



Spirit Central

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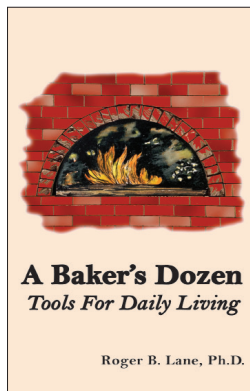
"The Humility Of Acceptance : A Participatory Satsang"

"I want to talk a little bit tonight about the Humility Of Acceptance and let me define a term or two. Humility we many times misunderstand as having a negative connotation. In other words, to be 'humble' is to be basically self-denigrating, of negating yourSelf, etc., living humbly, living modestly, not Accepting the Gifts you've been given, the Gifts that you have, etc.; whatever life offers you're not worthy of it, that's too grandiose for you, etc.

"And we think that is 'humble'. I've told the story many times in my own life where Spirit was trying to get me to Accept the Consciousness that I have. I went on this incredible argument ... why I wasn't good enough. And I thought I was being 'humble' and what I realized was it was just the opposite. It was negative inflation. I was being inflated with all my negativity. ... And Spirit put an end to this argument by asking me a really simple question. The question was,

Continued on page 3

A Baker's Dozen: Tools For Daily Living



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**A Day-To-Day Guide To Living Your Life
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"Pride: Of Lions? A Ride Downhill? An Opportunity - A Participatory Satsang" Followed By A Mini-Satsang

"I want to talk a little bit about pride because it's said that 'pride makes the angels fall' ... So you can imagine we as Hu-mans - we sit at the Apex of Creation - so if it can make angels fall it sure can make us fall ... but it can't do anything because it doesn't have any power other than the power we give it.

"So let me give you some examples of pride! I've told the story of being a first-hand witness to one of the greatest battles ever to take place in New York City: the battle for a parking space. And the battle was between a Mercedes-Benz, a brand new sparkling one and a ... beat-up Volvo. And they were duking it out and blocking traffic and finally a cop came along and said 'hey! I'm going to give you five minutes and if someone is not parked by then I'm going to give you both a ticket.' So they continued to duke it out ... finally the Volvo won and the guy driving the Mercedes said 'I can't believe I lost and to this beat-up old car yet!'

"So he was all identified with an owner of ... this big status item ... and he had pride ..."

"We hear all the time now 'I'm proud to be an American.' OK. Now, I'm proud to be an American, too, I'm glad I'm here, nice country ... But the pride is different, OK. Pride can mean proud to be an American. 'Ah, we're above'; 'we're superior to others' versus ... 'I'm very satisfied. And it's an inner peace, an inner okayness with it.' OK.

"Now I've given you the example of being a swimmer.

You have two approaches to the meet. One is to beat the hell out of all your competition. You're immediately in karma because you're outside of yourSelf and you're going against someone. You're going against all the others who are swimming or you can take the inner approach of I'm going to use it and use the competition to bring out the best in me. So even if I finish first or fourth or last I can be proud of how I did in the sense of I'm satisfied I gave it my best shot. I learned a little bit ... so I've Learned and I'm happy and I'm proud of how I did so I'm not putting mySelf above anybody else and I'm staying *within*.

"The Teachings Teach us as soon as ... we make ourSelves better than or less than we've separated out from Spirit because it's the same Spirit in me as in you ... how can I be less than That when God's in me? ... That's an arrogance.

"And ... pride works the other way around, too. You can be proud of negative things as well ... In some communities, there's great pride in how much can you suffer, OK. And there's great pride in that ... how much are you afraid of God ... there's pride in being the most poor you can be, etc., etc. And many of you, we have hurts ... And we find that we just don't want to let them go ... that's pride as well. ..."

"So all these things - these examples - I've given you of pride - they're all about attachments and they all do something in common. They all exclude Spirit. They exclude Spirit. They've excluded the Living Reality of

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.

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OPEN HOURS

Opportunities to speak with Dr. Lane and to experience personal and Spiritual Growth and Lifting into the "positive" energies. Call any Center for info. and call-in number.

