



# Spirit Central

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

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Advanced Spiritual Studies  
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1461A First Ave. - #182  
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From the U.S.:  
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## “Companionship: Sinking The Ship? Stinking Up The Ship? Steering The Ship? – A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, began His March Satsang by saying, “I thought I’d talk a little bit tonight about Companionship and what is your companion? And I thought I’d start by calling in the Light [Of The Most High] and doing a little Process: ‘Lord, God send us Your Light! And we put this time together into Your Light for the Highest Good.’ I’m just going to ask you a question. I’m going to repeat it a few times; whatever comes comes. There’s no right answer; there’s no wrong answer ... Question is: ‘What is your constant companion?’ [pause] ‘What is your constant companion?’ [pause] ‘What is your constant companion?’ [pause]”

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## Baby Blessing On The Soul Present With Aria Lucia Blank

On Saturday March 7, surrounded by Initiates of the Light Of The Most High and invited guests, Our Teacher performed a Baby Blessing on the Soul present with Aria Lucia Blank, born on October 11, 2014. In addition, the mother and father, Rev. Amy and Duane Blank, were present as well as Aria’s uncle, Thomas. The mother is a Loving and Devoted Minister of the Light and Sound of the Lord, God, and is very much beloved by Our Teacher as is her family.

Dr. Lane began by calling in the Light Of The Most High. Our Teacher then explained that “we’re going to do a Blessing on the Soul present with Aria Lucia Blank [ed.’s note: Our Teacher had asked the father to say the child’s name, which he did.] Our Teacher then Brought forth the Light Of The Most High and placed the Light in Aria’s (Spiritual) Heart.” A Baby Blessing is done to Lift and Clear any karma that God/Our Teacher wishes to clear, which Our Teacher did (Aria Lucia Blank did a good job of letting go!); 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.”

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;

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## “What Is Your Level Of Caring? What Is Your Level Of Sharing?: A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, shared in His April Satsang, “I want to talk a little bit about Caring and Sharing. What’s the framework for it all? The framework is really simple. The framework is that we’re Human Beings. And we chanted HU... that’s the Vibratory Frequency of the Lord, God’s First Manifestation. ... That’s Who we are. We’re God in Manifestation. ... We’re created out of the same material, the Sound Current or the Holy Spirit. ... The Soul within us is of God. ...”

“What’s happened is that we’ve forgotten Who and What we are. God, out of His Kindness and His Mercy, He has established a Way for us to remember Who we are. That’s the Initiatory Sound Current approach. ... We start to become again a member of the Body of God. ... As I wake up and become alight then the whole Body of God, or Christ, is woken up and becomes alight. And that’s our Responsibility: remembering Who we are as Soul and as Spirit. ... So we’re HU-mans. And That’s really the framework for this Satsang. And It’s the framework for your Caring and your Sharing. ...”

“We have to treat each other with

Continued on page 4

## 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 4 pm on Saturday, March 7 with food and refreshments and fun. The Celebration was preceded by a Baby Blessing on the Soul present with Aria Lucia Blank (please read the article in this issue of *SpiritCentral*.)

Dr. Lane began by saying, “I want to talk a little bit about what we actually Celebrate ... the only thing there is to be Celebrated and that simply is God. What we’re Celebrating is His Extension into the world in the form of The Teacher. We Celebrate the Opportunity to come into the Knowing, into the Oneness. And we come into the Great Appreciation and Celebration of this Great Opportunity to move past the illusion of separation. And to Know our Divinity.

Continued on page 5

# 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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## Summer Class Living In Grace

5 Weeks Wednesdays, July 1 - 29, 2015

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Given by Dr. Roger B. Lane

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- \* Allow and Receive a life in Alignment with God's Will
- \* Begin to know True Joy and Peace.

Please see Epage 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. May 5, 12, 19, 26;

June 2, 9, 16, 23, 30 -- 7:30-8pm EST

Wed. May 6, 13, 20, 27; June 3, 10,

17, 24 -- 4:30-5pm EST

### MEDITATIONS

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

### CALIFORNIA

**Los Angeles area:** Every Monday 7pm.

Please email LosAngelesMeditation@gmail.com for details.

