



# SpiritCentral

Timely Knowledge for friends of Cosmos Tree, Inc. and The Center for Religion and Advanced Spiritual Studies July/August 2014

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spiritcentral.org**

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**For More Information  
See Page 2 in this Issue of  
SpiritCentral!!**

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**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  
LosAngelesMeditation@  
gmail.com

**Illinois**

Chicagoland area  
Amy Blank  
chicago@cosmostree.org

**Hawaii**

Big Island  
Dewi Lim  
808-937-5958

**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

## Cosmos Tree Weekend Of Upliftment And Grace

**Nov. 7 - 10, 2014**

**Los Angeles**

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

**Fri. Nov. 7: 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. 8: All-Day Workshop  
"How To Live Royally As The Spirit You Are"  
10 AM - 5 PM  
Satsang (Spiritual Instruction)  
8 PM**

**Sun. Nov. 9: Meditation Of The Light Of The  
Most High - 11:30 AM  
Initiations Into The Sound Current On The  
Path Of Soul Transcendence - 1 - 3 PM,  
followed by Meditation Of The Light Of The  
Most High - 3:15 PM**

**Mon. Nov. 10: Meditation Of The Light Of  
The Most High - 7:00 PM**

*For More Details, Please See Events Page In  
This Issue of SpiritCentral.  
To RSVP Go To [cosmostree.org](http://cosmostree.org)*

## *"What Is The Cure For Loneliness?": A Participatory Satsang"*

Our Teacher, Dr. Roger B. Lane, began His June Satsang by saying, "I want to start the Satsang by doing a Process. So I'm going to call in the Light [Of The Most High], 'Lord, God, send us Your Light!' 'And we put this time together into Your Light for the Highest Good!' And I'm just going to ask you a simple question ... 'What is your Cure for "loneliness"?' (Pause) 'What is your Cure for "loneliness"?' (Pause) 'What is your Cure for "loneliness"?' (Pause) 'What is your Cure for "loneliness"?' (Pause) 'What is your Cure for

Continued on page 4

## *"Oh, Dear God, Do You See Me?: A Participatory Satsang"*

Our Teacher, Dr. Roger B. Lane, began His May Satsang by saying, "I want to talk a little bit about ... a lifelong dance that goes on with most Souls. And that is, on one hand, wanting God to know us and to see us and, on the other hand, thinking that He doesn't and that we're separate from Him. ... When we began this Talk we did the HU Meditation. And HU is the old Sanskrit name for the Lord, God but It's also His First Manifestation. But It also tells us Who we are. We are HU-man so we are God-man ... That's where God is. ... He's inside of us and lives in us as us. ..."

"The Consciousness is God and with God. We're created in His Image. ... We're created out of the same Spirit, the same Essence called the Sound Current or the Word. ... The ChristedConsciousnessis withinus, theAlignment of our will and God's Will: One and the Same. And the whole process of HU-man life and the Purpose of it is explained. It's the Resurrection Process. ... But what's the crucifixion? The ego - time and space - on the cross. ... Out of this crucifixion comes the Resurrection. ... Take a look at your life. Where is your focus? Is it on the pain and suffering that you've endured? And if you're honest you'll know what causes the pain and the suffering. It's the attachment that you have. Your false identification with your thoughts, with your emotions, etc. Forgetting that you're Spirit. Forgetting that you're Spirit. And the Resurrection Process is remembering that you're Spirit.

"What happens in the Resurrection Process, which is really code for Initiation into the Sound Current; what happens? Well, you know how to go into the Soul Body. The Soul Body is Awakened. ... Then you know how to go inside and be with God. That's the whole Training. Go inside and be with God. ... What do you do when you Walk a Christed Path or a Sound Current Path and your will and God's Will become Aligned? You go in, inside yourSelf, and into the Soul Body, and you're with God. And that's the Opportunity. So most Souls are avoiding the real Purpose here. ..."

"But there's no dice game going on in the universe. It's really finely tuned and orchestrated to the nth degree. And it all goes back to the Cause. And what's the Cause but the First Cause? ... The Lord, God Himself.

