



Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies September/October 2016

Meditation For Health And Well-Being

East Side (Home Center):

Tues 8:15pm

September 20 & October 18;
West Side (517 West 113th
Street, #33 - btwn Broadway
and Amsterdam):

Tues 8:15pm

September 27 & October 25

Home Center - New York City

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“Spiritual Discernment: Stern? Discrimination? Or Divine? – A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, started His July Satsang by saying, “We started off by Chanting the Initiatory Tone or ‘HU.’ HU is the First Manifestation of the Lord, God. That tells us Who we *are*. We’re HU-mans. We’re God in Manifestation. What does this have to do with the Satsang for tonight? Everything ... When you are practicing Spiritual Discernment That’s what you’re discerning. That’s what you’re discerning. What you’re differentiating between: That Frequency of the Lord, God and Manifesting That or going with the false self, the lower self ...”

“It’s not a stern thing: ‘Oh my God! I can’t do this! I’ll create karma.’ Well, the interesting thing is that attitude *is* karma because it is fear-based. ... It’s (Spiritual Discernment) not discrimination in the sense of how the word is usually used. ... It’s not discrimination against. ... Focus where you want to! Focus into Spirit! ... Let’s go with Where we really know ourSelves as Soul, as Spirit! ...”

“If I hold negativity against someone then, really, my energy is tied up. I’m giving my power over and I’ve got an attachment. So you have Spiritual Discernment in that you know that. ... I’ve noticed that what a lot of you do is you’ll ignore your Discernment, your Knowing, and you’ll continue on that and you’ll feed that; you’ll feed that anger and that hurt. ... So Spiritual Discernment is a wonderful way to be in your Integrity. ‘Let me be in my Integrity! I know that I’m going against the Spirit that I *am* when I do that [ed.’s note: Dr. Lane is referring to holding negativity against someone] and that I’m creating karma. I’m separating me from God. Let me just Focus into God!’ Real simple. So we want to go with our Spiritual Discernment. ...”

Continued on page 3

“How Is Your ‘Immune System’?: Raging? Caged In? In Tune? – A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, started His August Satsang by saying, “I want to talk a little bit about your Immune System and I’m not talking about your physical immune system but I’m talking about your quote Spiritual Immune System, as it were, and an attitude that I’ve encountered many, many times and that is, ‘I’m immune. I can violate all the Spiritual Laws. I’m immune. I can do whatever I want to do and I’m immune from any consequences. I can create all the karma I wish. And I’m immune from being Responsible. I think Blameless Responsibility means because there’s no blame I can do whatever I want to do and I’m immune. So I can judge you. And I can judge mySelf. I can ignore that I’m Spirit, you’re Spirit. It’s the same Spirit in me that’s in you. We’re all One. ... I can keep creating animosity, anger, hurt, negativity and I’m immune from any consequence.’ ...”

“And I’ve encountered this attitude so very often: that I’m the exception to Spiritual Law, to Spiritual Reality. Personally, I think it is very funny because you are living proof that your argument isn’t true. You’re all wearing a body. ... You’re in the body because you were not immune. You’re in the body because you are Responsible for what you’ve created. I don’t Teach karma ... I Teach Surrender. This is What’s called a Bhakti Path, a Path of Devotion. How you Love ... the Master is how you Love the Lord, God because God takes on the physical form so that you, because you’re in the physical, you can relate to It. ...”

“We know that ‘disease’ Spiritually, is going against Spirit. ... You’re not at ease with the Spirit you *are*. There’s a willfulness. We know that the willfulness of the mind goes against Spirit. ...”

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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Thank You!

A special Thank You to the Vitamin Shoppe on East 86th Street in New York City - near the Home Center - for Sharing the Wealth by making Cosmos Tree Meditation flyers available on a regular basis!

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. 6, 13, 20, 27;

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

Weds. Sept. 7, 14, 21, 28; Oct. 5, 12, 19, 26 -- 4:30-5pm EST

MEDITATIONS

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

CALIFORNIA

Los Angeles area: Every Wednesday 7pm. Please call 310-913-7212 or call 847-414-6462 (Burbank) for details.

PENNSYLVANIA

Philadelphia area: Every 2nd Sun. 10:30am; *TFLF* Discussion 12pm; Every 4th Mon. 6:10pm. Call 917-841-8817 for details.

TENNESSEE

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

OUTSIDE THE U.S.

MEXICO

Queretaro area: Please call 347-448-2310 for details.

