



# Spirit Central

Timely information for friends of Cosmos Tree, Inc. and The Center for Religion and Advanced Spiritual Studies February 2008

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## “Are You Kidding Me?: A Participatory Satsang”

At the outset of His January Satsang, Our Teacher requested those attending to go inside and “see how the part of you that you always regard as ‘Are you kidding me?’ gets in the way of your having what you want in your life.” Dr. Lane then asked: “Now go back inside and see how you’re taking that part of yourSelf seriously, how that enables you to have what you want in your life.” Finally, Dr. Lane asked us to “share the part of yourSelf that you always regard as ‘Are You Kidding Me?’ and, up until now, how it gets in the way of what you’d like to have in your life and how you can work it inside yourSelf so that you can give yourSelf that life that you want or the quality, whatever it is you want in your life.”

Several participants then shared their experiences with the group. They described their inherent power which they had observed; the part of themSelves that knew what they had to do; the control over their lives which they truly possess. They also described what got in the way, which was to let the false self rule the roost by not directing their basic selves (the parts of us that bring forward our karmic patterns) via Self-Talk. Participants noted that a false self running amok sometimes took the form of habitual patterns such as “I don’t have time” or “I’m not in control of my day” and/or “not turning everything over to God; not trusting or practicing Eternal Vigilance or Surrender” or “forgetting” to remind oneSelf that there is no separation between oneSelf and Spirit or that one is responsible for where one places one’s focus as well as for what one chooses to Co-create with Spirit. One participant noted the importance of starting off each day by taking a moment to go inside and ask God to lead her.

As Dr. Lane noted to one participant: “... the false self is kidding you ... Your job is to use that to springboard into the Spirit. OK?”

Dr. Lane continued: “When I listen to you talk, a lot of you talk about having a hard time believing that you and Spirit are One and the same. ... What’s speaking but the ego? See, the ego is the part of us that’s in time and space. We’re located here; we think we’re this person; we think we’re our bodies. ... we have all these outer reference points ... and we locate ourSelves physically and emotionally and by our thoughts ... And that’s the part of us, the ego, that creates the illusion of separation with Spirit. ... If the ego can train you to believe that you are in time and space then guess what happens? You identify with your thoughts; you identify with your feelings; and you wind up in and choosing into your karma. ...”

Our Teacher further explained: “The ego makes believe that you and God are separate, you and the Teacher are separate. ... When I go in the Spirit, I don’t” see that. I see you all as One in the Oneness of the Holy Spirit. ... But to the ego it doesn’t register that way. ...”

Our Teacher explained: “... It takes a while to recognize that our patterns are seemingly very intelligent. They make a lot of sense, OK, but it takes a while to recognize that we don’t have to buy into them. And it takes a long time to recognize in this world we’ll get a lot of support for our karmic patterns ...”

Moreover, Dr. Lane said: “We’re able to be ‘Christed,’ to have our will and God’s Will be One and the same so if you’re walking around going ‘Are You Kidding Me?’ when you have a Knowing that you and God are One the same; that you are Loved; that you are cared about you may want to put that aside.”

Dr. Lane then told a story of a Soul who, after It had dropped the body, was profoundly shocked to see that It was responsible for everything that It had created in that lifetime. “That Soul found out the hard way that (she) was responsible for everything (she) had created ... So you also want to watch out for the part in you that knows you’re responsible and that you treat very haphazardly with ‘Are You Kidding Me? I’m not

responsible. I can get away with anything.’ ... Nobody is exempt.

“The nice thing is if you’re walking the Sound Current Path you get the karma that you have created (in this life) shown to you pretty quickly, OK, and there’s not much of a time lapse, OK? Normally with Souls there can be lifetimes and you may not get the connection, OK, but it’s presented to you (ed. note: for these Souls riding the Sound Current) pretty quickly so you can see the connection and you get to see your own power and how powerful you are and we’re powerful creators. ‘Are you kidding me? No.’

“We’re powerful creators. Take a look at yourSelf! That’s proof you created yourSelf. You created this embodiment. That’s pretty powerful. OK? God in His Kindness and Mercy gives us an opportunity to know Him and know Himself as Spirit and gives us the Grace to know ourSelves and fulfill our purpose here. ...”

And Our Teacher continued: “You may also want to watch the vantage point from which you see things. ... we

Continued on page 2...

Join us for an hour of Spiritual Instruction!

### “Whom Should I Blame Today?: A Participatory Satsang”

by Dr. Roger B. Lane

Wed, Feb. 6, 2008

at 6:45pm EDT

Available At All Centers and

Listen to this Month’s Podcast of Spiritual

Instruction with

Dr. Roger B. Lane

“What Is Your Level Of Participation? What Is

Your Level Of

Precipitation?:

A Participatory Satsang”

### ME Workshop

## Everyday Evolution II

Friday, March 28 - Sunday, March 30

given by Dr. Roger B. Lane

### LEARN TO LIVE IN POSITIVE NEUTRALITY!!

- Fine Tune Your Self-Talk
- Move further into Surrender
- Live in the Oneness of the Spirit You Are
- Live in Neutrality

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spiritcentral@yahoo.com!

# 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. February 5, 12, 19, 26  
-- 7:30-8pm EST

Wed. February 6, 13, 20, 27  
--4:30-5pm EST

Contact specific Center for location and more information about these events. See front page for contact information.

## MEDITATIONS

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

### CONNECTICUT

**Litchfield area** Call for details

### HAWAII

**Hilo area** Every Sunday 3pm; "Meditation for Health and Well-Being" last Friday of each month at 7pm.

### ILLINOIS

**Glenview/ Chicago area** Every Sunday at 5pm

### NEW JERSEY

**Middletown area** - "Meditation for Health and Well-Being" every 2nd and 4th Wednesdays - call Center for details.

### NEW YORK

**New York City** Every Mon., Wed. (except first Wed. of the month) and Thurs. 6:10pm; last Sun. of the month at 10:30am

"Meditation for Health and Well-Being"- Tues., Feb. 19 on the East Side & Feb. 26 on the West Side (200 W. 90th St, #10A)

### MEXICO

**Queretaro** Call for information.

## 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

**Litchfield area** Call for details.

### HAWAII

#### Hilo area

First Sunday of every month from 4:30-5:30pm - including Discussion.

### NEW YORK

#### New York City

Every Fri. 3:00pm on Time Warner - Channel 57; RCN - Channel 84; the last Sun. of every month 1-2pm at NYC Center including Discussion

#### Brooklyn

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

## Continued from page 1...

don't know the context and we don't know the Spiritual reference point and we don't know the Spiritual Action. ... You need to be careful and you need to take the approach of 'What's my learning here?' Take it back to yourSelf. 'What's my learning?' and if I'm attached 'How can I get free?' and you need to trust the system that nobody gets away with anything. ..."

Dr. Lane continued: "What you want to do is have the frame of reference of that there's a reason for its happening. Things work to your advantage. You just need to work them and know that things are Spiritually correct and karmically correct or they would not have happened to you. ... and there is something in it for us to gain; to lift from; to learn, etc. and to let go of or it wouldn't happen."

Our Teacher concluded: "This whole life and your life on this planet is rigged; it's been rigged since day one ... it's rigged for your lifting and for your growth, OK, and what you want to do is be smart enough to let go of the part of you that thinks that Spirit's love of you is 'kidding'; that God caring for you is 'kidding', OK? ... Our hearts will never be content unless we accept the Presence of the Living God within us."

A Spirited question-and-answer session followed.

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## FIRST CLASS MAIL

Time-sensitive. Please deliver immediately.