### CONNECTICUT

**Litchfield County area:** Every Tuesday

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

### HAWAII

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

### ILLINOIS

**Chicagoland area:** Please email

Chicago@cosmostree.org or call 708-846-1031 for details.

### PENNSYLVANIA

**Philadelphia area:** Call 917-841-8817 for details.

### TENNESSEE

**Johnson City area:** Every 2<sup>nd</sup> and 4<sup>th</sup> Mon.

7pm. Call 423-975-6868 for details.

### WISCONSIN

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

**Wausau area:** Every Wednesday at 5:20pm. Call 847-414-6462 for details.

### OUTSIDE THE U.S.

### MEXICO

**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 10 & June

14: 10:30am; Sun. May 31; June

28: Special 2-hour Meditation;

Meditation For Health And Well-

Being East Side (Home Center):

Tues. May 19; June 16 - 8:15pm;

West Side (517 West 113th

Street, #33 - btwn Broadway and

Amsterdam): Tues. May 26;

June 23 — 8:15pm

### Tools For Living Free

Reading and Discussion

12:00pm EST

### Teachings Study Group

Using SpiritCentral as the Tool!

3:00pm EST

May 10th & June 14th

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 Your Rationalizations  
Rational?: A Participatory Satsang"*  
**May 6, 2015  
6:50pm EST**

*"Do You Know And Are You Completely  
Committed To The Other Half Of The  
Mandate To 'Question Authority': A  
Participatory Satsang"*  
**June 3, 2015  
6:50pm EST**

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

Available at All Centers

## Listen to Our Monthly Podcasts!!!

[www.cosmostree.org](http://www.cosmostree.org)  
[www.spiritcentral.org](http://www.spiritcentral.org)

**May: "Where Is God? - Part 2"**  
(CD/MP3 A56)

**June: "Are You Ready To Worry  
About Having Nothing To  
Worry About?: A Participatory  
Satsang" (CD/MP3 A103)**

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## A Big Welcome To Our New Regional Centers!

Connecticut - Litchfield County area

Pennsylvania - Philadelphia area

Wisconsin - Wausau area

Continued from page 1 - "Companionship: Sinking The Ship? Stinking Up The Ship? Steering The Ship? -  
A Participatory Satsang"

'What is your constant companion?' [pause] 'What is your constant companion?'

"Here comes another question: 'Why is this your constant companion?' [pause] 'Why is this your constant companion?' [pause] 'Why is this your constant companion?' [pause] 'Why is this your constant companion?' Here comes another one: 'Are you willing to have a new companion?' [pause] 'Are you willing to have a new companion?' [pause] 'Are you willing to have a new companion?' [pause] 'Are you willing to have a new companion?'"

"And the last question is: 'What is your new companion?' [pause] 'What is your new companion?' [pause] 'What is your new companion?' [pause] 'What is your new companion?'"

Dr. Lane then invited Participants to share. The first said, "My companions were fear, hurt, anger, hatred, unworthiness." The second said, "Tiredness and Joy. I'm really happy about living and enjoying life but I'm really tired." A third said, "I keep bouncing back and forth between fear, negativity, resentment; and the other companion was the Light Of The Most High. ..." A fourth said, "My companion was resistance; and my new companion is Acceptance." Another said, "I picked Trust, God and Peace." Another Participant said, "It was pretty shocking. The constant companion was sadness, misery, grief and despair. ... The new companion is Chanting My Tones, Gratitude and God." Yet another Participant said, "What came up for me was doubt. ... My new companion is Trust." A final Participant said, "My old companions were fear, the past, sadness, self-judgments and attachments that block the flow of Spirit. For my new companions I wrote Freedom, Acceptance, God, Gratitude, Proper ID [ed.'s note: Dr. Lane is referring to the Focus into Spirit/Identifying with the Spirit we *are*], Eternal Vigilance and Love the Lord, God every day, every moment. ..."

