, July 1 - 29, 2015

7:45-9:15pm (1st Wednesday Class begins at 8:15pm)

Given by Dr. Roger B. Lane

- * Learn how to live free of duality
- * Strengthen in Surrender to the Truth of Spirit
- * Allow and Receive a life in Alignment with God's Will
- * Begin to know True Joy and Peace.

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

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. July 7, 14, 21, 28;

August 4, 11, 18, 25 -- 7:30-8pm EST

Wed. July 1, 8, 15, 22, 29; August 5,

12, 19, 26 -- 4:30-5pm EST

MEDITATIONS

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

CALIFORNIA

Los Angeles area: Every Monday 7pm.

Please call 310-913-7212 for details.

CONNECTICUT

Litchfield County area: Every Tuesday

6:30pm. Please call 203-981-1030 for

details.

HAWAII

Big Island: Every Thurs. 6:30pm. Please

call 808-937-5958 for details.

ILLINOIS

Chicagoland area: Please call

708-846-1031 for details.

PENNSYLVANIA

Philadelphia area: Every 2nd Sun. 10:30am;

TFLF Discussion 12pm; Every 4th Mon.

6:10pm. Call 917-841-8817 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.

OUTSIDE THE U.S.

MEXICO

Queretaro area: Every Mon. 5:30pm

Meditation For Health And Well-Being.

Every Tues. 6pm and Thurs. 8pm.

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. July 12 & Aug. 9:

10:30am; Sun. July 26; Aug.

30: Special 2-hour Meditation;

Meditation For Health And Well-

Being East Side (Home Center):

Tues. July 21; Aug. 18 - 8:15pm;

West Side (517 West 113th

Street, #33 - btwn Broadway and

Amsterdam): Tues. July 28;

Aug. 25 — 8:15pm

Tools For Living Free

Reading and Discussion

12:00pm EST

Teachings Study Group Using SpiritCentral as the Tool!

3:00pm EST

July 12th & August 9th

Facilitated by Editor-In-Chief

and Experienced

Sunday Program Leader

Rev. Melissa Sones

Available By Teleconference

DVD 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

6:30pm Eastern,

Thursdays,

Scroll down to "Spirit Channel"

Click on "Watch Now"

DVD Showing and Discussion:

last Sun. of every month

1-2pm at NYC Center

Join Us For An Hour Of Spiritual Instruction!

*"Are You self-Serving Or Serving
The Self?: A Participatory Satsang"*
**July 1, 2015
6:50pm EST**

*"Whom? What? When? Does The
Spiritual Warrior Fight?:
A Participatory Satsang"*
**August 5, 2015
6:50pm EST**

**Satsangs
by Dr. Roger B. Lane**

Available at All Centers

Listen to Our Monthly Podcasts!!!

www.cosmostree.org

www.spiritcentral.org

*July: "What Is Spirituality?"
(CD/MP3 A4)*

*August: "The Truth, Five
Saboteurs, A Con Man And You:
A Participatory Satsang"
(CD/MP3 A133)*

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Tools For Living Free Reading and Discussion 12pm EST

**July 12th: #10 Choosing To Live In Grace
August 9th: #95 The Point Of Power**

**Available By Teleconference
Please Join Us!**

Continued from page 1 - "Are Your Rationalizations Rational?: A Participatory Satsang"

One and the Same, Which is knowing yourSelf as Soul, as Spirit. ..."

"When we go against ourSelves with separation then we're busy dying. And, in fact, it is death because we're identified with our thoughts, our emotions and our creations. The whole point of why God gives us body after body after body is that we Learn that we are Responsible Co-Creators. We're Responsible for our creations and that any creation away from God is karma or separation. ..."

"Each Soul is Responsible for the Alignment into the Christed Consciousness. And What's the Christed Consciousness but our will and God's Will are One and the Same? ... Part of the education of the Soul is to know What? To know that It's Soul, that It's Spirit. But in Its embodiments, up until now, It's identified with things of the world of form and so It's confused. ..."

