



# Spirit Central

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

Please Donate To Cosmos Tree and/or To CRASS WHEN YOU SHOP ON AMAZON!

JUST CLICK ON EITHER OF THESE LINKS!

Cosmos Tree  
[smile.amazon.com/ch/06-0993126](http://smile.amazon.com/ch/06-0993126)

CRASS  
[smile.amazon.com/ch/13-3771939](http://smile.amazon.com/ch/13-3771939)

SHARE THESE LINKS WITH FRIENDS, FAMILY, LOVED ONES, COLLEAGUES, ETC.

### Home Center - New York City

#### Mail:

Center For Religion And Advanced Spiritual Studies and Cosmos Tree, Inc. 1461A First Ave. - #182 New York, NY 10075 212-828-0464

email: [info@cosmostree.org](mailto:info@cosmostree.org)

Web sites:  
[spiritcentral.org](http://spiritcentral.org)  
[cosmostree.org](http://cosmostree.org)

### Regional Centers

#### California

Los Angeles area  
Rebecca Hammerstein  
310-913-7212  
[losangeles@cosmostree.org](mailto:losangeles@cosmostree.org)

San Francisco area  
Karen Fiala  
847-414-6462

Pennsylvania  
Philadelphia area  
Valentina Isleib  
917-841-8817  
[philadelphia@cosmostree.org](mailto:philadelphia@cosmostree.org)

Tennessee  
Johnson City area  
Peggy Heatherly  
423-975-6868  
[johnsoncity@cosmostree.org](mailto:johnsoncity@cosmostree.org)

### OUTSIDE THE U.S.

#### Mexico

Queretaro area  
Barry Lippman  
52-442-224-3042  
From the U.S.:  
347-448-2310

### **“Your Relationship To The Lord, God: Running, Cunning, Dunning Or Sunning? - A Participatory Satsang”**

Our Teacher, Dr. Roger B. Lane, started His September Satsang by saying, “I want to speak a little bit about how we relate to the Lord, God, to Spirit. ... Many of us when we ‘approach’ God, ... God is not to be ‘approached’ because there is no separation. But when we Allow ourSelves the Spirit we are, when we Allow ourSelves the Knowing of our own Divinity, when we Allow ourSelves to Know that we are Soul, that we are Spirit, many times we still react.

“And that’s a clue because if we are reacting then we’re not in our Integrity. We’re still in reactive mode; we’re still in what’s called the karmic fields so we’re not really coming from the Spirit we are. It’s so set up that if you don’t know that you are Spirit - not as an intellectual thing, not as something you can study in a book or anything else like that - but the Knowing that has been given from day one and is, really, the Knowing that the Christ, Jesus Taught, and that is the Initiatory Approach through Repetition of God’s Sacred Names and the Focusing Technique so that we go inward.

“As I’m saying this I’m thinking of this wonderful scholar on Gnosticism. And ... I heard her (ed.’s note: Dr. Lane is referring to the author) recently talk about how they had made this discovery of one of the Dead Sea Scrolls and they came across this section of what they believe that Thomas was involved with and it said to go inward. And so she discussed what ‘inward’ meant. And I really was both fascinated by it and tremendously saddened because to her to go ‘inward’ meant when she went to church it wasn’t in the rituals, it wasn’t in the symbols. It just meant to be inside herself and just enjoy the company of the other people in the church.

“And I thought that was really fascinating because Jesus didn’t come here to find a religion. There was no church at His time and definitely in the Qumran community or where the Dead Sea Scrolls come out of there was nothing like that so she obviously was missing the boat. And I thought this is really interesting because how could she possibly know what it meant to go ‘inside’ because inside is what? The mind; the emotions, etc.; the unconscious; the imagination. And that’s what was buffeting her around. What was being talked about wasn’t the

