



Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and The Center for Religion and Advanced Spiritual Studies
March/April 2011

Home Center - New York City

Mail:

Center for Religion and
Advanced Spiritual Studies
and
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 Hammerrstein
310-913-7212

Connecticut

Litchfield area
Marilyn Fiala Grossman
203-981-1030

Florida

Sarasota area
Betsy Tanjeloff
941-349-0432
941-284-2002

Hawaii

Big Island
Dewi Lim
808-937-5958

New Jersey

Middletown area
Karen Baxter
201-456-3568

South Jersey area

Valentina Isleib
917-841-8817

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

“Success’ – Part II: A Participatory Satsang”

At the outset of the February Satsang Our Teacher reiterated That Which was the key point of the previous Satsang, “‘Success’ – Part I,” stating: “It’s all about the definition of ‘Success’ that is Loving God with all your Heart, Soul and Might and going to Completion as a Soul. ‘Completion’ has to do with Initiation ...”

“You were given the formula of how to achieve outer success, OK, and that is:

1. Love the Lord, God;
 - 1a. Love the Lord, God;
 - 1b. Love the Lord, God;
2. Tell God what it is that you are going for;
3. Ask God to Bless it and Co-create with you.

“The key to Part I had to do with the simple Truth that you are here to know yourSelf as Spirit and that all things are added to you. So you have a real priority. ...”

Our Teacher observed: “A lot of Students do their Spiritual work and seldom do Students operate from that ‘Place.’ I see Initiates living in fear, financial or emotional. I see so many Students not forgiving and not forgetting. They are separating their Spiritual gains from their life and from there it spills over. For example, The Teachings are that we are all One, all Spirit. If you go against anyone you go against yourSelf. And yet you go against The Teacher. ... Move into Loving,” suggested Dr. Lane. “It’s an act of translation of The Teachings.”

“I also see Initiates that don’t realize how powerful we are. ... We know how to Co-create with God. When we relate what are we doing? If you are honest about your relationships you will see so much of it is about power and control. Power and control is all about ego. ...”

“If you are walking around feeling you are all alone you know from The Teachings you are never alone. ... So we get to apply The Teachings. Success is the application of The Teachings into your life - but being true to The Teachings. A lot of us twist, we kind of bend The Teachings, you know, to suit our purposes, twist Them around, ‘pervert’ Them to make what we’re doing OK – everything is OK that you’re doing but it doesn’t mean we don’t have responsibility. ... We’re not here to blame others or ourSelves. Everything is karmically correct. Many take that to mean you have no responsibility. But what is said is that you don’t have to blame yourSelf. ... You don’t blame yourSelf but you are still responsible to handle the situation and operate accordingly.”

Continued on p. 2

“‘Are You Facing A ‘Challenge?’ Change Your Lens!: A Participatory Satsang””

At the outset of Our Teacher’s January Satsang Our Teacher led the participants through the following process. Dr. Lane called in the Light of the Most High for us and directed us to go inside and ask “... yourSelf ‘What is the biggest “challenge” you are facing? ... What makes it a “challenge?” “Whatcha gonna do” when the “challenge” comes for you? ...”

Several participants then shared their experiences. These included: “I’ve been facing, up until now, a ‘challenge’ dealing with a new job that I’ve taken. ... something that’s come to me recently is that I’m facing ‘challenges’ and struggles in my work because of the judgments I place on mySelf around my performance ... when I thought about my ‘challenge’ without those expectations around it, it really wasn’t a ‘challenge’. ...”; “... Accepting mySelf as the Spirit and accepting that I am worthy. That was my ‘challenge’. ... What came forward was to surrender and then do self-talk as I was taught”; “... I see how I was separating mySelf out from Spirit. But what I first put down was integrating Spirit into taking action in my business. Instead, I reframed it to Co-creating my business with Spirit. The need to prioritize and center... I haven’t been giving It to mySelf, up until now. I know what I need to do and what I need to do is make it a habit, make it a positive habit and something that I start my day with. ...”

Responding to the latter, Dr. Lane noted: “... You are setting yourSelf up never to be there or.

