



# Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies **April/May/June 2026**

## COVID-19 UPDATE

Proof of vaccination within two years or proof of a negative COVID test within 24 hours or, if have taken public transportation within 72 hours, a COVID test upon arrival is required to enter. Masks required and provided.

## Home Center New York City

### Mail:

Center For Religion And  
Advanced Spiritual Studies

Cosmos Tree, Inc.  
229 East 85 St. #1347  
New York, NY 10028  
212-828-0464

### Web sites:

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

email: [info@cosmostree.org](mailto:info@cosmostree.org)

## The Human Story

Dr. Lane's New Book!  
Understand the Spiritual  
Evolution of Mankind!  
Available on Cosmos Tree &  
CRASS websites  
or at the Home Center!  
Online On Amazon, Barnes &  
Noble and More!  
Paperback & Ebook out now!  
GIVE THIS MOMENTOUS GIFT TO  
YOURSELF, FRIENDS, FAMILY,  
THE RECENT GRADUATE,  
COLLEAGUES AND ENEMIES!

## Regional Centers

### New York

Brooklyn area  
[laramsaget@gmail.com](mailto:laramsaget@gmail.com)

### Pennsylvania

Philadelphia area  
Valentina Isleib  
917-841-8817  
[valentinaisleib@gmail.com](mailto:valentinaisleib@gmail.com)

### Tennessee

Johnson City area  
Peggy Heatherly  
423-975-6868  
[pheatherly@charter.net](mailto:pheatherly@charter.net)

### Outside the U.S.

#### Mexico

Queretaro area  
Barry Lippman  
52-442-237-5745  
[barryinqro@gmail.com](mailto:barryinqro@gmail.com)

## "Who Is Your DJ? What Is Spinning?: A Participatory Satsang"

(MP3 A341)

Dr. Lane began the January Satsang by saying "I want to talk a little bit tonight on where our Focus is within ourSelves. What Frequencies are we making available to ourSelves? What are we taking in? And the accuracy of what we're taking in and is it really a clear line with what, in fact, has come for you?"

"And I was moved really to do this Satsang because of many interactions with the Initiates ... a disturbing trend that either what was put out for Them for Their Guidance and, really, for Their

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## "Are You Being Care-Full?: A Participatory Satsang"

(MP3 A342)

Dr. Lane began the February Satsang by saying "I want to talk a little bit tonight about Being Care-Full. And That to Me, That's a fascinating word because Being Care-Full ... has this connotation of negativity, of being worried, careful, etc. So, for example, I happen to live in a city that's world famous for its snow removal ability [ed.'s note: Dr. Lane is speaking with sarcasm]. And, matter of fact, people come from all over the world to study how this city removes snow when we have a major snowstorm. And even though the method is real simple—it's called wait for spring—and it's been endorsed by orthopedists; they love it. When people walk across the street here, they say, 'oh! I have to be careful' and what they're usually saying is 'I'm afraid

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**"So the very thing, the very Essence of Who and What we are is the Frequency of Spirit, the Divine Oscillation, the Lord, God Himself, That's the Frequency. That's What gets us up and Dancing, as it were. All the rest is not being at the Divine Marriage between Soul and Spirit, the Coming Together, The Union, etc."**

-Dr. Roger B. Lane, January 2026 Satsang  
"Who Is Your DJ? What Is Spinning?:  
A Participatory Satsang" (MP3 A341)



## "Practical Spirituality: Actually Practical? – A Participatory Satsang" (MP3 A343)

Dr. Lane began the March Satsang by saying "I want to talk a little bit about Practical Spirituality. And, actually, it's a redundancy. It's completely redundant.

"Let's take a look at this logically! We know that God lives in us as us so It's right here, isn't it? Our will and God's Will is One and the Same. It's right

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## The Teacher's Birthday Satsang And Celebration 2026

On March 1, 2026 Initiates Of The Sound Current On The Path Of Soul Transcendence joined Our Teacher at the Home Center and via teleconference for the Celebration of Our Teacher's Birth.

We began by Calling in the Light Of The Most High and enjoying food Lovingly prepared by very talented cooks and bakers Who are Initiates.

After a short Meditation, Our Teacher began The Teacher's Birthday Satsang by saying, "I want to talk a little bit now about Which I've done before but probably elaborate some things, tie some things together. And That is What do we Celebrate? Yeah, It's The Teacher's Birthday but What does That mean? What's the Celebration?"

"And I'm sure some of you are aware that our representatives known as the government has decided to activate, go into a war ...and, yeah, it's at the effect of karma; in other words, what's been put in motion before. It's fascinating to Me: one of the most succinct and wonderful ways of putting this whole thing in perspective was when I read an article and it just had a mirror image of what we did in that country by capturing the duly-elected president, holding him so that he could not enter the capital ... etc., etc. ... and then about twenty or thirty years later that country did the same thing to us, held American citizens hostage, etc., etc. ... It was exactly the mirror image of what we had done there.

"So that was a wonderful way of describing karma, wasn't it? That, yeah, that we were at the effect of what we had put in motion. And so here we are. We're going against another ... country's sovereignty ... and what is this thing called war? What are we doing there? We're grabbing for power; regime stuff. Is it the natural resources? Is it minerals? And we want to take it for ourSelves.

"We're taking it for ourSelves rather than ... enter into a spirit of cooperation. 'I'm going to cooperate'. And if you notice it's kind of set up like this country's got this; this country's got that ... let's do this thing called trade and then we can all have what we need in this thing called life but instead it gets to be a grab like we're all alone. We've got to be more powerful, more important, etc.