Continued on page 3

### **“For Whom Are You Getting Dressed?: A Participatory Satsang”**

Our Teacher, Dr. Roger B. Lane, started His October Satsang by repeating the title, “When you got dressed this morning ... For Whom Were You Getting Dressed? [Pause] When you can, just come present and let’s just have some sharing ...” A first Participant said, “For mySelf to feel comfortable.” A second shared, “... I was trying to dress for mySelf but I was also getting dressed for others.” A third said, “I got dressed to play golf today. I dressed a little differently because there was a dress code I had to follow.” A fourth explained, “I got dressed for work so I had a dress code but I distinctly remember having a moment where I realized how much fun I was having getting dressed. So within a certain parameter I was making a lot of fun choices. ... It was for me.” A fifth said, “I got dressed for mySelf so I could feel comfortable about mySelf ...” A sixth Participant explained, “I got dressed for mySelf to be in the work persona.” A seventh shared, “I got dressed for the bosses.” An eighth said, “...when I was choosing what I was going to wear ... I consciously... picked what is right for me and I wore something to work that I’ve never worn before. ...” The final Participant shared, “I got dressed for mySelf today and I did it Lovingly, Loving mySelf. I felt good about mySelf. It was for me.”

Dr. Lane continued, “Why at a Satsang - a talk of Spiritual Instruction - am I asking the question, ‘For Whom Did You Get Dressed’? ... It has to do with choices, Free Will and an inner stance you take. In terms of, ‘Hey! I’m getting dressed this way and screw everybody else!”, which is really valuing people’s opinion in a negative way. Or, ‘Oh, my God! I really have no choice. I’ve got to dress like this’ so you feel defeated, etc., etc. Or ‘Yeah, there are some guidelines’ whether you are going golfing, whether you have to get people to believe that you’re a professional and you know what you’re doing. ... I was very pleased that a few people described it as ‘I was getting dressed for my work persona’. There wasn’t resentment.

“I was pleased that there wasn’t this resentment. ... There wasn’t that anger or resentment or that ‘me versus them’ sort of approach. So that was very nice to hear.

“And what I’d like to do now is translate that to our relationship to the Spirit we are. We know that we Walk This Path; we’re all

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

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

© 2016, Soundly, Inc., New York,

#### editor

Melissa Sones

#### editorial staff

Amy Blank (layout, Epage)  
Rebecca Hammerstein

#### advisor

Dr. Roger B. Lane

#### SpiritCentral

1461A First Ave. - #182

New York, NY 10075

212-828-0464

email:

info@cosmostree.org

Web sites:

cosmostree.org

spiritcentral.org

### 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!

## SPECIAL THANKSGIVING

### Meditation Of Gratitude

NOON

THANKSGIVING DAY

Available by Teleconference



Learn to Live in Gratitude!  
Noon, November 24, 2016 at  
Cosmos Tree, NYC  
177 East 87th St. - Ste. 204  
Bring Friends, Family, Loved  
Ones, Enemies!!!  
Email info@cosmostree.org  
for 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. Nov. 1, 8, 15, 22, 29;

Dec. 6, 13, 20, 27 -- 7:30-8pm EST

Weds. Nov. 2, 9, 16, 23, 30; Dec. 7,

14, 21, 28 -- 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 for details.

**San Francisco area:** Every Wednesday 7pm. Please call 847-414-6462 for details.

### PENNSYLVANIA

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

### TENNESSEE

**Johnson City area:** Every 2<sup>nd</sup> and 4<sup>th</sup> 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 Nov. 13 & Dec. 11

**Sun** 10:30am Nov. 27 & Dec. 25:

Special 2-hour Meditation

*Meditation For Health And Well-Being*

East Side (Home Center):

**Tues** 8:15pm Nov. 15 & Dec. 20

### 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!

"Are You Serious?": Is It A  
Joke? A Truism? The Truth? -  
A Participator Satsang"

**November 2, 2016**

**6:50pm EST**

**TBA**

**December 7, 2016**

**6:50pm EST**

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

Available at All Centers

### Listen to Our Monthly Podcasts!!!

**cosmostree.org**

**spiritcentral.org**

**Nov. 5: "Are You Empty Or Full  
Of It?"**

**(MP3 A70)**

**Dec. 5: "What Is Your Next  
Step?"**

**(MP3 A77)**

### Read The Blog Posts

**On The New**

**cosmostree.org**

**Web Site!**

**GO THERE!**

### JOIN US FOR OUR SUNDAY PROGRAM!

*Including On Christmas Day!*

**NOVEMBER 27th & DECEMBER 25th**

(Doors close five minutes before start of Meditation & Video)

10:30am-12:30pm: **Meditation**

1-2pm: **Video Showing and Discussion**

"Understanding The Spirit You Are"

(available via teleconference)

Come to Meditation, Video Showing/Discussion or both!

