



Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and The Center for Religion and Advanced Spiritual Studies Jan/Feb 2010

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

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

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

At the outset of the November Satsang, Dr. Lane related an encounter which Dr. Lane had with one of Our Teacher's Students about an incident with which she was involved. At first, stated Dr. Lane: "The person really didn't have all that much energy with it or with the person ... (But as she started talking she got more and more upset ...)" Our Teacher explained: "She had tied in her experience with this person into previous encounters with this particular person ... The reason this was happening was that this person had made all these connections and was carrying around a memory track involving this particular person. Since this person I'm talking about wasn't particularly crazy, she had feelings matching every one of those thoughts and so there were all those feelings connected with the memory pattern. OK. ... And we tend to do that.

"The Teachings teach us to be present and to let go of any memory. And we also practice Forgiveness. Forgiveness is an extremely important part of the Teachings because It's what the word says - It's what the word says - it's 'for-giving yourSelf'. If you hold anger towards anyone or anything or towards yourSelf then you preclude the action of Spirit. Forgiveness has nothing to do with the person or the situation. It has to do with you and It's your way of being clear so when you forgive someone you're really practicing charity but charity to yourSelf 'cause you're the one who's going to be tied in. ..."

Our Teacher explained further: "But we know that the job of the mind is to keep us 'coming and going', is to keep us in a reincarnational pattern. OK. We know also that memories have to do with time and space, OK, and if you're in time and space, then you're in the crucifixion of time and space and you've identified yourSelf improperly. If you know you're Spirit then you're beyond time and space. ... We know that when we practice Forgiveness that we go inside and the Light of the Soul burns the memory of what we're harboring anger at so we forgive and then the Light of the Soul burns out any trace of it and so we forget. We don't even recall. OK.

Continued on p. 2

“See The Lord God In All Things: A Participatory Satsang”

At the outset of His December Satsang Our Teacher, referring to the title of the Talk, asked: "What is That based on?" Dr. Lane then explained that "What It's based on is the simple Truth that God is in all things. We know that the Lord, God animates all of Creation," elucidated Dr. Lane. "We also know that we, as people, are housing. OK. We're housing. And who lives in this house?" Our Teacher asked. "Well, the Soul does. The Spirit. OK. And we also know that the Soul or the Spirit is of the same 'material' as the Lord, God. OK. And We know that That is the Holy Spirit or the Sound Current. OK. So that Spirit, Which is God, lives in each Soul. It's in each Soul. And That Soul is in every person. OK. So God is in every single person.

"Does it depend on their knowledge of It?" 'No!' 'Does it depend on how conscious they are of It?' 'No!' 'Does it depend on their race, ethnicity, how much money they have?' 'No!' 'Does it depend how far they went in school ... ?'" In describing even an unkempt

Continued on p. 3

CONGRATULATIONS!!!

Since Its Release This Fall
From Tarcher/Penguin Books

The Money Workbook by Roger B. Lane, Ph.D.
Skyrocketed Up The List
of Hot Releases on Amazon.com
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“Holiday Satsang 2009: Celebrating The Gift of God to Himself”

Dr. Lane began Our Teacher's annual Holiday Satsang for Initiates, who gathered in New York at the Home Center and teleconferenced in from around the country and from Mexico, by thanking all of us for what we have done this year. Our Teacher said: "I want to thank all of you who are being in the Service of the Spirit they are by being in Integrity. ... And what is the Service? But the Service is we're all Souls in the Body of God and God is coming to Fulfillment through us so we're very important. This is His Fulfillment. We're God's Fulfillment. ..."

"And we celebrate the Birth of the Christ, Jesus. Something really interesting about this guy. He held the Office of the Christ, which is the Spiritual Office always present and It's the Spiritual Office in charge of all Souls below those of Eternal Life so below the Soul Realm. He put into motion a Bridge into Eternal Life, that's in the Consciousness now. OK? But this guy was really interesting you know? ... He was born in a manger. He had to be Christed and fulfill His Destiny. OK? He didn't come in as a Soul who had to go to His Completion but He came in as a Completed Soul and made the sacrifice of entering the body for the Service of Humankind, really for God, OK? And He had to redeem Himself. Even the Messiah had to go redeem Himself. And every Soul that holds that Office redeems Himself. And He does this for All.

"But He doesn't do It instead of All and that's crucial. So we celebrate the Birth of the Christ and the Christ is within us, OK? What is Christ other than the At-One-ment of your will and God's Will, OK?"