Continued on page 3

# 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 bimonthly by Soundly, Inc. Any distribution or reproduction of this publication without written permission is prohibited.

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#### editor

Melissa Sones

#### editorial staff

Amy Blank (layout, Epage)

#### advisor

Dr. Roger B. Lane

### SpiritCentral

1461A First Ave. - #182

New York, NY 10075

212-828-0464

e-mail:

info@spiritcentral.org

websites:

www.cosmostree.org

www.spiritcentral.org

### 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. July 1, 8, 15, 22, 29;

Aug. 5 -- 7:30-8pm EST

Wed. July 2, 9, 16, 23, 30; Aug. 6 --

4:30-5pm EST

### MEDITATIONS

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

#### CALIFORNIA

**Los Angeles area:** Every Monday 7pm.

Please email LosAngelesMeditation@gmail.com for details.

#### ILLINOIS

**Chicagoland area:** Please email

Chicago@cosmostree.org for details.

#### HAWAII

**Big Island:** Please call 808-937-5958 for details.

#### 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. 7:30pm; Wed. (except 1st Wed. of the month) and Thurs. 6:10pm; Sun., July 13 & Aug. 10: 10:30 am; Sun. July 27 & Aug. 31 - Special 2-hour Meditation; Meditation for Health and Well-Being East Side (Home Center): Tues. July 15; Aug. 19 — 8:15 pm West Side: Location TBD Tues. July 22; Aug. 26 — 8:15 pm

#### Meditation For Health & Well-Being

East Side location: 8:15 p.m.

(doors close at 8:10 p.m.)

Tues. July 15 2014 /

Tues. Aug. 19, 2014

177 E. 87th St. (Lexington - 3rd Aves) - Suite #204

Upper West Side location: 8:15 p.m.

(doors close at 8:10 p.m.)

Tues. July 22, 2014 / Tues. Aug. 26, 2014

Location TBD

CD Available via Web site.

#### DVD SHOWINGS

The 22-part DVD Series "Understanding the Spirit You Are" is available for viewing or purchase at all Centers, for purchase on our Web sites, and for viewing on cable television stations listed below:

#### NEW YORK

**New York City:**

Every Thurs. 6:30pm.

Time Warner - Channel 1997

RCN - Channel 84

Verizon (FiOS) - Channel 35

#### Brooklyn

Every Sat. — 4:30pm

Cablevision - Channel 68

Time Warner - Channel 35

RCN - Channel 83

Verizon - 43

For those outside New York City, please go to [mnn.org](http://mnn.org) at 6:30 PM Eastern, Thursdays, Scroll down to "Spirit Channel" Click on "Watch Now"

DVD Showing and Discussion: last Sun. of every month 1-2 pm at NYC Center

## Join Us For An Hour Of Spiritual Instruction!

*"What Does It Mean To Be 'Neutral'?:*

*A Participatory Satsang"*

**July 2, 2014**

**6:50 pm EST**

**TBD**

**August 6, 2014**

**6:50 pm EST**

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

Available at All Centers

## SpiritCentral.tv

New York City: Mondays 4:30 PM

Time Warner - Channel 1997

RCN - Channel 84

Verizon (FiOS) - Channel 35

Outside NYC, go to [mnn.org](http://mnn.org)

Mondays 4:30 PM EST

Scroll down to "Spirit Channel"

Click on "Watch Now"

## COMING SOON!

On-demand viewing via the  
SpiritCentral.tv Web site!

Web site launch date

**July 19!**

### Listen to Our Monthly Podcasts!!!

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

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

**July: "Who's In Your Kitchen?"  
(CD/MP3 A41)**

**Aug: "You Have God's Word"  
(CD/MP3 A44)**

## Coming Soon! Blogs about The Teachings!

Look for Them starting July 25th on  
[www.cosmostree.org](http://www.cosmostree.org) and [www.spiritcentral.org](http://www.spiritcentral.org)

These Blogs are Wonder-Full Tools/Opportunities to Focus into the Light Of The Most High! They feature up-to-date information; Inspiration; Processes; and Question and Answers on how to best live your life from a Spiritual Perspective!

