



Spirit Central

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

Home Center - New York City

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“What Are You Looking For? Why? What Happens When You Find It?: A Participatory Satsang”

At the outset of His July Satsang, Our Teacher led the participants through a process. Our Teacher asked that we each go inside and ask ourSelves: “What are you looking for in your life? Why are you looking for it? And what happens if you find it?” Several of the attendees then shared their experiences. These included longings for: “Happiness, love and God ... (because) what else is there? ... (and then) ... I can complete my life”; “Love and Acceptance. ... because I don’t feel that as much as I would like ... (and) I would feel like I’m there, I’m Home”; “Peace and Tranquility and because I feel best when I have It and I enjoy It”; “Love. To have comfort and safety. Then I am Home at peace”; “Love and God so I can surrender and relax. Then I am responsible for the Spirit that I am”; “Peace ... (and) ‘validation.’ Peace because I don’t feel I have It and validation because a part of me feels like I have to prove mySelf ...”; “My will and God’s Will be One. Be Present. ...”

Our Teacher then pointed out that these responses were all “... based on one simple thing – our ignorance [ed.’s note: according to The Teachings, ‘dumb’ or ‘ignorant’ means that karma is upon us] of the simple fact that we already, we have It ... We are loved by God. ... We are loved by the Christ ... Spirit is always present and always with us. ... Only one person said it ... just be Present, be Present ... And as somebody was smart enough to realize, ‘hey! if I get validated it doesn’t really do me any good because I need to have it inside mySelf ...’; most of us in our lives we go for money; we go for fame; we go for success; we go for power as some kind of validation of ourSelves and as some kind of equation of ‘hey! This means I’m worthy.’ And we’re busy trying to prove how worthy we are but guess what? You’re already worthy. God lives in you as you. That’s pretty worthy. You’re not going to get any better than That. OK. ... but the (false) consciousness and the ego separates itself from that and so we think we’ve split off from God and we’re always trying to get back, we’re always trying to get back. Right there is the whole linear concept. And it’s a misconception: ‘We have to

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Gratitude Day

In August of this year, I organized Gratitude Day, the focus of which is living in Gratitude, practicing Gratitude and staying in Gratitude as taught by My Teacher, Roger Bruce Lane, Ph.D., and specifically as laid out in The Money Workbook by Dr. Lane, which is due out on September 3 from Tarcher/Penguin.

The Event itself involved stores and other businesses on the Upper West Side of Manhattan signing up for Gratitude Day and participating in fundraising for Cosmos Tree. Each then put up lively signs announcing the Day. On the Day itself – August 19, 2009 - they held raffles; had giveaways; special drinks and lots more. Most of all, they gave out handouts on Gratitude that consisted of excerpts from The Money Workbook and many gave away the “Meditation of Gratitude” CD by Dr. Lane.

In 2010, Gratitude Day becomes Gratitude Week and is expanding from one neighborhood in Manhattan to the entire city. For information, email gratitudeweek@gmail.com.

The Money Workbook Arrives in Stores

The Money Workbook by Roger Bruce Lane, Ph.D. and published by Tarcher/Penguin arrives in stores on September 3, 2009. This is the true guide to co-creating the life you really want.

For more information, please visit www.themoneyworkbook.org.

“For What Are You Arguing? Who Loses If You ‘Win’?: A Participatory Satsang”

At the outset of His August Satsang, Our Teacher led the participants through a process asking: “For what are you arguing? And if you win the argument, who loses?” Dr. Lane also said “that the backdrop of the question is ‘For what are you arguing rather than being present with God?’”

Several participants then shared their experiences. Their comments included: “I’ll engage in an argument about who I think I am ... things that the world values. (Who loses?) I do.” “I just argue to keep myself busy. ... I create stuff just to keep me busy... (If you win your argument, who loses?) I do.” “I argue for mySelf and I’m the one who loses. ... I think it’s connected to hurt. ... It’s like a posturing like to make a point. ... (So you lose?) Yes, definitely.” Dr. Lane then asked the latter participant: “Why is it so important to you to keep the hurt around?” to which participant responded: “It’s connected to fear of God. ...”

Another participant responded: “Arguing for being normal and comfortable ... (And who wins if you lose the argument?) I will win if I lose the argument.” The final participant said: “I’m arguing for being free and for my happiness. Who loses if I win? I ... lose.” Dr. Lane then responded: “You’re arguing for your freedom yet you’re already free, OK, so the pretense is pretending that you’re not free and that you’re enslaved ... so you have these momentary victories that you’re free and that makes you happy. Isn’t that a lot of work? OK. So my question to you is ‘why are you working so hard?’ ‘Why are you doing this to yourSelf?’ ‘Why can’t you accept What God has given you?’ The participant responded: “Scared.”

Our Teacher continued: “We are free and what we’ve done is enslaved ourSelves through our choices, through our karmic choices. ... That’s the whole thing, OK, that we have to go and ‘reach God’ instead of that God’s already here. And we just have to simply allow it.” Dr. Lane further noted: “The door’s open, the prison door is open, you know, matter of fact, He (ed.’s note: Dr. Lane is referring to a Sound Current Master or Wayshower) gives you the keys to open the prison door and, of course, those keys are the ‘Initiatory Tones.’ The prison is, of course, the prison of matter. OK. He tells you you’re free and he tells you this is how you go through the door ...”