"And if you take a look at your life there hasn't been one instant of your creating karma that hasn't come out of your wilfulness based on ignorance, based on ignoring that you are Spirit. The whole Christed Process, this beautiful Process, is all about aligning your will and God's Will. ..."

"But - and this is crucial - this guy Jesus comes but He doesn't just automatically get to be the Christ. He didn't automatically fulfill It. He had to go through what He had to go through in time and space, OK? And I've talked of some of the Trials of the Christ and I've talked about the trial of the handcuffs, OK? Where He breaks them and after He breaks them He comes to realize that there never were any. What bound Him were His fears that He allowed, OK, and in the process of being Christed He had to deal with the fear - and I'm sure you

Continued on p. 4

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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editor

Melissa Sones

editorial staff

Don Baxter (Epage Editor)

Barry Lippman

Rebecca Underwood

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. Jan. 5, 12, 19, 26; Feb. 2, 9, 16, 23 -- 7:30-8pm EST

Wed. Jan. 6, 13, 20, 27; Feb. 3, 10, 17, 24 -- 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

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. 7:30 pm; Wed. (except 1st Wed. of the month) and Thurs. 6:10pm; Sun., Jan. 10, Feb. 14 10:30 am; Sun. Jan. 31, Feb. 28 Special 2-hour Meditation 10:30am-12:30pm;

Meditation for Health and Well-Being- Tues. Jan. 19, Feb. 16 on the East Side & Jan. 26, Feb. 23 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 5 pm Meditation for Health and 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

WINTER SEMESTER 2010 EVERYDAY EVOLUTION 1 CLASS

Given by Dr. Roger B. Lane

Wednesdays 7:45 pm to 9:15 pm for 10 Weeks
Beginning January 13th

- Discover your behavioral patterns
- Learn to change the ones that no longer work for you
- Learn ways to Live the Life you want
- Learn Self-Talk
- Live in Neutrality

See Jan/Feb Events Page in this issue of SpiritCentral for more details on this Class

Join Us For An Hour Of Spiritual Instruction

"Willfullness: Is Your Inheritance Better Than That From the Lord, God? - A Participatory Satsang"

Jan 6 at 6:45 pm EDT

February Satsang

February 3 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

- Jan: "Your Story: The Story Of Rumaldo" (TAPE/CD A69)
- Feb: "The Forbidden Secret of Human Life" (TAPE/CD A71)

Sunday Program Expands

The New York Center is now offering a Sunday Program on the second Sunday of every month in addition to the one on the last Sunday of each month.

The new Program includes a one-hour Meditation of the Light of the Most High followed by a *Tools For Living Free* Reading/Discussion.

Meditation is from 10:30 am to 11:30 am; *TFLF* Reading/Discussion from 11:50 pm. Doors close 5 minutes before each.

November Satsang - "Memories" - cont.

And we also know that we, as Souls, we are here because we've been given an opportunity through God's Grace to come to know Him as Soul, as Spirit. OK. And we know that when we complete our karmic journeys here, the karmic record is clear so that if we were to go and look in the akashic records, as it were, there would be no trace of your having been here. There'd be no 'footprints,' as it were. There's no karma left here. OK. So when we go down a memory pattern, guess what we're doing? We're entrenching ourSelves here.

"And I get a kick out of a lot of the advertising for cameras and electronic stuff and it's all about creating memories; well let's create memories. OK. But my experience of what you call 'the past' is the same as what you call 'the future'. It's that it's here, OK, and that it's vivid in the Light and it's going on anyway so if you want to visit it just Lift and Grow and if it's important for you to hit upon it you will ... we know as a Soul, as Spirit, we need to be entirely present and that's our job and with memory patterns we can't. ..."

Dr. Lane advised: "Why not take the Learning and move on? You see? Take the Learning and move on. Then you can forget about it all because you've grown, you've harnessed it so you don't have to carry around those experiences." And Our Teacher reminded us: "So I'm at choice. Do I want to carry around my annoyance and my anger (at Student) because he beats me at basketball, beats me all the time, I've never won? OK And, by the way, that anger has nothing to do with (Student). It has to do with me so I'm enslaving mySelf. ..."

"Now it's interesting. Somewhere within us as Soul, as Spirit, we have a memory of our Home and It's been dimmed and dimmed and dimmed ... We also know that when a Soul - through the great Gift of Initiation into the Sound Current - It's able to go into the Soul Body, OK, and It recognizes where It is in

Cont. on p. 3

Cont. from p. 2 - "Memories: Of The Mind Or Of The Soul? - A Participatory Satsang"

the Inner Worlds through the Sound, that is on that level that It's on, that It's traveling through. It can locate Itself. OK. ... Why? Because the memory of who It is is being stirred up, that It is alive on that level and It has forgotten because of Its reincarnational patterns and so that It is waking up and It remembers, OK, and we know from The Teachings that Remembrance has to do with (becoming) again, re-membering once again, once again becoming a member again of the Body of Christ or of God or the Lord, God - the Oneness of the Holy Spirit.

