



Spirit Central

Timely information for friends of Cosmos Tree, Inc. and The Center for Religion and Advanced Spiritual Studies Nov/Dec 2009

Home Center - New York City

Mail:

Center for Religion and
Advanced Spiritual Studies
or
Cosmos Tree, Inc.
1461A First Ave. - #182
New York, NY 10075
212-828-0464

email: spiritcentral@yahoo.com

Web sites:

www.spiritcentral.org
www.cosmostree.org

REGIONAL CENTERS

California

Los Angeles area
Rebecca Underwood
310-913-7212

Connecticut

Litchfield area
Marilyn Fiala Grossman
203-981-1030

Hawaii

Hilo area
Dewi Lim
808-937-5958

Illinois

Glenview (Chicago) area
Karen Fiala
847-414-6462

New Jersey

Middletown area
Karen Baxter
201-456-3568

Tennessee

Johnson City area
Peggy Heatherly
423-975-6868

Wisconsin

Madison area
Alice Shuman-Johnson
608-838-7968

OUTSIDE THE U.S.

Mexico

Queretaro area
Barry Lippman
52-442-224-3042
From the U.S.:347-448-2310

"A New Model For The 'Business' Of Life: A Participatory Satsang"

At the outset of Our Teacher's September Satsang, Dr. Lane stated that He wanted to talk about the "New Paradigm" noting, however, "It (really) is not 'new.' It's been around forever."

"The nature of Spirit is that It gives," observed Dr. Lane. "(But) we live out of fear, lack, and separation and we tend to grab and 'take from'... whether it's money, or a relationship we always walk around as an exchange. OK. 'What can I get out of it?' Or if I put 'this and this into it then I'll get X, Y, Z out of it; so there is like a bargaining going on.' I want to take from the world, its resources, etc. and there is no responsibility.' ... And it comes from our sense of separation. ...; That we have been kicked out. What we are really saying is that we are 'dumb'; that is, that the karma is upon us. We are 'operating at a loss' and we try to get, or we just take, or 'give to get'."

"But," Dr. Lane reminded us, "Spirit is still giving (to) us. We are here; we've entered the world of form as Souls. We are in human form; we are breathing, living etc. We are fed, supplied, and we are constantly giving birth on a very basic cellular level. We are fed and supplied *moment-to-moment*." And Our Teacher noted: "If you are a student on a Sound Current Path you know we are supplied through the Crown Chakra (and Upper Part of) the Third Eye constantly. ... And we walk around denying this, starved and starving, pretending we are not heard, not seen, and lost in this life."

"The 'New Paradigm' is for us to live Spiritually and to give, which is to give without any thought of getting."

Continued on page 3

Dr. Lane gives Talk on "Health: Its True Meaning and How to be Healthy" in Madison, Wisconsin

A crisp and warm autumn evening in Madison, Wisconsin was the setting for a Blessed Talk given by Our Teacher, Dr. Roger Bruce Lane, on Friday, September 25th, 2009. Dr. Lane traveled from the Home Center in New York City to Madison to give a weekend of Uplifting Talks and also to be featured at a book-signing event for Dr. Lane's newly published *The Money Workbook* as well as to teach a Workshop on Sunday entitled "The 'TAR' Workshop: Trust, Allow, Receive."

On Friday night there was a special Event entitled "Talk on Health: Its True Meaning and How to be Healthy", followed by a Meditation For Health And Well-Being. Joyful participants came from across the country and joined many of the Madison locals, eager to learn and grow. We also had a strong contingent conferencing in on the phone from across the continental US - Hawaii - and Mexico.

Dr. Lane started the Talk by saying He planned to give us a parameter of, "What is Health? How you can have it on your life and an appreciation of, really, yourself?" Our Teacher then described Health as Wholeness and explained that we are whole beings. Dr. Lane said that, "The way we live our lives is really kind of the opposite; it's very compartmentalized. And the way the whole system of health is practiced it's super compart-

Continued on page 4

"Are You Saying What You Mean And Meaning What You Say?: Participatory Satsang - A Template for Honest Communication"

In Dr. Lane's October Talk, titled "Are You Saying What You Mean And Meaning What You Say?" Dr. Lane began by saying that often "we don't really stand behind our words. We don't really even know that we're saying them ..." Moreover, Dr. Lane instructed: "But when we say something then it brings about a responsibility. ..."

