



SpiritCentral

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

Fall Semester

Everyday Evolution 1
Begins October 8th
For Ten Weeks

Please see page two in this issue of *SpiritCentral* for more details

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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

Weekend Of Upliftment And Grace

Nov. 14 - 17, 2014

Los Angeles

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

Fri. Nov. 14: Open House - 5:30 - 7:15 PM
Talk on "What Is Health?"
given by Dr. Lane, followed by a
Meditation For Health And Well-Being - 8 PM

Sat. Nov. 15: All-Day Workshop
"How To Live Royally As The Spirit You Are"
10 AM - 5 PM

L.A. Weekend Reception - 7 PM
Satsang (Spiritual Instruction) - 8 PM

Sun. Nov. 16: 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. 17: Meditation Of The Light Of
The Most High - 5:30 PM

*For More Details, Please See Events Page In
This Issue of SpiritCentral.
To RSVP Go To cosmostree.org*

"What Does It Mean To Be Neutral?": A Participatory Satsang"

Dr. Lane began His July Satsang with a Process. Our Teacher called in the Light Of The Most High; then Our Teacher asked: "What does it mean to be 'Neutral'?" [Pause] "What does it mean to be 'Neutral'?" [Pause] "What does it mean to be 'Neutral'?" [Pause] "What does it mean to be 'Neutral'?" [Pause] "What does it mean to be 'Neutral'?" [Pause] "What does it mean to be 'Neutral'?" [Pause]

Responses from those present at the Home Center and via teleconference from around the country and outside of it included: "... non-judgmental ... no charge to it"; "Present

Continued on page 3

"Abandonment: The Bane Of Existence - A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, began His August Satsang by saying, "I want talk a little bit about Abandonment, what it is, what the Remedy is and how you can Love yourSelf through it. Abandonment has to do with being deserted and having to fend for yourself. ... But I want to speak about it Spiritually. Spiritually, it is the same thing that happens; you're abandoned but you're not abandoned by people 'out there'. You've abandoned yourSelf. The Abandonment consists of real simply denying, ignoring the simple Truth that you *are* Spirit; that you have the Power; and that the Solution is with you. ..."

"We have many ways to abandon ourSelves. One is thinking that a) someone is going to make us happy; b) someone is going to do it for us; c) someone is going to have to respect me or what I'm involved with even though I don't particularly respect mySelf. ... We abandon ourSelves when we work with our Spiritual Teacher and we want our Spiritual Teacher to do It for us instead of with us. And when we don't want to Participate in our Learning. ..."

"We all need to stay with the Truth of what we know to be so. Many times we have very much karma that surrounds us and there's the Knowing that it doesn't matter how much karma we have, we can still Walk and be with Spirit, with God. It's Choice. And yet we'll construct stories about how hard it is to do That ... 'not now; I'll do it later' ... etc., etc. But karma doesn't clear by focusing on karma; karma doesn't clear by focusing on karma. Those aren't The Teachings.

Continued on page 4

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!

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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Thank You!

A special Thank You to New York Sports Club on Third Avenue and E. 92nd St. in New York City - near the Home Center - for Sharing the Wealth by putting Cosmos Tree/CRASS flyers in their many welcome packets!

Fall Semester

Everyday Evolution I

Wednesdays, Beginning October 8th

At 7:45 PM EST

For Ten Weeks

Taught by Dr. Roger B. Lane

The Student learns to let go of the negative and focus on the Positive; to change habitual patterns that no longer serve him/her; and to recognize and eliminate beliefs, patterns and attitudes that have been allowed to limit the Student and his/her life. Open to all.

To Register Call: Registrar, Rev. Amy Blank, at 708.846.1031 or email info@cosmostree.org

Please see the Epage in this issue of *SpiritCentral* for more details

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. Sept. 2, 9, 16, 23, 30;

Oct. 7, 14, 21, 28 -- 7:30-8pm EST

Wed. Sept. 3, 10, 17, 24; Oct. 1, 8, 15, 22, 29 -- 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 or call 708-846-1031 for details.

