



# Spirit Central

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

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**Join Us For An Hour  
Of  
Spiritual Instruction  
"The Teacher: With  
You, Instead Of You  
Or Excluded By You?:"**

**A Participatory  
Satsang"**

A Satsang  
by Dr. Roger B. Lane  
**Nov. 5, 2008  
at 6:45pm EDT**

Available At All Centers

**Dec. 3, 2008  
6:45 pm EDT**

Please see our  
regular eblasts for  
December title

### Dr. Lane Gives Talks On Health

As part of Dr. Lane's Speaking Tour, Our Teacher gave two Talks on "Health: It's True Meaning And How To Be Healthy." One was a formal Talk in Los Angeles; the Other, an informal One in Hilo, Hawaii. Dr. Lane began by defining Health: "It has to do with Wholeness. Health is being at the Integer. It's honoring That. ... We fall under illness when we focus away from God, when we create a separation between ourSelves and the Spirit we are." Dr. Lane defined "being at the Integer" as "living above duality".

Dr. Lane further explained that we need to "view ourSelves as part of something bigger than our everyday life." "When we come from Health we come from Integrity," Dr. Lane continued. "If I go to compete against you I'm competing against mySelf. I'm hurting mySelf because we're One and the same with God. ... That knowing is the key to Health - coming from My True Identity."

Dr. Lane emphasized: "I'm not my thoughts. I'm not my feelings - that's crucial." As Dr. Lane has often explained, each feeling has a thought linked up with it; for example, many of us live life in suffering, Dr. Lane explained, because "suffering" matches a thought "look how much I'm suffering!" "Health involves really be conscious of our creations, scripts we're running and what I take for 'objective reality'. ... Health involves learning how to create positively, learning to create without attachment ..."

One way we can create positively, Dr. Lane explained, is by asking God to take anything that stands between us and the Spirit we are and telling ourSelves "it's okay to let I go!" "Health is taking responsibility for what we create and what we're running," Dr. Lane further emphasized.

Dr. Lane also underscored the importance of "being willing to have things at disequilibrium. Health is when you're growing - that's Health. Acceptance of yourSelf, all parts of yourSelf - that's Health."

In conclusion, Dr. Lane said that we need to "live in Love and Kindness toward ourSelves. ... Physical Health is Spiritual Health and Spiritual Health is Physical Health. There's no separation."

Both Talks were followed by a Meditation For Health And Well-Being.

### Join Us For Our 2008 Graduation!

**Seminary Division of The Center For Religion  
And Advanced Spiritual Studies  
Saturday, Dec. 20 2pm - 4 pm**

### Listen to Our Monthly Podcasts!!!

**November: "Fear: What It Is, How To Profit From It  
And How To Release It"**

**December: "What Is Loving?"**

**www.cosmostree.org www.spiritcentral.org**

### Special Thanksgiving Day Meditation

Thursday, November 27 at 5pm  
Followed by

A Meditation Of The Light of the Most High  
at 6:10pm

see Events Page for details

**Besure to read the Nov.-Dec. Tool For Living Free  
"Using The Tool Of Gratitude"**

### Holiday Gift-wrapping

**Be of Loving Service to the Spirit you are by  
Signing up for Holiday Gift-wrapping  
at Barnes & Noble in Manhattan!**