Stay Tuned for these Wonder-Full Tools - and GO THERE!

## The New spiritcentral.org Web site

### GO THERE!

- \* Learn about the Path Of Soul Transcendence!
- \* Learn about The Spiritual Teacher!
- \* A Complete List of Classes, Workshops and RETREATS!
- \* Monthly Satsang/Spiritual Instruction Schedules
- \* Meditation Schedules for all Centers!
- \* Audio/Video Library with over 200 Talks on CD/MP3
- \* All *Tools For Living Free* available instantly!

And that's 'Where' we're going as a Soul. ... Because God - in His Kindness and Compassion and Mercy - He gave us all Free Will. So we have Free Will and we've exercised that Free Will to choose away from the Spirit we *are*, to choose away from God and identify with our thoughts and our feelings. And that's fine. So we created our embodiment patterns. So we're here because of our own cause. So we're that Powerful and we're here because of the result of where we've chosen to focus, out into the world, etc. ... And we're also that powerful to Come and Return. And God's given us the Way to return. ..."

"You can't see God with the physical eye and why should you? Because the physical body ain't going nowhere. It's just going to go into the ground. But with the Spiritual Eye and the Soul Body - when It's awakened - then It begins Its Journey Home. ... So God is sitting here, at the Upper Part Of The Third Eye; that's where the Spirit in you sits. That's why we work only with the Upper Part of the Third Eye and above - the Crown Chakra. Those are the Spiritual Centers. ... The body is the House. It houses the Spirit. It Houses the Living God. And we know that when the Soul leaves that House, that House shuts down, probably within twenty minutes, a half hour into something called 'death'.

"But we also know something, else. ... That is that there is no such thing as 'death'. ... There's no such thing as 'death' because you are going to keep coming and coming and coming and coming until you've done what's called conquered death. How do you conquer 'death'? Real simple. ... Go to Completion as a Soul ..."

"Through the Process of Initiation into the Sound Current the Soul comes to know Itself as Soul, as Spirit and Completes Its karmic journey. ... And It is no longer subject to the wheel of 84 or reincarnation, etc. But It's entered into what's called Eternal Life. ... The thing is God does see and you're held accountable. ... Of course, we have the akashic records where every thought, every word, everything we do is recorded. And it sits in the Inner Worlds on the causal level. So no one gets away with anything. And we are accountable. ..."

"If I hurt you I'm really hurting mySelf because we're the same Spirit. I don't care what religion you are, what color you are, what sex you are, what gender you are, anything; I don't care. So if I go against you I'm going against mySelf. So on that level God sees us. ..."

"Something very interesting happens psychologically and that is we get our projections back to us. OK. So that if I've removed God from my Consciousness, if I remove the Spirit and place It out there then It's going to get reflected back to me that 'Hey God's really out there.' But because we're under karma what happens is I don't know I've done that. I don't know I've pushed God out there so I get It 'out there' - that God's out there and He's pushed me away or I'm kicked out of the Garden of Eden so we walk around feeling kicked out of the Garden of Eden. We haven't been kicked out of the Garden of Eden; we've kicked God out of the Garden of Eden. Any thought, any action, any deed other than God is separation, is karma. That's where the fear is and the hurt is. OK. And Souls do this lifelong dance of 'Oh God, do you know I'm alive? Oh, God, do you really care? Oh, God, ...'" And It's interesting people have a hard time accepting that God cares about us, that's It's a Loving God, a Compassionate God. It's very difficult for a lot of people. Why should God care about us? ... God's bound to us and we're bound to God. That's just the Spiritual Reality. ..."