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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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#### editor

Melissa Sones

#### editorial staff

Amy Blank (layout, Epage)

Lara Saget (Illustration)

#### advisor

Dr. Roger B. Lane

#### *SpiritCentral*

229 East 85 St. #1347

New York, NY 10028

212-828-0464

email:

info@cosmostree.org

Web sites:

cosmostree.org

spiritcentral.org

### NEW YORK

#### *Meditation Of The Light Of The Most High*

M 7:30pm; W (except 1st Wed. of the  
month) & Th 6:10pm;

Sun 10:30am Apr. 12; May 10; June 14

Sun 10:30am Apr. 26; May 31; June 28

Special 2-hour Meditation

#### *Meditation For Health And Well-Being*

East Side (Home Center):

Tues 8:45pm Apr. 21; May 19; June 16

\*Meditations are available via  
teleconference

### MEDITATIONS

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

### NEW YORK

**Brooklyn area:** Please email  
laramsaget@gmail.com for details.

### PENNSYLVANIA

**Philadelphia area:** Every Thursday  
6:30pm. Please call 917-841-8817 for  
details.

### TENNESSEE

**Johnson City area:** Every 2<sup>nd</sup> and 4<sup>th</sup>  
Mon. 7pm. Please call 423-975-6868  
for details.

### OUTSIDE THE U.S.

### MEXICO

**Queretaro area:** Please call  
52-442-237-5745 for details.

### OPEN HOURS

Opportunities to speak with Dr.  
Lane and to experience personal  
and Spiritual Growth and Lifting  
into the "positive" energies. A  
reservation is needed to call in.  
Visit [cosmostree.org](http://cosmostree.org), click on  
Offerings then on Open Hour.  
Reservations can be made up  
to one week in advance.

**Every Tuesday  
7:30-8:30pm ET  
Every Wednesday  
4:30-5:30pm ET**

*Unless otherwise noted*

### VIDEO/DVD SHOWINGS

The 22-part Video/DVD Series  
*Understanding the Spirit You Are*  
is available for viewing and/or  
purchase at all Centers and for  
viewing on cable television stations  
listed below:

### NEW YORK

**New York City:**

Every Thurs. 6:30pm.

Spectrum - Channel 1997

RCN - Channel 84

Verizon (FIOS) - Channel 35

**Brooklyn**

Every Sat.- 4:30pm

Cablevision - Channel 68

Spectrum - Channel 35

RCN - Channel 83

Verizon - 43

### WATCH ANYWHERE ON YOUR PHONE/TABLET/COMPUTER!

Every Thursday at 6:30 pm ET

Go to [mnn.org](http://mnn.org), click "watch"; then  
"watch live" and "Spirit/watch now"!

### CENTER SHOWINGS/ DISCUSSIONS

Last Sun. of every month

1-2pm at NYC Center

### Join Us For An Hour Of Spiritual Instruction!

**"How Much Does The 'Pearl  
Of A Great Price' Cost? - A  
Participatory Satsang"**

(MP3 A343)

April 1, 2026

6:50pm ET

**"Competition: Needy?  
Needing? Necessary? - A  
Participatory Satsang"**

(MP3 A344)

May 6, 2026

6:50pm ET

TBA

(MP3 A345)

June 3, 2026

6:50pm ET

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

### Listen to Our Monthly Podcasts!!!

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

**Apr. 5: "How Am I Doing?  
Criticism Or Jumping-Off  
Point?: A Participatory  
Satsang" (A157)**

**May 5: "Are You Waiting  
For Rigor Mortis Or Are You  
Applying The Teachings  
Rigorously?: A Participatory  
Satsang" (A159)**

**June 5: "The Lord, God Is An  
Opportunist. Are You?: A  
Participatory Satsang"  
(A184)**

## JOIN US FOR OUR SUNDAY EVENTS!

### SUNDAY PROGRAM

Apr. 12; May 10; June 14

Meditation Of The Light Of The Most High: 10:30 - 11:30am ET

*Tools For Living Free* Reading and Discussion: 12pm ET

April 12: **#104 Our Responsibility To Walk Through The Tenth Door:**

*Tisra Til*

May 10: **#109 "Exactly" What's The Point? - Part II**

June 14: **#140 Are You Pulling The Wool Over Your Eye?**

Apr. 26; May 31; June 28

Meditation Of The Light Of The Most High: 10:30am - 12:30pm ET

Video/DVD Showing and Discussion: 1pm ET

April 26: **V18 Surrender And The Path Of Soul Transcendence**

May 31: **V19 The Final Surrender And The Path Of Soul Transcendence**

June 28: **V20 Living Free And The Path Of Soul Transcendence**

### THE TEACHINGS STUDY GROUP

Apr. 12; May 10; June 14 | 3pm ET

Using articles featured in *SpiritCentral* of Satsangs Given by Dr. Lane

April 12: **"Who Is Your DJ? What Is Spinning?: A Participatory Satsang"**

May 10: **"Are You Being Care-Full?: A Participatory Satsang"**

June 8: **"Practical Spirituality: Actually Practical? - A Participatory  
Satsang"**

**Please read articles or watch Video/DVD prior to attending!**

For details or to attend via teleconference

email [info@cosmostree.org](mailto:info@cosmostree.org).

More details also on the Events page

included with this Issue of *SpiritCentral*.

## Spring/Summer Semester

**THREE CLINICS TAUGHT BY DR. LANE**

**Communication Clinic (5 weeks)**

Wednesdays April 15, 22, 29, May 6, 13 at 2:15 PM

Learn to Communicate directly, properly, exactly and effectively from a  
Spiritual Perspective.

**Responsibility Clinic: A Practicum (3 weeks)**

Wednesdays, May 27, June 3, 10 at 7:45 PM

Learn and Live the Definition of Responsibility.

**The "Bible" Of The Path Of Soul Transcendence (5 weeks)**

Wednesdays, August 19, 26, September 2, 9, 16 at 2:15 PM

Explore the Framework Of The Path Of Soul Transcendence.

### *Open to Initiates Only*

Payment for Responsibility Clinic: \$90 for Students enrolled in a Degree Program  
of the Seminary or \$93 for all others. For Communications & "Bible" Clinic: \$62  
and additional payments of \$31 for Meetings 2-4 or \$150 for series if paid in  
full when registered for Students enrolled in a Degree Program of the Seminary  
or \$63/\$31.50/\$155 for all others. All payments are nonrefundable and  
nontransferable. Payments must be made in full prior to the start of the Clinic.  
Please make checks payable to CRASS, 229 East 85 St. #1347 New York, NY  
10028. For more information call Registrar, Amy Blank at 708-846-1031 or  
email [info@spiritcentral.org](mailto:info@spiritcentral.org).

