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Timely Knowledge for friends of Cosmos Tree, Inc. and The Center for Religion and Advanced Spiritual Studies November/December 2012

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Cosmos Tree Weekend Of Upliftment And Grace

Nov. 8 - 12, 2012 In New York City

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

**Thurs. Nov. 8: Meditation Of The Light Of The
Most High - 6:10 PM**

Fri. Nov. 9: Open House - 5:30 - 7:15 PM
Talk on "What Is Health?" given by Dr. Lane,
followed by a
Meditation For Health & Well-Being - 8 PM

**Sat. Nov. 10: All-Day Workshop "How To Live
Royally As The Spirit You Are" -
10 AM - 5 PM**
**Satsang (Spiritual Instruction) "Let's Get Real!"
8 PM**

**Sun. Nov. 11: Meditation Of The Light Of The
Most High - 10:30 AM**
**Tools For Living Free Reading & Discussion -
Noon - 1 PM**

**Initiations Into The Sound Current On The Path
Of Soul Transcendence - 2 - 4 PM,
followed by Meditation Of The Light Of The Most
High - 4:30 PM**

**Mon. Nov. 12: Meditation Of The Light Of The
Most High - 7:30 PM**

*For More Details and To Sign Up, Please See Events
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Coming This November!

**Our New cosmostree.org Web Site
&
SpiritCentral.tv**

Please Go There!!!

"Are You Listening Or Listing?: A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, began His September Satsang with a Process, "... Lord, God send us Your Light and we put this time together into Your Light for the Highest Good! And the question is, 'What do you keep hearing inside of yourSelf and choose to ignore?'"

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"There's ONLY God! What About Me?: A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, began His October Satsang with a Process, "... Lord, God send us Your Light and we place this time into your Light for the Highest Good and have that come forward which is for our Highest Good! And I'm going to say one thing and I'm going to say it a few times. And I just want you to pay attention inside of you. 'There's only God. There's only God. There's only God. There's only God.' ... Who'd like to share his or her experience of what that response to that simple Truth was? ..."

One participant shared "wanting to spend more and more time [with God]." Another had the experience of "an Inner Knowing." A third said, "Every time you asked the question I heard 'I know' and it just got deeper and deeper ..." A fourth shared, "I heard, 'Love and Light, Love and Light, Love and Light.'" A fifth said, "What I heard was everything is God ..." A sixth said, "I experienced several stages going deeper. First there was skepticism, then there was anger ... Seemed like the onion where you keep peeling and I knew in the core that it is true." A seventh participant said, "What came up for me was Then why am I working so hard? ... If everything is God ... then I can spend more time allowing and less time - what feels like - forcing."

Dr. Lane shared "I was moved to give this Satsang simply because there is a real Truth that yeah, 'Everything is God.' Yes, there is the simple Truth and yet there's a part in us that's deaf, dumb and blind and 'Oh yeah, there's only God? Well, what about me?' ... But many of you choose to ignore, forget, not always remember. And when we don't remember we get into the 'What about me?' ... The lower self, the false self perceives that if it goes into Spirit and gives itself over it's going to lose or it's going to die or it's somehow going to be cheated out of things. OK, and so, for example, I was talking to someone yesterday and the person - because of a situation this person was in - this person did need some support and help, etc. in just managing the everydayness of it and it was difficult to come by for this person and so the basics - I'm not sure this person knew it was the basics because she so identified with it - felt 'Well, if I can't get help why

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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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Events Calendar

OPEN HOURS

Opportunities to speak with Dr. Lane and to experience personal and Spiritual Growth and Lifting into the "positive" energies. Call any Center for info. and call-in number.

Tues. Nov 6, 13, 20, 27;

Dec 4, 11, 18, 25 -- 7:30-8pm EST

Wed. Nov 7, 14, 21, 28; Dec 5, 12,

19, 26 -- 4:30-5pm EST

MEDITATIONS

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

CALIFORNIA

Los Angeles area: Every Wed. 7pm.
Email losangelesmeditation@gmail.com.