"There is something absolute going on. There is something

Objective going on. There is an Objective Reality and we can choose to participate in It or we can choose not to. What is the Reality? Very simple and that is that God lives in us as us. And that there's a Way to go inside and be with God *while we're in the body*. It's a great miracle. We can be with God *while we're in the body*. ... 'Wide is the Way but narrow is the Gate that leads unto Eternal Life'. I know that God - in His Kindness and His Mercy - He makes sure that Souls always have a Way to return Home. There's a Way to have access into the Spirit and That is through the Initiatory Process. ..."

"The dance that people do is they don't recognize their own greatness, their own profoundness, their own Power in knowing that they're Spirit, in knowing that they're Soul. They walk around with this, 'Oh, I'm only human.' ... It's all about Learning and Knowing how to be with the Spirit you *are* and being with God *while you're in a body* and living in the Joy and the simplicity of That! Some of you have experiences when you sit in what the world calls Meditation but what we call Simran and Dhyana - the Spiritual Practice given at the time of Initiation. When we sit 'There' we've had the Experience of Participating in and with the Eye of God. That we're seen. And we're known *directly, directly* by Spirit, by God. We're not forgotten. No Soul is forgotten. Every Soul is going to fulfill Its own Destiny and we all have the same Destiny. ... We're returning Home to God sooner or later. ..."

"There's a Way. ... And It asks the same of every Soul. It asks that God be in the forefront of that particular Being's focus and way of living. OK. And as an experience and as a Direct Experience that you commit to giving that to yourSelf and Growing and being Upvibrated, and Upvibrated and Upvibrated ..."

"I'll wrap it up very simply by saying do you have on the right pair of glasses? Are you willing to wear the right pair of glasses? Are you willing to give yourSelf the right prescription? Are you willing to see God through the Initiatory Approach and be with Him? And the other part is are you willing to allow God to see you or are you hiding? ... Good luck hiding because we're seen and we're known! ... You're not going to get away with anything. You're not going to fool yourSelf. You can be as irresponsible as you want but, ultimately, all those bits of irresponsibility - they're your Responsibility. ... You have an *inherent* Integrity. So the Spirit in you Knows. You're not going to fool yourSelf. The real question is are you willing to be Loved by Spirit? By God? Loved unconditionally and are you willing to be a Lover of God? ..."

"So I'm going to call in The Light [Of The Most High] and we're just going to quickly do a Process. So, 'Lord, God, send us Your Light and we put this time together into Your Light for The Highest Good!' What I'm going to ask you to do is give to God or the Christ or the Force or the Schwartz whatever stands in the way of your allowing yourSelf to be known by Spirit and tell yourSelf, 'It's okay to let it go!' Without cogitating, just allow yourSelf to hide. ... Find a way to hide from the Spirit you *are*! And now once again, ask God to take whatever separates you from the Spirit you *are* and tell yourSelf to let it go! Now go hide again inside yourSelf! Now ask yourSelf what was better: when you were vulnerable and open to Spirit or when you were hiding?"

"And the choice is yours. But I Lovingly suggest that you allow the Spirit you *are* to know you and for you to know the Spirit you *are*. ..."

A Spirited question-and-answer session followed.

Continued from page 1 - "What Is The Cure For 'Loneliness?': A Participatory Satsang"

"loneliness"?) (Pause) "What is your Cure for "loneliness"?) ..."

Dr. Lane then addressed the attendees: "If you'd like to share your Cure, go ahead." The first participant shared, "I got a lot of different things, first one was Loving God. ... Trust, Allow Receive. Giving mySelf Loving Encouragement. Loving others as I Love mySelf." A second shared, "I got that I'm not lonely. God is always with me." A third shared, "Aligning with the Lord, God inside mySelf." Another shared, "The things I do when I'm lonely ... very negative things like fighting or demanding things ... so I have company. ... I'm uncomfortable but that's what came up for me ... It was a good demonstration for me." The next person shared, "What came to me was to Chant My Tone(s) [the special Meditation Technique taught at the time of Initiation] and then what also came is I'm really never lonely."