Protection wasn't adhered to at all and ... when It was adhered to it was their version so there's plenty of distortion. ..."

"I was struck by the willfulness—really, in so many of these situations—and it reminded me really of a few things involving—actually—DJs. And one was, years ago, my son's best friend was getting married. And my son and his buddy spent God knows how many hours on the phone for weeks and weeks debating whether he should have a band at the wedding or a DJ who was well known for his ability to read the room and get people moving. And finally it was decided to go with the latter.

"And we were at his wedding. ... I remember sitting there ... I was really impressed by the number of people who were up and moving and dancing ... people of all ages ... This is really fantastic! ... as I had that thought he played a record and before you knew it everybody ... was up and dancing ... there were even people outside the tent just dancing ... under the stars. ..."

"I thought 'Wow! This is really wonderful! This is Our Choice, isn't it? We could really dance to the music *inside* ourSelves, to the Sound Current and always be at the Wedding—Our Own Marriage; Our Divine Marriage. This is really fantastic, isn't it!'

"And we Know how. We're our own Inner DJs. We know Where we're going to Focus. We Know What Frequencies we're going to Focus upon, That we're going to pick up. We could do the Dance of Spirit all the time. Because if you've ever seen the Spiritual Body It really revolves very quickly ... spins very, very quickly like that [ed's note: Dr. Lane is rapidly rotating his finger in an orbit] and It's always moving and It's always Dancing.

"We can always Listen inside ourSelves and be with the Music Of The Spheres. But we're the DJ and we decide what we're going to play. And we decide what the quality of the room is going to be like.

Dr. Lane then shared the following example: going to a resort and sitting by the pool "... and we were always constantly disturbed. ... It was the DJ on a mic talking and talking and talking and playing music that nobody ... was moving to. ... We were constantly bombarded by this. ... All you heard was the DJ's bluh, bluh, bluh ..."

"And one day ... a miracle happened. The guy shut up. He put on music and before you knew it everybody was moving ... they all were just dancing... moving about and having a good time. ... And I thought 'wow! this is fantastic. They finally hit on it! Good'. ... Well, I was sadly mistaken. ... Instead, they went back to their usual talking up a storm and playing dreadful, heavy music.

"And isn't that also what we do? ... Many times we talk over The Teacher. We talk over Spirit. We fill ourSelves with all our talk. ... And we tune into the heaviness of being in this world and of the world. In other words, the karma, we tune into our own karma and the collective karma ..."

"Initiates of any Sound Current Path—They have the Reference Point of Dancing inside themSelves ... we have That but we make the same decision the DJ made. ... And we don't permit ourSelves to be in that Dance Mode, as it were. ..."

"We may decide to go with what our religion preaches, which may very well be that God is not here or that it's not okay be with and as the Spirit you *are*, that it's not okay to Know that you *are* Soul, that you *are* Spirit. ... That is, as it were ... really, the great taboo: the taboo against Knowing What and Who you *are*. ..."

"And we're Initiated Into The Sound Current well, then, we have Access to the Positive Polarity. We have Access into Spirit on the level that we're Working on. We have That Access and we have That Choice. We always can Choose into That. ..."

"Even if we're not ... an Active Initiate we still have that option ... of choosing other than participating in the negativity. What's the record we're going to spin? 'Oh, poor me'. 'Oh, I'm a victim'. ... 'Oh, this'. 'Oh, that'. 'Oh, woe is me.'

"But as we go through the realms, we're going to meet our creation. ... the karma's going to be upon us and we're going to take what's in the cosmic mirror as reality. ... You pick that up and you live accordingly, feeling a victim, you have no agency. ..."

"And part of becoming conscious means that you realize 'hey! I created what's in the mirror. I'm the creator'. ... It gets introjected back into 'you're the creator and you projected it onto the mirror' out there in the world, as it were, in the Inner Worlds on that level and bingo! And, like what you see in the mirror, you can't tell it's a mirror because there's so

much karma there it looks like an objective reality. ..."

"We take it back to ourSelves and we go 'oh! that was just a thought' ... We always have an emotion with the thought ... many times of helplessness and with that may come anger ..."

"All of us have had a feeling of frustration ... we know from The Teachings that frustration is a sign of the ego. ... time to drop it; start again as Spirit.

"So many of us—what we want to do is impose our will. ... this culture we live in today: it's a wonderful example of that. ... So each side will villainize the other and you dismiss and you x it out. So you get nowhere except having this massive stalemate ..."

"But why not come together and use what works from both? Does it matter if it's from the left or the right? ... If it works it works. Who cares? ... What do we do? We throw out a whole category of what may work for us. ..."

"This is what we do also inside ourSelves. 'Oh no! I'm not supposed to feel that' ... 'Oh no! I should be further along'. Well, you're should-ing on yourSelf. ... what you're saying is God/The Teacher/The Master ... He's made a mistake. 'I am so special ... And I'm His mistake because it shouldn't be like this ...'"

"That is one of the things that Students, Initiates fall prey to. ... That They know best. They know the way it should be, etc., etc. And they know how it is. But that's a real trick of the lower self because if you could depose The Teacher, if you could depose God, if you can depose Spirit then you're in charge and you'll never get to the realization—well, I guess you will a day before Infinity—that you're being made a fool out of because it's all based on the illusion of separation, that you're separate from Spirit. ..."

"But if you *are* That you can't do that can you? ..."

"And at *each moment*, we pick what we're going to hear, what we're going to listen to, what frequency we're going to tune into.

"Some of you have had the experience of hearing Your Tones Chanted, the Sacred Names of God. You weren't even consciously doing It but you Heard the Sacred Tones being Chanted, The Names of God.

"Those are the Spiritual Frequencies you've been Given. And the DJ always has that pick or it can pick the music of the lower worlds ... the agony, the misery, etc., etc.

"One of the nice things I love about Spirit ... you don't have to wait until the body is no more to be with God. ... And we're Blessed to be with God *while we're in the body*. ..."

"And God lives *within* us as us so we're His Manifestation. ... And we know that HU is the First Manifestation of the Lord, God and we're HUMans. We're HUMans. So we are the outcroppings, as it were, of the Inner Worlds and from the Inner Worlds. And we're Manifesting God right here in the physical.