Tues. Sept. 4, 11, 18, 25;

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

Weds. Sept. 5, 12, 19, 26;

Oct. 3, 10, 17 -- 4:30-5pm EST

MEDITATIONS

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

CALIFORNIA

Los Angeles area: Every Wednesday 7pm. Also available via teleconference! Please call 310-913-7212 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 (except Oct. 29); **W** (except

1st Wed. of the month and Oct. 31) &

Th 6:10pm;

Sun 10:30am Sept. 9 & Oct. 14

Sun 10:30am Sept. 30: Special 2-hour Meditation

Meditation For Health And Well-Being

East Side (Home Center):

Tues 8:15pm Sept. 18 & Oct. 16

VIDEO/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

6:30pm Eastern, Thursdays,

Scroll down to "Spirit Channel"

Click on "Watch Now"

SHOWINGS & DISCUSSIONS

Last Sun. of every month

1-2pm at NYC Center

Join Us For An Hour Of Spiritual Instruction!

"Patience: Stand Pat? Get A Patent? Start A Pattern? - A Participatory Satsang"
September 5, 2018
6:50pm EST

TBA
October 3, 2018
6:50pm EST

Satsangs
by Dr. Roger B. Lane

Available at All Centers

Listen to Our Monthly Podcasts!!!

cosmostree.org
spiritcentral.org

Sept. 5: "Are You Facing A 'Challenge'? Change Your Lens!: A Participatory Satsang"
(MP3 A161)

Oct. 5: "Small-mindedness: It Boggles The Mind - A Participatory Satsang"
(MP3 A176)

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cosmostree.org
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Cosmos Tree & CRASS in Latin America October/November 2018!

Join Us On This Sacred Five-City Speaking Tour! Lift, Grow, En-Joy & Be In The Presence Of Our Teacher!
A Satsang Followed By Meditations & Initiations In Each City!

Created And Facilitated by Dr. Roger B. Lane

Queretaro, Mexico

Event dates the 26th & 27th at Centro de Seguridad Social IMMS

Address: Calle Benito Juárez Sur 11, Centro, 76000 Santiago

de Querétaro, Gro.

For guest room options contact Barry Lippman, 347-448-2310

(US number) or barryinqro@gmail.com

San Miguel, Mexico

Event dates October 27th & 28th at Smartspace Hub

Address: Salida a Celaya 34, Allende, 37760 San Miguel de Allende, Gto.

Phone: 01 415 185 8914

Guest rooms available at Hotel La Casona

Address: Salida a Celaya 77, 37700 San Miguel de Allende, Gto.

Phone: 01 415 121 9630

\$132.00/night US

Lima, Peru

Event dates November 3rd and 4th at Arawi Lima Hotel.

Guest rooms available

Address: Calle Colón No. 223. Miraflores - Lima - Perú

Phone: Teléfono fijo: +51 1 446 7676 Celular: +51 1 986672063

e-Mail: reservas-lima@arawihotels.com

Cost: \$130.90 US/night includes breakfast buffet

Santiago, Chile

Event dates the 9th & 10th at Oficentro Business Center,

Address: Serrano 73, Santiago Centro, Santiago, Chile 8330128

Phone: +56 2 2470 7400

Guest rooms available at Hotel Galerias

Address: San Antonio 65, Santiago, Región Metropolitana, Chile

\$115.00 US/night includes breakfast buffet.

Buenos Aires, Argentina

Event dates the 16th & 17th at Hotel Dolmen

Address: Suipacha 1079, C1008AAU CABA, Argentina

Phone: +54 11 4315-7117

Guest rooms available \$90.00 US/night

To RSVP for Talks and Meditations or for more details
visit cosmostree.org>Special Events or
email info@cosmostree.org.

For travel questions, including where to stay, contact
Rev. Barry Lippman at 347-448-2310.

Continued from page 1 - "The Humility Of Acceptance: A Participatory Satsang"

'But who are you not to? ... I realized 'ain't that the Truth! Who am I not to be?'