Dr. Lane further explained that when we say something we form a line of energy with that so "if I say I'll meet you tonight at 6 o'clock right away there's a karmic commitment and I become karmically responsible for that and part of my Consciousness goes to that place where commitment lies and lays a line of energy out and it needs to be met and, by Spiritual Law, if it's met then that's handled so that I do meet you at 6 o'clock [and] it's handled."

Dr. Lane continued to explain that if you don't do what you say, you still have that line of energy and you're still responsible. "I have a creation and Spiritually we are responsible for our creations ... we think we're just saying things and there's no inner involvement but there is, OK. In that same example if I say I'm going to meet you at 6 o'clock [and I do] and you don't show up, OK, well I've fulfilled my responsibility. What I may want to do is do some Self-Talk and have that line of energy removed because part of our Consciousness ... will always carry this commitment around."

Continued on page 3

Weekend of Upliftment in Madison, Wisconsin features Talk on "Meditation on the Path of Soul Transcendence: The Eternal And You"

On Saturday evening, September 26, Dr. Lane gave a Talk in Madison, Wisconsin titled "Meditation on the Path of Soul Transcendence: The Eternal And You." The Talk was attended by individuals from the Madison area as well as from around the country, both in person and via teleconference.

The Talk was preceded by an introduction by Alice Shuman-Johnson, the Madison Area Representative, who shared her own experiences Meditating on the Path of Soul Transcendence: "It's been a really joyous experience to be able to find my Peace and Joy inside regardless of what's going on out here," Alice said. "... I feel like I've blossomed ..." Alice then led everyone in a short Meditation.

Dr. Lane began by talking about what we do on the Path of Soul Transcendence. "Our focus is into the Spirit or into the Lord, God," Dr. Lane said. "... We deal exclusively with the Upper Part Of The Third Eye. Why? For the simple reason that the Path of Soul Transcendence is the Path of the Spirit, what's called the Sound Current or the Holy Spirit, and anything below the Upper Part Of The Third Eye ... are the levels that produce and accentuate our false identity. ... We manifest here in the physical body. Why? So we can Walk the Path of Soul Transcendence.

Continued on page 3

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 is published monthly by Soundly, Inc. Any distribution or reproduction of this publication without written permission is prohibited. Copyright 2009, Soundly, Inc. New York, NY.

editor

Melissa Sones

editorial staff

Karen Baxter

Don Baxter (Epage Editor)

Barry Lippman

advisor

Dr. Roger B. Lane

SpiritCentral

1461A First Ave. - #182

New York, NY 10075

212-828-0464

e-mail:

spiritcentral@yahoo.com

websites:

www.cosmostree.org

www.spiritcentral.org

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. 3, 10, 17, 24; Dec. 1, 8, 15, 22, 29-- 7:30-8pm EST
Wed. Nov. 2, 9, 16, 23, 30; Dec. 2, 9, 16, 23, 30 -- 4:30-5pm EST

MEDITATIONS

Doors close five minutes prior to times listed. Instruction provided

CALIFORNIA

Los Angeles area Every Wed. 7pm

CONNECTICUT

Litchfield area Every Mon. 11am

ILLINOIS

Glenview/Chicago area Every Sun. at 5pm.

HAWAII

Hilo area Every Mon. 6:10pm; Meditation for Health and Well-Being last Fri. of every month 7pm. Please call 808 937-5958 for location.

NEW JERSEY

Middletown area Call Center for details 201 456-3568

NEW YORK

New York City Every Mon., Wed. (except first Wed. of the month) and Thurs. 6:10pm; Sun., Nov. 29, Dec. 27 Special 2-hour Meditation 10:30am-12:30pm. Meditation for Health and Well-Being- Tues. Nov. 17, Dec. 15 on the East Side & Nov. 24, Dec. 22 on the West Side (200 W. 90th St, #10A)

MEXICO

Queretaro Call for information.

TENNESSEE

Johnson City area Every 2nd & 4th Mon. at 7pm

WISCONSIN

Madison area Every 4th Sun. at 5pm; every 2nd Sun. at 5pm - Meditation for Health & Well-Being

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

SPECIAL HOLIDAY

MEDITATIONS OF GRATITUDE

THANKSGIVING DAY AND CHRISTMAS DAY
AT 5 PM EACH DAY AT THE NEW YORK CITY CENTER
177 EAST 87TH STREET - SUITE #204

JUST 20 MINUTES! NOTHING TO DO BUT SHOW UP FOR YOURSELF!!!