HAWAII

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

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 522-442-224-3042 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., Sept. 14 &

Oct. 12: 10:30 am; Sun. Sept. 28 &

Oct. 26 Special 2-hour Meditation;

Meditation for Health and Well-Being

East Side (Home Center): Tues. Sept.

16; Oct. 21 — 8:15 pm; West Side

(517 West 113th Street, #33 - btwn

Broadway and Amsterdam): Tues. Sept.

23; Oct. 28 — 8:15 pm

Tools For Living Free

Reading and Discussion

12:00 PM EST

New Teachings Study Group

Using *SpiritCentral* as the Tool!

3:00 PM EST

Sept. 14th & Oct. 12th

Facilitated by Editor-In-Chief

and Experienced

Sunday Program Leader

Rev. Melissa Sones

Available By Teleconference

DVD 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 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 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 Are You Really Doing?:"

A Participatory Satsang"

September 3, 2014

6:50 pm EST

TBD

October 1, 2014

6:50 pm EST

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

Available at All Centers

Listen to Our Monthly Podcasts!!!

www.cosmostree.org

www.spiritcentral.org

**Sept: "What Are You
Reacting To Today?"
(CD/MP3 A45)**

**Oct: "How Do You
Approach God?"
(CD/MP3 A49)**

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

Mondays 4:30 PM EST

Scroll down to "Spirit Channel"

Click on "Watch Now"

AVAILABLE NOW!

On-demand viewing via the

SpiritCentral.tv Web site!

GO THERE!

Special One-Day Guidelines Clinic

September 17, 2014 / 7:45 PM EST

Given by Dr. Roger B. Lane

Through sharing and questions and answers Participants have a rare and Wonder-full Opportunity to Align with and increase their Understanding of the Guidelines and Its Purpose and to recommit to the Spirit they are! *Initiates Only.*

Cost is a Donation towards the Teacher's Travel Mission.

... Open"; "... Focused"; "Loving Receptivity"; "at Peace"; "to be Centered in Spirit ... to be Accepting, to be Free"; "impartial ... non-personal"; "Giraffe Consciousness"; "My Tone(s)" [The Special Meditation Practice given at the time of Initiation into the Sound Current on the Path Of Soul Transcendence]; "Loving God no matter what; Loving yourSelf no matter what"; "total Surrender ... Letting go, Letting God".

Dr. Lane continued: "What It's not: 'Neutrality' is not a license to be irresponsible ... to say 'It doesn't matter.' ... you are Responsible for what you do put in motion by your thoughts, by your feelings, etc. ... and it doesn't mean you're powerless 'Hey! There are no effects of what I put in motion' ..."

"It is impersonal. It has nothing to do with you ... if someone asks a question just respond 'Neutrally' ... once you get into defending yourSelf you've lost impartiality, you've lost 'Neutrality' ... if you do take things personally then you're stuck with the hurt and the pain. So go take a moment now and if you still have hurt, let go of the hurt, let go of the hurt! So It's impersonal and It's impartial. It's about Being Present ... You can't be running your agenda. You can't be running your agenda.

"'Neutrality' also means what? That you practice what we call Giraffe Consciousness where you know it's all designed for your Upliftment ... take the Learning and move on ... when you really practice Giraffe Consciousness you are impartial; there are no judgments. ... It has to do with we're of the same Essence as the Lord, God ... we're created out of the Sound Current or the Holy Spirit or out of the Word. Once you judge someone you've separated yourSelf out from Spirit ... If you judge the situation what you're doing is you're saying 'Hey! God made a mistake' ... why don't you just try being God instead of 'outGoding' God ... Just Be That! ..."

"He also makes sure there's a Way Home and if the Soul wants to come to know Itself as Soul, as Spirit and enter into a Love Relationship with God, with the Lord, God there's a Way to do That and there's a Way to do That through Initiation into the Sound Current because That's just the Way It's been set up. ..."

