



# Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies November/December 2018

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#### Home Center - New York City

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### “Patience: Stand Pat? Get A Patent? Start A Pattern? -

#### A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, began the September Satsang by saying, “I want to talk a little bit about Patience and why is it so important that I’m giving a Satsang? ... And the reason is real simple. I’ve never seen impatience that hasn’t been coupled with judgment. There’s always judgement when we’re impatient. What’s the hurry? Where are you going?”

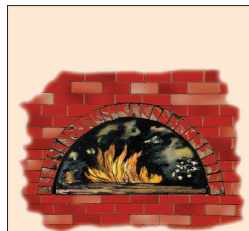
“I’ve also never seen impatience when a person is practicing Proper Identification. When the person Knows that he or she is Spirit they’re always Patient because that Being Knows

that we’re a Soul, we’re Spirit. And that Soul and that Spirit has had many Opportunities in bodies to Learn Its True Nature, to Learn that It *is* Spirit. God is Patient. His Patience is called reincarnation. Take all the time you need!

“So we look at It in a macro kind of a way in that we *are* Soul and we’re practicing Proper Identification, you see how important it is to be Patient. But when we’re impatient - let’s say we’re having a conversation with someone and a lot of it is hooked up with ‘well, how come this person doesn’t understand me?’ ... or ‘what’s

Continued on page 3

## A Baker’s Dozen: Tools For Daily Living



**A Baker’s Dozen**  
*Tools For Daily Living*

Roger B. Lane, Ph.D.

#### Dr. Lane’s New Book!

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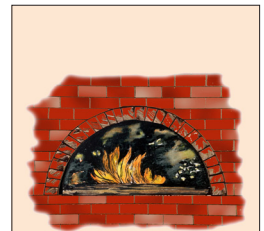
**Both On Amazon in Paperback!**

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**English E-Book On Amazon -**

**Spanish E-Book Coming Soon!**

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**La Docena Del Panadero**  
*Herramientas Para La Vida Cotidiana*

Roger B. Lane, Ph.D.

Remember To Shop [smile.amazon](http://smile.amazon) To Benefit Cosmos Tree And CRASS!

### “Untitled”

Dr. Lane began the October Satsang by saying, “I thought it would be nice to have you guys give me the title ... you can either throw out some foci that you have; some concerns that you have; some things you’d like to understand or some kind of demarcation of what goes on with where you’re at, etc. etc. or we can simply have questions and answers so I’m going to leave it to you ... just throw it out! You don’t have to say who you are or anything.”

Participants readily responded with “what is the experience of having no pull to the world of form?”; “the Alignment of all parts of my Consciousness with Spirit ... getting help staying There”; “overcoming life’s challenges”; “the Focus on HU”; “Living Royally as the Spirit I *am*”; “how do I educate my basics?”; “how to stay clear of the gossip of the world”; “Co-Creating with Spirit”; “keeping a positive dialogue with yourSelf and God”; “TAR – Trust, Allowing and Receiving”; and “being OK; making it OK to be OK.”

Dr. Lane continued by saying, “I’m going to start. It may not be in the order of ... the topics you asked me to cover but I will definitely give them a shot.

“The first one was ‘no pull to the world’. OK. What is that? ... that means there is no pull into the karma that you created or, in other words as was said in the Bible, that you’re ‘dead’ to this world’. ‘Dead to this world’ means it has ... no pull, it has no attraction. How does that happen? OK. Very simply. Take Initiation Into The Sound Current, do your Simran and Dhyana *exactly* as Instructed and persevere and keeping doing It and doing It and doing It and you will enter into What is called Eternal Life. That is when the Soul Body is Established in the Soul Realm and there is no more karma. That is how you are Free from the pulls of this world. ... You still have Free Will and you still can choose into the karma of the world. ... The way to have no pull is to rise above, rise above ... [ed.’s note: Dr. Lane is

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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### 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 Dec. 9

Sun 10:30am Nov. 25 & Dec. 30 : Special 2-hour Meditation

#### Meditation For Health And Well-Being

East Side (Home Center):

Tues 8:15pm Nov. 20 & Dec. 18

The Center will be CLOSED on Sunday, Nov. 11; Mondays from Oct. 29 through Nov. 12; Wednesday, Oct. 30 and Thursday, Oct. 31 because of Dr. Lane's Latin America Tour.