"I'd like to do a little Process and I want you to take a look at what are you using to hold yourSelf back in your life? ... I'm going to ... ask you a question. 'What is your rationalization for holding onto your hurt and your pain and your misery?' [Pause] 'What is your rationalization for holding onto your hurt and your pain and your misery?' [Pause] And lastly, 'What is your rationalization for holding onto your hurt and your pain and your misery?' [Pause] I'm going to ask you another question, 'What is your rationalization for keeping yourSelf stuck in any area of your life?' [Pause] 'What is your rationalization for keeping yourSelf stuck in any area of your life?' [Pause] 'What is your rationalization for keeping yourSelf stuck in any area of your life?' [Pause] 'What is your rationalization for keeping yourSelf stuck in any area of your life?' [Pause] And lastly, 'What is your rationalization for keeping yourSelf from Progressing Spiritually?' [Pause] 'What is your rationalization for stopping yourSelf from Progressing Spiritually?' [Pause] 'What is your rationalization for stopping yourSelf from Progressing Spiritually?' [Pause] Now when you can bring your Consciousness back and you're welcome to share. ..."

One Participant shared, "I wasn't sure what to do with all the open space that was left out there. ..." A second said, "For me, across the board, it was the same answer. ... It was all prefaced by fear." A third shared, "Don't be too happy, you'll get hurt." Another gave the answer, "There was no logical reason; it was just blah, blah, blah, blah. ... When I look at it, it was nothing. ..." Another shared generously, "The first one ... was wanting to hold onto the past. It was just fear. And the second question was fear of God's Love. And the last one was fear of losing my identity. ..." We then heard from another Participant, "The answer to all of those questions for me came up as fear of embracing my Power." A final Participant said, "The first question ... it came up as concern of repeating the same mistakes. ... And the last two questions had the same answer, past experiences and disappointments."

Dr. Lane resumed with a powerful reminder, "The interesting thing about Spirit is Spirit Knows us and It does go ahead of us and It does provide a Way and It does provide answers and if we're really a solid Student we work our lives according to The Teachings because it is right there. Whatever we need. ..."

Our Teacher then addressed what the Participants said: "One was fear of what's going to take its place, fear of the open space. But, you see, it's not really what's going to take its place because it really is just the opposite. You have inserted your negativity in that place. If you let go of the negativity It's already there so It's just going to come forth. What's there but Spirit? ... In Reality there is the Oneness of Spirit and we all sit There. ... That's Where we truly live. So on any level there's no such thing as space. ... You don't have to worry about what's going to take its place. You know what's going to take its place: Spirit. ... It was there all the time."

Dr. Lane continued: "A feeling that you won't belong. That's a basic self response. Basics love to belong, to be just like everybody else. ... But the Truth is if you're an Initiate Of

The Light Of The Most High; you're on an Upward Spiral going Home. ... To whom do you belong? ... You belong to God; no one and nothing else. ... We don't belong to a nationality; we don't belong to a race; we don't belong to anything. We belong to God. That's our Inheritance. ..."

Dr. Lane explained further "That you can't be too happy.' Yeah, there's something in this world, etc. that doesn't allow you to be happy. ... If you're involved with Spirit and Live with God as One, there's no duality. Then, of course, there's loss of your identity. Well, yeah, of course. ... If you're really doing a Spiritual Progression you're going to come to know yourSelf as Soul and your false identity goes. And you discover your True Identity. ... You want to be really careful, what identity are you losing? Your false or True One? And what are you finding, a false identity or a True Identity? And there is a tremendous fear of God's Love because that means then we're okay and we've got nothing to prove. And that's it for the ego.

"Just think! If we allow ourSelves to be Loved unconditionally, think about how different each of our lives would be! To Know that we're okay. We have nothing to prove. We don't have to do anything to earn God's Love or anything. We're just Loved. Whoa! Try hanging out with that one for a while.