"'Neutrality' isn't something you wait for - If I do x, y and z I'm going to be able to be 'Neutral'. Being 'Neutral' is Now! Right Now! And then Right Now! And then Right Now! ... I can make a decision ... All I have to enter into is 'I'm just going to be with God inside mySelf, inside mySelf'. I had an interesting experience. I was sort of dismayed and disheartened by the recent killings. I don't know why they call it the Middle East. It's really the Near East. And I had this thought 'Oh, man! Here we go again 'round and 'round and 'round we go. There is never going to be peace. And then I realized that 'Hey! That's an illusion. That's an illusion.' And I didn't have to buy into it. It's going 'round and 'round for a real simple reason, that there's false identification going on. They're identifying with their race, their religion, whatever they think rather than identifying with the Spirit they *are* and It's the same Spirit ... go inside ... *every moment* we have a chance ... what I can do is be 'Neutral' - same Spirit in me as in you ... you have the Opportunity to say 'This is stupid! This is crazy. I'm not going to participate in that anymore' and go inward ..."

Dr. Lane then gave the example of picking his son up from kindergarten, overhearing his son's teacher and realizing that she was "a really good teacher". "She makes learning fun and exciting and she's no dummy. She knows kids learn by repetition and the way it's presented is they - as bright as they are - ain't getting she's doing the same thing over and over again

because she's doing it in a new way each time. That's why she's a good teacher and what learning is about ... I realized that's how the Spirit teaches us and if we're Present and we're 'Neutral' the Learning is so exciting and so much fun and because I can only speak for Myself and I can be kind of thick-headed I have to be told again and again and again and each time I get it in a new way and I thought 'Wow!' Spirit is a real good educator!' ..."

"Isn't it Awesome when we're Present with God ... there's nothing personal. There's just the excitement of being inside in the Adventure called God, called Spirit ..."

"You have to be Responsible. You have to make the choice. 'Neutrality' doesn't mean powerlessness. It means exercising your Power. It means Practicing Proper Identification. It means Knowing that God is *within* ... He's inside of us ... 'Neutrality' means being That and being That Which you *are*. You are Neutral. 'Neutrality' also doesn't mean you deny what's going on ... because you're stuck with what you suppress ... Rather you Accept it also ... 'Neutrality' is being impartial, without judgments, etc. And if you noticed I had that negativity upon me and I chose 'Neutrality' ... But you can't wait if you're practicing 'Neutrality' ... It's Immediate in terms of time. In terms of Now's the time! Now's the time! Now's the time! It's not down the road. It's not down the road. OK. ..."

"'Neutrality' ... acknowledges we do live in duality ... we're prepared to be with God ... and we can do it *while we're in the body*... How It's done is the Gift of Initiation and working It and going to Completion here so when you leave the body you can stand that Frequency ... that only comes about through this Path [ed.'s note: Dr. Lane is referring to the Sound Current] set up as the Christ, Jesus taught us 'Wide is the Way and narrow is the Gate' Otherwise, you're subject to karma and reincarnation. ..."

"So you're here in this world, in the dual worlds [ed.'s note: Dr. Lane is referring to other than the Initiation into the Sound Current], and you have that Opportunity and practicing 'Neutrality' is part of that Opportunity - being with God *while you're in the body* and acknowledging 'Hey! the dual polarities exist and I'm going to use the negative one to move me into the positive ... and through opening up the Gift I've been given of Initiation eventually I'll have the Strength Spiritually and when I go before the Father I'll have the strength and I can be with God.' ... 'Neutrality' is a nice way to practice being with God ... the only Pole that exists in Reality is the God Pole. When you're 'Neutral' That's Where you're at and Where you're focused. It's real simple. So 'Neutrality' is both a precursor and a strengthener and an Opportunity to practice being the Spirit that you *are* ... use It! Take advantage of It! ..."

"It's not about you as a person being enriched [ed.'s note: Dr. Lane is referring to exploiting the situation financially] OK but what it is about is you as Soul taking from the negative polarity the Opportunities, to use them and go to the Positive Polarity and be with Spirit *each and every moment*. That's why you were born, folks.