### 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 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.

### 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. 27;

Dec. 4, 11, 18 -- 7:30-8pm EST Weds.

Nov. 21 & 28;

Dec. 5, 12, 19, 26 -- 4:30-5pm EST

### 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!

### No November Satsang

TBA

December 5, 2018

6:50pm EST

Satsangs  
by Dr. Roger B. Lane

Available at All Centers

### Listen to Our Monthly Podcasts!!!

cosmostree.org  
spiritcentral.org

Nov. 5: "What Does It  
Mean To Be 'Neutral'? A  
Participatory Satsang"  
(MP3 A203)

Dec. 5: "How To Receive: A  
Participatory Satsang"  
(MP3 A208)

### SPECIAL THANKSGIVING

#### Meditation Of Gratitude

NOON - THANKSGIVING DAY

Available by Teleconference

(Please arrive no earlier or later than 10-

15 minutes before.)

Learn to Live in Gratitude!

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Email info@cosmostree.org for details

**Gift-wrapping!** We are Gift-wrapping this Holiday Season at Barnes & Noble in New York City on the Upper West Side (82<sup>nd</sup> St. and Broadway) on Saturday, December 15th. This is an Opportunity to give to yourSelf by being of Loving Service. Email [info@cosmostree.org](mailto:info@cosmostree.org) for shift availability and to sign-up or do so directly at the Home Center. There are a limited numbers of Gift-wrapping slots available so do give this to yourSelf NOW!

## 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

October 26: 8PM Talk "The Sound Current And You"

October 27: 10:30-11:30AM Meditation Of The Light Of The Most High; 1:00-2:30PM

Initiation Into The Sound Current On The Path Of Soul Transcendence; 3:00-4:00PM

Meditation Of The Light Of The Most High

Centro de Seguridad Social IMMS

Calle Benito Juárez Sur 11, Centro, 76000 Santiago de Querétaro, Qro

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

(US number) or barryinqra@gmail.com

### San Miguel, Mexico

October 27: 8PM Talk "The Sound Current And You"

October 28: 10:30-11:30AM Meditation Of The Light Of The Most High; 1:00-2:30PM

Initiation Into The Sound Current On The Path Of Soul Transcendence; 3:00-4:00PM

Meditation Of The Light Of The Most High

Smartspace Hub

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

Phone: 01 415 121 9630

\$132.00/night US

### Lima, Peru

November 3: 8PM Talk "The Sound Current And You"

November 4: 10:30-11:30AM Meditation Of The Light Of The Most High; 1:00-2:30PM

Initiation Into The Sound Current On The Path Of Soul Transcendence; 3:00-4:00PM

Meditation Of The Light Of The Most High

Arawi Lima Hotel

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

November 9: 8PM Talk "The Sound Current And You"

November 10: 10:30-11:30AM Meditation Of The Light Of The Most High; 1:00-2:30PM

Initiation Into The Sound Current On The Path Of Soul Transcendence; 3:00-4:00PM

Meditation Of The Light Of The Most High

Oficentro Business Center

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

November 16: 8PM Talk "The Sound Current And You"

November 17: 10:30-11:30AM Meditation Of The Light Of The Most High; 1:00-2:30PM

Initiation Into The Sound Current On The Path Of Soul Transcendence; 3:00-4:00PM

Meditation Of The Light Of The Most High

Hotel Dolmen

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](http://cosmostree.org) > Special Events or

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

For travel questions, including where to stay, contact

Rev. Barry Lippman at 347-448-2310.

**Continued from page 1 - "Patience: Stand Pat? Get A Patent? Start A Pattern? - A Participatory Satsang"**

taking this person so long?" etc. But this person may also very simply have another way of learning, of comprehending stuff, etc.

