



SpiritCentral

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

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Cosmos Tree Weekend Of Upliftment And Grace Nov. 11-14, 2011 In Los Angeles

Created And Facilitated by
Founder/Director Dr. Roger B. Lane

**Fri. Nov. 11: Talk on "What Is
Health?", followed by a Meditation
For Health And Well-Being - 8 pm**

**Sat., Nov. 12: All-Day Positive
Creation Workshop - 10 am-5 pm
Talk on "Living In The Joy Of
God's Heart!: How? When? Where?
- A Participatory Satsang" - 8 pm**

**Sun., Nov. 13: Initiations Into The
Sound Current On The Path Of Soul
Transcendence - 1 pm, followed by
Meditation Of The Light Of The
Most High - 3 pm**

**Mon., Nov. 14: Meditation Of The
Light Of The Most High - 7 pm**

*For More Details and To Sign Up,
Please See Events Page In This
Issue of SpiritCentral*

"Are You Living in 3-D?: A Participatory Satsang"

Dr. Lane began His October Satsang by sharing "... I can talk about and ask you the question 'Are you Living in 3-D?' And it would be helpful to probably know what the 'Ds' are and how we live that way. ... Because this also is a Satsang, It's Spiritual Instruction, OK, and many of us inadvertently kind of flip off the Spiritual as not practical, not having anything to do with my everyday life ... Nothing could be farther from the truth. ... Spirit is inherent in our existence. ... If you trace the history of your Soul, as it were, that's what happened - God created you in His own Image, which means that He took, whether you call It the Holy Spirit, whether you call it the Sound Current, the Shabd, OK - the Essence of what He is, and That which He is - He created Souls of that same Essence ... So inherent in us is Spirit, OK. We tend to flip Spirit off, somewhere off in the sky and here we are in our material world. ..."

"But why does it appear that we're separate? Why does it appear that Spirit's off somewhere and we're here and maybe every now

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**DR. LANE WILL BE AVAILABLE FOR
A FEW PRIVATE SESSIONS WHILE
DR. LANE IS IN LOS ANGELES FOR THE
COSMOS TREE WEEKEND OF
UPLIFTMENT AND GRACE. TO TAKE
ADVANTAGE OF THIS BLESSED
OPPORTUNITY PLEASE CALL
REBECCA HAMMERSTEIN AT
310-913-7212.**

"How Are Your Investments Doing?: A Participatory Satsang"

Dr. Lane began His September Satsang by doing a Process. Dr. Lane asked participants to "Get quiet! I will call in the Light [ed.'s note: Dr. Lane is referring to the Light of the Most High] and I'm going to ask you a very simple question. And let the answer just come ... Now inside yourSelf just ask yourSelf, 'What are my three greatest investments?' 'Have they paid off?' 'Will they pay off?' And 'What am I waiting for?'"

Dr. Lane then asked the participants to share their Processes. One participant said "... I first wrote mySelf, then I wrote myself with a lower case 's' and then I wrote Spirit but I really feel like that's One and the same as mySelf ... In terms of the lower case 's' I would say 'no' [they aren't paying off] but in another sense 'yes' because it's all in Service to my Growth and Upliftment. And will they pay off? 'Yes.'" Another participant then shared: "My greatest investments are God, my life Spiritually and It has paid off incredibly. And the other was fear, just like investing a lot of mySelf in fear and worry. ... I couldn't come up with a third one but it really felt divided between my Love of God and my fear of God. ... My Inner Life, yes, it is immeasurable in terms of how much I have gained. In terms of the negativity... no, ultimately it is not a gain for me ..." Another participant said "My three greatest investments are in God, Loving mySelf and Loving others. I'd say, 'yes, all have paid off.' ... And in the end, will they pay off? Yes, if I keep my positive focus there.' ..."

Dr. Lane then explained: "What happens on Wall Street is what? Investments go up and down and people, because they tend to be very identified with them, they go up and down. ... With any kind of investing what we need to do is, we need to be what? Neutral. ... If we get all upset and all bothered... we tend to really flub up and lose. But in our Consciousness it's the same kind of thing. ..."