"And I realized then that Humility had to do with really being Neutral, really being on an even keel, not inflating, not deflating yourSelf either along the grandiose pole or the negativity pole but It's a very even keel. It's very Neutral, OK.

"It's about as charged as, well, I can Accept that today is Independence Day in this country. And I can also Accept that this is not the real date when at least 12 of the 13 states signed that agreement. OK. I can Accept that, too, and I can Accept that we're celebrating Independence Day not on its actual day. I can Accept all that but that's all there is. There's no charge. There's no anything. It just is. So it's completely Neutral.

"And I've also shared the story of ... I don't even know if I was a teen-ager yet ... and I had this argument with this Hassidic rabbi ... a real scholar ... We're arguing about something and I said 'yes ... BUT' and I sort of pushed my arms out with my palms out like that ... and he stopped me and he pointed to my hands and he said 'never push away what God wants to give you!' That's about one of the two things that I've ever Learned in my life.

"That was such wonderful advice and I realized, you know, yeah, that is grandiose. Who am I not to give mySelf what God wants to give Me? That's making me more important than God. ... 'God's wrong to give me this'. Or 'I don't deserve it' or 'it's not enough' or whatever and I wasn't Accepting. So Acceptance is a very, very Neutral thing.

"And it's interesting. Many of us have Acceptance hooked up with I have to Accept the negative; you know, the quote bad stuff. ... But you also have got to Accept the other side of that pole, the good stuff. If God wants to give you a million bucks who are you to say 'no, I don't deserve it! ... I didn't really get this from my own efforts'? ... How can you judge it? If Spirit Brings that Forth you need to Accept it. You need to Accept. You need to Accept. You need to Accept. ..."

"I have had many discussions with Students ... They don't like the way, for example, somebody has 'died', the outer way that it looked. ... they'll go on and on and on and on about it not knowing the Truth of what passes for dying, what really happened ... not having any understanding of the situation and how it's for that Being's Highest Good ... So we need to practice Acceptance. We need to let go of our agenda. You know, your agenda. ..."

"When people come they'll ask me my advice: 'what should I do in terms of work?' or this or that and I'll tell them. And many times they will sit there and tell me all of their stuff and what they think as if it's one or the other. ... For example, if I Accept this person's advice it's better than mine or my feelings about it but then why are you coming to this person for advice? ..."

"We're constantly measuring ourSelves ... up against, 'what does this mean about me?' And, of course, that's an ego point of view. The real Truth is you're good enough for God. God lives in you as you. ... But we don't see that when we practice false identification. ..."

"I've spoken many times about the civil war inside ourSelves, the part in us that goes towards the negative pole, towards reincarnational patterns versus the Spirit we are. ... but we don't have to be engaged in a war. We can just use that to Lift and Grow, which is its true purpose. ... If we're fighting ... we're not Accepting. We're not Accepting.

"We know that if we want to change a habit we don't judge the very thing we want to change because if we judge it we're stuck with it. And it's very difficult to change it. You can't. ... If you Accept it - and you don't have to like it to Accept it - there's no resistance to it. There's no attachment. Then bingo! it can just slide out the other side. ..."

"We need to stay clear ... Initiates have *direct access* to Spirit. ... Our job is to stay clear, stay clear, stay clear ... That's our job *moment-to-moment!* ... We need to Accept the Spirit that we are. ... It's wonderful we Celebrate Christmas ... then we forget that the Christ Child, the Christed Consciousness, is *within* us and we need to give birth to It. ... God has given us Free Choice and we need to Accept That. ..."

"And you may want to look at your everyday life and see the kinds of judgments that you have on things. See what you're not Accepting. Once again, you don't have to like it ... But are you engaged with it? Because the engagement is a line of energy going to it ... you've got an attachment. ... our Purpose here is to be engaged with God. That's Where the energy goes. That's Where the Focus goes. Anything else is a creation other than God and that's called karma. So if we're not Accepting, we're creating karma. ..."