Join Us For An Hour Of Spiritual Instruction

"Memories: Of The Mind Or Of The Soul? - A Participatory Satsang"

Nov. 4 at 6:45 pm EDT

December Satsang

December 2 at 6:45 pm EDT

Satsangs

by Dr. Roger B. Lane

Available At All Centers

Listen to Our Monthly Podcasts!!!

www.cosmostree.org

www.spiritcentral.org

Nov: "Whom Should I Blame Today?: A Participatory Satsang" (TAPE/CD A126)

Dec: "The Spiritual Reality of Mankind - Part II: The Six-Pointed North Star of Human Destiny" (TAPE/CD A90)

"The 'TAR' Workshop: Trust, Allow Receive" in Madison, Wisconsin

On Sunday, September 27, as part of Dr. Lane's Speaking Tour to Madison, Wisconsin, Our Teacher gave a Workshop titled "The 'TAR' Workshop: Trust, Allow, Receive." Attendees came from all over the country to participate in this Sacred Opportunity to Lift and to Grow that was brought forth by Our Teacher.

Dr. Lane began the Workshop by telling those present that Spirit "won't do it for you; It will do it with you." Dr. Lane then asked those present "to say something about what you want to get out of the Workshop." This writer responded: "Learn to listen to myself and to speak up." Our Teacher emphasized that "to Trust, Allow and Receive is a choice ... It takes practice." Dr. Lane then gave an example of an individual who chose to be late and noted that this person "got pulled out into the world instead of Trusting her Inner Self. ... [She] was do[ing] what gets approval from other people instead of looking inside. ... You have to show up externally and inside yourSelf, too. ... You have to 'attend.'"

Our Teacher then asked those present to participate in group work or dyads regarding Trust, Allow, Receive - what each One is and what you need to do to T-A-R? In response to the Spirited sharing that took place after the group work, Dr. Lane advised: "You don't have to know everything. ... [Trust that you have] what you need now and the next step will come. ... We don't have to wait on all the information to start." Dr. Lane continued: "Staying present is a key [to Trust]. ... you can't be present if you don't Trust." Dr. Lane further explained: "It's not so much as you Trust people as Trust your Knowing about those people." In order to Trust, Dr. Lane said, you "give up your history" and you "let go of judgments."

Then came Spirited sharing regarding "Allow." This writer saw that "to Allow" she had to "surrender my agenda;" she also had to "drop back inside herSelf;" to stay neutral; and to keep the focus on the Upper Part of the Third Eye [the latter refers to a special focusing technique taught at the Time of Initiation into the Path of Soul Transcendence.] Many attendees shared experiences that involved "being pulled out" and, therefore, unable to Allow the Flow of Spirit or Grace. "The nice thing about other people is they're always presenting our karma to us," said Dr. Lane, "and we think it's about them. It's about us." "The choice is to keep Allowing."

Continued on page 4

Cont. from page 1 - "A New Model For The 'Business' Of Life: A Participatory Satsang"

What does this mean?" asked Dr. Lane, explaining that "On a personal level you are present for the other person, supportive and giving of the Spirit you are. The more you give the more you are Uplifted. Giving is really the most 'Self-ish' thing you can do. You are Uplifted by it. We do it because we are in the process of being ourSelves. ... A lot of people hold themSelves back. But you can't fool the Spirit. It's an opportunity for you to win if you just stay present with the Spirit you are. It's about learning to live in God's Grace inside yourSelf in the Spirit in Joy and from that 'Place' just giving. The movement is because you are filled with Spirit and motivated by Spirit - not manipulation - to get what you want."

"The nature of the beast is that the Spirit supplies. If the Spirit supplies what do you have to lose? But if we come from the false self and try to 'grab' and 'have' you are re-enforcing that there is not enough and there will never be enough. ... Mankind is at the Apex of Creation and we live like we are beggars."