"And That's our Frequency and That's What maintains us and sustains us is That Frequency. When the Soul leaves the body [ed.'s note: Dr. Lane is talking about what the world calls "death"—not in Simran and Dhyān—the Meditation Technique Taught At The Time Of Initiation], guess what? That's it for the body. ..."

"So the very thing, the very Essence of Who and What we *are* is the Frequency of Spirit, the Divine Oscillation, the Lord, God Himself; That's the Frequency. That's What gets us up and Dancing, as it were. All the rest is not being at the Divine Marriage between Soul and Spirit, the Coming Together, The Union, etc.

"And It has to do with the Acknowledgment of yeah, there used to be two; there used to be Spirit and me. ... But now, I'm Practicing Proper ID and I Know mySelf as Soul, as Spirit and That is God. God. Because aren't The Feet of the Lord, God sitting at the Upper Part Of My Third Eye, as it were? Yeah, we're all One.

"So, in conclusion, What I Encourage you to do is be a good DJ. You have Access as Initiates to the Divine Melody, to the Music of the Spheres. Even in your everyday life, what are you telling yourSelf? Are you spinning a good yarn ... ? Or are you letting the Divine Weaver, as it were, weave the Tapestry That *IS* You?

"So I Lovingly Suggest Choose the Music of the Spheres. Choose God.

"And we'll stop with That."

Our Teacher then Led us in a Question-and-Answer Session during Which we Received even more Growth and Upliftment and Learning.

of falling' and that's where their focus goes. So it's a negative focus.

"Careful implies a lot of worry; yeah, being really, really careful about the foods I eat, this sort of thing, and it implies the focus on the negative in order to avoid it.

"And we know that ... The Teachings tell us that worry is the handmaiden of doubt and what's doubt? Well, doubt is doubting the Existence of the Presence of God. So if we're worrying we're doubting God and that God is in the situation and *is*, in fact, the situation.

"But we always have Choice. So just like when I stopped smoking I could focus on 'oh! I will stop smoking' or I could focus on 'oh! I'm going to Choose to be able to breathe better and feel better'. And, interestingly enough, every time I focused on 'oh! stopping smoking' well, of course, my consciousness was hooked into smoking even though it was to avoid it. And, invariably, what would always happen ... I'd go back to smoking because that was my focus. ..."

"And when I Chose just to consistently focus on being able to breathe better, feeling better, etc., etc., then I was fine.

"So when I cross the street my focus is on getting across safely. ... I don't focus on 'Oh, I better stay away from this and stay away from that'. No. Focus simply on the direction I want to go.

"And this is what we need to do in our consciousness.

"The other day I was Working with someone and they were having a little bit of a difficulty with doing their Simran and Dhyān, their Meditation Practice. And so I ... Suggested we do It together ... and the person ... did just fine and then when I asked him how It was ... rather than be honest and talk about 'hey! That was great. I was able to bypass my fear and just do Simran and Dhyān *exactly* as Taught' the focus was on 'well, I had fear' ... Well, so what? So that told me ... that person ... was choosing to focus into negativity and also that person just wanted instant gratification ... but why can't you have pain and *and* still go ahead and do what you need to do?

"In other words, it's like waiting for ... that part of your body that you're going into the hospital for ... to heal before you get the operation. Doesn't make any sense. Or it's like waiting for, you're going cross country ... waiting to have the gas that you need ... before you can start. Or it's like ... let me wait until there are no more cars or buses or trucks or bikes before I cross the street. Well, good luck! It doesn't make any sense.

"But it's a point of Being Care-Full, taking Care of where your focus is. Where am I going to focus?

"And, of course, Care also—the other part of It is—Caring for someone is really regarding the person highly, respecting them ... not concerned in a negative way but regarding it and holding it with importance.

"And, of course, one of the other meanings of Care has to do with well, you're overseeing. Isn't that your job as a traffic cop? To oversee where is your focus going? ... Am I Practicing Proper ID? Am I exercising that I'm always At Choice? ..."

"I know that there's still snow and ice on the streets of New York a couple of weeks after the snowstorm ... but that's not my focus ... my focus is where's my consciousness going to go? ... it's not going to go on 'oh, my God! I could really ... get hurt' ... My focus is on let me use all that I know and ... I'll get across the street okay. 'I could wait for spring to come and it could all be melted by then' ..."

"Many of us—we tend to wait until the right time or we're feeling good, that sort of nonsense. Well, good luck!

"God's with us a hundred percent of the time regardless of the outer situation and when we're Care-Full—and by That I mean In Care, Caring—by the way, when we say something is In Care of dot, dot, dot, dot It means that you're taking Responsibility for this and you're watching over it.

"And we Practice Blame-less Responsibility. This Path is all about Blame-less Responsibility. And think about it! God Lives in you as you and God Lives in everybody else as His Localized Expression so you're going to go around blaming God, blaming yourSelf? Well, good luck! And as long as we do that, we're not taking Responsibility and we don't have to deal with what's presented to us.

"So lots of times in Working with a Student, They'll say x, y and z and I'll say a, b and c and They'll say 'oh! that makes me feel sad' or 'that makes me

feel bad'. Well, obviously, right away ... They're not Applying The Teachings ... They're giving their power over. Well, it doesn't make you feel anything. Something in you is responding that way; also, Those are Opportunities. What are you doing there passing on the Opportunities that you've been Given to Lift and Grow? Doesn't make any sense.

"So we can use everything to our advantage. We pay attention to what's going on inside; everything is grist for the mill. We don't have to sit there and analyze it or anything. Just be aware of it and then ask Spirit to Give us any and all Learning that we need from that. ..."

"That's a wonderful diversionary tactic that the lower self loves to use: 'oh, no! I feel terrible' Well, deal with that ... and deal with underneath it, why you chose into that response or why that response came up! Deal with it! That's taking Loving Care of yourSelf. That's Being Full of Care for yourSelf. ..."

"If you caught the Title of this Talk it says 'You' ... so I want to stress it's you, each and every one of you needs to Be Care-Full. ..."