"We're all one Spirit so if I judge you I'm judging the Spirit That's in me and I'm judging the Great Spirit. That's ultimate separation. If I'm competing against you because I feel like I'm not good enough ... I'm going against the Spirit That's in Me. ... All I have to do is Allow mySelf to be Fulfilled and be the best I can. ..."

"So Acceptance is a Neutral process, OK. We need to watch out with our judgments: this is good; this is bad; this is better than; this is less than; this is more important than; this is less than. It's all the same. Acceptance makes it easier for things to change and the whole Purpose is Proper Identification and keeping our Inner Consciousness clean and clear. And when we don't Accept we're creating karma ... so that's ... more separation, more pain, etc. ..."

"And, ultimately, we want to be lined up with Proper Identification and with Unconditional Loving. We're Loved Unconditionally by the Christ, by God, by The Teacher. We're Loved Unconditionally. OK. There are no judgments on us. And we need to live accordingly. It's real simple.

"So, in conclusion, I would like you to just do a short Process so 'Lord, God, send us Your Light! And we put this time together into Your Light for the Highest Good.' [Pause] OK. Now, just inside yourSelf let arise whatever you're not Accepting, be it a person, a situation an aspect of yourSelf, whatever it is. [Pause] OK. And now within yourSelf just Accept it. Have it be OK, Spiritually Correct. [Pause] And part of practicing Giraffe Consciousness. [Pause] When you have that ask yourSelf another question and that question is, what do I need to Accept? What do I need to Accept? [Pause] and My question to you is, do you Commit to Accepting that? [Pause] ... So that's your Homework: Acceptance.

"OK. And we'll stop with that."

JOIN US FOR OUR SUNDAY EVENTS!

SUNDAY PROGRAM

September 9 & October 14

Meditation Of The Light Of The Most High: 10:30 - 11:30am EST

Tools For Living Free Reading and Discussion: 12pm EST

Sept. 9: #133 Thinking Outside the Box - Part II: The Secret Of Creativity

Oct. 14: #135 Our Purpose Here: To Remember Who We Are

September 30

Meditation Of The Light Of The Most High: 10:30am - 12:30pm EST

Video/DVD Showing and Discussion: 1pm EST

Sept. 30: #V17 What Are The Teachings Of The Path Of Soul Transcendence

And How Do We Use The Teachings?

Video/DVD Showing and Discussion Canceled October 28, due to Latin America Speaking Tour

THE TEACHINGS STUDY GROUP

September 9 & October 14

3pm EST

Using articles featured in *SpiritCentral* of Satsangs Given by Dr. Lane

Sept. 9: "The Humility Of Acceptance: A Participatory Satsang"

Oct. 14: "Pride: Of Lions? A Ride Downhill? An Opportunity - A Participatory Satsang"

Please read articles and/or watch Video/DVD prior to attending!

For details or to attend via teleconference email info@cosmostree.org.

More details also on the Events page included with this Issue of *SpiritCentral*.

Continued from page 1 - "Pride: Of Lions? A Ride Downhill? An Opportunity - A Participatory Satsang" & Mini-Satsang

God, of Spirit. And it's all an inflated view ... A point of pride. A point of pride.

"It reminds me of when our son was small we were on the ocean staying at some property on the ocean, some hotel, our son had a little playmate who was about a year or two years old so we got to know the girl's parents etc., etc. And we said 'oh! Let's come back next year and we'll get an oceanfront!' ... and the guy said 'oh, no! can't do that. It would be ten dollars a day more,' ... it was fascinating to me because even at that time he was professionally charging four figures for each procedure, something that took 45 minutes to an hour ... that was OK so it became a value to save \$10 a day. That's an attachment. ... And he wasn't going to move.

"I bring this up because it's another characteristic of pride: we hold onto it ... we don't budge. We insist on it. It's an insistence.

"I found it interesting they call a group of lions a pride of lions, actually looked up the word pride and I was fascinated to see it not only pertained to the social group known as lions but also anybody who does showy things ... so if you are doing things also to get attention, etc., there's a pride in that ..."