HAWAII

Big Island: Every Thurs. 7-8pm through March; Please call 808-937-5958 for location.

NEW JERSEY

South Jersey area: Every Wed. - 6pm (except 1st Wed. of month). Call 917-841-8817 for details or further information.

TENNESSEE

Johnson City area: Every 2nd and 4th Mon. 7pm. Call 423-975-6868 for details.

WISCONSIN

Madison area: Every 4th Sun. 5pm; Every 2nd Sun. 5pm Meditation for Health and Well-Being. Call 608-838-7968 for location.

OUTSIDE THE U.S.

MEXICO

Queretaro area:
Call 52-442-224-3042 or in the U.S. 347-448-2310 for details.

NEW YORK

New York City: Every Mon. 7:30 pm; Wed. (except 1st Wed. of the month) and Thurs. 6:10pm; Sun., Nov 11 & Dec 9: 10:30 am; Sun. Nov 25 & Dec 30 Special 2-hour Meditation; Meditation for Health and Well-Being East Side (Home Center): Tues. Nov 20; Dec 18 — 8:15 pm West Side (200 W. 90th St, #10A): Tues. Nov 27; Dec 25 — 8:15 pm

PLEASE CONTACT YOUR
NEAREST CENTER FOR MORE
INFORMATION ON SPECIFIC
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:

NEW YORK

New York City:

Every Thurs. 6:30pm.

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

1-2 pm at NYC Center

Join Us For An Hour Of Spiritual Instruction!

*"Are You Lined Up Or Are You Reading
The Liner Notes?"*

A Participatory Satsang

November 7, 2012

6:50 pm EST

*"The Lord, God Is An Opportunist.
Are You?"*

A Participatory Satsang

December 5, 2012

6:50 pm EST

**Satsangs
by Dr. Roger B. Lane**

Available at All Centers

SPECIAL THANKSGIVING DAY MEDITATION OF GRATITUDE

NOON

NOVEMBER 22, 2012

AT COSMOS TREE, NYC

177 EAST 87TH ST. - SUITE 204

**BRING FRIENDS, FAMILY,
LOVED ONES, ENEMIES!!!**

SPECIAL CHRISTMAS DAY MEDITATION FOR HEALTH & WELL-BEING

8:15 PM

*See Epage in this Issue of SpiritCentral
for more information*

Listen to Our Monthly Podcasts!!!

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www.spiritcentral.org

**Nov: "Right" vs. "Wrong": The Boxing
Match You've Already Lost:
A Participatory Satsang"
(CD/MP3 A116)**

**Dec: "What Does 'The Physical
Resurrection Of The Dead' Mean?: A
Participatory Satsang"
(CD/MP3 A118)**

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?

--Prayer: What Is It, How To Pray and

How to Receive the Response

--What Are You Worrying About?

--What Is Spirituality?

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?

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**November 23 &
December 21**

**The Real Gift Is The Gift
Of Loving Service You Give
YourSelf!**

Please see the Events page in this
issue of *SpiritCentral*
for more details.

That's the first part of the question. 'What are you afraid of if you were to follow That?' and 'What can you do to let go of the fear?' ... Now when you can bring your Consciousness back here. And if anyone would like to share ... 'What is it that you keep hearing inside yourSelf and haven't followed?'"

One participant shared, "Allowing." Another shared, "I'm good enough. I am loved. The second part is if that's true then I have nothing to prove or nothing to work for. The third part, what I can do is just let go of the fear ..." Dr. Lane asked this participant, "If you have nothing to prove then what?" She replied, "... If I have nothing to prove then I'm okay. I can just be." Dr. Lane continued, "... This is not only your dilemma; this is mankind's dilemma because what we're talking about here is what? We're talking about Living in Grace. The Teachings Of The Path Of Soul Transcendence teach us that we *are* Worthy. There's nothing to earn; there's nothing to prove. So you're feeling that, 'Wait a second! If I don't have anything to prove and I *am* Worthy then I have no worth in the world.' Yeah, in the sense of reincarnational patterns and what the world has given itself over to. You're not participating in that so you have no value. ... So you're defying a taboo and that's what [ed.'s note: Dr. Lane is referring to Worthiness] we wrestle with so much - our sense of Worthiness. ... If you can accept That you'll give up the struggle; you'll know you're okay. The name of the Satsang is 'Listening' ... but we're talking about Listening to the Spiritual Voice, the Voice from the Soul, from God. Now to some it may seem like a strange concept that God's inside but that's where He is. We *are* Souls and we *are* Spirit. ..."