“We’re busy solving all these problems that don’t exist in the first place. Scarcity, lack, etc., doesn’t exist. There’s no hurt and pain in reality. No. That comes from attachments. ... When you take a look at ‘What are you

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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. Sept. 1, 8, 15, 28, 29; Oct. 6, 13, 20, 27 -- 7:30-8pm EST

Wed. Sept. 2, 9, 16, 23, 30; Oct. 7, 14, 21, 28 -- 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., Sept 27, Oct. 25 Special 2-hour Meditation 10:30am-12:30pm.

Meditation for Health and Well-Being- Tues. Sept 15, Oct. 20 on the East Side & Sept 22, Oct. 27 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 Call for details. 608 838-7968

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

FALL SEMESTER 2009

Tools For Living Free Class

Given by Dr. Roger B. Lane
10 Weeks beginning Wed., October 14
7:45 pm to 9:15 pm

-Learn to live and apply The Teachings of the Path of Soul Transcendence
-Grow in Loving yourSelf
-Realize Your Power
-Learn to live in Neutrality

* * *

Weight Loss Class

Facilitated by Rev. Melissa Sones
8 Weeks beginning Mon., September 28
7:45 pm to 9:15 pm

-Let go of negativity/your attachments
-Focus into the Spirit You Are
-Trust, Allow, Receive
-Love YourSelf
-Stay Present

See Sept/Oct Events Page in this issue of SpiritCentral for more details on both Classes

Join Us For An Hour Of Spiritual Instruction

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

Sept 2 at 6:45 pm EDT

October Satsang

October 7 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

- Sept: "What Does 'Jesus The Nazarene' Mean?: Meaning And Application" (TAPE/CD A87)
- Oct: "The Five Commandments Of Love" (TAPE/CD A109)

Meditations Begin at New Madison Center

The newest Cosmos Tree/CRASS Center is opening in Madison, Wisconsin and is offering Meditations beginning in October.

For more information, please contact the Madison Area Rep, Alice Shuman-Johnson at 608 838-7968.

Dr. Lane Gives Talks In Madison, Wisconsin in September

This Fall Dr. Lane is giving Talks in Madison, Wisconsin as part of Our Teacher's Program of annual Speaking Tours. On Friday, September 25th at 7 pm Dr. Lane is giving a Talk titled "Health: Its True Meaning And How To Be Healthy" followed by a Meditation For Health And Well-Being. On Saturday, September 26th, Our Teacher is giving an Open Talk/Satsang (Spiritual Instruction) titled "Meditation On the Path Of Soul Transcendence: The Eternal And You." And on Sunday, September 27th from 10 am to 4 pm Dr. Lane is giving "The 'TAR' Workshop: Trust, Allow, Receive."

In Madison, 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. Initiations take place on Sunday, September 27th at 6 pm.

The cost for the Workshop is \$125 with payment in full or deposit of \$75 due by June 27 and balance due by Sept. 1; payments after these dates have a \$25 late fee. Workshop is \$150 at the door. There is a suggested donation of \$10 for the Open Talks (including the Meditation for Health And Well-Being). Please make check payable for Workshop to: Cosmos Tree, Inc. and mail to Cosmos Tree, Inc., 1461A First Ave. - #182, New York, N.Y. 10075 or give to your local Area Representative; please be sure to include your name and phone number/email. All payments are nontransferable and nonrefundable.

For information and/or to sign up for the Madison Events, please call Wisconsin Area Representative Alice Shuman-Johnson at 608-838-7968, the New York Center at 212 828-0464 or your nearest Regional Center. For schedules, visit us at www.cosmostree.org and www.spiritcentral.org.

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get back to God.' But we don't have to get back to God. Try taking a breath unless you're present with God ... this body houses God. ... we're Spirit and we're with God. ... If we can be with God *while in the body* then we must be okay, we must be worthy. ... There's nothing to do but be present with God and to love Him ... and each moment making choices [into being Present] so we have choices we can make. OK. ... what we as people tend to do is we tend to do anything other than be with God, be Present, be Lovers of God so we keep looking ..."

"... But think if we could drop our strivings. What are you looking for? Why don't you stop looking and accept that you *are* loved and cared about and that you're worthy? See? ... That's where Peace is: when we're with God." Our Teacher continued: "OK. And the interesting thing to me is that the Christ, Jesus never said 'Oh! I'm here to make you feel good and comfortable.' He never said that at all. He said just the opposite: 'I'm here to make you uncomfortable. I'm here to tear you from what you've gotten used to.' OK? 'cause we as human beings, we're such a funny species. We have it all inside out and backwards.

