

Cosmos Tree, Inc. • A non-profit, tax-exempt educational foundation • "Where Potential Becomes Actuality"
The Center For Religion And Advanced Spiritual Studies • Know yourSelf as Spirit through Initiation into the Sound Current
177 E. 87th St. (Lexington - Third Aves) - Suite #204 N.Y. N.Y. 10128

Open Talk

Wednesday, January 1, 2020 at 6:50pm (Doors close at 6:45pm)

"Co-Creation For The New Year: A Participatory Satsang"

Wednesday, February 5, 2020 at 6:50pm

"Who's Your Walking Partner?: A Participatory Satsang"

Wednesday, March 4, 2020 at 6:50pm

TBA

Available by teleconference from all Centers. Presented by Founder/Director Roger B. Lane, Ph.D. Arrive between 20 and 5 minutes before as doors close promptly. Learn how to live in the Fulfillment of the True Self! Have fun! Learn about the SPIRIT YOU ARE! Email info@cosmostree.org for details.

Meditation Dates & Times

Meditation Of The Soul

Every Wednesday & Thursday at 6:10pm (except first Wednesday of the month).

Every Monday at 7:30pm & Second Sunday of Every Month at 10:30am.

One-hour Meditation with Instruction for Beginners. Give yourSelf this great Opportunity to get quiet; to be with the Spirit within; to de-stress; to release negativity; and to send Blessings to others! Come join us and leave the cares and the concerns of the world behind!!

Special Two-Hour Meditation of the Soul

Last Sunday of every month 10:30am-12:30pm (Doors close at 10:25am) Give yourSelf this great extended Opportunity, a great big Gift to yourSelf!

MEDITATION FOR HEALTH AND WELL-BEING

Tuesdays January 21 — February 18 — March 17 8:15pm

As part of a program of Special Meditations, this is a wonderful Opportunity for the Spirit that we really are to receive the Priceless Gift of the Healing Light of the Most High. Call for details. For those attending, please feel free to arrive as early as 7:45pm & PLEASE no later than 8:10pm, when doors close promptly.

Winter Semester

WEIGHT LOSS CLASS

beginning Wednesday, January 15 for 8 weeks from 7:45 - 9:15 PM EST; first Wed. in February & March starts at 8:15pm

Facilitated by Rev. Melissa Sones, under Direct Supervision of Roger B. Lane, Ph.D., Founder & Director

Learn to let go of negativity/your attachments; Focus into the Spirit you *are*; Trust, Allow, Receive; Love yourSelf; Stay Present!

Payment: \$62 and additional payments of \$31 for classes 2-7 or \$240 for series if paid in full when registered for Students enrolled in a Degree Program of the Seminary or \$63 / \$31.50 / \$245 for all others. Open to all.

TAR (Trust, Allow, Receive) Clinic

beginning Wednesday, March 11 for 3 weeks from 7:45 - 9:15 PM EST

Taught by Dr. Roger B. Lane

Learn to Trust that you are Supplied; to Allow Spirit to work in your life; to Receive God's Abundance and greater Joy!

Payment: \$90/\$92. Open to all.

All payments are nonrefundable and nontransferable. Please make checks payable to CRASS, 229 East 85 St. - #1347, New York, NY 10028. For more information call Registrar, Amy Blank at 708-846-1031 or email info@spiritcentral.org.

Our Sunday Programs

The Second Sunday of Every Month 10:30am-1pm

(Doors close five minutes before start of Meditation & Reading/Discussion)

10:30am-11:30am: **Meditation**. 12-1pm: **Tools For Living Free Reading and Discussion** (available via teleconference).

Please READ the *TFLF* prior to attending. All *TFLF* Titles can be found on our Web site at [cosmostree.org>Resources>Tools For Living Free](http://cosmostree.org/Resources/Tools For Living Free). Come to Meditation, *Tools For Living Free* Reading/Discussion or both!

TFLF Titles: January 12: **#77 Are You Giving YourSelf The Best?**

February 9: **#150 Individual Responsibility With And In A Group Focus**

March 8: **#128 Soul Level Consciousness: Now Is The Time, Here Is The Place**

The Second Sunday of Every Month 3pm-4pm January 12; February 9; March 8

Discussion and Study of a Recent Teaching Of The Path Of Soul Transcendence using articles featured in *SpiritCentral* of Satsangs given by Dr. Lane. Please READ the Article prior to attending. All *SpiritCentral* Newsletter articles can be found on our Web site at cosmostree.org/Newsletter (available via teleconference). If you are not a Student at the Center and have not attended previously please contact Rev. Amy Blank at info@cosmostree.org or at 708-846-1031 for instructions on how to participate.

The Last Sunday of Every Month 10:30am-2pm October 27; November 24; December 29

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

10:30am-12:30pm: **Meditation**. 1-2pm: **Video/DVD Showing and Discussion**. "Understanding The Spirit You Are" (available via teleconference). Come to Meditation, Video/DVD Showing and Discussion or both!

Video Titles: January 26: **#V9 How To Sacrifice "The Sacrifice"**

February 23: **#V10 The Ego's Revenge: False Pride**

March 29: **#V11 The Only Real Question**

TV and Online Video Series

"Understanding The Spirit You Are": Watch every Thursday 6:30pm on cable TV (see channels below) or online at MNN.org by scrolling down to "3 Spirit Channel" and clicking on "Watch Now". A 22-Part TV Series of Spiritual Learning by Dr. Roger B. Lane. Topics include "Forgiveness"; "Abundance Consciousness"; "The Power Of Choice"; "Living The Truth".

Time Warner Channel 1997 / RCN Channel 84 / Verizon (FiOS) Channel 35.

SpiritCentral.tv: Available on-demand at cosmostree.org/resources/spiritcentral; every Tuesday 6pm on cable TV (see channels above) or online at MNN.org at "3 Spirit Channel". Dr. Lane speaks on such topics as "The Christed Consciousness"; "From Fear To Love - The Journey Of A Soul"; "N.I.N.T.E.N.D.O. Actions"; & "Joy - What? How? Why?".

Call us for information: 212-828-0464 Email us at info@cosmostree.org TWITTER: @CosmosTreeInc. FACEBOOK: Cosmos Tree, Inc.

Visit our Web sites: cosmostree.org & spiritcentral.org

Please refrain from wearing any perfumes, hair sprays, fresh nail polish or remover, colognes, aftershaves or other chemicals to the Event.

Please refrain from alcohol and drugs -other than your prescription medication- 24 hours before the Event.