Continued on p. 3

Our Teacher’s Birthday Celebration And Satsang

Our Teacher’s Birthday Celebration began with Initiates from the greater New York area and visiting from around the country sharing food and refreshments at the New York Home Center. Our Teacher then gave His Birthday Celebration Satsang Which was attended by many Initiates, both in person and by teleconference from around the country and from Mexico. Dr Lane began by explaining What Our Teacher’s Birthday Celebration is about. “We’re not celebrating the Birthday of good old Dr. Lane ... We are, OK, Celebrating what that particular Event means OK, and when I say the Birthday of Dr. Lane, it’s not Dr. Lane who has This but It’s the Spiritual Energy That’s present and What It means and That Consciousness That’s present and the Gift we have really, through God’s Grace and what is this Gift? Well, God picked on me, OK, to carry this Consciousness - Whatever you want to call It - and It provides Souls with a bridge across the thing called life, OK, so there’s a Way to go Home. And God in His Kindness and Mercy has insured that we can come to know ourSelves as Soul, as Spirit and go Home so What are we really Celebrating? Well, you need to Celebrate

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.

SpiritCentral is published monthly by Soundly, Inc. Any distribution or reproduction of this publication without written permission is prohibited. Copyright 2011. Soundly, Inc. New York, NY.

editor

Melissa Sones
editorial staff

Don Baxter (Epage Editor)
Evan La Femina (layout)
Barry Lippman
Rebecca Hammerstein
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. Mar. 1, 8, 15, 22, 29; Apr. 5, 12, 19, 26 — 7:30-8pm EST
Wed. Mar. 2, 9, 16, 23, 30; Apr. 6, 13, 20, 27 — 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

FLORIDA

Sarasota area: call 941-349-0432 or 941-284-2002 for details.

HAWAII

Big Island: Every Sun.; Please call 808-937-5958 for time & location.

NEW JERSEY

Middletown area: Call 201-456-3568 for details.

South Jersey area: Every Wed. - 6pm (except 1st Wed. of month)

TENNESSEE

Johnson City area: Every 2nd and 4th Mon. 7pm.

WISCONSIN

Madison area: Every 4th Sun. 5pm; Every 2nd Sun. 5pm Meditation for Health and Well-Being.

OUTSIDE THE U.S.

MEXICO

Queretaro
Call for details.

NEW YORK

New York City: Every Mon. 7:30 pm; Wed. (except 1st Wed. of the month) and Thurs. 6:10pm; Sun., Mar. 13 and Apr. 10: 10:30 am; Sun. Mar. 27 Special 2-hour Meditation; Meditation for Health and Well-Being East Side (Home Center): Tues. Mar. 15, Apr. 19 — 8:15 pm
West Side (200 W. 90th St, #10A): Tues. Mar. 22, Apr. 26 — 8:15 pm

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 area: Call for details.

HAWAII

Big Island: First Sun. of every month 4:30-5:30 pm, including Discussion.

NEW YORK

New York City: Every Fri. 3pm.
Time Warner - Channel 67
RCN - Channel 84

Brooklyn

Every Sat. — 4:30pm
Cablevision - Channel 68
Time Warner - Channel 35
RCN - Channel 83
Verizon 43

Video showing and discussion: last Sun. of every month 1-2pm at NYC Center (except Apr. 24)

Join Us For An Hour Of Spiritual Instruction

"Are You Stuck? Do You Need A Tow Truck? Crowbar? Or God? - A Participatory Satsang"

March 2, 2011
6:50 pm EDT

April Satsang
April 6, 2011 at
6:50 pm EDT

Satsangs
by Dr. Roger B. Lane

Available at All Centers

Spring Semester

"Fear, Hurt, Pain And Other Attachments"

Taught by Dr. Lane

STARTING WED. MAY 18
FOR FIVE WEEKS
7:45 PM - 9 PM

--How To Be Unattached And Free

For more info. please see Events Page with this issue of SpiritCentral

Listen to Our Monthly Podcasts!!!

www.cosmostree.org
www.spiritcentral.org

Mar. "The Predominant Thought On This Planet: A Participatory Satsang" (A131)

Apr. "How To Be An 'A' Student In All Areas Of Your Life: A Participatory Satsang" (A134)

Continued from Page 1 - "Success" - Part II"

"If I say something - that's my word and I have a lot of energy (with it)." Our Teacher continued: "... by showing up on time I agree to participate in the Forcefield of the Lord, God. Part of being Successful is being responsible. It's not about oppression; It's about fulfilling yourSelf. Responsibility also means not being afraid to speak up. ... 'Success' is being responsible. Responsibility is the ability to respond to Spirit. ..."

Dr. Lane emphasized: "The more you give yourSelf Spiritual Success, and neutrality without attachment the more you can have the things of the world. A key aspect of 'success' is that you are very important to the Spiritual Flow. You have to direct the Spiritual Flow of energy within your own Consciousness. ..."

Our Teacher asked: "Is your energy going to Spirit or to negativity, fear, doubt, etc.? A simple way of knowing is if It ain't going to God It's going to karma. Your Consciousness is with God while your body does what it does. ..."

