



# Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and The Center for Religion and Advanced Spiritual Studies March/April 2013

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## *“The Alpha And Omega Of Each Day: A Participatory Satsang”*

Dr. Lane began His January Satsang by saying, “I’ll ask you two questions and whatever comes, comes. ... ‘So, Lord, God send us Your Light! And we put this time together into Your Light for the Highest Good. How do you start your day? How do you end your day? [Pause] How would you like to start and end your day? [Pause]... What do you need to do to start and end your day as you would like to? [Pause]... Now bring your Consciousness back here! ...”

“I want to start by talking about the Alpha and the Omega. ... And we know that It’s the Beginning and the End and What is the Beginning and the End but the Lord, God or the Christ within? The Christ within is That Which is in Alignment with the Spirit, with God that you *are*; and It is the Divine Plan put together by the Divine Architect That’s within each of us, within our own Consciousness.

“And we talk about the Christ as a Consciousness. It has nothing to do with religion other than in the true sense of the word, other than ‘religio’ - linking back to the Source: ‘In the Beginning was the Word and the Word was with God.’ In the Beginning was the Sound Current. God created us out of the Spirit or the Sound Current. The Sound Current is the Holy Spirit and is That Which is the Essence of the Great Spirit or the Lord, God. So we’re created in His Image.

“And the Alpha and the Omega is *within* us. Of course, there’s no beginning and no end in the linear sense because there’s nothing linear, OK. Because of how the mind works we say ‘beginning’ and ‘end’ just like in the beginning we called in the Light. Obviously, we’re not calling in the Light because the Light is *always* Present ... We’re calling our awareness ... to be Present with the Light, Which is always There ...”

“... so the Alpha and the Omega is the Christ within, the Divine Plan. And What’s the Divine Plan? It’s the same for you as for me as It is for the person next to you ... and That is to Know God and Know yourSelf as Soul, as Spirit and to Love God. And, in the Process, you finish your karmic journeys here. And That’s the Divine Plan ... That’s the Alpha and the Omega.

“You know, we had Christmas recently and I gave a Christmas Satsang and the essence of that Talk was that you end up in the ‘end’ where you are in the ‘beginning’ with one important difference. Remember ‘In the Begin-

Continued on page 3

## *“How To Be A Scientist On The Path Of Soul Transcendence: A Participatory Satsang”*

Dr. Lane began His February Satsang by asking “What’s a Scientist but, obviously, one who studies science, OK? But what science are we talking about? The Path Of Soul Transcendence. So that This is, in fact, a Science, OK? And by Science I mean if we do ‘x, y and z’ we will get the same result each and every time, OK?”

“And this Satsang grew out of a conversation I had with an Initiate who was just starting out and this person had all sorts of ideations, beliefs about what is karma? What is the Christ? What are good deeds? All that kind of stuff. And in the process of working with her on the Study Guide, she would say ‘Yeah, but ...’ ‘Yeah, but ...’ ‘But. But. But. But. ...’ ... What was happening was there was a real argument going on within that being and what was the argument? The argument was the age-old argument of Spirit versus matter.

“Of course, the mind is a part of the negative worlds of matter so the person wasn’t saying you know ‘why is the hamster always on the wheel?’ The person was saying ‘why is that hamster always on that wheel?’ with a lot of charge. With it was a judgment as if the hamster should not be on the wheel. So the approach of this person was, of course, to make Spirit wrong. ‘How could that be so?’ and ‘why is that so?’ and ‘how can that be?’ [ed.’s note: these are spoken with a great deal of charge.] as opposed to ‘oh, why is that so?’ and ‘how can that be?’ ...”

“So a Scientist, instead of making the Spirit wrong, The Teacher wrong, The Teachings wrong - has a lab and the lab is inside, in the Soul: ‘Let me evaluate this!’ ‘Let me see if this is so!’ and then from your own experience you’ll Know without what happens many times is we love to reduce what we’re struggling to understand to the level of your mind. Of course, Spirit doesn’t fit in so a good Scientist does the opposite. You don’t try to reduce Spirit to the mental, to make it more dense than It is but we use everything to Lift and to Grow. So, as a Scientist, what do you want to do but you want to pray for the understanding: ‘Lord, God, please give me the understanding regarding x, y and z! OK?’