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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. Nov. 1, 22, 29; Dec. 6, 13, 20, 27 — 7:30-8pm EST

Wed. Nov. 2, 16, 23, 30; Dec. 7, 14, 21, 28-5pm EST

MEDITATIONS

Doors close five minutes prior to times listed. Instruction provided.

CALIFORNIA

Los Angeles area: Every Wed. 7pm

FLORIDA

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

NEW JERSEY

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.

NEWYORK

New York City: Every Mon. 7:30 pm; Wed. (except 1st Wed. of the month) and Thurs. 6:10pm; Sun., Sept. 11 and Oct. 9: 10:30 am; Sun. Sept. 25, Oct. 30 Special 2-hour Meditation; Meditation for Health and Well-Being East Side (Home Center): Tues. Nov. ; Dec. 20 — 8:15 pm West Side (200 W. 90th St, #10A): Tues. Nov. 22; Dec. 27, — 8:15 pm

The New York Home Center will be closed from Nov. 8 - 15 while we are in LA for the Cosmos Tree Weekend of Upliftment and Grace - Please Join us there!!

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.

NEWYORK

New York City:
Every Fri. 3pm.
Time Warner - Channel 57
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

"What Does 'Living Under Grace' Mean?"

Nov. 2, 2011
6:50 pm EDT

December Satsang
Dec. 7, 2011 at
6:50 pm EDT

Satsangs
by Dr. Roger B. Lane

Available at All Centers

SPECIAL THANKSGIVING DAY MEDITATION OF GRATITUDE

NOON
ON NOVEMBER 24, 2011
AT COSMOS TREE, NYC
177 EAST 87TH ST - SUITE 204

BRING FRIENDS, FAMILY, LOVED ONES, ENEMIES!!

SPECIAL CHRISTMAS DAY SUNDAY PROGRAM

TWO-HOUR MEDITATION AT 10:30 AM FOLLOWED BY DVD SHOWING/DISCUSSION FROM 1-2 PM

See Epage in this Issue of SpiritCentral for more information

Listen to Our Monthly Podcasts!!!

www.cosmostree.org
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Nov. "The Winner Is!" (A78)

Dec. "The REAL Bill Of Rights" (A94)

GIVE YOURSELF AND OTHERS THE GIFT OF TOOLS OF UPLIFTMENT AND GRACE THIS HOLIDAY SEASON!!!

CDs/MP3s

- Meditation of Gratitude
- Meditation For Health And Well-being
- Acceptance: The Key To Your Heart
- You Are Worthy
- What Is Loving?
- Applying The Message Of The Season
- How To Have a Happy New Year

DVDs

From the Series "Understanding The Spirit You Are" by Dr. Roger B. Lane

- Forgiveness
- Abundance Consciousness
- The Twin Towers of Acceptance And Gratitude
- Commitment: the Gift of Giving Your Self to Yourself
- What Is Self-Worth?

To order and/or for more information and Tools Of Upliftment, visit cosmostree.org or spiritcentral.org or call the Cosmos Tree Home Center at 212 828-0464.

Continued from p. 1: "Are You Living in 3-D?"

and then we touch into It a little bit if we're lucky? It has to do with exactly the same reason we believe in that thing called 'death'. ... We have this great division and that's caused by the ego, OK. It's the ego that makes it seem that we're separate. And that's the great illusion that we live under until we, of course, wake up. ..."

"And living in 3-D is a very practical antidote to living governed by the ego ... It's not that there's no ego or that we have to obliterate the ego or do away with it, etc. What we need to do is allow it to be of Service, to place it properly. ... You want to have it in its proper place, which is doing Service. In Service to the Spirit that you *are*, in Service to your Spiritual Progression. ... What you want to do is, you want to allow the mind to be gradually - and it's a gradual process - overshadowed by Spirit. ... And living in 3-D is what assists us with That.