"And there is this emotion of ... not wanting to do the work. But God's given us Free Will and we have to exercise That. And then, of course, we're afraid of our own Power. What Power is that? Jesus The Christ said, 'That Which is in Me is in you, only more so.' Then we're also told that we have Dominion over all things. ... We're at the Apex of Spirit and in Spirit and we have control over all. ..."

"We Know from The Teachings I bring forth that the Power is in Surrender. And what are you Surrendering to? The Spirit you *are*. The Soul. The Inner Master. Whatever you want to call It. You're certainly not Surrendering to anything out there. ... The Power is in Surrender. ..."

"When we start to have our identification in time and space or when we're in the physical body and we're under the illusion of separation, we need to know the real Truth. God is still with us. God lives in us as us. So all these things that have been said are ingenious rationalizations to be really crazy under the guise of being sane. ... What's crazy is something that's never worked, you expect it to work. All this stuff that is part of separation from the Spirit you *are*; it's never worked. ... We can be with God *while we're in the body*. ... Through *Initiation* you've chosen to be. So if you've chosen to be then why are you doing the opposite? ..."

"I Teach the Way of Grace. ... My Focus is on God's Grace and I Lovingly Suggest that you work things differently. ... If negativity comes up for you then call in The Light Of The Most High. Say, 'Lord, God send me Your Light!' 'Take this from me!' Then tell yourSelf, 'Hey! It's okay to let it go!' ... Or if you're Blessed to be an Initiate Of The Light Of The Most High Chant the Sacred Names of God. Read a Tool! Let go! Re-Focus! Re-Focus! ..."

"You're Perfect Spiritually and you're here to come into that Perfection. You're not here to be perfect physically, emotionally, mentally or anything. ... But we are here to use the negativity that comes up. It's a Gift. It's an Opportunity. Use the Gift to springboard into the Spirit you *are*. ..."

"You can be in time and space and be Identified Properly. ... Remember the Journey of a Soul is from fear of God to Love of God. And you also have a conscious self and you need to regulate where you're Focusing and what you are permitting. ... Just because it comes up a lot doesn't mean it is normal. It's usually crazy. Crazy in the sense that it's never gotten you to the Solution before and you're expecting it to do it this time. The Solution is the Solutio, the Spirit within or the Christed Consciousness."

Our Teacher, Dr. Roger B. Lane, then proceeded to teach us, "It is interesting because I decided to look up in my etymological dictionary where this thing comes from. Where this word 'Authority' comes from. It is very interesting because it did come from rightful power, control or power. And it also came from hegemony, rightful hegemony. And it also came from a rightful dominion. So it wasn't any false authority that was being asserted. But to me - and some of you were kind of getting at it in your own way - yeah 'Question Authority' but when 'Authority' answers Listen!"

"A lot of us, up until now, we don't really Listen. ... When we work inwardly this is really important; when we work inwardly there is a lot of false authority. Many of us because we do live in karma, we live in illusion; we can't tell. Is this the real response? Is this the projection of my thoughts, my feelings? Is this my imagination? Is this what I'm seeing in the cosmic mirror and I think it is real or is it objective Reality? Have I touched into the Spirit? ... And as we go through our Spiritual Progression we really have experiences of sorting out what's true, what's not true, etc. But what's important is that we start to Listen to ourSelves. ..."

"A lot of people react to 'Authority' as if 'Authority' is above us. Particularly when we are doing and working things Spiritually we always think that the Spiritual Teacher is above us, just like God is above us. And that simply happens because we're projecting. We're not conscious of the fact that God is within us. The Teacher ... is within us. ..."

"The real Nature of Spirit is It's with us and *is* us and actually stands under us. So it is not a question of 'Authority' being above us. ... The best and only safe, secure way is to work with 'Authority'. ... Freedom is what? Freedom is exercising the Choice Point to Surrender and be with God. ... Where's the Power? You mean this thing out there is making you angry? What kind of power does it have? Does it do voodoo over you? Does it have a remote to change your emotions or anything else like that? If we locate the power outside of us we're in trouble. If we locate the Power inside of us we start making some headway. ..."

