



# Spirit Central

Timely information for friends of Cosmos Tree, Inc. and The Center for Religion and Advanced Spiritual Studies December 2007

## Contact Us

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or

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Queretaro area  
Barry Lippman  
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## Join Us For An Hour Of Spiritual Instruction

### "LETTING GO, LETTING GOD - PART III: A Participatory Satsang"

A Satsang  
by Dr. Roger B. Lane

Wed. Dec. 5, 2007  
at 6:45pm EDT

Available At All Centers

VISIT OUR WEB SITES AT  
[WWW.COSMOSTREE.ORG](http://WWW.COSMOSTREE.ORG) OR  
[SPIRITCENTRAL.ORG](http://SPIRITCENTRAL.ORG)  
FOR OUR DECEMBER PODCAST -

"THE DEMOCRATIZATION OF GOD'S  
CONSCIOUSNESS AND YOU"

SATSANG (SPIRITUAL INSTRUCTION)  
BY  
DR. ROGER B. LANE

### Dr. Lane Presents Weekend Everyday Evolution I Workshop in Chicago

Dr. Lane redesigned the Center's most popular Class, "Everyday Evolution I" as a weekend Workshop and offered It in Chicago November 9-11. Individuals came from all over the U.S. to learn how to work with their basic selves or the parts of us that bring forward our karmic/negative patterns so that we can better live as One with the Spirit *we are*. Working with the basic selves allows us to gain the cooperation of all parts of ourSelves so that we stay clear; we're lined up with what we want to do; and there is a smooth flow of energy from Spirit to all parts of ourSelves. As Dr. Lane explained, this life-altering education involves learning and practicing the Four Rules of Self-Talk. Dr. Lane also explained a bit more about the basics themselves. Participants learned basic selves are immediate and habitual; they help maintain the physical/survival and the status quo; they're literal-minded; their flow of energy is "down" and "out" into the world; and, ultimately, they want to cooperate.

As Dr. Lane has often said: "There can be no change without educating our basic selves." This was profoundly evident in Our Teacher's focus on giving ourSelves the lives we want and using the Tool of Self-Talk to help us do that by redirecting our basic selves. As Dr. Lane said: "We're traffic cops" as to "where our energies go and where we place our focus." Dr. Lane also emphasized that it is our responsibility - responsibility defined as responding to the Spirit *we are* - to educate our basic selves and to practice Eternal Vigilance in doing that.

To give yourSelf the life you truly want, learn Self-Talk, etc., call the New York Center at 212 828-0464 and request the *Tool For Living Free* "The Power of Positive Self-Talk" as well as the date of Dr. Lane's next Everyday Evolution I Class/Workshop. Then, sign up for It. Also recommended: Tape/CD "Have You Given YourSelf The Time Of Day?" (A32); to order, please see Tape/CD ordering information at bottom of article below.

### Dr. Lane Gives Open Talk in Chicago on Health

On the same weekend as the Everyday Evolution I Workshop, Dr. Lane presented a life-altering Open Talk entitled "Health: Its True Meaning And How To Be Healthy." Dr. Lane began by defining Health as "Knowing that we are One and the same as God." Dr. Lane emphasized that we are powerful creators; we co-create our Health with God; and we are responsible for doing This. We are not victims!

Dr. Lane further explained that "Health is knowing we're Spirit" and that any time we run negativity we are creating separation from the Spirit *we are* or from

[Continued on next page](#)

## COME TO TWO SPECIAL HOLIDAY MEDITATIONS!

OUR SPECIAL CHRISTMAS EVE MEDITATION  
DEC. 24 AT THE COSMOS TREE CENTER - 6:10 PM  
AND

OUR SPECIAL CHRISTMAS DAY MEDITATION FOR  
HEALTH & WELL-BEING DEC. 25 AT THE WEST SIDE  
BRANCH OF COSMOS TREE - 8:15 PM

PLEASE SEE ENCLOSED EVENTS PAGE FOR DETAILS

### "Truth Sayer Or Truth Slayer: To Be Or Not To Be: A Participatory Satsang"

At the outset of His November Satsang, Dr. Lane asked the participants: "See what comes up in you that helps to slay the Truth of who you are, that you *are* Spirit ...?" A number of the participants shared their feelings of fear, being needy, not being smart enough, and the like.

Our Teacher noted that these were typical of the things we do inside ourSelves to "slay the Truth. ... We make interpretations of things. So for example, if you're one of the two people on this planet who have had "terrible childhoods" ... that's proof, OK, that you aren't worthy ... that you're this terrible person. ... [you tell yourSelf] 'If God had existed inside of you ... He wouldn't have permitted this ...'"

Dr. Lane pointed out that we "... cheat ourSelves out of It [the Spirit] when we take 'inventory.' " That is, when we measure our worth by the size of our wallet, our status or material possessions. As well, many of us think "I must have done something wrong ..."

"Also we're trained to be materialistic. ... And the training is, I can only know things through my five senses, OK, and ... so there's nothing beyond the physical. ... We think that the epitome of our Consciousness is what? The mind. We think that that's it. And we're in an age now where all the products of the mind are glorified."

However, as Our Teacher emphasized: "We are either allowing the Truth to be slain or we're saying the Truth inside ourSelves, we're affirming that we are Spirit, OK, and the Spirit in us ... we have access to through what's called Initiation into the Sound Current."

Dr. Lane reminded us: "Here we are in this body and we've got this Soul with us but we've got sheaths around the Soul called karma so when the Soul sees Itself It cannot see beyond Its karmic construction and It feels trapped. ... It doesn't know where to find Itself. And Its training has been to go out in the world. ... When you decide to say, 'Wait a second! I'm really going to come to know mySelf as Soul, as Spirit' and you take this Initiation you're really signaling to yourSelf, 'Hey! I'm really making this commitment to know mySelf and to hang out with Spirit' and then the retraining of the Soul begins and the Soul ... starts to get Its training to go in and up ... into the Upper Part of the Third Eye, where the Spirit in you sits ... and the Crown Chakra. ... Through Initiation, the Soul is charged and ... It comes to know Itself more as Spirit and begins to lift ..."