"So, for example, I had a conversation the other day with a Student. She was talking about an interaction with another Student. She was very astute and she realized the other person processed information another way and she needed to be more Patient with the other person.

"We need to do This in our interactions. We need to realize, 'Hey! everybody is at a different place Spiritually and everyone has his or her karma.' Just like some people may be very gifted in math, others may have to take two to three hours to add one plus one, whatever. ... So we need to be Patient. And we need to be Loving and we need to be Kind. ..."

"The other day I was talking - we're translating A Baker's Dozen into Spanish - and I was talking to one of the translators about a possible word to use ... And I said, 'OK. What about this word? What about that word?' And she very calmly and thoroughly took me through the connotations of the different words and 'lo and behold the one she suggested really matched very closely ... the meaning I wanted to get across in English. I was aware that during this interaction there was a little part of me saying, 'OK. Let's select the word! Let's be done with it! Let's be done with it!' ... but I just moved back into the Spirit I *am* and I was Present. And boy! did I enjoy our conversation! And boy! did I enjoy my Learning. And boy! did I Appreciate the translator's effort and her knowledge! That really was neat! ..."

"So when I was practicing Patience I really got to fully participate and really enjoy. I enjoyed the process tremendously. I Learned an awful lot. And I had a deep Appreciation for the other person and for the ability that she showed. Whereas if I had just rushed through I would have cheated mySelf of the beauty and artistry of all this. ..."

"It was very creative, very artistic ... It was like a painting with many, many hues and subtleties, etc. and being able to appreciate them and how they all work together to convey the meaning.

"So When I practice Patience I was practicing Kindness to mySelf, too. And I was practicing Proper Identification. And I also was giving the other person a Wonder-ful Opportunity to express him- or herSelf.

"And also what was the focus on? The focus was on the project ... and doing the best we can do and that's worth all the time and the effort because we're worth all the time and the effort. ..."

"And so when we practice Patience we're really practicing Proper Identification and Knowing ourSelves as Soul, as Spirit and we're being Kind.

"There's always Kindness connected to Patience. I was being Kind to mySelf by not rushing through it. I was being Kind to the other person. The Teachings Teach us that Kindness has to do with that we're all One Kind. We're of the Same Kind. We're of the Sound Current.

"So I was being Kind to the other person by being Kind to mySelf. And I was also being Kind to the project ... It's also taking Responsibility. I'm taking Responsibility for the Book. I take Responsibility for the translation. ... I take Responsibility that there are other Souls in bodies going to be reading this Book. ... If we come from the point of view hey! we're Spirit, we're Soul, we want to practice Patience. That's really it on a macro level.

"And on the micro level it's also important to practice Patience. Let's just say you Co-Created something and you're waiting on Spirit, etc. and you get impatient and want to rush ahead, do something, etc. Well, sometimes you may have to stand pat. You may just have to wait and see. See what the Spirit brings, etc.

"I know many times Spirit's working with Me, Educating Me, whatever It does with me, etc., and there are some times I get so

impatient that I keep on insisting I want the whole puzzle now. You know, don't tell me there are three or four things about this that are key and then just give me one or two and even that's spread out over days and days and then I have to wait ... I want it all at once.

"So I have to practice that kind of Patience and I have to stand pat and I have to Know that hey! guess what? I will Know that in perfect timing. It's not so much that I will Know it as it is the Spirit in Me will give it to the Spirit in Me [ed.'s note: Dr. Lane is referring to the process of becoming Conscious Spiritually] and it'll just ... incorporate Fully and Consciously ... OK, you have to be Patient with it ..."

"... the Overshadowing has to take place slowly. And in our own life and your own Spiritual Progression It needs to happen naturally, at Its own pace and slowly. You need to be Upvibrated naturally, as it were. You can't suddenly go from 30 watts to 100 watts. Doesn't work that way. So you need to be Patient within yourSelf when working with the Spirit, when working with yourSelf.