#### 87th Street and Lexington Avenue

**Saturday, Dec. 20 4pm - 10pm: shifts are 4-7  
and 7-10**

**Sunday, Dec. 21 4pm - 10pm: shifts are 4-7  
and 7-10**

**Monday, Dec. 22 6pm - 10pm: shift is 6-10**

**Wednesday, Dec. 24 - noon - 6pm: shifts are noon-3 and 3-6**

#### 81st and Broadway

**Saturday, Dec. 13 5pm - 10pm: shift is 5-10**

**Tuesday, Dec. 23 noon - 11pm: shifts are noon-4; 4-7, 7-11**

**Sign up at the New York Center**

**Or call 212 828-0464**

### Dr. Lane Gives Talk on Meditation in Three Cities

As part of Dr. Lane's Fall Speaking Tour, Our Teacher gave a Talk titled "Meditation: The Eternal And You" in Los Angeles and in Honolulu and in Hilo, Hawaii. In LA, the Talk was introduced by Rebecca Underwood, Area Representative for the Los Angeles area; and in Honolulu and Hilo, Hawaii, by Rev. Dewi Lim, Area Representative for Hawaii. Dr. Lane began two of the Talks by leading those present in a Meditation Of The Light Of The Most High. Dr. Lane explained that the "Headquarters of the Soul" is above our thoughts and feelings at the Upper Part Of The Third Eye or slightly above the forehead's midpoint. This is Where Dr. Lane asked those present to focus during the Meditation. "If we focus above the mind and emotions we're doing something radical," Dr. Lane explained. "We Meditate to be with the Divine within us, with the Spirit we are. ... There is an Eternal. The Spiritual Heavens are not outside. ... They're inside of us in the Inner Realms; We go inside and we go up to the Spirit we are. ... We go 'in' and 'up'." As Dr. Lane has written: "'in' and 'up' do not imply distance (or direction) as God is omnipresent and there is no goal to 'reach'; rather, the words denote that the energy of the Soul current is to be refocused into the inner worlds and to God." "The Spiritual Center is at the Upper Part Of Third Eye. Anything below That isn't of Spirit," Dr. Lane said. "When we do Meditation Of The Light Of the Most High, It's inside of us. ... We don't need a church or clergy. ..."

"We start to identify with ourSelves as Soul, as Spirit," Dr. Lane said. Meditation, Our Teacher said, "starts to break up the separation between us and God and between each of us ... because we're all One. ... The reality is we're together in Spirit." Meditation, as Dr. Lane explained, brings our awareness to this fact.

"And by Meditating with the Sound Current or the Holy Spirit," Dr. Lane further explained, "one starts to keep the focus upon [Spirit] and to let God's Grace clear the karma. ... It gives us the opportunity to have stuff cleared and to get distance." As Dr. Lane often explains, the misidentification of ourSelves as who we are in this body is the separation from Spirit. "It takes me away from the personal ego stance of what I think happens. ... In Meditation on the Path of Soul Transcendence, I come to realize I'm not a victim - nothing can happen unless a part of me gives permission. ..."

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# Events Calendar

Continued from page 1 - Meditation

"You need to Meditate on the Path of Soul Transcendence to start waking up from the dream of life, from the hallucination," Dr. Lane continued. "... When we sit in Meditation and start to know that God's within ... we know that we're Worthy ... we start to accept That; we know that we're okay; we are loved; God cares about His Creation; God lives in this Creation."

"Whenever we sit in Meditation on the Path of Soul Transcendence, we contribute to the Completion of the Body of God but That's who we are. ... and This is our opportunity to tap into It. ..."

Dr. Lane then invited those present to come to know themselves through Initiation into the Sound Current. "There is a Way to go into the Soul Body and to know God *directly*. ... There is a Process ... where the Soul is sparked awake ... and It starts to see everything is a result of its own creations. ... Why not learn to create positively? ... Why not learn to create as God? The separation lifts. The suffering lifts. You get to have a much more fun-filled time on this earth. ... Take advantage of your time here. Take advantage of the Gift ... God's given to come to know Him. You do not know when you will have this Opportunity again. Meditation is the Opportunity to know ourselves as Soul and, in the Process, we have the karmic journey completed and we 'wind up' with God."

"Why not come into Joy? Why not come into Peace? Why not come into Love?"

A lively question-and-answer session followed all three Talks.

Our Teacher and all present thank the Area Representatives for their Loving Service in organizing the Talks and hosting Our Teacher's visit.

All three Talks were followed the next day by Initiations into the Sound Current, followed by a Meditation Of The Light Of The Most High.

## 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. Nov. 4, 11, 18, 25; Dec. 2, 9, 16, 23, 30 -- 7:30-8pm EST

Wed. Nov. 5, 12, 19, 26; Dec. 3, 10, 17, 31-- 4:30-5pm EST

### MEDITATIONS

Doors close five minutes prior to times listed. Instruction provided

### CONNECTICUT

**Litchfield area** Call for details.

### ILLINOIS

**Glenview/Chicago area.** Every Sun. at 5pm.

### 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** Meditation for Health and Well-Being every 2nd and 4th Wednesday - call for details.

### NEW YORK

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

Dec.28 Special 2-hour Meditation 10:30am-12:30pm.