"Take the time and take the energy. Pay attention to detail. You've all heard the expression God is in the details. Well, there's a lot of truth to that.

"And so when we do Our Progression ... It needs to be *exactly* as Taught. It's not your version. We need to pay attention. ..."

"You submit a thesis ... 'hey! am I following the proposal? Am I within the proposal?' Pay attention to the details.

"In your own life ... you pay attention to all the emotions and the thoughts that come up like hot air or are you Being a Nazir? Are you Focused on Your True Identity, Which is You as Soul, as Spirit?

"And, it's interesting, I looked up the word 'care' because I was very fascinated by that it could have opposite meanings. Another meaning I discovered ... is very much aligned with cure, that you take remedies to bring about a cure and That's the Care. The Care is the partaking of remedies to bring it about.

"And we know that we're here as Initiates, as Students, in order to undergo a Purification or a Cure, as it were. Not that the Soul is sick ... but that which we have constructed from our own willfulness needs to be cured ... And What we're doing is we're exposing ourSelves to the Sound Current, to the Spirit That we *are*. But we also need to be very Care-Full ... have oversight in what we're exposing ourSelves to ... what we permit in our environment ... in our thoughts to continue and in our emotions. You know. Are we permitting a telenovela to go on? It's OK if it starts. But then hey! we want to flick or turn the dial, don't we? And Focus on the Spirit we *are*.

"That's Being Care-Full: Caring about yourSelf, having regard for yourSelf, etc.

"And instead of saying 'I'm so fearful ...' why not simply say, 'yeah, I've got fear and *and* I know I have the ability. I know I have the Spiritual Power to do what I need to do and that I'm only Given what I can handle. God doesn't Give me anything I can't handle. ... It's part of my Growth and Upliftment so what am I doing? ... I'm afraid of my Freedom' ..."

"But you can't have it both ways. You can't agree to Walk This Path and be on a Lifting Spiral and yet ... insist, well, on being in the prison of matter. It's counterproductive and God's not about to violate you. You're In Charge. ..."

"So when we're Care-Full we're Loving ... we're Neutral ... when we have regard for the other person ... for ourSelves ... for The Path we're Walking and for the Spirit that we *are*, well, then we Share in a very Loving and Caring Way, don't we?

"Also, if we're Caring then That's Our Care; That's the Home Care, as it were. We're using all the Tools and all the skills, etc., that we have and making ourSelves available to the Field of Action called Grace.

"But to open yourSelf up to the Field of Grace you've got to be in the right Ballpark Where This Field is and that takes conscious choice, that takes the effort of directing your inner traffic. ..."

"And it's our job just like it is the job after a snowfall to keep the streets clean ... It's our job to keep our Inner Environment clean. ... That's Where the Spirit *within* Lives. And That's Who and What we *are* and That's Our Job. ..."

"The nice thing is ... we're so Blessed we don't even have to take out the garbage. God comes, Teacher comes, takes out the garbage. But what we

here. 'I'm in the Father and the Father is in me'. Oh, It's right here, isn't It?

"I was actually given—in the sense of being moved to Give—this Talk. I had a conversation recently with an Initiate Who was very far along. We were talking about how the world is, etc., what's going on, etc., etc. This Initiate said 'you know, I know You say it's karmically correct but in this world ...' Whoa! Mamacita! Here we have the separation going and ... at this point, I really wanted my Consciousness to reach out ... and just Give her My Consciousness and let her have that Innate Knowing and Experience of That It's all One. But I realized we need to come to this ourSelves, that we need to come into the Knowing and the Living and the Proper ID of ourSelves as One.

"And I know the battle of Spirit versus matter. ... It's always kind of there no matter how far along we are. ... And the other thing I found really interesting was, hey! we need to listen to ourSelves and see what we're saying because had that person really listened (to) 'well, I know You say it's karmically correct' they could have asked themSelf, but 'where does karma take place?' Right here. So it is right here. It is right here.

"And many of us we ... almost instinctively separate out from our Spiritual Work and our life here. ... this is true Spiritually but it doesn't work here or what we do is we use the Tools that we've Learned to try to make our life ... more prosperous, flow better and all that kind of stuff so we're trying to bridge the gap. ..."

"But that's just the problem because as long as we're focused on bridging the gap there's going to be a gap and that's not The Teachings. The Teachings Teach us That we're One and the Same with the Lord, God, That we *are* Spirit. ... and God is the Sound Current ... He's the Great Oversoul ... We're One and the Same.

"And, yeah, the world has been ... masterful at creating and perpetuating the separation ... and religion's done a wonderful job of that ... so that you have this separation and ... you need some of kind of a building ... and you need a clergy ... to get along with that ... most of us we're still working out of the separation of trying to bridge the gap instead of Accepting that we *are* Spirit.

"It's ... more difficult for Westerners because we tend to operate out of the ego and the ego creates separation and therefore it has to engage in power and control. We relate to things and people out of our ego. We're always trying to control them. We're always trying to control the situation. We're always operating out of above and below, who has greater power, less power. ... You can see it played out in the world perfectly. ... these allies, those allies ... who's going to control the natural resources ... who's going to control the minerals ... the airspace ... the minds of the people ..."

"But countries have different resources, different things that people need and it's all about Learning to cooperate. We're in the Oneness. We're all in this thing together and it's all about Learning cooperation. There's a real good reason why it says in the Bible that 'man shall not learn war anymore' because what's 'loosed' here is 'loosed' in the heavens. In other words, it comes back and has to be fulfilled karmically and we're at the effects of our karma. We've stepped out of ourSelves and we're into separation. ... can't make peace. Peace exists when 'the above is below' ..."

"Within us have we signed a peace agreement? Are we okay to have Peace? ... have we given up the fight, the struggle? What are we doing?

"And when we Apply the Things of Spirit and Live our Lives That Way—That's the perfect Way to Live, isn't it? Think about it. When are you most Fulfilled? When are you most Joyful? Probably when you're Sitting in Simran and Dhyān, Riding the Sound Current ... it's not like you're going out there trying to find something to make you quote happy ... when you Sit in Simran and Dhyān. Bingo! You're just being Filled with the Spirit that you *are* ... all you have to do is Receive, Receive, Receive, Receive, Receive.