Dr. Lane then proceeded to teach us by sharing, "So if you take a look at your responses you kind of went from stinking up the ship to - some of you were extreme in that you really sunk the ship - and all of you came to the other side of it, which really was God or the Spirit That you *are*. See - and it's interesting because What's steering the ship anyways? - ... God lives in us as us, as Soul. ... If we're doing our Meditation Practice *exactly* as taught what are we doing? We're in the Freedom. We're Allowing God or the Soul or the Spirit in us to run the ship. ... God's running the ship. ..."

"The Soul in us or the Spirit in us is in dormition, is asleep and we need to find the Hidden One. And through God's Grace we're Awakened. ... In our own lives, if we take a look at it, we're avoiding pain. Unfortunately, we go to a lot of what our constant companionship is - the fear, doubt, hate, misery, etc. - because we're used to it and it is like comfort food. ... And we stay there and we stay there and we stay there and we're asleep there. ..."

"Truth is Freedom. Truth is we *are* Spirit. We're here for a Purpose, to Know ourSelves as Soul, as Spirit and that's our Truth. That's Who and What we *are*. And we can be asleep lifetime after lifetime after lifetime - that's fine. God's patient but concomitant with that is the suffering, the pain, etc. - all the 'good' stuff that some of you were talking about. But God's so Magnificent that you've got a

springboard right away. ... But God is also so Loving that He doesn't inflict Himself on us. Take your time! ..."

"What are we allowing to steer the ship? Our lousy thinking ... and feelings connected with these thoughts and these feelings or these thoughts - they can sink the ship. They can sure stink it up. But it's up to us to sniff around in our own inner environment. ... Really, the Purpose of this Satsang is to encourage you to really choose your inner environment. To choose your inner environment. What do you want as your companion? Are you aware that you have Choice? You can always choose the companion you want. You are not stuck with it, you are not a victim; it is not fated forever but you have Choice. ..."

"Let's wrap this up! How many of you would like to change your companion on a consistent basis? And how many of you would actually like not to have to have a companion that you have to discard? OK. In other words, if you have a dog - let's just say you have a German Shepherd, OK - that Shepherd is not going to turn into a Beagle or a Labrador or Golden Retriever or a Chihuahua or Mastiff from Naples - those big enormous things - or a Great Dane or anything else like that. It's going to be a German Shepherd, OK. It's going to be a German Shepherd, OK. Alright. You want to maintain the same Companionship in us - The Spirit, the Lord, God, etc. The interesting thing is the Lord, God is always Present so it has to do with where our Focus is. Where are we focused because God is always Present? So what can you do for you to be Present? ... The Light Of The Most High is *always* Present. It's so we activate our own Focusing Device and Focus into It. We put ourSelves on notice. So what can we do to Focus into the Spirit we *are*?"

"You're Blessed to be an Initiate. You have the Sacred Names of God to Chant. You have Tools, etc. And if you apply It diligently guess what? ... Your Focus will always be on God but you have to make the determination. What kind of Companionship do you want? Are you taking care of your inner environment? How are you working things inside yourSelf regardless of what the outer world brings you because it's going to bring you a whole bunch of stuff for you to Lift from? So how do you let God steer the ship? Easily. You release whatever stands in the way. You let go of whatever stands in the way. You understand that the great illusion is that we're separated from God. So that's the wake-up call. ..."

"You're going to discover something very interesting when you let God steer the ship. You're going to find out that it was really you all along, catching up to yourSelf. And that really the only Companionship you really do have is with your True Self, with the Spirit that you *are*. That's the cleanest Environment! That's the only Environment, the only Reality. And you'll keep having the experience, the experience, the experience of that through what's called karma and reincarnation, through death, until you get to know that there's ain't no such thing and you understand that to use this life as it was intended you have to 'die' to God each day. You have to let God steer the ship. ... Your ego task is to place yourSelf and your inner environment at the Service of the Spirit you *are*. Period. End of sentence. ..."