"If you follow the definition of 'Success' you've been given," counseled Dr. Lane, "you don't have to strive, meet goals, etc. ... The power is in the Surrender. Surrender to the Spirit you are. We are so afraid of Surrender. But God lives in us as us. That's where the Power is. ... We are dependent on the Spirit and we are also taken care of and supplied. ... Prosperity follows Abundance because there is no limit on Spirit. ..."

"'Success' is giving over priority to Spirit; applying The Teachings; Loving yourSelf and living in your Integrity regardless of what other people think." By way of example Our Teacher explained: "If someone asks me to do something and I don't want to do it I do it but I give up the resentment. You are the one that made the choice. Being in Integrity means you go with That but you give up the resentment and anger. You don't fester in your anger and hurt. ... Success is being within yourSelf and from that 'Spot' you go out in the world and do what you do but you do it from that 'Spot.' ..."

In conclusion Our Teacher urged: "Drop the world view that you are alone and isolated! Spirit uses your life to Lift and Grow. Everything is brought to you in your life in Service of the Spirit you are. If you do that you'll be Home free. ..."

A Spirited question-and-answer session followed.

at least, for something to make it like a task or a chore for you to be there because you said, '... sometimes I wake up and I just don't do my centering.' But to me I wonder if it's not the opposite, that you are in Spirit and then personality stuff kicks in and you kick yourSelf out rather than try to get back to the Center or to God or to Spirit. I Lovingly Suggest it has more to do with accepting that you're already 'There' and doing what you have to do to keep yourSelf there as opposed to 'getting There' because that's a subtle trick the consciousness, the false consciousness is playing with you so that you're never 'There' and you always have to reach It and that always keeps you separate. ..."

Another participant offered: "... My problem right now is dealing with a relationship that has been going on for a long, long time and I have to end it and the problem is I don't seem to have the courage to really, finally end it. I keep putting the financial considerations in front ..." "OK, so what's the 'challenge'?" asked Dr. Lane. "That's the outer situation," observed Our Teacher. "...What would give you that courage? ... You've put yourSelf in a real bind with 'that I would have the courage if I didn't have the fear.' And rather than let go of the fear and work it positively I'm gonna cling to 'I need the green stuff in order to have courage.' So I'm gonna keep mySelf further removed from being in my Integrity.' ... What can you do ... so you are in your Integrity? ...The 'challenge' really is for you ... to give yourSelf permission to live your life, live the rest of your life and not keep yourSelf bound like you are." And Dr. Lane suggested: "... Co-creation and also the two-part Release Process. So what I Suggest you do is, and I Suggest it Lovingly, is once or twice a day ask the Lord, God or the Christ to come and take the fear. And tell yourSelf ... 'Let's let it go now.' ... The second part is Co-creation with the Lord, God. So just say, 'Lord, God send me your Light! And for the Highest Good I am moving on being financially independent. Please give me any Clarity and Guidance or anything that's needed!' ... you got to move on it as well. So you have to take steps also. And the other thing that is when you're in your Integrity you help everybody else ... by your being free and clear you help the other person get free and clear, too. ..."

Another participant shared that "What I'm working is my fear of being alone. The challenge is letting go of the anxiety that I actually feel... What I've been doing is self-talk, call in the Light and Chant My Tones but I almost feel like I can just feel the karma coming right over me ..." Our Teacher suggested: "...You need to do self-talk and tell yourSelf, give yourSelf permission 'It's okay to let it go.' ... What you're talking about is really the false self and it's based in the ego and it looks like we're all alone. So my suggestion also is to do your Spiritual Work and to keep lifting and growing so you really move into the knowingness of being One with God, because you are never alone. ..."

Referring to the comments of one of the others, a participant shared: "I benefited a lot from (the comments of) (Student name) about letting go of an obstacle and moving forward in my own life. ...It feels like a thorn in my side. This feeling of not really feeling really supported ..." Dr. Lane responded: "... you created this soap opera, OK, based on nothing that's real, alright. That there's still a part in you ... that's demanding to be loved. And insists upon it and insists upon being soothed whatever the expression is O.K. while you totally and completely pretend that you are loved and Spirit soothes you all the time and you're deeply cared for and you pretend that doesn't exist and so you go out and you demand ... Surely you've noticed that you've been doing this for years and that it hasn't worked. ... There's something not real ... in this drama that you've created. OK. So I'm going to issue you a 'challenge' ... to live without this drama. ... People aren't living up to your expectations there's something in you, OK. Expectations are attachments and that's where you get caught. ..."