"We know from how the Soul is set up that ... It lives in the world of duality. What you're talking about is giving up living in duality and identifying with the Unipolar Existence or the Oneness of the Holy Spirit or the Christed Consciousness. In the Christed Consciousness your will and God's Will are One and the Same. There's no struggle, there's no opposition. ... *Each and every moment* God's available to us. And we also know if we take Initiation into the Sound Current God's available *directly*. ... and we discover that's Who and What we *are* because we've forgotten. ..."

Dr. Lane also gave insight into the Satsang title, "Are You Listening Or Listing?" by giving an example of a person who didn't Listen to herSelf. Dr. Lane shared, "... Because this person didn't Listen to herSelf and she went with the 'list' she's listing, as it were. Like a ship lists off balance, it goes to the side so the sailing isn't as smooth because you become laden down with your choice into karma. ..."

Another participant shared her answer to the Process Dr. Lane had led at the beginning of the Satsang, "... What came up for me is I constantly listen to what I am choosing negatively to do ... and I haven't listened to the part of mySelf that knows to Choose Wisely. And I think the second question is, 'What am I afraid of?' And I think it is not very clear to me what I do ... I just think that I feel like I can't do it or that I'll do it later. I think I get really scared because I hear a warning inside mySelf, like very serious. And instead of saying 'Whoa! OK, maybe I need to act now because this is so serious' I don't know. I feel like I freak out and I ignore it. I don't want to deal with the seriousness. That's what it looks like to me. ... I think it's a habit, a procrastination thing, to get afraid and not do anything or something ... I mean, I know the Two-part Process and that Self-talk is very important but I also feel like I forget. I forget why I'm on this planet. I forget why I'm in this body. Sometimes I think it's about doing the dishes rather than Lifting and Growing. I forget." Dr. Lane replied, "... You said some key things. One is about forgetting. We're here because we have forgotten Who we *are*; we've forgotten we *are* Spirit, we *are* Soul ... We come here to remember. ... Each time you have that Knowing and the habitual response that you want to go into, use it for what it's there for - it's there for a strengthener. Use it to choose into the Spirit that you *are*. ... Something else that you said that was very important is ... we don't realize the violence we do when we don't Listen to the Spirit that we *are*. ..."

"Peace is when your will and God's Will are One and the Same. ... It starts with each of us. ... The real ... hurt comes from inside, separating mySelf from Spirit. ... The nice thing about this planet is there are two choices: ... You could use the planet for what it's for, which is the Opportunity to know yourSelf as Soul, as Spirit; take Initiation and go to Completion or you could deny It, be materially identified; think you're the body; live in fear of death; believe in death ..."

"But we're not free agents if we choose into our karma. We live our fate. Most people live their fate, instead of their Destiny. And their Destiny is to rise above their fate, know that they're Spirit and Soul and go Home to God. ..."

"The Teachings I bring forth - They're One of Love, Peace and Joy. There are Tools to work. It's easy and It's Loving. And we use everything as an Opportunity to Lift and to Grow. But we have to Listen. ... Listening to ourSelves gives us that Opportunity to be the Spirit we *are*. ... We do That and we have an easy sail because the boat is on course and it's on even keel and the 'wind' takes it. ... I'm using the 'wind' as it was used in the bible... the 'wind,' of course, is the Sound Current or the Holy Spirit. And That's what we *are*; we are the Sound Current or the Holy Spirit, Which is the Essence of God. We're created in His Image. ... So we're okay.