“And, also, as a Scientist what you’re going to see is you really want to use what you’ve learned from The Teachings - even rudimentarily, we know that in the Inner Worlds

Continued on page 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

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### 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. Mar 5, 12, 19, 26;

Apr 2, 9, 16, 23, 30 -- 7:30-8pm EST

Wed. Mar 6, 13, 20, 27; Apr 3, 10, 17, 24 -- 4:30-5pm EST

### MEDITATIONS

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

#### 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 2<sup>nd</sup> and 4<sup>th</sup> Mon. 7pm. Call 423-975-6868 for details.

#### WISCONSIN

**Madison area:** Every 4<sup>th</sup> Sun. 5pm; Every 2<sup>nd</sup> 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., Mar 10 & Apr 14: 10:30 am; Sun. Apr 28 (Center is Closed Mar 31 for a Special Event) Special 2-hour Meditation; Meditation for Health and Well-Being East Side (Home Center): Tues. Mar 19; Apr 16 — 8:15 pm West Side (200 W. 90th St, #10A): Tues. Mar 26; Apr 23 — 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 (Center is Closed Mar 31 for a Special Event)

## Join Us For An Hour Of Spiritual Instruction!

*"Are You Doing Your Part Or Setting Yourself Apart?"*  
*A Participatory Satsang*  
**March 6, 2013**  
**6:50 pm EST**

*"The 'Wild Turkey' Phenomenon: A Participatory Satsang"*  
**April 3, 2013**  
**6:50 pm EST**

**Satsangs**  
**by Dr. Roger B. Lane**  
Available at All Centers

### Listen to Our Monthly Podcasts!!!

[www.cosmostree.org](http://www.cosmostree.org)

[www.spiritcentral.org](http://www.spiritcentral.org)

**Mar: "Beyond The Mirror: The Reality Of Humankind And The Power Of Choice - A Participatory Satsang" (CD/MP3 A128)**

**Apr: "Death' And Pride: A Participatory Satsang" (CD/MP3 A130)**

## Coming Soon!

Our New [cosmostree.org](http://cosmostree.org) Web Site & [SpiritCentral.tv](http://SpiritCentral.tv)

Please Give These Gifts To Yourself

Check Out  
*The Quote Of The Week*  
from Talks given by  
**Dr. Roger B. Lane**  
on the *Cosmos Tree*  
Facebook page at  
*Cosmos Tree, Inc.*

## New Teachings Study Meeting Using SpiritCentral as the Tool!

March 10th & April 14th

3:00 PM EST

Facilitated by Editor-In-Chief and Experienced Sunday Program Leader

Rev. Melissa Sones

Available By Teleconference

For More Information About Participating Via Teleconference Contact Administrator Rev. Amy Blank at 708-846-1031 or by email at [info@cosmostree.org](mailto:info@cosmostree.org).

ning was the Word and the Word was with God'? That's the Beginning. You're going to end up There in the end. Retrace your footsteps as a Soul and you're going to end up back There at Home with God. OK. The difference is you're taking yourSelf out of the mass, out of the undifferentiated mass and you're doing things consciously, volitionally through the exercise of free will and Choice because God has given you Choice. He's given you free will ..."

"That's super, super important and extremely powerful. Do I have to go with all the anger I sometimes feel? No. Do I have to eat all the food I want to eat? No. ... Do I have to go long periods of time with having the history of all these people who've come against me? No. ... etc. etc. etc. ... there's Choice. OK. But let me make this clear! If I'm choosing something then I need to do it gladly and without the resentment ... so we have Choice and the Choice is what? It's kind of like the motto of New Hampshire ... , which is 'live free or die.' I love that motto, you know, because that's what we do. *Each moment* we have that choice to live free or die; when we choose into karma we've died. ... Spiritually, coming into this world is called 'death'. We're here in this valley of death so that we can come into - through the Spiritual Process of Initiation into the Sound Current - Eternal Life.