"You can't know it is inside of you unless there's someone 'outside' of you saying, 'Uh-Uh. It's in you; the 'Authority' is in you.' And you awaken to It. ... It's not a question of belief. It's a question of Knowing based on *direct experience*. And you'll sit with that and go, 'I don't know if I believe it' and you'll chuck it out instead of doing the work of simply asking the Light Of The Most High or asking the Spirit to raise you to the Level where you can understand what is said. You want to make like a scientist. ... How can I understand what's going on here? How can I understand that? Well, you question the 'Authority'. Remember, with the proper attitude: 'Oh, yeah? Why is that so?' And then be open to it. ... Karma clears when you have the understanding. It doesn't just clear in and of itself. ... That's really, really key. We have to Listen to the 'Authority'. ..."

"If you're getting something from your Knowing - not mental knowing, - from the Place inside yourSelf that you Know is your quiet, still voice or the Spirit in you you want to pay attention. When you work with the Spiritual Teacher you want to practice the three 'L's': Listen, Learn and Lift. Because it is so easy to say, 'I don't think so' or 'How could that be?' ... When we work Spiritually, really, you don't have to take it as the Truth because quote I said it. That goes against The Teachings. You'll have a reference point for when you have that experience and then you can come into that Knowing yourSelf and then you'll also have a nice validation point. 'Oh! OK. Yeah, I remember that was said. That really is so.' So you Self-validate. You validate your own Self-Knowing that you come to by experience.

"Many of us, up until now, we do the 'Question Authority' number like it is a false authority and we rebel against it and we don't realize that it's our lower self, false self and all

it wants to do is enslave us under the guise of being Free. And undisciplined. But Discipline is Freedom. ... A Loving, Kind Discipline of direction, of Lovingly directing yourSelf is really important. And if you really listen to the answer of what the 'Authority' says that's basically it; it's a gentle guidance. It's a gentle guidance. ..."

"My question to you is 'Are you Committed to the Listening, to really Listen to that Guidance? You'd be surprised. Guidance comes from anywhere. ... You can learn from anybody so you want to be open to Learning. And you want to run it through the 'Authority' of the Spirit you *are*. ... We know that God manifests in different ways. ... 'Authority' gives us the Opportunity to move beyond, to unplug our ears, to open our heart and to really be Present, really be Present. What I'm trying to say in a nice way is, don't bother to ask the question unless you are going to Listen! That's a waste of everyone's time, including your own. If you're going to ask the question, Listen! ..."

"We want to make like a scientist. ... Let me just observe! ... Let me do watchful waiting. I'll wait for the answer. I'll wait for the experience. I'll wait for me to come into the Knowing. I'm going to be Actively Attuned to it. I'm not going to dismiss it. I'm not going to throw it out. ... I'm just going to be open to it. And that's what's important. Question the 'Authority'. By that I really mean, Spirit or The Teacher. But Listen to the answer. Ask the question only because you genuinely want to Learn and incorporate it. ... It's all about our Upvibration and Knowing God *directly*. We incorporate that Upvibration. ..."

"Your will and God's Will are One and the Same. So just think about That: your will and God's Will are One and the Same. So you're vibrating at the same Frequency. As above so below. You're vibrating at that Frequency. That only comes if you are incorporating the Upvibration into your Upliftment pattern. ... So you have to Listen.

"We know also that Listening isn't just listening with our physical ears but Listening is catching the Upvibration of the Soul, of the Spirit that Spirit just gives us. That can come any which way Spirit wants to give It, any which way The Master wants to give It. ..."

"It's a Surrender Process. God's a smart dude, I've found. He'll let us have our agendas, our fears; He'll let us have whatever we're running. He'll let us have all our false identities for as long as we think we need them. ... God will let us have whatever we're running. ... But He's not only smart and brilliant but He's Kind and Compassionate. So each moment, what does God do but He gives us an Opportunity to let go of our false identity and Listen? Listen! Listen! Listen! ..."