"And What are you Receiving but the Spirit that you *are*, the Upvibration. And if you place yourSelf under the Grace of Whatever you want to call It—God/Spirit/The Teacher/The Master—Whatever you call It. You know, It was interesting ... At The Birthday Celebration's Washing Of The Feet several Initiates said ... their experience was that The Teacher was Washing their feet. What They're saying is, they placed themSelves in That Loving Consciousness and in That Receptivity of the Spiritual Flow, of the Oneness with God, with the Spirit and It's All Love.

"And when you're open and when you're vulnerable like That, guess what? There's no hurt because there's no attachment. ..."

"We need to Live Spiritually because in a very Practical, everyday way that's the best solution and we know that the Solutio is God. ... the answer to everything is are you Loving God? How much are you Loving God? That's the answer. It's very, very Practical.

"We know we get Peace in the world when the above is as the below. Is that not a Practical Solution? Is not doing your Simran and Dhyān very, very Practical? ... It's very revolutionary because It brings Peace. ... We go into the Oneness of Spirit, the Unification of ourSelves. It's a Unified Forcefield and That Forcefield is God or The Master/The Teacher but Who's The Teacher? God. ..."

"It's not Me. It's not my intelligence but It's Divine Intelligence. If we Live That Way then It's Practical Spirituality. It is Actual.

"Actual's a very interesting word ... because it has two meanings. One means that it's a fact. ... the other ... is that it's current. ... It's happening now. ..."

"And isn't That a Wonder-ful way to live? *Moment-to-moment* Being Present. Being Present with Proper ID. ... Try ... Practicing ... Proper ID and running your stuff. Don't think you'd be able to. ... Negativity can't exist Where There's Spirit because it doesn't exist in Spirit and we *are* Spirit and isn't that a Wonder-ful way to Live? ..."

"The Teachings also tell us about God's Economy ... and why God put the negative polarity in there and we know that it's a Strengtheners and we have the Opportunity to use all that stuff along the negative polarity as a Springboard ... to exercise the muscle of Free Choice. We're going to Choose ... Choose ... Choose ... into the Spirit we *are*. Proper ID. That's not Practical? That's not a Great Way to Live? Strikes Me as a Wonder-ful Way to Live: Choosing into the Spirit that we *are*; giving up our negativity; exercising our Free Will; Practicing Blameless Responsibility. ... When we Practice Blameless Responsibility we're Responding as the Spirit we *are* ... and we're owning up to What we're Responsible for.

"What we're Responsible for, hey! give you a real example. ... somebody decided to move the box of tissues from My office into the main room; went into My office today and at some point I needed a tissue. It wasn't there. So I was with someone, that person was kind enough to bring the box of tissues and replace it. So let's take a look at that! I know it's a very seemingly trite example. There's a lot in it because most of our stuff is in the everydayness and is in the so-called little actions so this person who did that—some part of her knew that 'hey! I have to replace that box *and* I need to make sure that the other room ... has a box of tissue ...' Can you imagine you're going to spend a couple of days attached to 'oh, I didn't put the box of tissues back where I found it. I didn't complete the action. It was an incomplete action. I took something and I didn't put it back.' Oh, you want a part of your consciousness tied up with a box of tissues? I don't get it.

"So it's a perfect example of just using a Way of Living Spiritually of keeping Clear ... The Commitment was 'yeah, I took a box of tissues. I'm Responsible for those tissues. I'm Responsible that the Person who has been using that box of tissues has that box of tissue. It may be minus a tissue or two, you know, but hey! He'll have the box of tissue. ... Practicing Blameless Responsibility. That's a very, very Practical Way.

"All these things we Live Spiritually—they're Practical. They're actual and they're actual in that they're current. ... What's Spiritually True is *always* Spiritually True. It's *always* been True That we *are* One and the Same as the Lord, God; That we *are* Spirit; That we've been Given Free Will; That we're here exercising Choice and our Choice to Know OurSelves as Soul, as Spirit. ..."

"Jesus The Christ came and then Souls went from, can go from 'Iimboland' into Soul Level Consciousness, into Eternal Life. And now the Dispensation of, ... for the first time you can go on up through the Levels beyond the Soul Realm with the same Teacher you had in the body.

"So It may manifest a little differently but the Principle and the Reality is always current. It's always been. It always *is*. Those things are very, very Practical. We can *always* Apply putting things in the Light [Of The Most High]; letting them go; Co-Creating with the Lord, God for the Highest Good.

"And to Me the real tragedy is, as what's said in the Bible, 'What's loosed on the earth is loosed in heaven', Which means that what we do here affects the Spiritual Heavens and we're in charge of our karma; we're in charge of our fate. This is collectively speaking. And so, guess what? It's going to come back upon us. ..."

"I also find it fascinating that even on the level of being blind Spiritually why would we think that one country is so unusual that it will have no institutional memory of what we've done so they won't attack us in the future? It's kind of silly, doesn't make any sense.

"And this is all on a macro level ... the geopolitics of the whole region and all that kind of stuff ... but those are only rationalizations of the karmic law. ..."

"What happens on a macro level happens on a micro level. Isn't this individually what we do? We attack something or someone in our thoughts or in our deeds. We're jealous of someone so it seems that they have the power, we don't and we find a way inside to equilibrate that, take the power and go against them. We're angry at someone. Rather than use it to Lift and Grow we're striking out at them.

"And we know from The Teachings ... it doesn't just affect that 'other' Soul but it affects all of the Inner Worlds. We are disturbing all of the Inner Worlds on those levels. It's one thing to be angry and annoyed for a split of a second but to persist in it or ... we hold judgments against ourSelves, against other people, etc., and that's violence, that's war.

"And we have this war going on inside ourSelves. I call it the civil war between Spirit and matter, as it were. And we have this war against Spirit in the sense of we're fighting against Surrendering and Letting Go. And we can listen to the song by Ed '75 Cents' right over here. Surrender what? Surrender our agenda! But when it comes to the nitty gritty are we Surrendering our agenda and are we going with God's Will?"