Video Titles:

November 27th: **#V17 What Are The Teachings Of The Path Of Soul  
Transcendence And How Do We Use The Teachings?**

December 25th: **#V18 Surrender And The Path Of Soul Transcendence**

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

mind or the emotions or the imagination or the unconscious or anything else like that. What was talked about was where Souls don't 'think' to look, as it were.

"And the whole training of the Soul is to reverse what the consciousness has allowed to cause It to take on body after body after body after body, which is to identify with the things of the world, the world of form, with thoughts, with feelings, etc. and to go out into the world. ... When It takes What's called Initiation into the Sound Current, into the Holy Spirit, everything is reversed. It learns to go inside, as it were, into the Soul and 'up'. But not 'up' to heaven because God is not there but in the levels beyond the mind, the emotions and the imagination and all that stuff.

"But what happens when we sit in the blindness? Then we do a lot of running. We run away from God. ... It seems to us like 'God is so big and He's so vast and I'm so small and I'm so insufficient. I'm insufficient that I'm going to get blown away by God so I'm going to run away from Him' or 'He is going to demand so much of me' or 'I'm not perfect'. ..."

"Then we also have a lot of cunning that goes on. What I call cunning: That is that we've kicked God out so we have to manipulate ourSelves so we lie, we cheat and we steal. Literally. And we think we're not accountable but we are. ... We love to think that we're not Responsible and we like to con ourSelves into that but we *are* Responsible for every thought, for every emotion that we hold onto. ... If you're really in Spirit how are you going 'to cun'? How are you going 'to cun' anybody? ... If you're in Spirit you're just Present, Present, Present. ... If you Know that you're Spirit then you Know that the Same is in the other person. It's the same Spirit. ..."

"We are One and so what we do inside ourSelves really affects the Spirit we *are*. And affects everyone and everything. But, as the creator, we're Responsible. If we push God to the margins then we forget that we're Responsible. We don't want to know that we're Responsible. And to me the funny thing is that all you have to do is look in the mirror and that's proof that you're Responsible because you're here because of your karmic creations. You created this embodiment and having to embody but if we forget that, we're going to forget the Truth that we're Spirit. ... we like to con ourSelves and our own consciousness is at work. Really, the lower part of our consciousness. It loves to do that. ..."

"We come up with all this stuff. ... There's a lot of cunning that goes on in our Relationship with God but we're the losers in it. We fool ourSelves. We separate ourSelves out from the Spirit we *are*.

"Then others have a dunning relationship with God. And, of course, when you're being dunned you owe a lot of money, you owe big debt... Many people feel like ... 'I've got this big karmic debt. How am I going to balance it? How is it going to be balanced?' And, of course, that's not the issue. I don't Teach karma, balancing karma or anything (involving karma). I Teach Loving God.

"And if you do That, if you're a Lover of God, if you go inside, obviously It's open to you through the Gift of Initiation and you can go inside, meaning in the Soul Body. Then the Upliftment Process happens and you start to Know yourSelf as Soul, as Spirit. And you start Living and Being in the Oneness of the Holy Spirit. ... There's a Knowing that somehow the emotions and the mind: they're distractors and it is not real - what they're producing. "So let me start to practice Proper Identification!" ..."

"It's all about Grace. It is the opposite of a dunning letter.

... The Christ, Jesus said, 'I am the Word made manifest.' Then He says, 'No one comes to The Father except through me.' I know He wasn't egotistical. He didn't mean that only through Jesus that Souls come. So what's being said here? Then He said, 'That Which is in Me is in you, too.' 'Wait a second now! Now we're getting somewhere. Now we're getting somewhere. That means the Christed Consciousness is *within* me. That the Consciousness of Being, my will and God's Will at One, that's in me?' ... Where is this Christed Consciousness? Well, It's *within* us. 'Oh, you mean, I'm Responsible?' Yeah, you're Responsible. ..."