"Why am I having this conversation at Satsang about pride? Because I've seen it so often be the very knife that the person sticks in his or her own back repeatedly, repeatedly and then bleeds out every time with it. So what's the antidote? ... Love. Letting Go Of Volition Every Time. Neutrality. Giving up attachments.

"... There's nothing wrong with driving a Mercedes. That's not the point. It's what's your relationship to that? ... and you just enjoy it That's fine ... but if you're using it to elevate yourSelf above others ... then that's where you're getting caught. OK.

"It's a very similar kind of thing. Everyone thinks that, you know, Jesus the Christ said it's evil to have money. He wasn't talking about that at all. Money's just money. It enables you to get around and through the world. And, of course, it's the very thing that people on this planet chase. ... but Jesus wasn't saying that it's evil or bad. We've done that and distorted it. He was talking about the attachment to it. ..."

"So inwardly you want to stay clear. You want to keep Surrendering. You want to keep letting go. You want to let go of your insistences and they can be so minor. ... The other day I was working with someone. We were doing some editing work and the person was making a suggestion and I said 'well, I don't know. I'd like to see both suggestions'. And the person, 'OK, we'll go with this.' I said, 'well, no; that's not what was asked of you.' ... this person wound up taking the so-called easy way, not taking literally a split of a second and following the instruction, OK. When we have an agenda that's part of our pride, too. Going to do it our way, OK, our way.

"But you're living proof your way didn't work. You're Loved so much you're given the Opportunity to come to Know yourSelf and Complete yourSelf. ... Your way didn't work. You didn't go to Completion. You want to Surrender, Surrender, Surrender. The way the Consciousness is set up we equate Surrender as either resignation or death but that's not it at all ... But the real Truth is that God Loves us as us. We're here to Lift and Grow and be with Him and Know ourSelves as Soul, as Spirit. ..."

"The trick is to come into an awareness of It and live It. When we come from a prideful place in a negative sense where we're excluding Spirit ... and we make like we're all alone, OK, then we're in a lot of pain ... and we're going to act out from that pain and from that hurt.

"But as I said pride can be in not taking a split second to follow a direction ... it could be not taking that split second to do some Self-talk and redirect yourSelf and re-Center yourSelf and come back into the Spirit that you *are*. ..."

"Pride can be 'wow! I did that really, really great. You know, Peter Schwartz - he wasn't so good.' Well, that's making yourSelf better than. If you felt that way why not take the same information and help Peter Schwartz? ... We're all in this together, folks! ..."

"I appreciate that the world of form can be kind of confusing ... Oh, this person has more than I have; therefore, I'm less than, you know. How do you know? Maybe this person is having an experience of having everything he or she wants in life so they could have the understanding and the Learning that hey! that ain't it. This didn't satisfy me one bit. ... There's nothing to judge so we have a few clues to when we're being prideful. ... Doing surgery and doing your laundry, same thing. OK. Same Neutrality. Same Value. Etc. Etc.

"So you can turn pride into a Wonder-ful ride. Recognize it; use it to Lift, to let go of, etc. You have some keys; you have some identifiers. It's very important that you use everything that God gives you. We wouldn't have pride in our Consciousness ... unless it had a purpose and that purpose is to Lift and to Grow and to use it for what it is. OK.

"So even somewhere in the Consciousness of that guy who identified himSelf as being such a wonderful hotshot because he drove a big brand new Mercedes Maybe I ain't so hotshot after all, OK, or maybe this ain't it. And you can work it and identify it before it comes to that. Anything you're attached ... to let it go! Anything you're insisting on - let it go! Anytime you're placing yourSelf above or below anybody let it go! Anytime you're comparing yourSelf to anybody let it go!

"I had a good hook shot playing basketball but when I compare mySelf to

... Kareem Abdul-Jabbar I couldn't compete with his sky hook. But instead of comparing mySelf negatively and putting mySelf down I would work it, OK. What is he doing? What's in that shot? Let me break it down and let me do it step-by-step and let me incorporate what he's doing that works for me and I can use it to get better! ... not working against anyone. I'm just staying within mySelf Lifting, Growing, improving.