Our Teacher continued: "Some of you really nailed it ... We know from The Teachings that 'lonely' really does not exist, that it's a stance of the ego that buys into the illusion of separation, that God is not present ... Most of what people do is try to cure that 'loneliness' and they usually go do it outwardly. They'll do it through hooking up with people; sex; a lot of negative involvement: attachments; anger; fear; pain, etc.; drugs; alcohol. They're trying to make a 'connection'. But the 'connection' isn't there for a very simple reason: that there's no 'connection' needed.

"Other than ... at the time of Initiation the Soul, Which is lying dormant and is asleep, is connected by the Grace of the Master to the Sound Current, to the Audible Life; and the Soul is Awakened. ... You are Connected. It is like you are hooked into the Great Socket *directly*. And that's the connection. Souls that aren't Initiated, They ... Every now and then there may be a flicker of Remembrance ... It's almost like an existential condition of HU-mankind to want to 'connect', to fill this 'loneliness'. And, of course, like all conditions of HU-mankind, they're illusionary. And they're illusionary for the simple reason of what? If you condition reality then you've limited it. But since you're Spirit there's nothing going on that's conditional if you live ... as yourSelf, as Spirit.

"So if you admit the simple Truth that God lives in you as you then how can you be lonely? It's only when you allow the ego to assert itself that you buy into the separation; and, hence, the 'loneliness'. All of us, Initiates, too, we all forget. That's why you take Initiation, to Remember. ... To Remember that you *are* Spirit. So when you're feeling 'lonely', you've forgotten. So the Cure is always God.

"We know that God is the Cure for all things. But this is really important. This is about location. If we set it up that God is removed from us ... well, that's going to make it very, very difficult to feel Whole... But if we admit to the Truth of the Oneness of Spirit and we're open to that Frequency and we Allow that Frequency and we're At-One; and, of course, there's no 'loneliness' there. ..."

"God's Love is there all the time so the key is your being Love. You be Caring. You be Sharing. You be of Service to others. That's the Cure for 'loneliness'. ... The Cure is to Remember Who we *are*, Which is Spirit, the Lord, God. And what does God do but Love, Care, Share, etc.? ... So instead of insisting that we receive it we start giving, giving, giving. It's a fundamental, important shift. ... It's fundamental because we know that basic selves are all about, 'give me! give me! give me! give me!' ... And

we know that the Soul is about giving. The Spirit gives ... When we're into 'me! me! me! me!' we're into lack; we're into fear; we're into limitation. So let's go to the opposite ... unlimited, God, Spirit. Giving. Sharing. Caring. And Service. ..."

"If you're focusing on negativity, well, who is creating that 'loneliness'? You separate yourSelf out from Spirit. You created it. [ed.'s note: Dr. Lane is referring to 'loneliness.'] So, if you have it then be smart. Go to the antidote: God. ... The best thing anyone can do is do the Spiritual Practice *exactly* as Taught. It's beyond good deeds. It's beyond good actions. You're affecting every Soul on the planet. ... It's also time to start taking that Responsibility. ... God lives in us as us. We're His Manifestation. ... We allow ourSelves to be filled with Spirit and we're not 'lonely'. ... Hang out in the Soul Body and just En-Joy and be in the Joy of the Spirit you *are!* ..."

"If you don't have it hooked up properly inside of you that you're OK then you're going to be driven. You're going to be driven to go 'down' and 'out' into the world instead of being self-contained. If the quality of drivenness comes and is a part of your life then that's being 'lonely'. ... If you're driven to be successful that's a very big symptom of being 'lonely'. I'm not advocating failure. I'm just suggesting that if the motivation is driven, you have to be successful, etc., etc. rather than fulfillment of yourSelf and, in the process, you can be successful in the world's terms, if that's what you want. But you know what terms you're dealing with and those are the Spiritual Terms. The Success of Knowing and Remembering Who you *are* and fulfilling your Initiatory Walk. That's the greatest fun and the greatest Joy there is. And from that Place you can navigate and be in this world very, very well and very easily. ..."

