



Spirit Central

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

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Queretaro area
Barry Lippman
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From the U.S.:347-448-2310

Join Us For An Hour Of Spiritual Instruction

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

A Satsang
by Dr. Roger B. Lane
**Sept. 3, 2008
at 6:45pm EDT**
Available At All Centers

**October 8, 2008
6:45 pm EDT**

Please see our
regular eblasts for
October title

Dr. Lane To Give Talks in L.A. and Hawaii in September

Dr. Lane is giving Talks in Los Angeles and in both Honolulu and Hilo, Hawaii titled "Meditation: The Eternal And You." The Los Angeles Talk is on Saturday, September 13th; the Honolulu Talk is on Saturday, September 20th; and the Talk in Hilo takes place the evening of September 27th, all at 8 pm local time.

Dr. Lane is giving a second Talk in Los Angeles on "Health: Its True Meaning And How To Be Healthy" followed by a Meditation For Health And Well-Being. The Event takes place Friday, September 12th at 8 pm. There is a Meditation For Health And Well-Being in Hilo on Friday, September 26th at 7 pm.

There is also a Meditation of the Light of the Most High in each city. In Los Angeles, It is on September 14th; in Honolulu, It takes place on September 21st; and in Hilo It is on September 28th, all at 4 pm local time. For schedules, please visit www.cosmostree.org or spiritcentral.org. In each city, there is also the Opportunity to receive the ultimate Blessing - Initiation into the Sound Current on the Path of Soul Transcendence, which is the Way to truly know yourSelf as Spirit. Knowing yourSelf as Spirit is the purpose of human life. The Gift of Initiation is given through the Grace of Our Teacher, Dr. Lane.

In addition, Dr. Lane is giving a Workshop titled "TAR: Trust, Allow, Receive" in Hilo on September 27th. The cost for the Workshop is \$125 or \$150 at the door. There is a suggested donation of \$10 for the Open Talks and for the Meditations. For information and/or to sign up for the Hawaii Events, please call Hawaii Area Representative Rev. Dewi Lim at 808-937-5958; and for the Los Angeles Talk, please call Los Angeles Representative Rebecca Underwood at 310-913-7212.

Meditation Workshop Debuts in Chicago Fall 2008

For 10 weeks, beginning the first Saturday in October from 6 pm to 7:15 pm, Chicago Area Representative Karen Fiala will host a Meditation Workshop at exhale spa in that city. The Workshop includes a Meditation of the Light of the Most High, a Meditation For Health And Well-Being and a discussion. Participants may attend individual Workshops and/or the entire Series. The 10-week Workshop will skip Thanksgiving week and resume the week after that. The cost is \$30 for each Workshop and/or \$275 for the 10-week Series. For more information, contact Karen Fiala at 847-414-6462.

Listen to Sept. and Oct. Podcasts of Spiritual Instruction

*September: "What Is The Real Enemy Of
The People?"*

*October: "Prayer: What It Is, How To
Pray And How To Receive The Response"*

www.cosmostree.org and
www.spiritcentral.org

Our Fall Semester

Tools For Living Free Class

10 Weeks Wednesdays 7:45-9:15 pm

beginning October 15th

given by Roger B. Lane, Ph.D.

Learn to live and apply the Teachings

of the Path of Soul Transcendence

Grow in Loving yourSelf

Weight Loss Class

8 weeks Mondays 7:45 - 9:15 pm

beginning Oct. 13

Let go of attachments (the weight)

Stay Present (the Diet)

Please see Events Page for details

"The Teachings: Are You Allowing Them?: A Participatory Satsang"

At the outset of His August Satsang, Our Teacher observed: "You are probably here for your Upliftment. There is something you want to learn ... (And) I want to tell you how you can give this to yourSelf."

Dr. Lane stated: "We know that when you come here the Satsang, which is Spiritual Instruction, works on several levels. It works on, obviously, the level of the mental - you're getting information, etc. and you're processing them, OK? But if you noticed, we also work with the Light of the Most High. OK. That is, the Lord, God Himself and It's an extension of Himself into this world, OK?" As Our Teacher noted: "And when we call in That Light, That Light is also within Us. OK? And we don't know that fully yet. And so we focus that Light of the Most High in us and we acknowledge it. It's our way of acknowledging It. Okay? And when we do that we start to work with the Spiritual Energy Field, with this Forcefield, and that causes a lot of Upliftment, Upvibration because that's how the Soul - Which is in your body - lives. And lives in God and fulfills Itself, OK? And even if It hasn't committed to know Itself as Spirit there's still a clearing going on; there's still a cleansing of what most people call karma, OK? That is all those creations you've made away from the Spirit you are, away from God inside of you; and you've created this separation between yourSelf and the Spirit you are."

Our Teacher explained: "You are here because of karma that you put in motion a long time ago. You are at the effect of it. ... You're here because of God's Mercy and His Kindness and really His Compassion ... and to use this lifetime to come to know yourSelf as Spirit, as Soul. This is the Gift called human life. Human life is the apex of God's Creation and we have a responsibility that comes with this. ..."