"So," Our Teacher counseled, "you want to allow yourSelf to be Present with God, with Spirit and be filled with Joy and from that Place just be and you'll find yourSelf living in the nature of Spirit and the nature of Spirit is to give. Spirit will not be fooled so we get all the lifetimes we need to know the Abundance of God and the Abundance of Spirit and the reality that we are Soul and (that) the Soul is One with God and that there is no such thing as lack and separation. You are asked to live a life of giving. It has nothing to do with being reckless or doing yourSelf in in the process of overgiving, etc. It has to do with being in the fullness of Who you are and when you give you are always replenished. It's Spiritual Economics. "

Dr. Lane reminded us: "You can't stop the flow of Spirit. You can pretend It isn't flowing to us and through us. It is the Spirit supplying Itself. If I know I am Spirit and I see you as Spirit then what's the big deal with my giving to you - Spirit giving to Spirit? If God lives in you as you how can there be lack, limitation and fear? God, in His Kindness and Mercy, has given us free will so we are not bound by our karma."

In conclusion, Our Teacher suggested as homework that the participants try out this New Paradigm of 'giving' and asked: "Are we going to live Spiritually or in the drama of human existence because you have forgotten Who you are? Mankind sits at the Apex of Creation and has Dominion over all things because we're at that Frequency created out of the Holy Spirit and that's What it means to be Human. So let's try living 'Humanly' and more humanely. Be kind to each other and we know from The Teachings (of the Path of Soul Transcendence) that It teaches us to be kind because that's the 'kind' of person and being we are: we are Soul, we are Spirit and so is everybody else. We're all One kind. If you stay within in touch with the simple fact that you're Spirit and that God is always present then you can live Abundantly. It's not about taking; it's about giving."

Our Teacher then led the participants through a process offering the experience of His Message.

A Spirited Question-and-Answer session followed.

Cont. from page 1 - "Are You Saying What You Mean And Meaning What You Say?"

Using another example, Dr. Lane noted that our thoughts are also lines of energy "and that's a creation so part of my Consciousness is always going to be checking out that [thought] ... so I've created an involvement other than with the Lord, God and that's separation and that's karma."

Dr. Lane further instructed that if we don't do what we say; for example, turn something in at 8 o'clock as promised, we need to call and apologize and then do the inner work to release that line of energy because "the basic self doesn't know from time and is still attached to having this turned in at that time ..."

Dr. Lane continued to explain that we often say something and then don't take the inner action to make it come to fruition. "Do the inner inventory; do the inner lay of the land, so to speak, 'OK. What do I need to do to bring this about?' And then act on it."

Dr. Lane further pointed out that we often use manipulation. For example, Dr. Lane said, sometimes His Students will say anything to get in Our Teacher's 'good Graces,' "which is a separation from Spirit," Dr. Lane continued. "You're in 'good Graces,' you know. You've received this Blessing of Walking this Path. ... You can't manipulate Spirit." Our Teacher further explained that people often manipulate others "and in businesses dealings I've noticed there's a lot of that stuff. 'Got to get the person to like me;' 'got to get this to happen;' 'got to get X, Y and Z ...'" Dr. Lane further explained that "much of our interaction is to keep and control the perceptions that other people have of us in place so that they only think well of us. ... What we know is how we want to be perceived ... We don't put out what we want for fear of being rejected. ... Hey! If someone doesn't choose what I want I've been rejected and that's not true at all ... we use a whole bunch of subterfuge, alright, and what I'm saying in tonight's Talk is you can't fool the Spirit you are and that you're responsible for what you put out, OK, and I'm suggesting that we come from a place of honest communication ..."

Dr. Lane further underscored the importance of Our Teacher's "incorporating the feedback that comes with what I'm saying and keep learning about mySelf as a person and what I'm putting out. ... It's feedback ... and I want to give it to mySelf so that I'm always learning something about mySelf and I'm keeping it honest, keeping it real." Dr. Lane encouraged us to do the same.

Our Teacher then closed the Talk with a process in which Dr. Lane asked us to "pick a situation or person with whom we have the most dialogue and to do a quick inventory of it without blame: 'Am I being honest? Sincere? Forthcoming? Am I taking advantage or being manipulative?'; and then to "revisit that and just express it honestly." Responses included "being honest with what I was feeling the second time;" "maybe I'm not helping them by being nice;" "I helped the situation move forward."

"When you're involved with how other people will respond," Dr. Lane concluded, "then you're in karma."

An unusually Spirited Question-and-Answer session followed with many, many questions from those who attended the Talk.