A Spirited question-and-answer session followed.

Caring and Sharing. And we know from The Teachings that I bring forth that Love means Letting go Of Volition Every time. You let go of your will. You're there for, what seems to be, someone else. ... The real Truth is the Oneness. It's the same Spirit in you as in the other person so What are you doing when you take Care of someone? When you Love someone? When you Share something? ... For us to come into a place of Sharing and Caring you have to realize that you're not Sharing and you're not giving to another or to the other or to some stranger. You're really giving to the same Spirit that you *are*. You're giving to the Spirit that is within you. ..."

"You're Spirit and you're One with everything, really, and you just give and you're not going to be diminished. The illusions around this planet - there are many - but chief among them are lack, limitation and fear. So I think if I give you one slice of my pizza I'm only going to have seven. ... But that's an illusion. Spiritual Economics is very different and the Spiritual Truth is (if) I give you a slice of my pizza and I've gotten it replaced before I've even given it to you. ... If I give to you genuinely from the fullness of my being, guess what? It's more than replaced because the supply is endless. We *are* Supplied.

"The animals are all taken care of, right? If the animals are taken Care of don't you think God takes Care of us? But we walk around with this lack, with this limitation, with this selfishness and we've forgotten that we're HU-mans ... The nature of the Soul is Love and the nature of the Soul is Joy. But what kind of Joy is there in looking at somebody as another? ... Separate from me. ..."

"But we know when we go in the Spirit and we look at things Spiritually that there's a reason why God gave us an ego. And it's what to do with it. ... The ego is to be used in Service. And what greater Service than to 'Serve' others? When you Serve others what do you do? You Serve yourSelf. That's why a big part of The Teachings is selfless Service. ... But it's a question of being with God, being with Spirit and from that Place giving of the Flow. It's all a Spiritual Flow. ... And it is the antithesis of what we're trained in. We're trained to have possessions that are ours. It's my money. It's my house. It's my food, etc. ..."

"We need, also, to have a frame of reference of how Wonder-full and magnificent we as HU-man Beings are and from that spot we can start to be there for others, understand our own vastness, bigness and we can be Generous. What is Generosity? It's just being in touch with the Generator. What's the Generator? Who's Generating it all? God's the Divine Generator. That's where the Power is. The Power is in Surrender, in God. ... The Spirit that

*I am*: that's the most Powerful thing that there is and all I need to do is be in touch with That. ..."

"If you look at your life you'll see that the pain that you have, etc. it's all caused by attachments to other than the Spirit that you *are*, other than to God. ... Attachments are the separation between yourSelf and the Spirit that you *are*. ... This is important: ... It's not a question of good deeds. It's not a question of good karma. It's simply a question of being in your own Nature. What's your Nature? One of Joy, Sharing and Caring. ..."

"I'd like to help move you into having more of an experience of what I'm saying. So what I'd like you to do is get quiet and we'll call in the Light [Of The Most High] again... and hopefully you can focus into It and allow yourSelf that movement inside yourSelf to the Spirit you *are*. I'm just going to ask you one or two questions and whatever comes, comes. ..."

"So, Lord, God send us Your Light! And we put this time together into Your Light for the Highest Good! I'm just going to ask the question once or twice: 'What is your level of Caring?' [pause] 'On a scale of 1 to 10. What is your level of Caring?' [pause] 'What would you like that level of Caring to be?' [pause] 'What would you like that level of Caring to be?' [pause] 'What do you need to do inside yourSelf to go from the level of Caring as it is now to the level that you want it to be?' [pause]

'What is your level of Sharing?' [pause] "What level do you want your level of Sharing to be at?" [pause] 'What do you need to do inside yourSelf to go from where your level of Sharing is to where you want it to be?' [pause] 'When you can just bring your consciousness back here. If anyone wants to share, you can.' ..."