"And That comes from knowing ourSelves as Soul because That's Where we live. So we have this memory of our own Divinity, of our own Essence, OK, and when we falsely identify ourSelves with time and space we go down the memory of the mind and everything that has been done to us and the resentments ... you have a whole grudge case ... or you see that person and you can't stand that person ... - those are all karmic memories. ... But they're there to serve you so that you can get clear. OK. You can get clear. Alright. But if you're going to hold a memory pattern you're not going to get clear. You're going to go down time and space. You're going to keep it in record, as it were, in the karmic record, in the akashic record, OK. ..."

"That's what we do when we go down the memory track - we're insuring we are going to enter into time and space and we're going to do it again. ... I get to take my anger with me - that's an attachment. That's a separation. Well guess what? I've just insured another body. I'm going to pick up another body. I ain't going Home to God 'cause I can't go before God and have an attachment. Nothing can come between me and God. I can't hold the Vibratory Frequency of God if I'm not at It when I'm in the body so I get to have this anger and come back with it. Sooner or later I am going to learn how to handle it and to let it go and to work it Spiritually and to forget and to forgive. OK. Now who created that? Not (Student) ... I had the anger. I created the separation and guess what? I'm going to have pain because some part of me, however dim, has a memory that I'm Spirit, that I'm Soul ..."

"I find many times that I'm not going down even an 'authentic' memory lane of mine. I'm going down a manufactured one. It's not even mine ..." stated Dr. Lane. "Yet I can easily slip into a 'collective memory.' That's another thing we do. We slip into 'collective memories' that have nothing to do with us. OK. And there's also something called 'planetary karma.' ... we can easily pick that up and we can go down a 'planetary memory' as well, OK, but it's not ours. So in a funny way we're also creating and believing in false memories. Those of you who know anything about memory know that it's very selective ... and it will adapt as well so even what we're 'remembering' isn't true. OK. See. ... So even when we go down memory lane it's not a true memory but there is a True Memory and that's the memory of ourSelves as Spirit, as Soul. ..."

Our Teacher suggested: "But we burden ourSelves tremendously when we go down a memory lane of our own making and when we enter into time and space and do history. Take the learning from your history: extrapolate it; forget the history! It's gone. It's gone. OK. The Purpose of Human Life is to know God, OK, then the only thing you want to remember is God's Grace and God's Gift to you of time and space so that you use it to know God but it's not something that happened three times in your lifetime, seven times, twelve times but it happens continuously and continually. It happens all the time and it's choice. Just as we choose our focus we can choose going down a memory, going down history, OK. Or allowing that memory to be cleared whether it's a memory of anger, of hate, of resentment, of not feeling good about yourSelf, of unworthiness, of doubt, of guilt, of fear. Let it go! Let it go! ..."

In conclusion, Dr. Lane observed: "Sooner or later, I'm going to have to leave the world of form ... What do I really want to remember [ed's note: Dr. Lane is referring to *while in the body*]? ... my fear, my doubt, my shame, my guilt? ... Or do I want to remember that I'm Spirit? ... And God's given us this body to come to know Him and to come to love Him, OK, and to remember Who and What we are. ..."

Our Teacher then led the participants through a process in which they alternatively focused on a "negative" memory in their past, and then on the Spirit they *are*, experiencing the difference.

A Spirited Question-and-Answer session followed.

Cont. from p. 1 - "See The Lord, God In All Things: A Participatory Satsang"

homeless person that everybody ignores and dismisses Dr. Lane observed: "I had this realization of God expressing Himself in that way and it doesn't matter how aware the person is of himSelf as Spirit ... Here was this person; he stank like hell. And there was God in him. ..." Dr. Lane then gave an example of His driving in an area "where all the homeless alcoholics live" and inching His car forward "out of sheer protectiveness" for his infant son, who was in the car, only to hear one of these Souls scream out: "take good care of that kid; he's special!" I go "Wow! How did he know that ... ?" Dr. Lane pointed out that "anybody can be your Teacher. Anybody has something to really teach you. ... You know? ... God's in him and the Spirit's in him. Of course it can be. ..."