Our Teacher explained: "... it's never the thing itself that's the 'challenge.' A lot of times it's our attachments to it or it's our approach so that the attachment we have makes this thing look like this big mountain, insurmountable, that's going to be so difficult to overcome. And if you change the lens you get to see that 'hey! It's not a big mountain. The big mountain is the attachment in me.' ... And if you're working with the Light of the Most High it's not that you overcome something, OK, but through your efforts and through Grace - That wonderful Combination - there's a Way through. And then you discover, 'Hey! Maybe that didn't really exist.' ... I've had some incredible experiences in my own life of people coming against me and even my family ... And the only way through it was to just stay inside mySelf and actually cling to the Lord, God inside, to Spirit inside. And that was the Way to get through. ... That was my Refuge and it was fine. I might not have liked it. I might have preferred something else. You know the hurt wasn't so all that wonderful but the hurt was mine. ... So I practiced Giraffe Consciousness. Also, (I asked mySelf) 'what's in it for me to Lift and Grow? Or, if there's nothing is in it for me because of whatever the Consciousness is then what a Blessing! I'm allowing these Souls to Progress through a lot of karma using me.' ..."

"And also as some of you discovered when you were talking about 'challenge' is that it's not the 'challenge' itself," reiterated Dr. Lane, "but what am I going to do with my life when I get past the 'challenge' or when there's no more 'challenge'? So a lot of us use 'challenges' to hold ourSelves back and we don't need to do that. ... We like to bind ourSelves and we're enslaved. Being enslaved is karma. We're the ones who have to decide to get free. And we can get free through the wonderful Gift of Initiation but we have to take It. We have to take It and that's Key.

"I decided to look up the word 'challenge' in my etymological dictionary," said Dr. Lane. "And lo and behold it comes from middle to early modern French but based on a Latin word. And the Latin word means 'to make a claim or to accuse falsely.' ... When we say 'challenge' isn't that what we're doing? We're making a false claim. We're saying something is so insurmountable that you have to work like hell to overcome it. ... What about the simple Truth - and It's one of the mainstays of The Teachings - that you're given what you can handle." And so Dr. Lane asked: "So how can it be a 'challenge'? You can handle it. That's not a 'challenge.' It's an opportunity. ... So challenge becomes opportunity, OK. And you make a false claim on yourSelf if you make it something that's insurmountable, as you make something that shouldn't have happened ..."

In conclusion Our Teacher summarized: "You're given what you can handle and they're Blessings. They're really a Blessing. ... you need to change that lens to That: 'What an opportunity! What a Blessing! And thank you, God' instead of 'Oh, my God! I can't believe I've gotta go through this. ... I shouldn't have this karma.' ... How come you agreed to have it? That's how much you 'should' have it. You even agreed to have it so let's not play the game of we're 'poor misfortunes' ... We're not victims in any sense of the word. ... We have the power to choose where to place our focus. We have power to either go with fear, hurt or pain or the power to move into Spirit. ... We have power to work with the Light of the Most High and have ourSelves moved beyond all the judgments, and all the hurt, and all the pain. ..."

And Dr. Lane emphasized: "And there's nothing fairer than what God has given you."

A Spirited question-and-answer session followed.

SpiritCentral March/April Page 4

Continued from p. 1: "Our Teacher's Birthday Celebration And Satsang"

how smart you are to be involved with This because you've chosen into It ... "

"So there's the Celebration of God's Kindness, of God's Mercy. There's a Celebration of you as Soul, of having this Opportunity. There's a Celebration of God's Love for you, that He's provided a Way Home. OK. And there's a Celebration of being in Joy, in the Joy of Spirit. ... We don't do It through anything other than sitting in Devotion as properly instructed. ..."

"And we Celebrate that at the time of Initiation the Spiritual Form of The Teacher was placed with you so that That Vibratory Frequency is always there ... that Vibratory Frequency is always with you. That's cause for Celebration. Being with God *while we're in the body* – that's cause for Celebration, OK, and you have the opportunity *moment-to-moment* to choose into It ... "

"But you have the opportunity to choose. That's super important. That's cause for Celebration. And you have the Opportunity of breaking the bondage of being enslaved to this world and to reincarnation so you're free. And that's cause for great Celebration. ... I'm talking about an Inner Celebration and being in Joy and being in the Spirit regardless of what our body is doing. I can get three flat tires in a day and have the best day of my life ..."