"And also, you need to be Patient - and this happens so often - feeling an emotion or we have a thought or we do a crazy translation of something and then based on that we go and we lash out or we go and we do something. You need to go, 'well, wait a second! Whoa! Whoa!' You need to Chant Your Tones; do the Release Process; Center yourSelf; go off and do something physical, whatever you need to do. Then change so that that whole ... set of factors changes. ... Maybe you even apply The Teachings to it. That's My Wish and Instruction. Apply the Teachings! ..."

"So we need to practice Patience with our emotional responses and with our thoughts as well. That's very key. Otherwise, we become so identified with our thoughts and our feelings that we take them to be real. ..."

"Whenever you're insisting on something or saying this is so or this is really 'my truth', ask yourSelf, 'Can I take it before God?' And if the answer is 'no' then it's not true and you may want to drop it. ... We may want to watch our attitudes, too. A lot of us we laugh, we snicker at others, etc. We're very condescending. We need to watch that; we need to have Patience with others. ..."

"Don't judge yourSelf! Also, if you judge yourSelf you separate yourSelf out from Spirit. ..."

"You may want to ask the Light Of The Most High for Clarity and Guidance and Co-Create, etc. Always work with the Spirit that you *are*. See, and That's Acknowledgement of yourSelf as Spirit, Proper Identification, etc.

"When you work with others you really want to be Kind and you want to be Patient. Give them time to understand! Give them time to work it. That's very different from procrastination. ..."

"Just a little trick: if there's something that you're avoiding you may want to do that first because the very thing you are avoiding you have energy going to it, energy going to it, energy going to it and you're always tied to that thing anyway. Just get it out of the way!

"And, lastly, the thing about Patience and what's so important is we live our life really *moment-to-moment* as if each moment is Eternal and if you're Patient you can just be in that Eternal Now... Each moment *is* Eternal, Eternal, Eternal; there's nowhere to go. ..."

"There's just Being, to be Patient with that Being no matter what your body is doing, no matter where it has to be or go to. The Consciousness in you has nowhere to go other than to Allow Itself to Be at and with God.

"And Patience Allows That. ... Patience Allows us to Be with God or with the Spirit that we *are*. ... It's tied in with Kindness. It's tied in with remembering Who you *are* ... So hang out with God. Be Patient and enjoy The Ride God has given you!

"And we'll stop with that."

Our Teacher Generously and Lovingly answered the questions asked following the Satsang.

pointing to the Upper Part Of The Third Eye]"

"If you keep practicing Proper Identification ... That's how you Live Royally as the Spirit you *are*. If you Know you're other than your thoughts, other than your feelings; if you're courageous enough to come from that Identity and live from that Identity then you're really Living Royally as Spirit. ..."

"Through God's Grace ... there's ... Initiation Into The Sound Current. ... and you have a Way to ... be with God *while you're in the body*. That takes you above the magnetic realms. ..."

"Which is really a Remedy [ed.'s note: Dr. Lane is referring to Initiation Into The Sound Current] for 'overcoming life challenges', which ... I find funny. ... so suddenly life is the 'enemy' and you have to overcome it. ... It's exactly the antithesis of the Teachings. The Teachings don't teach you to overcome anything. ... You've set up a struggle: 'I'm going to overcome'. ... so you said 'good-bye, God ... I'm going to do it mySelf'. So you've set out the struggle. ..."

"They're all Opportunities! ... It's through Grace that we Learn so we're not overcoming them but hey! work with Spirit! There will be a way through it! There will be a way around it! ... whatever is needed! But that's very different from how you set it up ... it ties in very much with Living Royally ... and practicing ... Proper Identity. You're Soul, you're Spirit. ... you want to keep practicing This. Stay lined up, stay lined up! ..."

"It's not how you stay in that Forcefield or stay in Alignment. That's not it. ... it's not a question of staying There. It's a question of What we do in Simran and Dhyana, Which is we keep Returning, Returning, Returning [ed.'s note: Dr. Lane is referring to the Upper Part Of The Third Eye] ... and that's the effort that has to be made. And I have a feeling ... there was an attempt to ... get around doing the work that's necessary ... and at the same time set it up ... 'it's very difficult' ... so you've made things ... tough and they don't have to be tough. You do It by Returning. ..."