"So we're doing these micro aggressions all the time ... within us, holding anger, holding negativity, holding judgments, holding jealousy and the violence we do and being at war.

"And so this brings us really to the Celebration ... What are we Celebrating here? Well, the Birth of The Teacher. Well, What's so great about That? Well, The Teacher comes to Remind us we're all One and that we are One with Spirit, that That's Who and What we *are*. The Power is *within* us. ... What we do does affect others. In reality, it's not really that it affects others but if we're the same consciousness and we're all One then it is in the 'other'.

"And so what we do through our anger, through our envy, through our jealousy, through our hurt, through our pain, through our negativity we separate ourSelves from the Spirit we *are*. But we also help enforce the separation of others. ... If we're in the Oneness of Spirit there is no 'other'. We're all the Same ... We all manifest differently. ... We're all localized Expressions Of God. ... The Expressions are all different but the Essence of That Which is Expressing—It's all One. ..."

"So The Teacher comes here to Remind us that we're One. ... And we need to make this jump of the Reality of Who we *are*, that we *are* Spirit. ... This Vibratory Frequency, as it were, This Divine Oscillation ... That's *within* us and That's Where the Power is. And The Teacher comes in to Remind us 'hey! Tag! we're it!' We don't need a middleman ... and the Gift Of This Life is for you to discover It. You have that Opportunity to discover that you *are* Soul, that you *are* Spirit, that God lives *within* you as you.

"And you know the old saying 'As Above, So Below'. That's how you get Peace ... and Peace is exactly That. 'As Above'—What's True Spiritually—you Manifest here. Come to Know It and you Manifest. So that the seeming gap and the seeming separation becomes One. There isn't any. Disappears and becomes One as we discover Who and What we *are*, Which is Spirit, Which is Soul.

"The whole ocean is contained in a drop of water from that ocean. That drop is not separate or other than that ocean and all of God is contained *within* us.

"It's kind of amazing, isn't it? ... But in the Soul, That's Where God is and the Soul *is* What animates us and That's What gives us life. ..."

"Being in the body is This Gift and That's the Celebration: to come to Know ourSelves as Soul, as Spirit and to be in the Oneness. ... It's simply the Reality.

"The most revolutionary thing anybody can do ... do your Spiritual Progression *exactly* as described and prescribed because That's how Peace comes into this world individually because ... all that's happening collectively is a manifestation of what goes on individually multiplied.

"And, yeah, we can take a look at the world and point our finger ... But what are you doing about it? Fulfill yourSelf as Soul, as Spirit. That's the Solution. ..."

"On the micro level we want to be mindful of the simple fact that we *are* One. ... and we need to Celebrate That, That we're all One ..."

"So I happen to like presents so I'd like you all to Commit to giving Me a Present and That Present is for you to Actively Live, Knowingly Live in the Oneness—you and God One and the Same. That means in terms of your thoughts, your actions, your interactions, etc., and your Inner Environment. But be very, very vigilant about It so when you find yourSelf judging 'others' or yourSelf, ask yourSelf, 'hey! am I in the Oneness of Spirit? Am I Living in The Teaching?' Find yourSelf persisting in anger, ask yourSelf, 'am I in the Oneness of Spirit?' You find yourSelf constantly annoyed at something or someone or blaming a situation, 'am I in the Oneness of Spirit?'"

"And That's What This is all about. That's why The Teacher's sent here. Yeah, There's a Dispensation going on. Yeah, has to do with the Blessed Opportunity. Some of you who have read *The Human Story* Know That now is the time when there's been a New Dispensation put on, kind of a new religion, the ability for Souls to Enter into the Realms of Spirit beyond the Soul Realm *while they're in the body* and with the Same Teacher. Never happened before. Alright.

"So This is the Wonder-ful Opportunity ... and This is What we Celebrate.

"And we can't Celebrate if we're at war. If we're doing ... violence ... if we go against anybody or anything. This is a Wonder-ful Call, isn't it? Practice HUMAN Kindness. Yeah, we're all the same Kind. We're all HUMAN—H-U, the First Manifestation of God. And we're localized Expressions ... of the Lord, God. So let's come from HU and let's Express That—H-U—that we *are* Pure Spirit, that we *are* Pure Spirit.

"It's so easy to find fault with others ... but Remember Where we come from. Like the song says at Christmas, 'He comes from the Glory. He comes from the Glorious Kingdom'. Glory: Remember in the Bible 'Solomon in all His Glory' ...? Glory is the Soul Body. The Glorious Kingdom is the Spiritual Kingdom of Spirit Where things are all Aglow and we're in Our Glory. And That's What we constantly need to Celebrate. And That's Where we constantly need to Be and Live.

"Is It struggle? Only if you make It ... It's all an Opportunity ... In God's Economy there's a reason why the negative polarity was put into the System ... so that we can Choose. We have Free Will. ... So we can always Choose into the Spirit we *are* and Manifest That.

"And That's the Celebration, isn't It? Having the Opportunity, Manifesting That, Knowing That and Living in It and That's how we can have Peace. Real simple. ..."

"Yeah, we need to Practice Eternal Vigilance. ... That stuff along the negative polarity ... it's going to come up ... come up ... come up ... and that's fine. What are we doing with it? ... Are we using it to move into the positive, into Spirit? Are we using it to move into Peace *within* us? ... or ... to wage war within ourSelves?"

"And That's Our Responsibility. Remember Responsibility is the Ability to Respond to the Spirit we *are* and as the Spirit we *are* and That's how we have Peace, when There's This Alignment with This Knowing, with the Spirit we *are* and with our Life here in the physical and they become One.

"It's real simple.

"And That's the Present I'd like from each and every one of you.

"So I'm going to put you all on the spot and ... I'm just going to ask you a simple question: 'do you Commit to That?'"

Our Teacher then asked, "has everybody ... Committed to It?" and we all did. Our Teacher continued: "Thank you. I'm going to enjoy opening up these Presents because the Present that you Give to Me you Give to yourSelf and you Give to all of Creation: the Inner Worlds, the manifested worlds, God Himself.

"We'll stop with That."