Cont. from page 1 - "Meditation on the Path of Soul Transcendence: The Eternal And You"

That's really why. And this life that God gives us is the Opportunity to know ourSelves. ... When we do Meditation on the Path of Soul Transcendence we don't do it with our mind for the simple reason that our mind is going nowhere. ...The thoughts and the feelings that we have - that's our karma. That's what separates us from the Spirit we *are*."

"Meditation on this Path is a remembrance process," Dr. Lane continued. "... we start to retrace It, as It were, OK, and we ride the Sound Current or we ride the Holy Spirit through the different Levels, through the different Mansions, as it were, until the Soul enters into What's called Eternal Life, OK, which means It's not subject anymore to reincarnation - karma and reincarnation. It's Free. ... When we sit in what's called Meditation on the Path we learn to go in the Soul Body, as it were, and be with God so It isn't any knowing according to our senses ... when we're in the Soul Body we're with God so we get this incredible Miracle that goes on of being with God *while we're in the body*."

Dr. Lane further explained: "... when we Walk the Path of Soul Transcendence ... We're fulfilling our Responsibility to know ourSelves as Spirit, as Soul. ... When we sit in Meditation, we learn to Surrender ... our agenda ... because we can't take it before God. ... And we let go of the things that bind the planet to itself - the hurt, the pain, the misery, the fear, the attachment. ... It's all about Loving. That's really what we do on this Path. We learn to Love. And when we learn to Love ourSelves then we Love others because It's the same Spirit. ..."

"On this Path we don't do 'reward' and we don't do 'punishment,'" Dr. Lane further explained. " ... We practice Blameless Responsibility. ... "Using the hypothetical example of Our Teacher's choosing to hold anger against someone in the room, Dr. Lane noted: "that has to do with me, not with her. Guess what? That anger is a creation. Somewhere in the Inner Worlds it sits as karma, as a separation from the Spirit I am ... but the Soul gets to know, 'Hey! I'm responsible!' ... we start to learn how to create positively. We start to learn how to focus. The simple Truth is that any focus other than [the] focus on the Spirit we *are* is a karmic focus. ..."

"When we sit in Meditation," Dr. Lane further instructed, "just the mere fact that we're sitting, we're taking time from the day to be with God ... eventually the Soul looks forward to It. ... Many Souls fight for the Opportunity to be in a body because it's an Opportunity to Walk this Path and know yourSelf as Spirit and learn to Love God and come to Completion as a Soul. ... We learn to drop expectations; we learn to drop judgments; we learn how to accept; we learn how to be Free and we learn to Love ... Meditation on this Path is really about uniting with the Lord, God ... God's Will is that we come home to Him and that we Love Him - that's His Will. Simply to Love Him and That's what we do on this Path."

A Spirited Question-and-Answer session followed.

Cont. from page 1 - "Health: Its True Meaning and How to be Healthy"

mentalized. That has to do with how we see ourSelves and how the ego breaks up what we are ..." Dr. Lane brought smiles to the participants' faces by saying that the Truth and, "The whole shebang is that we *are* Spirit." True Health is simply vibrating at That Level and knowing our Wholeness - that we are Spirit. "What makes us sick is not living in the Integrity of That," Dr. Lane explained.

"When we choose away from wholeness - when we choose away from knowing that we are Spirit - that separation has to manifest "unless you're actively working in a Path of Grace," Dr. Lane said. Our Teacher noted that "the mind grabs out here, grabs out here, grabs out here and forgets that we're part of this Whole and is not in that Flow. And anything having to do with envy, with pain, with fear - that separates us from the Spirit. That separates us from ourSelves because we are Spirit. And that's called karma. And the difference between karma and vibrating at Spirit - that's the dis-ease, or disease. And we get that manifestation. We get that manifestation in our body because by Spiritual Law it has to manifest. Unless we're working actively in a Path of Grace where, perhaps, it will be worked differently ..."

Dr. Lane also taught us that diseases are opportunities - opportunities to forgive ourSelves; love ourSelves, and to learn. If we have illness, we can know that we did nothing wrong and yet we are responsible for our creations. Our Teacher explained that, "...there is no blame, absolutely no blame. We're talking about Blame-less Responsibility. Blame-less Responsibility. You did nothing 'wrong' but you are responsible for your creations. ... Health has to do with Blame-less Responsibility, to love yourSelf, to take care of yourSelf."