"I love when people couch their fears of Knowing God. I love when people protect their Consciousness against change, against giving up karma, against going Home by saying 'Oh, you know, that's one approach. It's all equally valid,' you know. Or 'then you're making everybody else wrong. What about the Buddhists? What about the shrudists? What about the people who spread peanut butter? What about the Jews? What about the Christians? What about the atheists?' What about them? All of them can go Home. OK.

"See, I love people. They won't tell you this directly but they're saying it indirectly ... 'I am the Alpha and the Omega. Jesus the Christ is wrong. Whatever He truly said in terms of Consciousness - I know better. You see? I could create all this stuff; I could be abusive; I could be violent in my thought, in my action, in my deed. I can lie; I can steal; I can cheat; I can get away with it. I can have a lousy attitude. Doesn't come back to me. I can hold judgments against people ... doesn't come back to me. That's just stuff that happens. I'm not Responsible. ..."

"What you allow into your Consciousness is very, very important. ... there's no more important being in this system than you. 'Man shall have dominion over all things.' Not in power and control. 'Well, let me invade your country!' ... 'You shouldn't have missiles. Only we should have missiles.' ... We get all this kind of craziness going on. Dominion; control; power. But it's a reflection of what we do internally: trying to control others; trying to control situations, etc. We don't have to do any of that stuff. The Power is in Surrender. What are you surrendering to but the Spirit inside of you, the Christ within? The Christ within *is* the Alpha and the Omega. So don't you think the beginning and the end of each day needs to be in Alignment with Surrender and an acknowledgement of the Spirit you *are*? ... we are doing what was Demonstrated, Which is letting go of the ego on which we are crucified ... we go into the Soul Body and we go into the Resurrection Process or the Spiritual Initiation and fulfillment of Knowing ourSelves as Soul, as Spirit, as One with God, you see. So that is the Alpha. That is the Omega. One with God. Beginning and End the Same except we do It consciously.

"So shouldn't we spend each day doing That? ... Remembering the Alpha and the Omega, that we *are* Spirit, that we *are* God. ... how many interactions have you had today that honestly reflected that simple Truth of the Christ within, of the Spirit within, that the same God is in you that's in the being next to you? ..."

"... So start the day with that Alignment Process and I can suggest a way to start the day calling in the Light Of The Most High: 'Lord, God send me Your Light and send this Light ahead of me!' And you may also want to ask for Spiritual Protection so put the Christed Light between you and everyone you encounter that day ... that ensures that only the Highest Frequencies pass between you ... we may also want to ask that a purple candle be placed in your solar plexus, all for the Highest Good. And then you ask that everyone you meet that day be Uplifted and Upvibrated for the Highest Good! ... then at the end of the day you want to do a Blame-less Inventory. Was I with God? How was my day? Did I express the Spirit within? And then see when you didn't and what you needed to do and then ask God to give you the Learning and the strength so that you can do that the next day so that the day you had becomes a Learning Opportunity! ... You don't want to judge it but you do want to use it as a strengthener even if it's to know 'Hey! All this negativity that was going through my Consciousness - I was with God despite it. I practiced Giraffe Consciousness. I was only being nourished by God while all this other stuff was going on' ... It's Alpha and Omega at *each moment*. Am I in Alignment? Am I expressing the Spirit within? Etc.

"... if I'm in the Alpha and I'm in the Omega I'm living my Freedom. That's my State anyway ... pretty neat! ... 'you mean all I have to do is Surrender my stuff and allow the Action of the Holy Spirit or of the Sound Current?' 'Yep!' 'That's it? ... you mean all I have to do is follow The Teachings *exactly* as taught with a Loving Heart?' 'Basically, That's it.' ... Alpha and Omega: the same thing.

"So you're becoming What you *are*. You're being What you *are*: the Christ within, the Christed Consciousness, the Oneness with God. What a Wonder-ful way to spend the day, in Alignment, in Attunement , in awareness of That and Its Expression! ... Remember LOVE is Letting Go Of Volition Every time. OK. Watch what you think about what form loves takes! 'Oh, my husband doesn't want me to do "x, y, z" so I won't do it. Boy, that's love!' Not really. It may not be. 'Boy, doing "x, y, z" when I was asked - that was love!' Only if you let go of the resentment with it and made it your choice . 'Boy! I did so much Service! I do more than anybody!' That in and of Itself is not Love. You've compared yourSelf to others and that's by definition separation. We all live in the Oneness of the Holy Spirit and did I do Service? And how can I do more? And how can I do It with a Happy Heart? And how can I help others? And what's asked of me? And what's the situation? And how can I be of most use in the situation; not 'Oh, it annoys me; it should be this way. That person acted that way. ...' That's not the Alpha and that's not the Omega. ..."