"Just think if we gave up the struggle and accepted That. Matter of fact, that's the homework I'm going to give you. ... Learn to Live in Grace without the struggle, knowing that you're Worthy, knowing that you're Loved, you're truly Loved by the Lord, God. He lives within us, as us. Think about It! ..."

A Spirited question-and answer-session followed.

Continued from page 1 - "There's ONLY God! What About Me?: A Participatory Satsang"

should I help others? Why should I do Service?' That's a real basic self response. Right away you can see the person's forgetfulness; the person choosing into it; and yeah, they may have been tired, exhausted, whatever but still there's choice - to choose into that reality, OK, and where was this person? OK. And also the basics gave good feedback. 'Well, I'm not getting any help? Why should I help others?' That's just a basic self thought and you don't want to run with your thoughts and think they're real and that's what happened: this person took it as real and acted out. And you see the battle of Spirit versus matter and yet it had nothing to do with Spirit. And yet Spirit was there as the antidote. Yeah, even if you don't feel like helping others and you don't feel like you're getting help it's one of the ways The Teacher has set up - Self-less Service - for you to Lift and go beyond the bondage to this world and there you are refusing it. See how smart that person is? See how smart we all are? So there's that forgetfulness of, 'Oh yeah, it's ONLY God; well, what about me?' And when we move into the Knowing of ourSelves as Spirit, then guess what? Well, of course. Yeah, And that's what a lot of people said, 'Well, yes, of course, sure OK I know, I understand, OK, I have that.' Or one person's experience of moving through the levels or layers of skepticism, cynicism, anger and then encouragement or being encouraged - the courage of being in the Spirit that you *are* ... most of the time we extrapolate from the situation and make it our 'real reality'. ... We blame it on God, on Spirit. We blame it on The Teacher. ..."

"God's a sitting duck. Why? We forget that the Teacher and God is just a mirror for our own projections, for our own negativity and we're taking our creations as real. But the simple Truth is that you *are* God and, yeah, believe it or not, this world was created just for you. For each one of you. Think about that! ... take the Opportunity to use this plane, this planet to complete your karmic journeys! The most negatively charged plane is the springboard to your own Divinity, to God inside yourSelf. That's pretty amazing. ..."

"God is our best friend, like a dog. ... What does God want from you? To Lift. To Grow. To be in Joy. To be Encouraged. To have the courage to be the Spirit that you *are*. Wow! Wow!!! To know that you're Loved. You're Loved so intently that if you knew I'm not sure you could get off your hands and knees - not from begging, but just out of Joyful and complete Surrender. Yet the way the lower self functions is the antithesis of the way the Soul functions. The lower self functions as 'Alright, what's in it for me?' And the Soul functions as, 'OK, what can I give?' So the Nature of God is always to Give. The Nature of The Teacher is always to Give. ..."

"See, and That's why the Teachings Of The Path of Soul Transcendence teach us that prosperity follows Abundance. See. It's our Nature. Our Nature is Abundance on all levels, and on the physical It's [ed.'s note: Dr. Lane is referring to Abundance] prosperity. So we just have to go with our Nature. We don't have to manipulate, strive or anything else like that. ... God meets you each step of the way and *is* each step of the way. ... You're just Present and you proceed; not doing things in order to get. That's the lower self.

"And the mind is a part of the worlds of negativity and it doesn't go into the Spirit. It can't know. OK. So part of what the mind is always doing is it's going to be chucking up doubts and a correlation of that is worry. It's going to be giving you lots of things to doubt and a lot of worry. 'Oh my God! How's that going to happen? How's this? How's that?', etc., etc. 'Oh my God! Will it happen? I don't know.' And 'Gee, what do I got to do?' and all that kind of stuff instead of Co-creating it with God; (asking for) Guidance and Clarity. Do x, y and z and put it into the Light for the Highest Good; and we proceed. We do it from a clear space instead of from worry. ..."