"My question to you is 'Do you Commit to Listen to what issues forth from the Spirit within you, from the Soul?' That's what's important. Question it Lovingly! ... If you're going to question then you really need to be Present for the answer. You really need to incorporate it. You really need to Love yourSelf enough to give yourSelf that. And then when you get it from outside incorporate it into your life and then you become the 'Authority'. It becomes yours. It becomes yours. ..."

"I need to be respectful to mySelf and to Spirit and Listen, Incorporate It, Learn and Upvibrate!" So I'm asking you to make that Commitment. I'm asking you to make that Commitment. Ask Lovingly, question Lovingly but Commit to Listening, getting the answer and Lifting! And the 'Authority' is there rightfully.

"Remember, God lives in us as us. That's rightful 'Authority'. Spirit has rightful 'Authority'. It's not over us but It is *as* us. ..."

A Spirited question-and-answer session followed.

Dominion over all things. ... The Best thing you can do for anyone is your Spiritual Progression. ... The Solutions are with God and when you're with God."

The sharing continued with "Be in Integrity and share the Truth"; "Loving God with All Your Heart, and All Your Soul and All Your Might" and "Love Your Neighbor as Yourself"; "Spiritual Creativity" and "Constantly Re-Commit." "When you're with God, probably most of your actions you won't even think of," said Our Teacher. "... The real violence - it all comes from not Knowing you're Spirit ... That's violence. ... We are already Free but we've imprisoned ourSelves." Dr. Lane further explained: "If you Focus on Loving God and being the Spirit you *are* you'll automatically let go." And to one Participant who used the words "want to" - regarding what this Participant would like to get out of RETREAT - in this instance, "I want the Peace of being at God"; "I want to be Free"; "I want At-One-ment", Our Teacher said: "It's a con job where you're continually pushing It away - you can either be at God or want to be at God." Dr. Lane also reiterated that the only Perfection is in Spirit (versus "working it from outside in" and "being situationally perfect" in the world).

As Our Teacher often does at RETREAT, Dr. Lane instructed us about the Levels in the dual worlds (really frequencies) below the Soul Realm and encouraged us to know what they are - the Physical; Astral; Causal; Mental; Etheric - and on the Soul Realm, Where one is established in the Oneness or Eternal Life and Which is only entered without attachment. Dr. Lane also instructed us on the 27 Levels (really Frequencies) beyond the Soul Realm and that this is why this Path is called The Path Of Soul Transcendence - "because we're transcending the Soul Realm," Dr. Lane explained. The 27th Level is HU, the First Manifestation of God. "If you follow the Spiritual Instruction *exactly* you will enter into Eternal Life," Dr. Lane said. "It is your Responsibility to be Awake on these Levels."

Group exercises continuing our Study of Responsibility followed. Afterwards, Dr. Lane spoke to us about Generosity. "You may just want to be Generous in terms of yourSelf. The nature of the Spirit is what? To give. The nature of the basic selves is to what? To take. Generosity is on all Levels including giving yourSelf a moment to go inside and do the inner work; give yourSelf more time to do a Tool; do Service - Selfless Service - from a Loving Heart, not a place of obligation or resentment but from a Loving Heart supporting the Spirit you *are* in all forms. We give you lots of Opportunities to do That. I suggest you take advantage."

Dr. Lane also told us of the time many years ago when a so-called "bum" told Our Teacher something crucial. "One of two things I think I've ever learned." As Our Teacher has explained to us before as well: "When my son was small - maybe two or three - I was driving in a section of town where the 'bums' lived, homeless people but in those days we called them 'bums'. I'm stopping at a light and I see this guy approaching the car and I was very protective of my son and I inched the car forward and, as I pull away I hear this guy scream, 'Take really good care of that boy because he's really special!' As soon as my ears heard the end of that sentence I said, 'That's God in the form of this ... bum' and when the next corner came around I made a u-turn ... I wanted to speak to him but he was gone. And that was my ... Learning that God can appear in any way, shape or form any way He wants to. ... God can take any form He wants. If you're open, you're open."