Dr. Lane described that we have a "... tendency to kind of hang onto anger, envy, resentment, pain and that's the disease. Okay, but we're Spirit and Spirit demands responsibility." We are responsible for where we choose to place our Consciousness and we are responsible to know ourSelves as Spirit. "When we come from our Whole, we're in a movement of Integrity," said Dr. Lane. "When we come from other than the Wholeness or the Integrity of who we are, which is Spirit, then we fall into disease ... (Spirit) gives us the opportunity to come back into realignment. That's the opportunity. So Health is more than dealing with our physical body but it's dealing with our thoughts; dealing with our feelings; dealing with our imagination."

Dr. Lane taught that, "The Great Physician, whose name was the Christ, Jesus - He told us something really interesting. He said 'When your eye is single, the body is alight. Meaning when you're focused on the Spirit you are - the Upper Part of the Third Eye - then all your body reflects that because the Spirit is inside of you.'" Dr. Lane suggested that This tells us where to be focused and how to create Health.

"We're Spiritual Beings having a physical experience," Dr. Lane said. Despite how things look in the world, "The reality is very different. That actually we're all sitting in the Oneness of the Holy Spirit, or whatever you want to call it, the Sound Current, etc." Health is connected to our ability to surrender our identification in this world and know ourSelves as Spirit. We are at choice. We can choose our focus *each and every moment*.

Dr. Lane suggested that we take the following steps when we are experiencing illness: "Let go of the resentment of being sick, the anger of being sick and just surrender to it and make it okay!" When we make it okay, then the Healing starts to happen a lot quicker. Our Teacher said: "Health has to do with focus. Proper Identification and Blame-less Responsibility."

Dr. Lane gave the analogy, that similar to a traffic cop, we have to close off the avenues that don't serve us and "stop" the thoughts and feelings that are causing our dis-ease. If we go down these avenues that don't serve us then we manifest what's on that street. If it isn't what we want then we have to get back in the direction where we want to go. "We have to allow that Proper Identification or the Spiritual Flow in us to flow," said Dr. Lane, "For that is how we stop disease-causing thought and feelings. God gives us the opportunity to strengthen ourSelves and to strengthen our knowing and to come into that knowing even more. And to Love ourSelves."

Dr. Lane brought the Talk to completion by saying, "We can't Love the Spirit we are unless we Love ourSelves. The Christ, Jesus taught us Love your neighbor as yourSelf." We have to love ourSelves and know that we are worthy of the Spirit that we are.

Dr. Lane's Talk led to a Spirited Question-and-Answer session, which was followed by the group listening to the Meditation for Health and Well-Being CD.

The CD can be ordered from the Cosmos Tree for \$10 plus \$1 shipping/handling.

Cont. from page 2 - "The 'TAR' Workshop: Trust, Allow, Receive"

After lunch and some Spirited dancing we proceeded to share our group-work experiences regarding "Receive." Once again, the focus of the sharing was often on situations where we have chosen to block the Flow via attachment to others and, therefore, our ability to Receive. "If you worry about other people, you're into karma," Dr. Lane explained. Our Teacher further explained the crucial relationship between taking care of ourSelves and Receiving. "You're talking about being balanced," Dr. Lane explained. "... taking care of the Spirit and that vehicle that carries the Spirit in you."

Finally, Our Teacher asked us to apply our Learning regarding TAR to a situation in our lives and then to come up with a saying that we can use in our daily lives to help us "stay There." This writer wrote: "TAR is Attunement."

After the Workshop, many of those present gave themSelves Gifts of the many Tools of Upliftment that were made available at the Talk, notably The Money Workbook by Dr. Lane, which nearly sold out, and which Our Teacher was happy to inscribe to whoever asked.

COME TO OUR SUNDAY PROGRAM!!

Meditation Of The Light Of The Most High

November 29 and December 27 from 10:30 am to 12:30 pm

followed by

**a Video/DVD Showing and Discussion from the Series, "Understanding The Spirit You Are" by Dr. Roger Bruce Lane
Videos/DVDs to be Shown/Discussed are:**

November 29: "What Are You Doing For The Rest of Your Life?: An Invitation" (V22)

December 27: "The Foundation For Understanding That You Are The Spirit" (V1)

Learn/Lift/Love yourSelf!! All while having the time of your life!!

Then join us for Brunch at a local restaurant. See Events Page with this issue for further details.