"(Just as) ... we are responsible for the environment, and the way we deal with other nations ... we are also responsible for every thought we have, every feeling we have, every emotion we have ... at least, what we persist in." Dr. Lane noted that "... Jesus the Christ ... reduced all of the Jewish Law which we know is 613 Laws to just two: to love God with all your Heart and all your Soul, and all your Might and to love your neighbor as yourself." And, Our Teacher posited: "What good does it do if you obey all these laws ... if you treat your neighbor other than kindly? What good does obeying all those outer laws do? But He set in motion something very important and that is that 'hey! even if you didn't know, you're responsible; but now you know you're

Continued on next page

Events Calendar

Continued from page 1 - Satsang

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. Sept. 2, 9; Oct. 7, 14, 21, 28
-- 7:30-8pm EST

Wed. Sept. 3; Oct. 8, 15, 22, 29
--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., Oct. 25 - Special 2-hour Meditation 10:30am-12:30pm. Meditation for Health and Well-Being- Tues. Oct. 21 on the East Side & Oct. 28 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 (except Sept. '08) from 1pm-2pm at NYC Center -
Video Showing and Discussion

Brooklyn

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

Learn more about who you really are!

Come to the Video Showing and Discussion the last Sunday in October!

Watch the Video "Living The Truth" from the Series "Understanding the Spirit You Are" by Dr. Roger B. Lane and then participate in a lively discussion

responsible for what you hold in your consciousness and what you persist in -the thoughts you have, the emotions you have, etc., you know? And when we read about the strife in the world so much of it is due to what was set in motion hundreds and hundreds of years ago, you know, whether it's tribes or clans or family. And they're holding vengeance and there has to be revenge and bingo! you have this strife; you have this war; you have these calamities going on, OK? And it's the same individually - what we hold we're responsible for, OK? Everything has an energy and a motion and a movement behind it ... (and) you are responsible for the karma you created."

"We all have great reasons for our negativity ..." Dr. Lane explains. "But if you let go of negativity and are present with God you become part of the Spiritual Flow and you allow the Flow and get free. ... There is a Way to live with God inside yourSelf while you are in the body. ... The Christed Consciousness is in each of us; that is, that God's Will and our will are one and the same. ..."

"But if you're responsible for your life," Our Teacher asks: "are you responding to your life responsibly? And we know that being responsible means the ability to respond to Spirit. So are you responding to the Spirit in you or are you responding to the false self? ... (Walking to freedom is about) trusting yourSelf and trusting the Spirit and not going with the pull of this world ... (You need to) go to the quiet place in you that knows, the Inner Master, the Godplace in you, and you need to listen ..."

"Allowing the Teachings has a lot to do with being committed to yourSelf, trusting yourSelf, and loving yourSelf. It means practicing Eternal Vigilance and constantly bringing yourSelf back into alignment. ..."

"God's Way works," Our Teacher stated. "That's the Vibratory Frequency that jibes with the Soul. That's how you live in Joy and Peace. When we allow that we are worthy, loved, etc., we start living in Joy and Peace. We experience the contentment of being with God. When we allow the Teachings we take responsibility for ourSelves and for the fact that we are powerful. And if we are powerful why not be with Our Creator inside ourSelves?"

At the conclusion of the Satsang, Our Teacher led those present through a short process. "Ask yourSelf," Dr. Lane urged: "What do I need to do to commit to my absolute learning and being the Spirit I am? ... And when?"

Do You Need to Be Better
Balanced? Physically? Emotionally?
Mentally?
and work with the
Light of the Most High?
Of course you do!
Come to A Meditation For Health
and Well-Being
at the Center nearest you

Spiritual Spa Debuts at Cosmos Tree

Cosmos Tree introduces its first Spiritual Spa. The Cosmos Tree Spiritual Spa, under the Direction of Founder/Director Dr. Roger B. Lane, is a tremendous Opportunity to lift and grow and Upvibrate - and a big Gift to yourSelf (or someone else). Spiritual Spa is a week-long respite from your everyday "routine" that consists of a two-hour Meditation of the Light of the Most High; a Video Showing from the Series "Understanding the Spirit You Are" by Dr. Roger B. Lane followed by a Discussion; a one-hour Meditation of the Light of the Most High; a Meditation for Health and Well-being; a second one-hour Meditation; a private session with Dr. Lane, which is a Golden Opportunity in Itself; two Open Hours, which are additional opportunities to speak with Dr. Lane and lift into the "positive energies" as well as the assistance of a personal Growth Guide who meets with you at the start of your week-long Spa and who suggests Tools that are perfect for you. These Tools include educational publications; private Video Showing(s) and discussions and/or Meditations such as the Meditation of Gratitude facilitated by your Guide and/or instructional time to listen to Tapes/CD's that are important for you/your growth. The above involves starting on the last Sunday of the month for a week. Please call the Spiritual Spa Co-ordinator, Melissa Sones, at 212 362-3689 for more information including cost.