Dr. Lane noted: "I thought 'Wow! This world is a pretty incredible place. Here we are and the Soul is always trained to go outside Itself, outside Itself, look outside Itself ... and so in religions we're taught there's a God outside. He's 'up' in the heavens ... We have a clergy that mediates between man and God ... and, of course, It's [the Soul] confused and It's identified with the world of form ... The Soul has to learn to go 'in and up,' as it were, inside Itself ... and live and work and move in the Soul Body so It has to reverse Itself. ... We have a consciousness that works primarily along a system of ego. An ego system. ... It makes it look like ... we're all separate and, of course, we're separate from the Creator and I can compete against you. ... But I know that's the worst I can do to mySelf. ... But the Truth is the opposite because It's the same Spirit. If I go against you, I'm going against mySelf. So when the Christ said: 'That which you do to the least of us you do to Me' that's because the Christed Consciousness is in each of us now. We have that same Consciousness. ..."

Our Teacher reminded us: "There's this Oneness that goes on, that we're aware of on some level, OK, but it's based on the Spiritual Reality that we are One and we've lost that connection (ed's note: Dr. Lane is using "connection" here as in "connect with the fact") up until now. ... The Truth is we do dwell in the Oneness of the Holy Spirit. ... The fact that I'm living and breathing: that's proof of the pudding. The Spirit is animating me ... And It's the Soul That carries that Frequency of the Lord, God. ... The Soul is in every single person so you have the Living God within. OK. We also know that since God is running the show - not us, not our ego but God's running the show - and that the Purpose of Human Life is to come to know yourSelf as Spirit and to love the Lord, God; That's What the Purpose of Human Life is and everything goes for That and to That and to fulfill that Purpose, OK, so that means situations you find yourSelf in --- God's in that, too. ..."

"When the Spirit told me, 'Everything is here for your Progression. God's in all things.' I said: 'Yeah? Well, what about Afghanistan?'" Explained Dr. Lane: "And Spirit said, '(It) helps Souls go to Their Completion.' ... Meaning that there's a karmic fulfillment going on. Things are being fulfilled karmically. OK. Now, granted, I wish things would be fulfilled more in Grace, OK, and I wish Souls would choose into Grace but if Souls choose into karma then it's got to be filled karmically. ... By Spiritual Law every creation must be fulfilled. ..."

Dr. Lane suggested: "... and if you're smart you'll be neutral towards it [situations presented to us in our lives] ... and you're going to practice Giraffe Consciousness because ... God's in situations and everything that happens in this life is for our own advancement, our own Growth, our own Learning. ... so even what you think is a real bad situation is a Blessing. ... so what are the implications of seeing God in all things? (A) is you can't judge; (B) is acceptance of what you're going through; (C) is love of other people. ... these Souls are going to Completion sooner or later and It's the same Spirit in them as in you and you don't do anything to hurt anybody or take advantage of anybody ... God's infinite so if He's infinite He's indivisible which means everybody's got God and if you stay tuned to the Spirit in you and work your life that Way then everybody benefits and you'll inherently respond to everything and everybody as God because you're responding to That within you."

"It's kind of like people get confused. They'll say 'Oh! I love Susie Q, you know. Got to be with Susie Q.' Well, you probably don't see and really what happens is when you're with Susie Q you give yourSelf permission to touch into the Love inside of you, that Love inside of you and then That goes towards Susie Q. OK. And we confuse Susie Q with the source of the Love instead of that the Love is in us, OK."

"So I want you to really live your life actively Knowing ... that you're Soul, that you're Spirit. Do It and if It's not organic yet in you then do it even mechanically. Tell yourSelf 'hey, the Spirit is in this person. I'm gonna value that and I'm going to treat that person accordingly.' ... what you're going through, it's for you to Learn and Lift from and Grow. OK. And, if it's not, it's so other people can Lift and Grow from that particular interaction with you. OK. So you need to have a Framework of God being in everything and all things and really, at bottom, is the very simple Truth that all there is is the Lord, God. ..."

Our Teacher then led the participants through a process allowing each to experience the difference between their having treated a situation from less than the Godpoint in them and then turning it around and seeing God in that situation or in the other person.

A Spirited Question-and-Answer session followed.

Cont. from p. 1 - "Holiday Satsang 2009: Celebrating The Gift of God To Himself"

can all relate to this - of being overshadowed. That this 'Thing' called Spirit ... this big enough thing called God is going to overpower Him; and, of course, the fear was the fear of the basic self. The part of Him that was the Christ knew that What was overshadowing Him was Who He is but he had to go through it, OK?