And as Our Teacher stated: "If I know that I'm Spirit I'm responsible for that knowledge, OK ... my environment inside myself has to reflect that ... you can't go before God with anything other than Love, with the Vibratory Frequency of Love. ... In sum ... We are responsible. Every thought we have, every feeling we have away from Spirit, we're responsible for."

Dr. Lane reiterated that the power is in letting go and being with the Spirit inside of us and not being with the Truth slayers; but surrendering those, and being with Spirit inside; and the power of choice; and the power of free will. That is what enables us to be free. All you have to do is stay inside and stay with the Truth of who you are.

A lively question-and-answer session followed.

**SIGN UP FOR GIFT-WRAPPING AND UNWRAP THE GIFT  
OF THE SPIRIT WITHIN BY BEING OF LOVING SERVICE  
TO YOURSELF**

**LOCATION: BARNES & NOBLE ,82ND ST. & BROADWAY  
FRIDAY, DEC. 21 & SATURDAY, DEC. 22**

**FROM 9AM TO 11PM**

**SHIFTS BOTH DAYS ARE:**

**9-1; 1-5; 5-9; 9-11**

**CALL 212 828-0464 OR 212 362-3689 TO SIGN UP**

# Events Calendar

## **Fulfill Your Destiny:**

### **Fulfill Your True Purpose**

Request a FREE copy of Dr. Lane's *The Sound Current: The Path of God-realization* (what we affectionately call "The Blue Book".)

In this booklet, Dr. Lane explains the priceless Gift available to all. With numerous historical references, this little book explains the Sound Current, karma, the Law and the Way Home.

Call or write today for your free copy.

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## **OPEN HOURS**

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

Tues. Dec. 4, 11, 18  
-- 7:30-8pm EST  
Wed. Dec. 5, 12, 19, 26  
--4:30-5pm EST

## **MEDITATIONS**

Doors close five minutes prior to times listed. Instruction provided

### **CONNECTICUT**

**Westport area** Call for details.

### **CHICAGO**

**Glenview area.** Call for info.

### **HAWAII**

**Hilo area** Every Sun. 3pm; Meditation for Health and Well-Being last Fri. of every month 7pm. Please call (808) 937-5958 for location.

### **NEW JERSEY**

**Middletown area** For updated schedule of Meditations, please call Center.

### **NEW YORK**

**New York City** Every Mon., Wed. (except first Wed. of the month) and Thurs. 6:10pm; Sun., Dec. 30 - Special 2-hour Meditation 10:30am-12:30pm. Meditation for Health and Well-Being Tues. Dec. 18 on the East Side & Dec. 25 on the West Side (200 W. 90th St, #10A)

### **MEXICO**

**Queretaro** Call Center for information.

*Contact specific center for more information about these events*

## **VIDEO SHOWINGS**

*The 22-part VIDEO series "Understanding the Spirit You Are" is available for viewing or purchase at all Centers and for viewing on cable television stations listed below.*

### **CONNECTICUT**

**Westport area** Call for details.

### **HAWAII**

**Hilo area** First Sun. of every month from 4:30-5:30pm Video Showing and Discussion. Please call (808) 937-5958 for location.

### **NEW YORK**

**New York City** Every Fri. 3:00pm on Time Warner - Channel 57; RCN - Channel 84;

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

### **Brooklyn**

Every Sun. 3:30pm Cablevision - Channel 69 Time Warner - Channel 56

### **Continued from page 1 - Health Talk**

Health. It is therefore our responsibility to stay clear by releasing negativity (anger; judgments, etc.) by asking God to take it and telling ourSelves "It's okay to let it go!" "When we have those thoughts and feelings we're attacking ourSelves," Dr. Lane explained. "Each thought has a frequency, each feeling has a frequency and it all comes back as the 'illness of separateness.'" As Dr. Lane further explained, our responsibility to co-create Health includes working with our "incompletes" because we have lines of energy out to unfinished tasks. "Part of being Healthy is to complete those tasks," Our Teacher said. When we complete tasks, we are choosing to have those lines of energy cleared and to allow the Spiritual Flow. Our Teacher also explained that our bodies house the Soul; and, as Such, we are responsible for what we put in our system. We're also responsible for knowing that when we hurt ourSelves, we're doing violence to others as well. "Being Healthy means we have an instinctive Knowing that we're One and the same," Dr. Lane said.

Dr. Lane concluded: "Health is Knowing we are powerful. We are creators. Things don't just happen to us. ... Wholeness is Health and Health is Wholeness. ... Health is Proper Identification - Knowing we're Spirit; Knowing we're Soul; and Knowing we're responsible."

A 20-minute Meditation For Health And Well-Being - in which, as Dr. Lane explained, "you're asked to co-create Health" - followed the Talk.

A lively and enlightening question-and-answer on "Health" followed.

Finally, Our Teacher and Cosmos Tree want to thank Karen Fiala, area representative in Chicago-land, for her Love, Devotion and hard work in hosting both Chicago Events and for her generous hospitality.

To order a Tape or CD of the Chicago Talk on Health and/or the Meditation For Health And Well-Being, please call 212 828-0464 or mail a check payable to Cosmos Tree, Inc. to 1461A First Ave. - #182, New York, N.Y. 10075. The cost is \$10/Tape or CD plus \$1 S/H. Please include contact info.

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## **FIRST CLASS MAIL**

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