"So let's take the first 'D.' And that is Dedication. That you're dedicated. And what does that mean? ... 'Dedicated' means that you've set it aside. OK. Or you have a 'dedicated' space. OK. Also 'dedication' means that you set aside all that powerful energy that has its own force that goes along the negativity [ed.'s note: Dr. Lane is referring to the negative polarity] - the hurt, the pain, the fear, the anger - your karmic patterns. And you're willing to set them aside no matter what, even if you don't know what's going to happen. ... You allow the space, there's a dedicated space, as it were, in you to exist.

"But also to get to that dedicated space you are also dedicated to getting to that dedicated space. So you're also resolute. You're determined. ... No matter what is happening in the outer world you are dedicated to your Spiritual Practice. ... Now the Teachings that I bring forth, they're very clear on how to work this: You make the priority in your life Spirit and everything else falls very nicely into place. ... The training is to dedicate ourSelves to the Spirit within. No matter what's happening we're resolute and we're Dedicated.

"The first 'D' brings us very close and leads right into actually the second 'D.' That you also cultivate an air of Devotion. You're Devoted. That This is what you're following. You're following the Truth that resides inside of you. You're following the Spirit. You're following, dare I say this ... God. ... It's not a religion but It is a religion in the true sense of the word. Religion comes from 'religio,' which means, that means to link back. So we're linking back to the Spirit we *are*. ... God is within. ... But if you know you're Spirit you don't strive; you don't go out there, OK. And Devotion brings in the element of Spirit, of Godliness. A Devotee. And there's a real letting go. ... It has to do with the element of Devotion, someone's being Devoted, being in and turning in Spirit. Surrendering, letting go brings in an element of ... a non-assertion, of a neutrality, of just being-ness, of being the Spirit that you *are*. So there's the Dedication to always going to That - the Spirit that you *are*. ..."

"We come to a place in our lives in our Growth and in our Progression where we know we're all Spirit and we're all One. So if I go against you I'm going against the Spirit in me. ... It's the same Spirit. ... The Truth is that the Christ is within you. Christ simply means the Oneness of your will and God's Will. So you're at One. You're at One with every Soul. ... Spiritually we're all One. ... But all of us are individual expressions of God. ... Devotion is a wonderful way to start to learn that separation ain't real and to move into the Oneness and to give up the illusion of you versus your neighbor. That's what the Christ meant by 'Love your neighbor as yourSelf.' ..."

"And when we move into Devotion we get into the place where this fulfillment exists, of Loving God with all Your Heart and all Your Soul and all Your Might. And loving your neighbor as yourSelf because of ... the acknowledgement that we're One. ... That Soul within you whoa! That's Eternal. ... And God Loves us so much that He gives us all the bodies that we need until the Soul goes to Completion. ... God hides Himself for a very good reason. ... There's nothing out there that's going to reinforce your Devotion and your Dedication. It needs to come from within. ... Because when things in the world get really crappy, what are you holding onto them for? ... If you know you're Spirit and you know you're supplied... So Devotion and being Dedicated: wonderful ways to start practicing That Which you *are*. ..."

"And that leads us to the third important aspect. And that third 'D' has to do with the Way of the Soul. And we know that the Journey of the Soul is from fear of God to Love. How It does That is through the Way of the Soul. And the Way of the Soul is Detachment. Detachment. But I want to take a moment and help you define the word and understand the word because it's greatly misused. 'Detachment' is many times equated with not caring or being aloof. That's not it. But Detachment is neutrality. ... You'll find that that which occupies people here has to do with karmic thrust or the karmic flow. And so Detachment - when one is detached - one just allows the karmic flow without getting involved emotionally or thought-wise. ... If we've identified with our feelings or our thoughts we go up and down. So Detachment is being centered in Spirit without identifying with either. We don't identify with our thoughts and our feelings. That does not mean we don't have thoughts and feelings and we have to repress them. ... We just don't identify with it. So that's what Detachment is. ..."