"Real simple! ..."

A Spirited and Enlightening question-and-answer session followed.

Continued from page 1 - "Abandonment: The Bane Of Existence - A Participatory Satsang"

The Teachings are simply to Love the Lord, God and, in That Process, that takes care of itself. So anything that isn't Loving the Lord, God is your abandoning yourSelf. ..."

"What's interesting to me is what is our greatest sense of abandonment other than 'God's up there and we're down here. God sent us here; we're all alone.'? ... But we also know that that's an out-picturing of what's in the Cosmic Mirror. So that's our projection; we've kicked God out of our consciousness (but) because things are inside out and backwards it looks like God has kicked us out. Anytime we come from the sense of being all alone, without God here, abandoned, etc., etc., we've abandoned ourSelves. We've abandoned our Knowing what's True for us.

"And it's the bane of existence for a very simple reason ... that if we allow ourSelves to come from that it disturbs us profoundly and continuously. We're always bothered by this sense of being all alone ..."

"We have a sense of Abandonment - by ourSelves to ourSelves - and we're left bereft. ... There's a sense of despair. ... And we've given over our Power. This person; this situation; whatever. 'I have to do something about it. I have to work it out this way, this way, and this way in order for me to feel better, to be okay.'

"But you see, we're in this body because we're getting a Training. We're here getting a Training of the Soul. So let's just say I think this situation should be x, y and z; and I'm not going to feel good within mySelf unless this situation is changed. So I do things; I manipulate ... and somehow it seems to change and I feel good. But guess what? James Brown may have been the hardest working man in show business but you're going to be the hardest working person on the planet because you didn't Receive the Learning that you needed, Which is to keep the Power within yourSelf. Or, if you've given It over, to take It back. ..."

"And these are all lines of energy ... They do affect your health also because lines of energy are going out to other things, other people, situations, etc., etc. But also in a macro way, if you take a look at all those lines, those are all attachments ... They separate you from the Spirit you *are*. ..."

"Sometimes to stay with yourSelf you're going to be uncomfortable because it's not familiar to you. But that's all it is. ... You're Learning a new reference point. ... Many times what we do is we go for what's comfortable and we reach back. And in going for our comfort many times we're abandoning ourSelves. ... What's being said is, if you're not Present with the Spirit you *are* you've got Abandonment issues. Everyone that I know that has Abandonment issues in the way that's commonly used, they all have a lot of anxiety; they're all busy into trying to control; trying to manipulate; trying to get the results they want; and they're usually pretty wired or tensed up or stressed out.

"So what's the Remedy? Real simple. Acknowledge the Truth of Who you *are*. You're Spirit. God lives in you as you. And you and He are really One and the Same. Come from That for an hour or two, three a day! Then build up! You'd be amazed. You'd be amazed. The Kindness, Caring, Compassion - those are all part of the Action of the Lord, God in this world. ..."

"I want to be for mySelf. I want to be in Alignment with the Spirit that I *am*. I also don't want to judge mySelf. If I'm going to give mySelf a lazy day then I'm going to give mySelf a lazy day. ... I'm not going to judge mySelf, I'm going to know that rest is OK; there's a need for it, I'm listening to my body; I'm going to be lined up with it. I'm not going to work things diametrically opposed to each other. If I'm doing Service, well, what's the point of Service? It's a Gift that My Teacher gives me so that I can be in the Innermost Heart with the Lord, God. I can be in the Presence of God *while I'm in the body* and have That Attunement! That's the Purpose! And

whatever the outer Service is - That's the excuse for It. Well, then I'm going to do It Lovingly because if I do it with resentment then I'm opposing mySelf; I'm abandoning mySelf. ..."

"God has given us Free Will and all we have to do is turn to the Lord, God and just say, 'Whoa! I need your help.' And it's really that simple. So, my question to you is: How are you there for yourSelf? And are you willing to be there for yourSelf? What does it look like? Can you live accordingly? And if you're Blessed to be an Initiate this time around you are embarked and are embarking on the greatest Adventure around, coming to Know yourSelf as Soul, as Spirit. ..."