One participant said, 'My overall realization was that I've been, up until now, holding back. And the reason I hold back... is a self-protection. And the self-protection has to do with fear of being hurt. ... And under that was really unworthiness. So it comes back to The Teachings of being Worthy and knowing that I'm really OK. ...' Another person shared, 'I felt I could give 100% and I felt that I had nothing to lose.' Dr. Lane then added, "I hear it really as a statement of Truth. That what you give you're not going to lose. You're not going to lose by giving. ..."

Dr. Lane resumed talking, "The whole thing really boils down to: Are we Worthy of God? That's the whole thing for the HU-man race. If we can accept that - That's the framework for everything - God lives in us as us then we're Worthy, we're Inherently Worthy. ..."

A Spirited question-and-answer session followed.

### Continued from page 1 - Baby Blessing On The Soul Present With Aria Lucia Blank

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.

Dr. Lane concluded, "So this is a child of promise. I promise you that. A child headed towards the arts, gravitating towards painting and drawing and sculpture but also very bright in terms of mathematics."

Dr. Lane then said "We seal this Blessing in the name of the Messiah. And God Bless you!"

Both Godparents - Howard Grossman and Melissa Sones - were present and are also very Loving and Devoted Initiates of the Light Of The Most High; Melissa serves as a Minister of the Light and Sound of the Lord, God, and both Godparents are very much beloved by Our Teacher. To the Godparents, Dr. Lane said, "I charge you ... with making sure that, when the child cannot take it from his mom or pop, that you make yourSelf available to them to guide them according to what you know to be the Truth, the Truth of the Light Of The Most High. And also to be there in case anything happens with their mom or dad. You must hold the child in your Heart at all times!" Dr. Lane then asked the Godparents if they agree with that Commitment, Which both did. Another purpose of the Godparents, as Dr. Lane has explained, is 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 at the end of the Blessing, a Certificate of Baby Blessing from The Center For Religion And Advanced Spiritual Studies was given to Aria and read by Dr. Lane. Pictures were then taken and everyone shared in refreshments.

The Baby Blessing was followed by The Teacher's Birthday Celebration.

“And we Celebrate God's Kindness and His Mercy in that He gives us this Opportunity. OK. That's really what the Celebration is. ... but it's not about me personally, OK. It's about God's Grace and His Kindness and His Mercy Which allows us the Opportunity to really come to Know Him through the Blessing and the Grace of Initiation into the Sound Current ... so we celebrate That ...”

“And ... with Initiation into the Sound Current you're giving birth to yourSelf, to the Spirit that you *are* OK. And That's what's called the Second Birth ... so we Celebrate That and God's Grace in giving us that Opportunity so that's basically It in a nutshell, you know. And if you notice what happens at a birthday, OK. We don't call when the kid is born a birthday; we just call it a birth ... so there's been a process ... and we Celebrate a process and what's the Celebration of ... but the process of when you first took on a body and have come to this point. OK. And that all of this is a Celebration if for no other reason than that the karma has been created ... It's led you to this point so that's to be Celebrated. ... How's that for Blameless Responsibility? No reason to blame yourSelf! It was all grist for the mill. It ... led you to ... where you are today so you need to Celebrate that.

“But let's talk a little bit about the Birth ... God created us in His Image. We're created out of the Sound Current or the Holy Spirit. The Soul in us is of the same Essence as that of the Great Oversoul or God so we were created in His Image. And what happened through the exercise of our Free Will is we have chosen away from That and have lost that 'connection' and we've been kicking and screaming and crying ever since. And God in His Mercy and His Kindness - What does He do but He Extends Himself OK and meets us in the form we're in and actually gives us this form, gives us this form so that we can have this Opportunity.

“So we Celebrate God putting on a body, the simple fact that we're in a body so we can recognize Him and do this Work. That's the Celebration. It all has to do with the Oneness of Spirit and that we're One with God as a Living Reality. That's What we Celebrate. ... It's one of Gratitude ... We live and move in Gratitude for What we just talked about ... to Know ourSelves as Soul and to live in the Oneness of Spirit. What a Blessing! We Celebrate the Blessing. ... The way to Celebrate It is to keep opening up the Present of the Gift we've been given of Initiation into the Sound Current.”