"You *are* Soul. You *are* Spirit. 'Wait a second now! All I have to do is follow that particular Teaching?' ... So when He said, 'I and the Father are One' and 'I am the Word made manifest', He's talking about the Holy Spirit or the Sound Current. ... It's about the Sound Current or the Holy Spirit and Learning to go inside and Learning to be with God regardless of what my body is - white, black, green, rich, poor, Flemish, English, American, Democrat, Republican, Libertarian, who cares? All that - it doesn't matter.

"What's my Responsibility? What am I doing here? Ah! What you're doing here is real simple. It's to come to Know yourSelf as Soul, as Spirit and to bask in the warmth of That. To be Sunning. And I don't mean the sun that you find in the inner worlds on each of the levels in the lower consciousness, no. I'm just using it as metaphor. OK. Are you saying that it's all the opposite of what we think and how we act and how we behave? Yeah. 'Oh! I don't want to know that is so so what I'm going to do is I'm going to run and I'm going to do some cunning and I'm going to do some dunning.' You're free to do that but guess what? You can't fool the Spirit you *are*. The Spirit in you has Integrity and you can't fool That. ..."

"The message is really, how much do you want to believe your thoughts? How much do you want to believe your feelings? They take place in an illusionary field. They're not real. They pass like gas. ... The Christ, Jesus said, 'You're Responsible not for what passes through you but what you choose to hold onto.' So we have Choice.

"You can choose to Allow it to pass through or you can go into the illusion of it and hold onto it and then you've got a creation going; then you've got karma; then you've got separation. ... Jesus the Christ said, 'That Which is in Me is in you, too.' So we have It *within* us and we're Responsible. And He also said, 'That Which I do you too shall do except for one thing: you're going to do it far greater.' So we're charged with That. And, to Me (The Teacher), to be Centered in Spirit - It's like sitting in the sun and relaxing and basking in the warmth of the Love and the Grace and the Kindness. And going through your day - whatever your body is doing - you stay Centered in Spirit, the Spirit you *are*! Does it take effort? Yeah. Does it take training? Yeah, obviously. You've had how many lifetimes and you still haven't gotten it. ..."

"So I want to give you an assignment: just to note within yourSelf when you are running from the Spirit you *are*, from the Truth that you Know. When are you cunning, pretending God isn't Present with you and you're resorting to manipulation, dishonesty, etc? When are you dunning and thinking this is too much present with me? This is so real. Just to make note of that. Then to make note of when you are Allowing yourSelf to sit in the glorious sunshine of the Spirit you *are*? ..."

"Then inside yourSelf you decide how you want your Relationship With God to be. ..."

Initiates here. We're all Initiates. We all have Guidelines [ed.'s note: Dr. Lane is referring to Those for Walking The Path Of Soul Transcendence] suggested ... and we have a choice: 'These rules are being imposed on me, on us. I'm not going to do that!' and we enter the old battleground, etc. and we have a real conflict going. A nice basic self thing. Or, we can have an approach of 'These are tried-and-true ways to make things easy for me so let me work things and incorporate It into my life!' without the anger, without the resentment, just like those who were describing getting dressed for golf or work, etc., getting dressed for themSelves within certain parameters.

"So when we work the Guidelines, when we work The Teachings It is not something external but It is something we take for ourSelves. ... 'Let me take the authority for mySelf!' ... That's the same thing we need to do in terms of our relationship to Spirit, to God. Most of the world lives as if God is outside of us: He is up in the heavens somewhere and we're 'down here'. But if we take God for ourSelves and we practice Proper Location - that God lives *within* us as us - then guess what? There's nothing to resist; is there? What happens automatically is you start, as it were, to get dressed for yourSelf following these Guidelines. But these Guidelines aren't 'outer Guidelines.' They're inside of you because God is inside of you. ..."