"So by practicing Devotion, by practicing Dedication and by practicing Detachment - and Detachment comes by and by, really, as a result of the first two. ... It's very, very concrete and very practical and yet it's also all encompassing. And eventually the Soul gets to the point of view that this planet is just for Souls' Learning and Growing and having an expression of God in this form. It's all OK. So we don't hold judgments toward anyone or anything. So there's a neutrality. ... When you're all caught up in something - in hurt or pain - ask yourSelf something. Ask yourSelf 'Will you remember this in five years or ten years?' Ask yourSelf, 'How important do you want this to be?'"

"... We also need to be detached enough to allow people their opinions, their experiences and, if we've been Blessed to walk this Path [ed.'s note: Dr. Lane is referring to the Path Of Soul Transcendence] go with the Truth that our experience of the Lord, God has brought us. We know That as a Living Reality; we know That as the basis of All. And we understand that our life is dedicated to being in Devotion to the Spirit we *are*. And it's that simple."

A Spirited question-and-answer session followed.

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Continued from p. 1: "How Are Your Investments Doing?"

Most of us, in our Consciousness, we have a hard time sitting still, being quiet inside ... And you have all sorts of pulls into the world. ... And we keep getting drawn outside ourSelves. ... We know from The Teachings ... that we have something in our Consciousness called the basic self, which likes habitual responses and which brings forth our karmic patterns, which is interested in only our reincarnating to keep our Consciousness here in the material worlds. That it loves to go outside of your Consciousness and get 'fulfilled' - whether it's money, food, drugs, sex, whatever - and it goes outside, fame, power. The bright lights of the Consciousness and it gets drawn out there. See. And it's set up that even if it is 'fulfilled' out there it's not fulfilled inside. You're not fulfilled inside. So that there's all that emptiness so that that whole quality of going outside yourSelf is the quality of being driven ..."

"I decided to look up the word 'investment.' I found that one of those meanings comes from the same thing having to do with 'besiege.' ... Isn't it interesting that when we invest into things along what we call the negative polarity we really are under siege? ... I decided to follow it up a little bit more and it went into the purpose of this particular kind of siege. And the purpose was 'so as not to permit entry or exit.' ... When we invest in fear or hurt or pain or negativity what are we doing? But we're closing ourSelves off from the Spirit we are and we're not permitting that negativity to leave. ... And all of us have an investment in something - not good enough, fear ... But do we keep investing in that? ..."

"Or, on the Path that I bring forth, we learn how to divest ourSelves, as it were, but not by effort. We only divest ourSelves of all the negativity because we now have learned how to invest in the Spirit that we are, in the Soul. ... Investing in that, we use our conscious self to do that. ... The greatest investment advice I've ever heard was put very succinctly. The guy was brilliant and what He said is, 'Seek ye first the Kingdom of Heaven and all things shall be added unto you.' ... Do your Spiritual Progression! Focus on the things of Spirit and the things of this world - they take care of themSelves and it's going to be added to you. ... This person knew about attachments, that when we're attached we really don't allow ourSelves to have. We're not free. ..."

"The genius of this Investment is It's handled. This Investment - He's talking about Spiritually and He's also talking about material wealth. Brilliant! Somehow the secret to material wealth is detachment or non-attachment and, by focusing into the Spirit that you *are*, that allows the Flow. And we know that The Teachings teach us the same thing: that prosperity follows Abundance. We know that Abundance is placing your Consciousness with God. ..."

"With investment you always want to keep your goal in mind. ... Ask yourSelf as you go through the day, 'Is this investment going to pay off? Is this in line with my real goal?' ... My Investment Goal is to be with God. ... I don't want to hang out with my hurt, with my anger, with my annoyance. I don't like it. It's not fun and I'm putting mySelf under siege. ... What I want to do is allow mySelf to be besieged by the Spirit; you know, have It come over me. I want to be wrapped in what's called the Holy Shabd, the Sound Current. I'm going to hang out 'There'; it feels better. ..."