"And in human life we take on a body and we have to take on our volitional choice to do that. I said 'volitional choice' ... it's not someone doing it for you. It's not the Teacher forcing you to do It. ... It's your volitional choice. You get to exercise It ... and it's *moment-to-moment-to-moment*. ... I know I can give a Talk on 'you're not your situation' and 'God's in every situation' and I know you'll go right along identifying with your situation. ... But I also know that, yeah, there's been a Door opened and you can go through That. ... if you want to exercise that choice, OK? ..."

"Jesus had to constantly exercise His choosing into the Divine, OK, and if you notice, OK, He wasn't exactly perpetuating the status quo, you know? ... He didn't allow a lot of the projections onto Him wanting him to be the King of the Jews. He didn't allow that. He said: 'My Kingdom's not of this world. It's not a political kingdom.' ... The Christ, Jesus was true to Himself. ... So a lot of times, if not most of the time, if not all of the time we move into our Christhood ... we need to give up our concern of 'what's the world gonna think?' 'What are people gonna say?' ... You got to have the courage of This, of constantly giving birth, constantly giving birth, OK, to the Christ in you. It's *moment-to-moment* or allowing that birth. Constantly surrendering. The Power's in surrender. Surrendering to the Christ in you.

"And we celebrate and give 'gifts and Peace on earth and good will towards men' and all this blah, blah, blah kind of stuff, OK? Well, where's the Peace? ... but the point is that there is Peace. There is Peace and It comes from the Alignment, from moving into your Christhood. ... You move into God's Will. What is God's Will but that you come to know Him and He gives us the Gift of we could be with Him. We're able to be with God *while we're in the body*. Talk about a Miracle? How miraculous is that? ..."

"Initiation is the Birth. We celebrate your Initiation as your real birthday. That's your birthday! That's your birthday! OK. But what you gonna do, you know? What you gonna do with this Present? OK? And this Present's very strange because It's one of Love. It's One of Unconditional Love. It's One of Caring. It's One of Mercy and Kindness and Compassion. And It's One of very practical wisdom, the wisdom that resides in each Soul and It's open to us.

"Just think! God allows us to approach Him. ... yet what do most people do? They focus on the Crucifixion. And so we as people, we identify with our hurt and with our pain and with our sorrow but we know that's caused by our giving ourSelves over to a false identity in time and in space.

"If you identify with the Spirit, well then, you allow the Actions of Grace, see, and that's crucial so Christmas, the Birth of the Christ, signals the greatest Opportunity, the greatest Opportunity we can give ourSelves and That's Initiation. What you do with It? That's up to you, OK ... Peace isn't going to come from anything outside; It's going to come from within. When we're aligned with the Spirit we are that's what Peace is. ... That's where It comes from. And obviously we need to make a peaceful planet not as an outer action but as an Inner Action. ... And each moment we get to give birth, OK.

"And we have this thing called a Divine Marriage; and you know as well as I know that theologians will be sitting around for the next 27-thousand million trillion years and talking about the Immaculate Conception and how is it possible? ... We're talking about the Spiritual Birth, giving Birth Spiritually - the Soul and Spirit unite ... and bring forth the Christ Child and That's the only Way. Your Soul - and if you're an Initiate, you know how to go into the Soul Body and you enter into the Spirit and That's how you start to give yourSelf this birth into your Christhood. We're responsible. ... Jesus the Christ said: 'That which is in Me is in you, too, only more so' so we're responsible. 'Tag I'm It!' Oh, yeah, *mamacita*; you're It. You're definitely It, OK? ..."

"And I'm suggesting that we do what's called 'Celebrate.' We actually celebrate the Opportunities that we're given really through Grace to be with God whatever the form is, whether it's Service, whether it's tithing; whether it's Simran and Dyhan [Meditation] ... those are all excuses to be with God inside ourSelves and so I lovingly suggest you take the Opportunity, that Celebration ... and That's being in Joy, you see? ..."

"And I really encourage you to live a life in the interior of your being. Celebrate It and live It in the world from that beautiful place of Peace and Harmony regardless of what anybody else is doing, regardless of the outer situation ... how much money you have, how your spouse is treating you ... who cares? The trip is with you and God's *always* Present. Are you Present with God? And if you're present with God, Celebrate It! Celebrate It!! Live in the Joy of the Christed Consciousness . And you're so Blessed to have this Opportunity to do that. ..."

NEW THIS YEAR, TOO!!

DROP-IN HOURS FROM 5-7 PM EVERY MONDAY EVENING !!!!

COME BY THE NEW YORK CENTER TO STUDY THE TEACHINGS

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