NEW YORK

Meditation Of The Light Of The Most High

M 7:30pm; **W** (except 1st Wed. of the month) & **Th** 6:10pm;

Sun 10:30am Sept. 11 & Oct. 9

Sun 10:30am Sept. 25 & Oct. 30:

Special 2-hour Meditation

Meditation For Health And Well-Being

East Side (Home Center):

Tues 8:15pm Sept. 20 & Oct. 18

West Side (517 West 113th Street, #33 - btwn Broadway and Amsterdam):

Tues 8:15pm Sep. 27 & Oct. 25

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 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

6:30pm Eastern,

Thursdays,

Scroll down to "Spirit Channel"

Click on "Watch Now"

VIDEO/DVD SHOWING & DISCUSSION

Last Sun. of every month

1-2pm at NYC Center

Join Us For An Hour Of Spiritual Instruction!

"Your Relationship To The Lord, God: Running, Cunning, Dunning Or Sunning? - A Participatory Satsang"
September 7, 2016
6:50pm EST

"For Whom Are You Getting Dressed?: A Participatory Satsang"
October 5, 2016
6:50pm EST

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

Available at All Centers

Listen to Our Monthly Podcasts!!!

cosmostree.org
spiritcentral.org

Sept.: "Are You Keeping It REAL: A Participatory Satsang"
(MP3 A137)

Oct.: "Are You Being Generous?"
(MP3 A59)

**Read The Blog Posts
On The New
cosmostree.org
Web Site!
GO THERE!**

JOIN US FOR OUR SUNDAY PROGRAMS!

SEPTEMBER 11TH & OCTOBER 9TH

Meditation Of The Light Of The Most High
10:30am EST

Tools For Living Free Reading and Discussion
12pm EST

September 11th: #88 - Peace
October 9th: #34 - Living The Truth

The Teachings Study Group

Using Summaries featured in *SpiritCentral*
of Satsangs given by Dr. Lane

3pm EST

September 11th: "Spiritual Discernment: Stern? Discrimination? Or Divine? - A Participatory Satsang"
October 9th: "How Is Your 'Immune System'? Raging? Caged In? In Tune? - A Participatory Satsang"

Available By Teleconference - Email info@cosmostree.org for details

Fall Semester

The Teachings Class

10 weeks Wednesdays, Sept. 28 - Dec. 7, 2016

7:45-9:15pm EST

(except 1st Wednesday of the month when Class begins 8:15pm.)

No Class November 23.)

Given by Dr. Roger B. Lane

- Experience the Living Realities of Spirit

- Gain greater understanding of The Teachings of The Path Of Soul Transcendence

- Learn the scientific method for living and verifying these Teachings

- Live The Teachings of The Path Of Soul Transcendence

Payment: \$62 and additional payments of \$31 for Classes 2 - 9 or \$300 for Series if paid in full when registered for Students enrolled in a Degree Program of the Seminary or \$63 / \$31.50 / \$310 for all others. All payments are nonrefundable and nontransferable. Please make checks payable to CRASS. For more information call Registrar, Amy Blank at 708-846-1031 or email info@spiritcentral.org.

"So Spiritual Discernment is our Inner Knowing, really, that we *are* Spirit and our Integrity. And it is like a rifle pointed towards the target. What's the target but to be the Spirit you *are*, to Love God, to Know you're God? And It is the Rifle of Love. ... And then you realize when you keep shooting at that target ... it's not a target. The object of my Love is the Spirit I *am*. It's me. Spiritual Discernment helps, as it were, bridge the imaginary gap between us and the Spirit or God or Soul. It helps us stay on target. Spiritual Discernment also means that we pay attention to ourSelves and to what we have a Knowing of. ..."

"You can't fool yourSelf. That's the nice thing about Spiritual Discernment. If you have the Discernment you can't fool yourSelf.

"Pain is a wonderful way of having that biofeedback and asking yourSelf, 'Am I in Alignment with my Focus, with my Discernment?' ..."

"Spiritual Discernment tells us something very interesting. We Know that we're Soul and we're Spirit. And we Know that the Soul lives on many levels and that each of the levels It lives on must be fulfilled. The perfection, by the way, isn't in any of those levels other than in the Soul Realm or the Spirit. But all those lower levels must be fulfilled. What's asked of you is that you give the best you can on the physical, on the emotional, on the mental, on the unconscious, etc. You won't be perfect on those levels. ... Part of the Acceptance is to go with the Knowing. ..."