Our Teacher also told the story of the second "of two things in my life I think I've ever learned." As Our Teacher explained: "I don't even know if I was a teen-ager. I came to know a Hassidic rabbi, the head of the whole sect, and me being me we had great philosophical discussions ... we'd argue and I'd say 'but'. He stopped me right there and said 'Never push away anything that God wants to give you.' ... I love that guy so much but that was one of two things I think in my life I've ever learned."

Dr. Lane also instructed us on the Power of Surrender: "They [our fears] can go whoosh! like that! Because you're very Dear to the Lord, God." As for Accepting the Grace/Love that is here for us Our Teacher said: "Maybe you need to realize how Sacred ... this thing called Life is!" Dr. Lane addressed the Tool of Introjection or taking back the projections we "project" onto others and onto situations. "You need *your* permission" (versus looking to others to give it to you) said Our Teacher regarding a Participant's sharing that she was

"always putting herSelf last" and "what can I do to change that?" She further shared that "I put mySelf in that prison of lack ... I don't need [her husband's] permission." Our Teacher then further explained: "You need to take what's yours in your life ... It's not dependent on [husband's name] or what he thinks ... Love God and take Ownership of the Spirit you *are*!"

Dr. Lane then instructed us that The Path that we as Initiates Walk is a Bakhti Path, a Path of Devotion. "What is a Devotional Path? How is it done? It's done by Loving The Teacher, the Consciousness Dr. Lane holds. It's the Spiritual Form. It's Devotion to that Spiritual Form. God extends Himself into this world and through the individual Initiate's Devotion to The Teacher that Soul relates to God. It's all worked out through the Initiate's Growth in Love for The Teacher." Dr. Lane continued: "If you're Blessed to have the Opportunity to enter Eternal Life, to be able to stand before The Father, how are you going to be prepared? Our real help is inside of you at the Upper Part Of The Third Eye. It's what Jesus the Christ meant when He said 'You see me you see The Father'. ... Who cares about all your stuff? It's all set up for you - Surrender, Learn and Grow in Devotion!"

As Our Teacher often does at RETREAT as well, Dr. Lane spoke to us about another key part of our Responsibility as Initiates - that of educating/Lovingly disciplining our basic selves or the part of us that brings forward our karmic patterns. "If you have judgments they will sit on a band and Spirit won't flow. ... Basic selves are designed to go out into the world." Our Teacher further explained the importance of educating our basic selves - through what most of us know to be the Four Rules of Self-Talk: keeping it present; keeping it positive; giving direction; and encouragement. We also give them updates and reassurance. When we choose away from educating our basics - for instance, giving them reassurance - we are letting them "rule the roost" as Our Teacher often says. "They will go into the world looking for love ... if you don't have it worked up that you're lovable, that you're okay." Not long after this, as we approached the conclusion of RETREAT, Dr. Lane continued: "The Miracle is that here, on the most negatively charged planet, we can Springboard ... and there's a Soul here who can help you do that. How Spectacular!"

Our Teacher concluded by asking a key question: "Are you doing your part? God won't make the phone call for you. God makes the phone call with you. You can't ask God for money and not work. You can't pray to God to win the lottery and not buy the ticket. ... Incorporate Responsibility in your life!" As Our Teacher said right before this: "Love God and take Ownership of the Spirit you *are*!" A "Responsibility" Checklist that originated during the early part of RETREAT when Our Teacher asked us what Responsibility means to us was posted on the wall. Many of those Present wrote down each and every Learning shared so they could use this List as a Powerful Tool to help them Lift and Grow.

RETREAT Weekend included a Silent Auction and a Live One that featured musical performances by Alice Shuman-Johnson, Andrew Isleib, Rev. Valentina Isleib, Edward Faust and Elisa Hunter that were 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 Re-Focus/Re-Commitment to the Spirit we *are*. As a Special Gift, we were all invited to join Our Teacher for lunch.

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.