"And we have the Opportunity of Knowing that what we see in the mirror we created and it's not real. We have the Opportunity to move beyond the mirror and to leave the house of illusion, this illusionary field and be with God inside ourSelves. We have an Opportunity to be above our thoughts, above our emotions, not to identify with them, just to let them pass through. We have the Opportunity to be fed directly by the Living Waters instead of being fed by our emotions and our thoughts. That's a hell of a Blessing right there. We have the Opportunity to feel really fantastic because we're in Joy and that's cause for Celebration. So the Opportunities you have are cause for Celebration. Knowing God's Love for us is cause for Celebration. The choices you can make *each moment* - that's cause for Celebration and *moment-to-moment*, each moment is cause for Celebration."

"How do you Celebrate? Celebrate by being with God ... I'll take anything at My Father's Table any day, any day. ... God is with you and you've got that Choice. ... So we have the Opportunity to rise to our Freedom. ... This ... doesn't come from anything other than being a Devotee, a Lover of God and following the directions *exactly* ..."

"Wake up to what you *are*! That's the Celebration and wake up to the Joy and to the Opportunity! ... 'What kind of presents would you like, Dr. Lane?' ... when we gave out the Christmas Letter I included a long list ... of our Resources ... and I'd like you to give Them to yourSelf and if I say 'hey! Come to the Sunday Program! You'll get a lot out of It.' 'Oh, no. I can't Sunday. I got to go to the gym.' ... 'I'm thinking of going here or there.' ... 'I work too hard the rest of the week.' ... but the best Present you can give is to participate in the Upliftment and the Vibratory Frequency ... "

"So a wonderful Gift to me would be applying what you're learning. ... The Teachings teach us that if I go against someone I go against the Spirit I *am* and I'm going against The Teacher so I refrain ..."

"That's another Present you can give me: to know that you're responsible. ... This isn't about fault finding. It's about no blame and being responsible. Come to the Sunday Program! Come to Meditation! Do Service! All with a Loving Heart. Not with the usual stuff you run. ... By doing Service as you're instructed to do Service I know that your Love of God grows ... and when you give It to yourSelf, it's a Gift to me. ..."

"Another way of giving me a Present is being generous with yourSelf ... take a moment ...do self-talk, redirect yourSelf, etc and be the good traffic cop and choose to focus into Spirit, into God! ... so work it positively. The Present you're giving yourSelf is yourSelf. It's you. It's the Spirit. That's the only present I really want. ..."

"Think about it. The Application of what you *are* is the Celebration ..."

"And I'll end it with something really simple ... How do you Celebrate your Love of God? ... Doesn't it stand to reason that your Celebration has to do with being Initiated? And having that Knowing and Acting and Living as an Initiate of the Light of the Most High and being in the Joy of That - That you're Soul, that you're Spirit? ... So the real Present you can give me is to live as an Initiate of the Light of the Most High ... If you hold God in your Consciousness, well, The Teacher gets to enjoy That, too. That's the Present you can give me. ..."

"I really hope you'll take it to heart and really live accordingly: in Joy, in Celebration and make *every moment* a birth moment, giving birth to the Spirit you *are*! ... Give up the illusion of death. Move into that you are Eternal, that the Soul in you is God and that you're coming to that Knowing through God's Grace and that you're using this lifetime to do It. ... So give me the Present of exercising your choice of being with God *each and every moment*. That's all I want. ..."

Dr. Lane's Talk was followed by the Washing of the Feet, Which Our Teacher explained is "to signify we're walking this Path as a Purification and we're growing in ever-increasing amounts of Love and Devotion, OK, and we're Disciples. We're Disciples. We're followers of the Living God, the Loving God. We're followers of the Christ. We're following the Christ. Our will and God's Will are One and the Same, OK. And that's why That's the only 'ritual' I like to do - the Washing of the Feet – so that symbolize exactly that Devotion into That and that Commitment. ..."

After the Washing of the Feet, those present shared their experiences washing each other's feet. These included: "very Loving and tender;" "I felt reverence;" "very Loving and moving"; "lot of releasing happens." "So you can live in Joy," said Dr. Lane. "It's all about living as Initiates and walking the Path [of Soul Transcendence]. Like you said, when I'm 'Loving and tender,' 'letting go,' I'm in 'Devotion and it's a lot of fun' ..."

At the conclusion of this wonderful Birthday Celebration, Dr. Lane opened the many Gifts that were given to Our Teacher by His Initiates, beginning with the Group Gift – a donation to CRASS to go towards the purchase of electronic equipment and supplies; outreach; and operating expenses. Rev. Karen Baxter then sang four songs for the Celebrants of Our Teacher's Birthday.