Meditation for Health and Well-Being- Tues. Nov. 18, Dec. 16 on the East Side & Nov. 25, Dec. 23 on the West Side (200 W. 90th St, #10A)

### MEXICO

**Queretaro** Call 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

**Litchfield** Call for details.

### HAWAII

**Hilo area** First Sun. 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;

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

## "How To Be An 'A' Student In All Areas Of Your Life: A Participatory Satsang"

Dr. Lane began His October Open Talk by asking those present to ask themselves "what do you need to be an 'A' student?" The answers included: "focus"; "love yourself"; "stay present;" "allow God to live my life;" "listen to myself."

Dr. Lane then explained that "there are five 'A's' I want to talk about." They are:

**Attunement.** "There's always an attunement needed to the Spirit we are. ... The Attunement Process helps us break that whole pattern that says we're not Spirit, we're not God ... The Attunement Process is the constant focusing within. With the Attunement Process, we're constantly making the choice to be with God. ... Where you focus is really what you become."

**Attraction.** "What are we attracting to ourselves? ... If I'm really honest about the law of attraction and I know the power it has, guess what I'm going to do? I'm just going to use Attunement because if I focus on God the law of attraction tells me That's what I'm going to become."

**Amusement.** "Things on this level, ... they're amusing in that they're to be taken lightly. ... The truth is we are already Home in Spirit, that we are already free. That's the Truth ... but we've enslaved ourselves and we've kept the illusion going and part of it is taking the things of this world oh so seriously! ... It all comes about because we've forgotten who we are. ... If we have proper identification we know this is the place where we learn our karmic lessons ... It's all a magic show for our benefit so we can learn, we can grow, we can lift ... We tend to take the things of the world very seriously, very heavily, forgetting that these are just lessons that we're learning, that this is a world that we just pass through. This world is not our home. Spirit is our Home, and, in reality, we live 'there.' And the more we put our thoughts and feelings and creations on to this level ... the more we inherit those things. ... If you keep things light and watch your creations and focus on the Spirit you get to have an easier ride and an easier journey."

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### Continued from Page 2 - "How to Be An 'A' Student in All Ares Of Your Life"

**Allotment.** "We are allotted a certain time here. ... and people tend to use that as almost a negative sense of 'like rationing' 'Oh! We've been rationed to receive just a little bit; this is our allotment in life' but really the opposite is true. ... It's 'a lot:' Allotment. ... The Truth is we are rich beyond our measure. ... We have this Abundance and Abundance as defined by the Teachings that I bring forth is 'your consciousness and God's Consciousness are at One and from That Prosperity flows'. ... Prosperity comes from the natural Abundance and natural flow from Spirit, Which supplies."

**Amortization.** "What happens when we 'amortize' a mortgage, for example? ... We basically pay it down until ... it goes away. ... If you take a look at your life as a Soul ... the karmic account gets paid down until, eventually, you're dead to this world and you're dead to this world means that there's no attachment, there's no hook. There's nothing here that can draw you back for another round. In other words, you've broken free and entered into Eternal Life. ... Eventually, you're paying down this life and you're going to kill the debt as it were or you're going to allow through God's Grace and His Kindness and His Mercy to have that debt cleared ... If you're walking the Initiatory Path, the Sound Current ... you're going to attract more of the Spirit you are ... The Soul ... starts to remember and eventually It knows Itself and when that happens it enters into Eternal Life ... or the Soul Realm ... then you've 'amortized' your mortgage."

### "The Truth, Five Saboteurs, A Con Man And You: A Participatory Satsang"

At the outset of His September Satsang, Our Teacher posed the following question to the participants: "Up until now, what has given you the most problems or difficulties in your Spiritual life?"

Several participants then shared their thoughts. These included: "protection;" "attachment and judgment;" "not knowing the facts;" "it's up to me to control things;" "being responsible;" "getting myself to work with myself;" "letting go;" "fear of the real world;" "the everyday world is too important."

Dr. Lane then "introduced the cast of characters" we encounter on our Spiritual Path.

There is, first of all, The Truth. Our Teacher noted that "in our Meditation we chant the word 'Hu'. 'Hu' is an ancient name of the Lord, God. God comes into the manifested world at that Frequency. H and U being the first letters of the word human signify that we are manifestations of God." As Dr. Lane stated: "We are Spirit, we are God, and that's the obvious Truth. ... Part of why you are in the body is that you have forgotten who you are. ... These Teachings help us to become a member again of the Body of Christ. ... To align our will with God's Will."