"So we could use anything to allow ourSelves to come out of this Alignment, the Christ within, OK, so we want to begin the day with the Prayer calling in the Light; sending It ahead; asking for the Spiritual Protection. End the day by taking inventory - Blame-less Inventory - of how you did that day? How you stayed with the Christed Consciousness, with the Spirit within? How you expressed from That Spot? What you can do better? What you can do differently the next day to be with God within? And then that whole day to be aware of the Oneness with you and the Lord, God.

"It's really that simple ... live the Alpha and the Omega by giving yourSelf this Alpha and Omega of each day! And also live your day as the Alpha and Omega in full Knowledge and Conscious Awareness of yourSelf as Soul, as Spirit and as the Depository of the Divine. And we'll stop with That."

An Enlightening question-and-answer session followed.

Continued from page 1 - "How To Be A Scientist On The Path Of Soul Transcendence: A Participatory Satsang"

the Soul lives on the Inner Levels ... and in the etheric ... is the cosmic mirror. It's like any mirror; and you think what you see is real and because you're asleep you don't realize it's a mirror. It's reflecting back to you. ... It appears that way because of layers and layers of karma. We have a lot of karma. It's important you as a Scientist realize 'Hey! I'm looking in the cosmic mirror and I created all this stuff. And all this stuff I think or previously thought - it's not so. It's my creation. It's my karma.' And have the wit to know you're seeing it in the mirror. ... A good Scientist needs to be aware of 'most of what I'm projecting I'm seeing is in the cosmic mirror and I'm seeing as real. I need to give up all my frames of references.' This has to do with a Spiritual frame of being and a Scientist needs to be brave enough to let go of our usual way of understanding stuff and allow the Vibratory Frequency of The Teachings, of Whatever is being taught to be made clear inside. Don't try to grab It. It's like water: If you try to grab It with your mind It's going to get away from you. But if you allow the Spirit in you to elevate the part of you that's the mind, you'll catch It. The mind can be a good interface if it's not the boss.

"What was happening in this discussion with this Initiate ... was the mind was trying to be in charge: 'How can that be? How is this so? Well, one can't explain anything to someone in that state. But 'if it's OK how can that be?' You can say that's because that's how it works here and here and there and then you incorporate it into your being. ... So as a Scientist you need to just describe and watch how things work. ... be objective ... no charge with it ... no judgments ..."

"You don't want to argue things away. You want to verify them. Just put them on the shelf ... do watchful waiting: 'I'm going to see if this is so.' ... also, what I find happening with so many of you you have this incredible shoulder move ... let me slough this off! ... why? Because the ego structure in you doesn't want it around. ..."

"You need to be careful also if you're protecting yourSelf. If you have a vested interest in the outcome of your investigation. If you think 'Oh my! If I think 'x, y, z' it means 'dot, dot, dot' ...' OK. So we need to watch out also as a Scientist 'am I doing this experiment objectively or do I have a vested interest in a particular outcome?' And if you do, know that and then give it up. Have the courage to give it up, OK? ..."

"Also, work with the Light Of The Most High ... 'OK Lord, God show me how this is true! Show me how this works! What does this mean?' And watch how you phrase questions, too. ... because isn't that how it works? We don't get the answers we want. We don't get anything approaching a resolution. And then we run an assumption and then we ... created more karma. We got a thought ... we got a memory pattern ... so you want to be specific. It's like asking the Light to bring forth 'ice cream on the house' and then you're in shock if somebody sent you to the roof to eat some ice cream. ... you really need to watch how you're framing stuff. So it takes courage. It takes a willingness to let go of your frames of reference. It takes a willingness to Know what you really Know Truthfully. ... It takes a willingness to be neutral, to evaluate neutrally and a willingness to be clear and Loving towards the results without having a vested interest in them or in how they affect you.