"Because stress is going against That Which you *are*. ... But when you think about us as the Spirit we *are* and as accountable every instance of stress - and by the way another name for stress is karma - so every karma is recorded and we're held accountable and responsible. So isn't that interesting? You know. Isn't that interesting? And then you know this last week or two I read something very interesting about one of the holidays of one of the religions where people observe it by fasting and the scholarship revealed that there was nothing in the religion that said one had to fast; that it simply had been a traditional thing that a certain phrase was interpreted as meaning x, y and z along with a few other things but there was nothing said about fasting and I thought 'Wow! Wouldn't it be nice to tell everyone who does this that 'Hey! You don't have to do this' and wouldn't it be nice to have people of all religions and people of no religions drop the mechanism behind it. What's the mechanism? Fasting, self-abnegation, etc., etc. Infliction. Actually that was what the tradition was based on. It was based on infliction. And why do you have to inflict? The relationship with God is one of Joy; one of Peace; one of Contentment; one of Happiness. ... Why not live in Joy and have happy moments as you have happy moments. But it's stressful to try and make those happy moments. ..."

"And you can see how the world moves around; it's all about the 'What about me?' And God doesn't exist or there's no God or He's marginalized, etc., etc. ... And no one wants to take the Responsibility of 'Hey! God's inside! This is the way to access It! This is the way to use the Gift of Human Life!' ... The Blessing of coming together, being in Satsang, being together with The Teacher is that 'Place' in you that knows there's only God is strengthened, is reinforced and you move into That. And you know more and more the Truth of Who you *are*. You can't deny It. And everything else is simply a lie. ... And I always think of people as being two-faced. Not that they're bad; not that they're conniving; not that they're trying to pull anything but that they're asleep. One face, the Soul, the Spirit in them faces The Truth, faces The Lord, God. The other part makes likes it's dumb. It 'don't know from nothing', as they say. It's asleep; it doesn't know from anything. What's the answer? The answer is education. The Soul has to be educated. ... We need to give our children the real education and we need to give ourSelves the real education. The education is done through Choice into the Upliftment and the Growth and the Upvibration. ... If we follow The Teachings on Simran and Dhyan we get to be with God and That's 'where' we're going when we leave the body because we can withstand that Frequency. If we don't we haven't done a Spiritual Progression. Well, that's okay, we'll just go in the Inner Worlds to where that Vibration is ... So if we're vibrating here on the causal level or the mental level and we drop the body, that's where we're going. And the Christ exists on that level. ..."

"God *is*. That's Who we *are*. And we fight It. We box against this simple Truth. God *is* God. We're of the same Essence. We're created in His Image; we're of the Sound Current; we're of the Holy Spirit. We have the same Spirit as the Great Spirit, as the Lord, God. We're One and the Same. ... We know that God's given us the negative pole as a strengthener so we can push against it, as it were, choose away from it; choose into the Spiritual Pole and be strengthened. So that we can indeed be in the Presence of the Lord, God. We have that Strength; we can hold that Frequency; we can hold that Vibration.

"So when we get into ... 'Well, what about me?' That's the negative polarity. See, 'what about me?' Separation, duality. When it's only God That's the Unipolar Existence. When you go, 'What about me?' you've dropped into duality. But we also have a conscious self to moderate our choices and it's our job where we're going to focus and what we're going to allow. ... Trust, Allow and Receive. That is crucial. ..."

"The struggle that we have, guess what? That's our doing. We can give up the struggle, we can move into, as someone said, 'It's all Love and Light.' It is. ... Everything else other than God is illusion. The Teachings teach us that we have one test for everything. ... Can I take it with me to the Lord, God? And if you can't then guess what? Then don't bother holding it in your Consciousness."

"Every thought, every feeling, every action you're accountable for. Everything you're accountable for. How much more important can you be? ... In the accountability is the Learning, is the Joy, is the Freedom, is the Peace and yet we mock it up that being accountable is 'heavy- duty oppressive' ... So the next time the simple Truth rings out, 'Hey, there's only God' and there's a part of you that goes 'What about me?' answer that truthfully, 'You're God, too.'"

A Spirited question-and-answer session followed.