"You do it by... talking to your basics ... how do you educate them? Lovingly ... the Four Rules of Self-Talk: keep it present; positive; directional and encouragement. OK. And remember all aspects of our Consciousness are here evolving and it's part of our Responsibility to educate our basic selves ..."

"It is important to remember Who we *are* and that we are Humans. We are the First Manifestation of the Lord, God. We are HU. Now, in reality ... in the Inner Worlds That sits about 27 levels beyond the Soul Realm. That's how far along that is. That's Who we *are* and we have to keep Remembering That, Remembering That ..."

"And if we Remember That what do we do? We can have a very easy time Co-Creating with Spirit. OK. And how do we Co-Create with Spirit? ... we tell God what your preference is; and we put it in the Light for the Highest Good. We may ask for Clarity and Guidance and we let it go and we do our part. ... You can't Co-Create having a new car and then do nothing about it. ... You have to let go; you have to Trust. ... if it's for the Highest Good it will come; if it's not ... it won't. ..."

"I want to bring in ... that it is very important to be On Point. ... Knowing you're Spirit, coming from that 'Place', having the Courage to be ... On Point with What is the Teaching? Am I living It? What do I need to do to be in Alignment with It? Am I in agreement with It? That's what you need to do. Always On Point. Always On Point. ..."

"If you keep Focusing into Spirit and you Allow yourSelf to be redirected and you're going with your Inner Integrity - Integrity means the Oneness, being At One with God, with Spirit - and you're really doing that then really you're having a positive 'dialogue' with God and yourSelf. And I'm going to use that because we walk around with that until we don't. And we don't walk around with that when we really, really, really, really have it within us that 'hey! I'm dialoguing with me! God? That's me!' So it's like Love. The object

of Love and the person seeking that Love eventually you Walk this Path and you Walk this Path ... you see it's all One and the Same. The Love, the Lover and the Beloved, They're all One and the Same. ... I would say God, the Outer Teacher, the Inner Teacher, the Outer Master - They're all the Same, OK. But until you get to that point you always want to keep being On Point. You want to keep lining up, lining up, lining up ..."

"There is not going to be an FBI investigation into the purported rumors that you *are* Spirit, OK. You're going to have to make it OK. You're going to have to make it OK to be Spirit and you're going to have to make it OK to live karma-free. You're going to have to make it OK ... to be OK. ... basic selves ... they will grab onto negativity as the Soul Lifts just to have a counterweight and you have to know it's OK to be Free, to be clear and you don't need to have a counterweight ..."

"I don't know if I'll be able to tie this in so I'll just address it separately: There was something about 'staying clear of the gossip of the world'. Good luck to you! ... that's not it at all ... you're not going to stay clear of it in the sense you won't have it come at you ... what you need to do is Choose not to participate in it. ..."

Our Teacher ended by saying, "If you take a look at all your ... topics ... underneath it all there has to be a Knowing that you're Soul, that you're Spirit, that you're other than your thoughts, your emotions and your feelings. And that's what's really important. And to live your ... *moment-to-moment* life in the Identity of yourSelf as Soul, as Spirit. ..."

Following the Satsang, Dr. Lane Lovingly answered a question from one Participant, giving us yet more Growth and Upliftment!

## JOIN US FOR OUR SUNDAY EVENTS!

### SUNDAY PROGRAM

December 10

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

*Tools For Living Free* Reading and Discussion: 12pm EST

December 10: #136 The Surrender To Grace - Knowing You're Okay

November 25 & December 30

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

Video/DVD Showing and Discussion: 1pm EST

November 25: #V18 Surrender And The Path Of Soul Transcendence

December 30: #V19 The Final Surrender And The Path Of Soul Transcendence

### THE TEACHINGS STUDY GROUP

December 10

3pm EST

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

December 10: "Patience: Stand Pat? Get A Patent? Start A Pattern? - 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](mailto:info@cosmostree.org).  
More details also on the Events page included with this Issue of *SpiritCentral*.

**\*NO SUNDAY PROGRAM OR TEACHINGS STUDY GROUP NOVEMBER 11.**