"And so you're always in a state of evaluation, OK, until you're not, ... and the difference between evaluation and not being in that state is Acceptance, OK. And many of you ... ask these quote questions ... and do the shoulder shrug ... when you have had a thousand, tens of thousands ... of Experiences of the Light working the Way it does ..."

"So you want to Surrender. Just being Present, you see. And go with the Inner Experience. And if you don't know pray for the understanding! ... It's not a question of right or wrong. See, that's another thing you want to watch out because then you're in duality. ... What you want to do is approach very Lovingly. Loving Interest. Why does the hamster always run on the wheel? That opens up lots of different possibilities: ability to observe; ability to evaluate; love of the whole experiment and what you're looking at without making the hamster wrong for running on the wheel, OK?"

"... so as a Scientist what you also want to do is see if you can evaluate by just being Present with Spirit based on your Experiences of the Truth when you're Present with Spirit or Knowing *directly*, not by reflection. But you can't Know *directly* unless you take Initiation. Why 'should' you take Initiation when you could waste lifetime after lifetime in bondage? I never said you 'should' take Initiation. That would be 'shoulding' on you, OK, but I Lovingly suggest that, yeah, That is the Way but isn't 'wide is the Way but narrow is the gate' exclusionary? Not exclusionary at all. It's open to everyone ..."

"This brings me to a really important point. Watch your assumptions! ... and we all know the Heisenberg Principle: the observer disturbs the experiment. You're going to disturb it by the assumption you're running, the negativity, etc. The only way it doesn't get disturbed is to Know something *directly*. When we have the *direct experience* there's no confusion ..."

"In the beginning we did the HU chant. We chanted HU. That tells you Who we *are*. ... We're God people. That is our Essence. 'In the in the beginning was the Word and the Word was with God.' That's Who we *are*. We're God and we've forgotten and we're here to come into the Remembrance and That's what the Science is all about, OK. Here's the illusion of fear, doubt, pain but, basically, the illusion of separation and death: that's the illusion, OK. And if you're ... allowing the illusion to Lift, to be moved off you, to give up your illusion and to move into Direct Knowing and *Direct Experience*, OK, because the mind is part of what's called the negative worlds. It's always going to want to verify, 'Is it so?' 'Is it so?' ... 'how can the illusion not be real?' ... and you'll do the shoulder shrug. ... you really want to watch that! So being a Scientist of The Path can be a very fun thing if you're honest; if you have Integrity; if you're willing to Lift and Grow; if you're willing to explore and give yourSelf those experiences and use yourSelf properly.

"Yeah, you'll have an outer reference point but that becomes valid when you've had the *Direct Experience*. I see so many people just chuck the Truth away out of their fear ... but you can't fool the Spirit inside ... and eventually that goes and clears and Lifts and you start moving more and more into the Oneness. ... getting rid of the separation, getting rid of the fear, getting rid of this thing called 'death'.

And we know that the downward pull is very strong and what we're doing when we're being a Scientist of the Light Of The Most High, we're allowing the downward pull of the mind, of the emotions ... of our karmic creations - we're allowing it to be cleared, to be Lifted. ..."

"As a Scientist what are you going to do? You're either going to confirm what's so or you're not going to confirm what's so. ... The first question and the last question you want to ask yourSelf ... 'Do I want to be That Which I *am*?' 'Do I want to be the Spirit that I *am*?' And 'am I willing to move into It and am I willing to Love mySelf enough to give It to mySelf?' And if your answer is 'yes' and you keep going to That before each and every Scientific Activity, as it were, you'll have a scientific experiment, you'll be honest. If the answer is 'no' or only partially 'yes' you'll have bias and a contaminated experiment. And you'll get to do that as often as you want.

"If you can really give yourSelf that you're Spirit, from that point be Present with the Spirit you *are* then you'll have all these things get clear, things get clear ... and from those Places of Clarity inside yourSelf you'll see and you'll know the Simple Truth that you *are* the Spirit and that we are One and that is why we've come to this planet earth.

"And we'll stop with that."

A Spirited question-and-answer session followed.