Then we have the five saboteurs:

#### **Doubt.**

As Our Teacher explained: "Doubt comes from the mind and plays an important role. It plays the role of protecting the ego. Protecting your concept of being your physical body. ... when the reality is we are all together in the Oneness of the Holy Spirit. ... The mind can't go to Spirit. (The mind says) it couldn't be true that God is inside of you. ... Doubt is a wonderful way of playing the game of being a prisoner of matter when, in reality, it is true that in the Soul Body we can know ourselves as Spirit."

#### **Fear.**

Dr. Lane observed: "The life you live is fear-based. ... What will happen if I do this? ... or don't do it ... etc...? Our Teacher reminded us: "The journey of a Soul is from fear of God to Love of God. ... We haven't yet incorporated the Teachings of The Christ, Jesus who said This is a God of Love and reduced all laws to 'Love God with all your Heart, Soul, and Might and Love thy neighbor as thySelf.' ... We go from a totally removed God to One who is actively involved in His Creation." As Dr. Lane has said: "What so many of us do is we sit in our fear ... and before you know it something that's objectively very small becomes a mountain. ... Our fear affects not only ourselves but everything. ..." As Dr. Lane has explained, the 'problem' is misidentification. We're identified with ourselves as this person in the body so we're causing our own separation. "So [what's] the remedy? To go to God; go to God!"

#### **Unworthiness.**

"We feel totally unworthy. ... kicked out of the Garden. ... ashamed of ourselves," Dr. Lane explained. "We deny our value as Souls. ... We don't know we're Souls with intrinsic value. ... that we have value and are loved." Our Teacher declared: "We are Spirit. We are created in God's image. The same Spirit That is in God is in us. ... We are made of the Holy Spirit, the same 'material' as God yet we go around feeling unworthy."

**Painful Entanglements** from past lives is the trouble we get ourselves into whenever we focus away from Spirit; and, in particular, when we persevere in that focus away from Spirit.

Dr. Lane gave examples. "If I feel cheated I will spend my lifetime fearing I will be taken advantage of. Or, if I'm involved in an unfulfilling relationship (yet) I can't survive without the other person. ... That's an entanglement. And as Our Teacher observed: "It doesn't help me lift and it doesn't let the other person lift."

#### **Separation.**

We think that God is outside. "In our culture you are not supposed to know you are Spirit. ... There are institutions in our culture that perpetuate that and mirror the whole idea that we are not Spirit, not Divine. ... that we are not responsible and that we have no power." But, as Dr. Lane emphasized: "Our power is in the ability to make a choice, to focus into Spirit. ... to go inside and be inside ... and allow the bridge of our will with God's Will."

Our Teacher pointed out that "the Saboteurs in our life are totally dependent on our giving them life, reinforcing them, (and) animating them. We persist in their reality."

And Dr. Lane rhetorically asked: "**Who is the con man but Death?**" Dr. Lane continues: "It seems like we die, we have a finite existence and we have this bodily form." But, "That's our body"... Dr. Lane emphasized: "That's not who we are. ... The Spirit in us is Eternal. ... The paradox is that God located the Eternal in the finite. ... If we identify with death - which is the ego's identification - we have the assertion of our will (over God's Will) ... (And) our focus is always on that level."

"There is another character," stated Dr. Lane. "**You are crucially important.** ... The saboteurs cannot live without you. ... It's all about where you are going to focus. (Whether) you choose to be present or not ... choose to be present with the Living God or not. ... We can have more of the things of the world if we have a Spiritual focus." As Dr. Lane has said, "What are the things of the world when God has given you the Keys to the Kingdom through Initiation into the Sound Current?"

In conclusion, Our Teacher reaffirmed: "I teach Loving God. That's the antidote and the Gift you give yourself to be present with God regardless of feelings you have." And Dr. Lane emphasized: "You are responsible. You are crucial. You have the Power of Choice. You have the power to be free but we have forgotten that. And I lovingly suggest you learn to be present with yourself and have a life without the 'con man' and without the 'saboteurs'."

A Spirited question-and-answer session followed.