**Continued from page 4 - "Are You Being Care-Full?: A Participatory Satsang" (A342)**

have to do is put the garbage, as it were, out so that it can be picked up and taken. We have to be willing to Let it Go.

"And that's Part of being Care-Full. Overseeing our Inner Environment, paying attention to the details and monitoring ourSelves. You know. 'Hey! maybe I need to be quiet and sit with this and not get onto the next thing ...' But inside ourSelves we're so trained ... to just jump to this, jump to that ... instead of just being quiet inside ourSelves, just Being Present with ourSelves, with the Spirit That we *are*.

"God Himself is Kind and Merciful. He's taken you to meet The Teacher. Wow! So you can Come to Know yourSelf as Soul, as Spirit. He's Kind and we're involved with HU-mankind so that we're the Same Kind. We're One and the Same.

"And we need to treat ourSelves as God or The Christ treats us, Which is Care-Fully – not that He's worried ... but takes Good Care of us with Loving Kindness, with Neutrality, with Allowing us our space to Learn, to Lift, to Grow and to be the Spirit That we *are*, to be a really, really good parent to ourSelves.

"Some of us still walk around wanting our parents to be different ... but yet we're the ones that picked those parents and, if we take full Responsibility, ... we need to treat ourSelves like we would like to be treated ... by our parent or parents and we just become the parent that we've always wanted. A good parent allows their child or children to grow up and surpass them. And we need to allow ourSelves to be Uplifted, to Grow beyond our negativity ... our doubt ... our fear; use all the Tools that we have and Grow into the Full-ness of Our Being, Which is What we were to begin with.

"It's real simple. ..."

"We're coming Full Circle: the Alpha and the Omega. ..."

"And this is crucial: we need to do it *consciously* ... *volitionally* ... *Lovingly*.

"And That's really how you take Care of yourSelf and how you are Care-Full in this life.

"We'll stop with that".

**Continued from page 5 - "Practical Spirituality: Actually Practical? – A Participatory Satsang"(MP3 A343)**

Wow! What's more Practical than That? You know you're In Charge of Your Life. Yeah, you're making Your Life. Yeah, wow! What a Lovely Way to Work It. Co-Creating with the Lord, God, with the Spirit you *are*—oh my God!—in a very protected manner by Co-Creating for the Highest Good.

"What a Lovely and Practical Way to Live in a very Loving Consciousness: Loving, Caring, Sharing. Wow! That's the Prescription for Participating in Life, isn't it? Loving, Caring and Sharing in a Neutral way.

"And notice those are all i-n-g forms. Those are all gerunds: Loving, Caring, Sharing. But It's *active*. It's really *active*: Loving, Caring, Sharing. Right here. And isn't That Wonder-ful? ..."

"So I'll end with a little caution. ... So I caution you just to pay attention to when you're creating separation inside yourSelf. May be subtle. You all will have to Practice Eternal Vigilance ... with the separation comes a lot of hurt and a lot of pain ... that's what our suffering is from ... So the best way to live ... is to have your consciousness *always* going to the Spirit you *are*. You're the traffic cop ... exercising your Free Will.

"And It's right here, right now. God is found in *each* moment. God is in *each* moment and God *is* each moment.

"It's right here, right now. That's the Great Blessing, isn't It? You as Initiates are open to That. You have 24/7 access to Spirit. ... The Heavens are *within* you. ..."

"Applying What we Know Spiritually *is* Practical. It *is* Actual. We Know That the Kingdom of God is *within*, the Kingdom of Heaven is *within*. We Know That 'in the Father's house there are many mansions'. There are many levels of Spirit. We're Blessed to have Access to It. We're Blessed be able to be with God *while we're in the body* and we do That *consciously, consciously*. And how much more Practical can you be than Fulfilling the Purpose of HUman life? That's the most Practical, isn't it?

"We'll stop with That."

**Continued from page 6 - The Teacher's Birthday Satsang And Celebration 2026**

The Teacher's Birthday Satsang was followed by the Sacred Washing Of The Feet, after Which Our Teacher asked, "who would like to share their experience of Washing Of The Feet?" Reponses from Attendees included "washing away negativity and limitations" and "a visual of my head being at the Master's feet ... and we're all One", after which Our Teacher further Educated us: "... in the Indian traditions you see the student kissing The Master's feet. That's really two things going on there. One is letting go and Surrendering but also being in Service to That, Surrendering to That, being submissive to That in the best sense of the word and the other thing, of course, is that at the Upper Part Of The Third Eye ... the Feet (of God/The Master/The Teacher) would be at the Upper Part Of The Third Eye. ... It really has to do with Kissing the Spirit, God. ... That's a Demonstration ... Acknowledgment of That". And, in Response to a Participant Who shared the experience that "it's okay to receive but it's better to Give", Our Teacher Elucidated: "the nature of the basic self ... is to just take but Our Nature of ourSelves as Spirit is just to Give. ..."

Additional responses included "I felt a Oneness, too ... even though it was not my feet it felt like my feet ... it felt like we were the same". Two Participants then shared that "It felt like You were washing my feet". After the first, Our Teacher further Educated us: "Yeah, has to do with the Spirit!"; following the second, Our Teacher Lovingly Taught us: "... you know we Westerners have a real problem with having a ... Spiritual Teacher ... and it seems like we always kind of relate out of the ego ... so if I Let Go and Surrender and I place mySelf at The Master's feet, so to speak, well, then He's above me and He's got the power ... when the Reality is just the opposite.

"So It really has to do with Letting Go and submitting. This is a Bakhti Path and how we Love The Teacher is how we Love God. I am talking about the Consciousness of The Teacher and Submitting ourSelves to That ... being the Student; being Led; being a Disciple; having the Loving Discipline to be in Accord with That and to bring ourSelves into Alignment with That in Fulfillment of ourSelves. That's really What's being said. ..."

The Washing Of The Feet was followed by the Presentation to Our Teacher of the Group Gift from Our Teacher's Initiates—Donations to Center For Religion And Advanced Spiritual Studies to go towards Publications and to the General Fund.

The Celebration continued with more treats prepared by those very talented cooks and bakers.

Fun was had by all.