"We all need to do the same thing ... We need to go with, 'Hey! I'm Spirit. I'm of the Lord, God.' 'In the beginning was the Word, and the Word was with God.' The Word was the Sound Current or the Holy Spirit. So I'm the Same Material. The Soul in me is the Same Material: The Sound Current or the Holy Spirit. ... I need to go with That Frequency and That Vibration. ... Some of you do have very good biofeedback systems. You know when your vibration drops. You know when you're going against yourSelf. Practice Discernment but practice Positive Discrimination in the sense of to differentiate! Don't be fooled by appearances! ... We're all One. We're in living in the Oneness of the Holy Spirit. ..."

"We Know that the great illusion is separation or death. ... What I really see is, as Souls, we're all together. I think that's nice, too! My Spiritual Discernment tells me that if we're all together ... then I have to go with that Discernment and I can't treat you negatively or as separate from me. We all live in the Oneness; we're all in this together. That's the way it is. ... I have to go with that Discernment.

"Spiritual Discernment is a wonderful Opportunity for us to be Uplifted, for us to be in our Integrity, for us to reinforce That Which is True and That Which we Know. It's an Opportunity to be honest. ... You Know when you're off key or off kilter, etc. When you're not honoring your Discernment. We *always* have choice. We *always* are at choice. We can go with our Knowing, with our Discernment or with the instincts of our lower self.

"We know that the whole purpose of the lower self is as a strengthener so that we can choose into Spirit. ... The whole purpose of why you're even wearing this thing called the body is for you to come into that Knowing. That's the whole purpose of this creation, the sha-bang called life.

"We do the opposite of being confused, going down and out into the world and identifying with the world of form. We go 'in' and 'up'. We go into the Soul and we're with God. ... God Loves us so much that He has put the Spirit that He is within us; we have the Christed Consciousness within us; and He gives us that Opportunity to know Him and be with Him *while we're in a body*. Not emotionally, not in terms of thought or anything but *directly*. By following the Initiatory Path and the Instruction. ..."

"Spiritual Discernment is God's Opportunity for you to Love Him and be That. ... If you have that Discernment in the first place, doesn't that tell you about you? If you weren't Spirit you wouldn't have that Discernment. ... Just the fact that we have Spiritual Discernment - that tells us something about us as people. It's in us. ..."

"Spiritual Discernment tells us What we *are* ... It tells us that we *are* Spirit, we have that Discernment and can differentiate. It is coming from someplace; it is coming from the Spirit in us. It's a question of, 'How am I going to use the life that God has given me to be Awakened?' That's really it, isn't it? ..."

"I Lovingly Suggest that practicing Spiritual Discernment is our Love for God and our Love for the Spirit we *are*."

Our Teacher Generously and Lovingly answered the questions asked following the Satsang and we Received even more Growth and Upliftment.

"The false self wants to be in charge because it fears that it is going to 'die'. But it is not going to die physically. It is going to be dead to this world and dead to this world means that all the attachments that you have - they've been Surrendered, there's no charge, no pull. Otherwise, these attachments, when the Soul leaves the body in what's called death, these attachments pull you back, another lifetime, another lifetime, another lifetime, another lifetime because you have these attachments. You're attached to your reincarnational pattern or to reincarnation.

"And with a disorder of the immune system - an autoimmune disease - what happens is that there's a mistake that's made. There's a misreading that's made: That something that is a part of you is regarded as foreign and then it starts to be attacked. ... in the mistaken belief that it's foreign.

"And the consciousness has the mistaken belief that Spirit or God is foreign. Something outside itself. ... Spirit versus matter. ... And God's up there. ... We have all these distortions going on. We think It's outside of ourSelves. We think Spirit is outside, God is outside and we think we're immune to being at the effect of the karma that we create. ..."

"The Teachings Teach us that everything in thought, word or deed other than God is separation from God, is karma. Is pain. Yet we think we can do all these creations away from God and not have pain. ..."

"But the nice thing about Spirit is that It's a total democracy. It doesn't matter how much money you have or don't have. Ignorance is no excuse. So if you choose to ignore that you're Spirit then guess what? You're still Spirit. ..."

"This Path is a Loving Path. It is a Path of Love, a Path of Surrender. And there are *always* Opportunities. ... As usual with Things of the Spirit, It is inside out and backwards. When you Surrender you've won. When you Surrender your anger, your hurt, your animosity you've won.