"You can Chant the Sacred Names of God. The Word. The Sound Current. ... We're all in this thing called HU-man life together. ... But we're also all One. So, if there are all these other Souls that are here present with you how can you be 'lonely'? You need to direct your Soul into the Truth that It *is* Spirit. You *are* Spirit. And you've been Blessed, if you have, to receive the Sacred Names of God, Initiation into Sound Current. If you haven't you may want to take a look at opening up yourSelf to that Antidote. ..."

"So we can be 'lonely' anytime we choose. But we also can be with God anytime we choose. So you have the Cure. You were given the Cure at the time of Initiation. ... We are about Loving God. Put that Loving God in the form of Caring and Sharing and Loving. Put It in the form of Service - Service to others - and That really is the Highest Fulfillment that there is. And it's the Antidote to 'loneliness'. It's the Antidote to 'me! me! me! me! me!' and it is the Cure. Because you'll be living in your Knowing that you *are* Spirit; and you'll be Sharing what you've received and you'll be giving of your Overflow.

"So Serve others with a Loving Heart! That gets rid of the 'loneliness'. ... Go with what's Real! And we know that Real, according to The Teachings, is what?" (A Student answered and Dr. Lane replied), "That's right, Realizing Each Adventure to Lift.

"So we'll stop with the excitement of the Adventure."

A Spirited question-and-answer session followed.

Please Copy & Share with Friends, Family, Loved Ones, Enemies!  
Give this Gift to yourSelf and Others!!!

# Cosmos Tree Weekend Of UPLIFTMENT AND GRACE

**NOVEMBER  
7th - 10th, 2014  
Los Angeles, CA**



*Roger B. Lane, Ph.D.*

Founder and Director of  
Cosmos Tree, Inc. and  
The Center for Religion and Advanced  
Spiritual Studies; Author of The  
Money Workbook (Penguin) and  
several books on the Soul's Progression.

This Weekend in Los Angeles with Dr.  
Lane includes the Opportunity for Souls  
to participate in Meditations Of The  
Light Of The Most High; Meditation  
For Health And Well-Being; Satsang  
(Spiritual Instruction); and to receive  
Initiation into the Sound Current  
on the Path Of Soul Transcendence!

This Weekend is a Sacred and  
important Gift to give yourSelf  
by participating in the many  
Blessings  
brought by Dr. Lane.

Be sure to give this Gift to  
yourSelf!

## FRIDAY, NOVEMBER 7th

5:30 - 7:15 PM - Open House (admission until 6:45 PM)

8 PM: Talk on "What is Health?" given by Dr. Lane,  
followed by a Meditation For Health & Well-Being

Location: TBD

## SATURDAY, NOVEMBER 8th

10 AM - 5 PM: Workshop: "How To Live Royally as the Spirit  
You Are"

8 PM: Satsang (Spiritual Instruction)

Location: TBD

## SUNDAY, NOVEMBER 9th

11:30 - 12:30 AM Meditation Of The Light Of The Most High

1 - 3 PM: Initiations into the Sound Current On the Path of  
Soul Transcendence given as a Precious Gift by Dr. Lane

3:15 - 4:15 PM: Meditation Of The Light Of The Most High

Location: TBD

## MONDAY, NOVEMBER 10th

7:00 - 8:00 PM: Meditation Of The Light Of The Most High

Location: TBD

**RSVP @ [cosmostree.org](http://cosmostree.org).** RSVP required for Saturday Workshop;  
highly suggested for other Events. Cost for this special Event \$125  
with "Early Bird Special" of \$100 if paid in full by September 15th.  
Pay with a credit card online (payment in full only) or make checks  
out to Cosmos Tree, and mail to Cosmos Tree / 1461 A First Avenue  
#182 / New York, NY 10075. Suggested Minimum Donation of \$10 for  
Meditations, Talk, and Satsang.

For more information please contact Administrator Amy Blank  
708.846.1031 or Cosmos Tree 212.828.0464.

All payments are nontransferable & nonrefundable. Your payment might be tax-deductible; please  
consult your accountant or tax advisor.

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

[www.drrogerblanephd.com](http://www.drrogerblanephd.com)