"We also need to start having a lot of care, a lot of respect, a lot of caution with what we think is so. If we go, 'Uh huh, this is so' Spirit is going to ... give you this experience and that experience so you see whether or not it really is. And, also, if you think it is so, you have a creation. And it's another creation that has to be uncreated. ... That's very, very, very important: not to take what you think is so. Go 'Uh, huh. Now I see it. Now I understand.' Oh yeah? I don't think so. ... The only thing that needs to be locked in which is, OK, I'm not going to take that as so but I'm going to be a scientist and see if it is so. If you listen to most people talk they'll tell you their thoughts as objective reality. They don't say, 'I think dot, dot, dot.' They simply say, 'dot, dot, dot'. ... The best way to work it is to say, 'From where I'm at it seems that dot, dot, dot. And I know I won't be there for long and it will all change.'

"Even the Christ, Jesus was overshadowed gradually. Gradually, He only got a piece of the puzzle at a time. He didn't get the whole thing until the final piece was in place. So have a framework that you don't have the complete understanding yet; and (that) you're certainly looking towards your Learning and your Upliftment.

"And a final aspect of this that I want to just mention in passing is what is your Level of Devotion? Are you devoted to the Truth? Are you devoted to the Spirit you *are*? How true are you in affirming yourSelf? Because if you're not affirming yourSelf, you're abandoning yourSelf. ... It's the part of you that Knows and lives with Grace and is devoted to the nurturing of the Self by the Spirit; and you're directing yourSelf; your focus; your energy; and your ability to do just that. Then you're there for yourSelf. And you're Present. You're Present with God. ..."

"And we know that we're followers and Devotees of God. We're Lovers of God. ... So you're given a Wonder-Full Opportunity to practice Devotion, being in Love, etc.; coming to know yourSelf as Soul, as Spirit; nurturing yourSelf; being Kind to yourSelf; being kind to others; honoring Forcefields that have been set up for your Upliftment and Growth; honoring your Commitment to yourSelf; and honoring the Purpose of being on this planet, which is to know yourSelf as Soul, as Spirit and to Love God. So if you're not busy Loving God, you're busy abandoning yourSelf.

"If you're there for yourSelf, you're Loving yourSelf; you're Loving God. It's real simple. If you're not there for yourSelf you won't be there for others. If you're not there for yourSelf you'll be manipulating; you'll be full of anxiety; you'll be trying to control this, control that, etc. If you choose to be there for yourSelf you'll just sit with inner contentment; Inner Alignment; and just hang out with God while your body does whatever it does ..."

"I'll give you a short Process. Call in the Light [Of The Most High], 'Lord, God send us your Light! We put this time together into your Light for the Highest Good.' I'm just going to ask you a question or two. Question is: 'What do I need to do to be Present?' 'What do I need to do to be Present?' 'What do I need to do to be Present?' 'What do I need to do to be Present?'

"And we'll stop with that."

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

Weekend Of UPLIFTMENT AND GRACE

**NOVEMBER
14th - 17th, 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 several
books on the Soul's Progression and
The Money Workbook (Penguin).

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 & 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 14th

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 15th

10 AM - 5 PM: Workshop: "How To Live Royally as the Spirit You Are"
7 - 7:45 PM: L.A. Weekend Reception
8 PM: Satsang (Spiritual Instruction)
Location: TBD

SUNDAY, NOVEMBER 16th

11:30 AM - 12:30 PM 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 17th

5:30 - 6:30 PM: Meditation Of The Light Of The Most High
Location: 517 3rd St, Manhattan Beach, CA 90266

RSVP @ 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 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. Please refrain from wearing any perfumes, hair sprays, fresh nail
polish or remover, colognes, aftershave or other chemicals to the Event. Please refrain from alcohol and
drugs - other than your prescription medication - 24 hours before the Event.

www.cosmostree.org

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