Dr. Lane then led us in a Process. Dr. Lane said, “Get nice and quiet and go inside and just ask yourSelf a simple question, OK. And put aside the remarks I just made and ask yourSelf, ‘What do I need to really Celebrate?’ [pause] Now ask yourSelf that again. [pause] And once more. [pause] Now ask yourSelf, ‘How can I best Celebrate This?’ [pause] And ask yourSelf again, ‘How can I best Celebrate This?’ [pause] And ‘How can I best Celebrate This?’ [pause] Now ask yourSelf, ‘Up until now, how have I stopped mySelf from Celebrating This?’ [pause] Ask yourSelf that same question again. [pause] And ask yourSelf the same question again. [pause] Now ask yourSelf, ‘What do I need to do to always Celebrate This?’ [pause] ‘What do I need to do to always Celebrate This?’ [pause] And ‘What do I need to do to always Celebrate This?’ [pause] ‘Do you commit to this Celebration?’” [pause]

Dr. Lane then said, “When you can, bring your Consciousness back here and if anyone would like to share, please do!”

The first Participant shared, “To get quiet. What I got was relax into It ... the Spirit I *am*.” Dr. Lane said, “Isn't that what you need to do when you're sitting in Simran and Dhyana *exactly* as Taught but you relax into the Soul Body and you ride the Sound Current? That's really how we need to do It. ... What are we really Celebrating? ... that you *are* Spirit, OK.”

Another Participant offered, “Devotion and Surrender”. Another said, “I heard so much about how much God Loves us ... we're Loved so much that we're given the Opportunity to Know ourSelves as Spirit ...” A fourth shared, “The Celebrating was Knowing that I *am* Spirit, that I *am* God ...” A fifth shared, “I got Acceptance of mySelf ... Eternal Vigilance ... doing the Inner Work ... to Love mySelf so Fully ...” Dr. Lane said, “It's not only that they [the negativity] builds up but even small is big because it's enough to separate you from the Spirit you *are*. Acceptance is the First Law of Spirit ... if you're not in Acceptance you're in judgment and if you're in judgment you're automatically separating yourSelf from the Spirit you *are*” Another shared, “Recognizing mySelf as a Spirit ... to have the chance to be here.” Dr. Lane said, “What you're really talking about is practicing Proper Identification, not identifying with the physical body, which is obviously going to ... deteriorate, to have the chance to be here and have the Opportunity. ...” A final Participant said, “Give yourSelf the Gift of actually Loving God.”

Dr. Lane concluded, “That was my Birthday Satsang and I hope you Celebrate ... every single moment because it is a *moment-to-moment* Choice and I encourage you to open the Present of the Celebration.”

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”. Afterwards, Participants shared their Experience. Responses included: “Joy ... I felt Blessed”; “felt like Love and being in the Oneness”; “Awakening experience”; “It felt very Loving and like I was being cared for ... being washed clean of ... fear, hurt, pain ...”; “There was nothing to control ... except the choice to Love God every minute ...” Dr. Lane said, “And you don't have to control the choice; the control you do have is that choice.” Additional responses included: “It's all very freeing”; “We are all One”; “Felt like the feeling I have during Simran sometimes ... that giving is receiving ...”

After the Washing of the Feet, Our Teacher was presented with the Group Gift, a group donation from His Initiates to the Center For Religion And Advanced Spiritual Studies to help fund Our Teacher's Travel Ministry and for the General Fund. Our Teacher was also given personal gifts from His Students.

The Gift-Giving was followed by excellent musical performances of new songs by the Rev. Dewi Lim, Rev. Valentina Iseib and Andrew Isleib, after which we all enjoyed food and refreshments Lovingly prepared by Initiates, whom we thank for their continued Generosity and whose exceptional talents we continue to Appreciate.

A fun and Uplifting time was had by all!