"And I could talk about Forgiveness until the day that I leave my body and I will not have even begun to touch upon Its importance. Forgiveness is the Key. That if people have come against you ... you need to practice Forgiveness. Not for their sake, not for their sake but for your sake so you can be Free. ..."

"God gives Opportunity after Opportunity after Opportunity called lifetimes to get clear inside yourSelf. ... We start to take Responsibility; Responsibility for our thoughts, for our actions, for Who we *are* and for Where we're focused. To Focus into the Spirit we *are*. To Focus into and practice what you've been Taught: to access Spirit and go into the Soul Body. To be with God in this miracle of being with God *while you're in the body*. That's an unbelievable thing! ... We *are* Soul and we *are* Spirit. And that's crucial.

"And many of us think that we are immune from having to Remember this. But this is a Path of Remembrance. Of Remembering that you *are* Soul, that you *are* Spirit. ... We've forgotten that we're One with God. We've left our True Home to come into this world and we think this is our home and we think we're immune from having to discover the Truth that we're just visiting, at best. ... No Soul can leave this system, this karmic system, unless Its record is spotless. You go and you look at the karmic record of that Soul - you won't see it. It's got no karma left.

"We also think we're immune from what we do doesn't affect anybody and everything but it goes through all of creation. We're all One. What you do to yourSelf, you do to everyone. What you do to someone else, you do to everyone. ... So why not start directing yourSelf into Love, into proper Focus, into Caring, into Sharing? ..."

"If you Walk this Path as intended you won't leave anything. Otherwise, you'll leave your attachment. They'll go with you but they'll pull you back, they'll pull you back, they'll pull you back. ... To Love God with all Your Heart, all Your Soul and all Your Might means that That's your Focus. Your Eye is single. Of course, That's your Spiritual Eye, the Upper Part of the Third Eye. Your Focus on the Lord, God. ... And then, of course, if you Love God, Know God and Know yourSelf as Soul, as Spirit then you Recognize immediately and intuitively that the same Soul That's in you is in the next person and the next person as in the next person as in the next person. So when you Love your neighbor - It's the same Spirit. When you Love yourSelf, you Love your neighbor because there's no separation. ..."

"We're all One. You're One with God. You're One with the person next to you. There's no separation. What do we do? I'm going to create all this karma and all this busy, busy, busy stuff ... But as we Walk this Path that tendency gets caged in and then, as a willing partner ... Your Will is Loving Surrender. You're In Tune with the Spirit you *are*. You're In Tune with the Sound Current. You're In Tune with the Tones. You're In Tune with the Music of the Spheres. You're In Tune with the miracle and the incredible, bountiful Being that you really *are*, Which is Soul, Which is Soul, Which is Spirit.

"And you Surrender to That and you're In Tune with It and you're In Tune with It and, of course, the Soul dances to the Tune of God, to the Spheres, the Music of the Spheres.

"We know that the Soul knows where It is in the Inner Worlds by the Music of that particular level that It's on. It can locate Itself and It is an Attunement Process but something needs to happen with the Immune System and that means ... you need to gently, gently, gently Allow Its conversion from an immune system that defends against something that it perceives as foreign - namely, God - to an Immune System that recognizes that God, Spirit is *within* and a part of It and *is* It. So not only doesn't It fight it but It is enhanced. So you have an enhanced Immune System and That's taking Responsibility! That's taking Blameless Responsibility for Who and What we *are*! It's really that simple!

"I thought I would end by doing a little Process. Let's 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.' Within yourSelf just let arise some basic, habitual way of being that you honestly believe, or would like to believe, that you're immune from its consequences. Within yourSelf make a commitment that every time that rears its head you Surrender it and just choose into Loving. Choose into being the Spirit that you *are*. Now, let another one come up that you think you will not suffer any consequences from ... Now Surrender it, direct yourSelf into Loving and into Spirit. When you can, bring your consciousness back here.

"And I Lovingly Suggest that our True Nature *is* Joy. That's Who we *are*. We're Soul, we're Spirit and the Joy of That and that anything other than our Immune System being In Tune shuts out the Joy, puts us in a cage, puts us in a box closed to Spirit. So I Lovingly Suggest Surrender, Allow yourSelf to be In Tune, and give up your immune system because if you give up your immune system and Allow your Immune System you won't have any disease. It's really that simple."

Our Teacher once again Generously answered questions so that those present in New York as well as those attending via teleconference from around the country and in Mexico continued to Receive Growth and Upliftment!