"So let's do a short Process! We'll 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.' Now just inside yourSelf allow something that you're proudful with or proud of just to come forward. [Pause] Now just use that to Lift and to come into a Place of Neutrality with it but also to be contained within yourSelf in terms of whatever it is. [Pause] OK. Now let another point of pride come forth and use that to come to a Place of Neutrality with it and to be contained within yourSelf as Soul, as Spirit! [Pause] Now when you can, bring your Consciousness back here!

"I Lovely Suggest that you use pride as an Opportunity.

"We'll stop with that."

A Powerful question-and-answer session followed during which Our Teacher Chose to give us yet more Growth and Upliftment by Gracing us with a Mini-Satsang:

"I don't often do this but I'm just moved. I don't often give a little Mini-Satsang after a Satsang. ... but there is collective pride going on in terms of the whole planetary system and it's the pride of really the mind, of the mental products. What we can do. What we can achieve. What we can do to figure things out with technology, science, all that kind of stuff.

"I don't mean to laugh but it is very funny for no other reason a lot of ancient civilizations have surpassed all the seeming breakthroughs at this moment.

"What's happening is the mind wants to be in control. It's fighting for its hegemony. Collectively, we've become enamored of the mind. It's going to solve things ... and we completely disregard this Force that runs through life and That *is* life called God, called Spirit. And that's the age we're living in now. It's interesting. I don't think I've ever met an atheist who wasn't completely enamored with the mind. ..."

"But the interesting thing is I could never understand if they're so enamored of the mind have they ever asked themselves what animates the mind? What's revving it up, etc.? It reminds me of something I've seen several times. ... Experiments they've done on advanced monks and people who have meditated for decades. And what they found was a certain area of the brain becomes lit up ... and what these quote scientists did was they figured out, OK, how to electrically charge the brain and stimulate the brain in people so that it would light up as well and they would have experiences of Spirit or What they thought was God, etc., etc. I thought, wow, isn't that great! Look what they're doing. OK. look what they're doing. OK.

"They're not understanding something here and they're blind to it. Those advanced monks and people who meditated for decades and their brain was all alight, they're not being stimulated by anything in this world other than by Spirit and the Spirit was *within*.

"And I also didn't understand the logic. You can take some electromagnetic energy, apply it to the brain and give the person the experience of God or What they think is God or Spirit and come to the conclusion that, therefore, there is no God ... even on the level that they're working on the logic doesn't make any sense and it's so easy for us to get caught up in the wonders of technology, the wonders of science ..."

"But I've never ever seen any illness cured by doctors where it wasn't karmically correct to do so. How come a plane just crashed in Mexico the other day ... everybody just perfectly OK. ... How come?

"Doesn't make any sense physics-wise. What I'm getting at here is, hey! Trust and be Aware that there's this thing called Spirit That animates us and gives us life. We can be like this guy graduating from med school and he was very, very proud. I said, 'well, did you learn about what animates the body?' ... 'They didn't teach us that. I don't know' ..."

"So I asked another person who had graduated from med school, 'hey! what animates the body?' He said, 'Carbon ... I've already forgotten the other elements'.

"So we can have a mechanistic approach in our life OK or we can have a Joy-ful Approach of Being with Spirit ... Understanding What rules us and governs us and, in fact, *is* us ... Take the Spiritual Approach or we take the materialistic approach, which is hey! this is all there is and we can manipulate it and get this result and that result. That's pride ..."

"I Lovingly Suggest you individually and all collectively move past this, move past the pride of our own fondness, our own enamored-ness of and with the mind and products of it because we know the mind is of the negative worlds and the Teachings do something Wonder-ful, you know. They don't have the approach of a lot of the Eastern religions where you do away with the ego, you do away with the mind. ... it's the mind in Service to the Spirit we *are*. That's how I like to use whatever comes up with the mind.

"We'll stop with that."