"We are Expressions of the Lord, God. Many of us go and perceive things as 'me versus God or Spirit'. 'My self-expression is going to be stymied. I can't be who I really am if I give mySelf over to Spirit.' It's just the opposite. You *are* Spirit. You give yourSelf over to Spirit (means) you give yourSelf over to yourSelf. You become more of yourSelf.

"It's really interesting to me to watch people in their Progression, their Spiritual Progression. As they Progress ... Spiritually they express more and more and more, artistically, creatively, in whatever forms. And they start to en-Joy life even more and more and more. So we're talking about incorporation of the Spirit you *are*: taking That Which seems to be outside of you inside of you and making It yours. That's really important: make It yours! ..."

"So, when we get dressed in the morning, we have a choice. Sometimes we have to get dressed for others; obviously, if we have a certain obligation or so. You have to dress a certain way. If you're going to a wedding you have to dress in a certain way. You know, the other day because of the holiday I saw a lot of people on the street and men were wearing sneakers with their suits because of what they think the religion is telling them to do. And I thought 'wow! This is interesting. Do they really like to do that? Do they do it out of obligation? And if they do it out of obligation are they OK with it? And I almost was going to ask a few of them, 'did you like putting on sneakers?'"

"... we always have these choices (ed.'s note: Dr. Lane is referring to outer authority or internalizing it) when we Walk This Path. You can't Walk This Path for anybody else but yourSelf. ... You must incorporate any outer authority for yourSelf. That's really important because if you don't you're setting up a dynamic of, basically, resentment. ... Even with the Guidelines you're at Choice. You can follow Them or not. You can make it easy on yourSelf or not. You always have Choice. And this is crucial: If you take Them for yourSelf, you're still at Choice. ... The Christed Consciousness is What? Our will and God's Will are One and the Same. So you're not doing it for God versus you. You're not doing it for you versus God. It's all the same. So if you incorporate the outer authority, etc., then guess what? You're ahead of the game. ..."

"Basics ... don't like to be told what to do, how to do it, nothing. That's basic self stuff. But if you start taking Spirit for yourSelf and as your Authority then guess who is telling you what to do? You are. So it is very, very important that we start to incorporate. And, psychologically, it demonstrates a great amount of maturity that we can incorporate something outside of ourSelves and make it our own and give up the anger, the resentment, etc. ..."

"Nobody has power over you. 'I have the power. I can determine' [ed.'s note: Dr. Lane is referring to each individual] so it's like when we get dressed in the morning. You may have to wear things for your profession ... but if you take that for your own and en-Joy and play around ... then you're taking it for yourSelf. The point of all this is really simple. With your Spiritual Progression, with your Spiritual Work - take Spirit as yourSelf! It is not something outside of you. The Directions from The Teacher are not something outside of you. Your Knowing is not something outside of you. It is your Inner Knowing. Go with That! ..."

"Spirit is right 'there'. So what I'm saying is there's nothing to fight and there's no battle to win. They've all been fought for you. They've all been won for you through the Office Of The Christ. Just to share another thing: a Soul Walking This Path, Walking on This Path, Working under the Jurisdiction of the Consciousness that I hold - The Truth is you're not going Home, you as an active thing just did That. You're not being taken Home in the sense of It's a passive thing for you and Spirit just takes you. The Truth of how It works in the Inner Worlds is you follow The Teacher Home so you're both - you're *Both* - in that Movement. In total and complete Cooperation and total and complete Oneness. That's the name of the game!

"The Movement and the dance is in total and complete Oneness and as One. ... The Student follows The Teacher because The Teacher Knows the Way. ... For the Student to follow The Teacher, (S/He) has to take the Spirit as Its own and The Teachings as Its own and Allow the Upvibration constantly, constantly, constantly and then move in concert with That. And just Follow The Teacher. We're talking about Loving Cooperation."

Our Teacher Generously and Lovingly answered the questions asked following the Satsang. As a result, those present received even more Growth and Upliftment.

## **Meditation For Health And Well-Being**

*Get Quiet \* Let Go of Stress \**

*Receive the Gift of the Healing Light of the Most High*

Home Center

**Tues. 8:15pm**

(doors close at 8:10pm)

November 15 & December 20