"I know that God's patient. Eventually, you are going to do the work that's necessary to discover 'where' God is. ... You mean I have to give up my annoyance? You mean I have to give up my impatience? You mean I have to give up my anger at someone? God, what a killjoy! But you know what? It only seems that way. In reality, I feel better when I'm with God ... Every Soul is going to walk the Path laid out by the Lord, God to go to Completion eventually. ... There's only one Remedy and That's education. And if I'm not with God then how can I allow any of The Teachings to come forth? I can't. So I'm cheating mySelf out of feeling good. ..."

"And the other thing is, yeah, I make an Investment but guess what? The Lord, God has made an Investment, too. He's got an Investment in you. ... Well, guess what? God lives in us as us. And we're all walking around in ... the human body. ... And that's how God has chosen to dress Himself. So He's got an Investment in us. And we know from the Spiritual Teachings that God, as it were, waits on us to go to our Completion so that He can be completed because each of us is as a cell in His Body. ... So as we become the Light that we *are* ... that Light in the cell in Him lights up, as it were, until it's all in Completion. [ed's note: Dr. Lane is referring to the Process before the entire Body of God is alight] ..."

"Can we do this if we invest in things that don't serve us? ... So with investments you want to stay in touch with your goal. You want to stay in touch with neutrality, or Giraffe Consciousness, not entering into panic, fear or hurt or any of that stuff. And you want to always gauge your portfolio of your thinking and feeling: Is your portfolio in alignment with bringing out the results that you want? ..."

"So if I'm a Soul and if I've come here into the body I've this investment in using this lifetime properly and for what it's for. And what's it for? But to know yourSelf as Soul, as Spirit and to go to Completion and the Way we do that is by Loving God through the Initiatory Path [ed.'s note: Dr. Lane is referring to the Sound Current and especially the Dispensation Our Teacher brings forth on the Path Of Soul Transcendence]. That's the Way. All Souls will do it eventually. ... We are Loved to such an extent that there's always a Soul or two or three to help Those Souls accomplish and complete Their Lives' Purpose - Which is to go Home to God as a result of Loving Him - Who can actually take Souls across the Great Waters through the Process of Initiation into the Sound Current or the Holy Spirit. ... there are Spiritual Teachers around who come to fulfill that Purpose out of Their Love. And you walk around playing the game of 'I'm not lovable'; 'no one could care enough for me'; 'I'm all alone and I'm separate from God' but that whole consciousness obviously is; we need to move beyond that, OK, and that's where the Christ came in, the One known as Jesus, to say 'Okay. We're taking it to a new step, that Spirit and matter are all the same, that you are Loved. And that two things fulfill the Law: Love God with all Your Heart, all Your Soul and all Your Might and Love your neighbor as yourSelf.' ..."

"Then He also had the audacity to say 'That Which is in Me is in you, too' and 'You're responsible. Tag! You're responsible.' So you're responsible to go to your Christhood. You're responsible to align your will with God's Will. ... It does mean that you need to walk the Path exactly as It's outlined. ... And That's the proper Investment of your life because That's the Blueprint and this Blueprint is in every Soul. ..."

"But that's just the irony. We can't separate ourSelves from the Spirit we *are*. We can either allow It and consciously allow that Upvibration or we can pretend It doesn't exist ... But the Christed Consciousness said 'No, we're One and the Same. Same Thing in Me as in you. And you're going to fulfill It.' That's the Divine Way. So that's the Investment Goal.

"So I'm going to leave you with some homework that I hope you do the rest of the time you're in the body. Ask yourSelf very Lovingly each day - at the end of each day - 'Am I in alignment with my Investment Goals? Am I in alignment with Loving God and being with God?' And if you're not, that's okay; don't judge yourSelf but choose to recommit and to improve upon that each day! ..."

"We have choice and there's tremendous, tremendous Power. ... You can't have any other thought but God and eventually as a Soul that happens but it comes from Proper Investment. It comes from making sure our Portfolio is in line with That Investment. It comes from Loving yourSelf enough and respecting yourSelf enough to know that you're Worthy of God. And also being smart enough to know that the 'location' of God is inside of you. ..."