"I'm going to give you some homework. Why don't you tear yourself away from being miserable, being in pain, thinking you're not good enough, thinking you're not loved, thinking you're not accepted? OK? And thinking that you're not responsible. See (as participant said:) 'If I get love and I'm loved then I'll be responsible. Then I'll know I'm okay.' But you're responsible now. You're okay now. And you're loved now. And I still never can quite understand that God's Love for us is so great why are we spending so much time trying to force someone to love us? ..."

"We always want to get love," observed Dr. Lane, "but what about the giving? ... Spirit just gives. ... And that's where the Joy is. ... 'Happy' is in the world of duality. You're 'happy' then you're 'sad.' ..." But Dr. Lane posited: "But why settle for 'happy' when you can be in Joy? ... I can be with God anywhere. ... The same Spirit that's inside of me is the same Spirit that's inside of you. ... But if we really identify ourselves with Spirit and we come from giving and we come from the fullness then we just share our lives ..."

As "homework" Dr. Lane urged: "Whatever you're looking for in your life, drop it! Whatever you think is going to make a difference in your life, drop the thought! OK. And just simply invite That Which already is into your life, Which is Spirit, Which is God. OK. We're here as Souls. Human life was created so that we can come to our Completion; we can know ourselves as Spirit, as Souls. And when we know ourselves as Souls then we automatically become Lovers of God. It's not God out there or anywhere else. OK. And there's not even a Love between you, the Soul and God but the real 'object' - if there is an 'object' of any kind of Spiritual approach - is the absorption, OK, of the Soul into God where It loses Its individuality, Its uniqueness. ... You can't be with God if you have a 'separation.' ..."

Our Teacher explained: "And when the Soul is woken up through Initiation the Light of the Soul starts to draw Its way Home, It starts to lead Itself, It starts to wake up and starts to know Itself. ... The great miracle of human life and of the Path that the Christ, Jesus taught is we can be with God *while we're in the body*. That's the great miracle. ... Surrender the negativity - the hurt, the pain, your agenda! ... So your agenda doesn't work. Your agenda has never worked and will never work. OK. There's only one Agenda and that's God's Agenda. OK. ... there's no ritual for that, there's nothing for That other than what God's already given us, Which is Himself. God's given us Himself. He's put the Soul in us. So the Sound Current, the same Holy Spirit that He's made of, we've got That, too. We've got That, too. ... See, the real Truth is we *are* Home with Him."

So, in conclusion, Our Teacher asked: "Are we going to allow That? Are we going to give It to ourselves? Have we given ourselves permission or are we going to still seek for things in the world? ..."

A Spirited question-and-answer session followed.

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arguing for?' We're arguing for the sole purpose of protecting our false identity, our false self, that we're not Spirit; and we cover up the fear. And The Teachings teach us that the Journey of a Soul is from fear of God to Love of God. And everything we've constructed is to protect ourselves from that ..."

"The Journey of a Soul encompasses overcoming the world and that means the pulls of the world and the temptations. ... The Soul has been in the body so often that It's very attracted to this world and It just goes 'out there' and 'out there' and 'out there' and It finds the bright lights. OK. And it's the attachments, you see. ... And as the Soul lifts and grows and you come to know yourself as Spirit you have more enjoyment in this world for the simple reason you don't have the attachment so you don't have that life and death kind of feeling with so many things - the 'have to'; the 'try to make it happen'; the striving; the seeking; all that stuff, OK. And you can be here more and enjoy it more and have the things of the world.

"The Teachings teach us the opposite and that is that you are valuable, you are Soul, you are Spirit. And to allow that actualization, and, as you focus and are the Spirit you are, guess what happens? Things of the world are given to you instead of all this incredible worry pattern going on and fear and doubt. ... doubt is a great handmaiden of the false self, another way of separating yourself out from Spirit."

Dr. Lane recalled: "And the internal arguments you have, what's the gist of them? Basically, if you're honest, it's what some of you people who have been honest enough have shared tonight: 'I am afraid of the Lord, God' or 'I'm afraid of the changes in my life if I accept It.'" But Dr. Lane reminded us: "We conveniently forget that it is our responsibility to align ourselves with the Spirit, to be present, to love God. ... And all He (The Teacher of the Sound Current) can do is tell you 'the door's open! the door's open! the door's open!' and 'this is how you go through the door' and all He can do is remind you from time to time 'hey! go through the door! Hey! go through the door!' you know 'go through the door! Be present with God! Be with the Spirit you are!' And then that part kicks in 'oh no, I'm not worthy. I don't know how to do it. I'm not supposed to go through the door ...'"

In conclusion, Our Teacher posits: "What can you do with all these arguments?" Dr. Lane advises: "Well, use them to lift. ... Ultimately, you're gonna lose your argument and if you lose your argument you win. ... So I'm giving all of you some Homework: If you argue within yourself to keep yourself separate from Spirit let yourself lose the argument and see what happens. ... Lose your argument, just lose it and see what Spirit has for you in its place!"

A Spirited question-and-answer session followed.

COME TO OUR SUNDAY PROGRAM!!

**Meditation Of The Light Of The Most High from 10:30 am to 12:30 pm followed by
a Video Showing/Discussion from the Series, "Understanding The Spirit You Are" by Dr. Roger Bruce Lane
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 details.**