

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 6, 2021 at 6:50pm (Doors close at 6:45pm)  
 "How Are You Feeling About Your Feelings: Foe? Weapon? Opportunity? Reality? - A Participatory Satsang"

Wednesday, February 3, 2021 at 6:50pm

TBA

Wednesday, March 3, 2021 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.

SPECIAL NOTE: If you miss this TALK you may purchase the MP3 by going to our Web site.

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 19 — February 16 — March 16 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. Available by Teleconference!

Everyday Evolution 1

10 weeks Wednesdays, January 20 - March 24, 2021 7:45-9:15pm

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

Given by Dr. Roger B. Lane

Learn to let go of the negative and focus on the Positive; Change habitual patterns that no longer serve you; Recognize and eliminate beliefs, patterns and attitudes that you have allowed to limit you and more!

*Open to all but may be some prerequisites.*

*Payment: \$62 and additional payments of \$31 for Classes 2 - 9 or \$310 for Series if paid in full when registered for Students enrolled in a Degree Program of the Seminary or \$63 / \$31.50 / \$315 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.*

Winter Semester

**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. Come to Meditation, Tools For Living Free Reading/Discussion or both!

TFLF Titles: January 10: #107 Our True Nature

February 14: #164 Would You Like Another Drop Of Honey?

March 14: #159 "What Is Loving? - Part II"

Our Sunday Programs

**The Second Sunday of Every Month 3pm-4pm** January 10; February 14; March 14

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**

(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: Jan. 31: #V21 What Do We Do On The Path Of Soul Transcendence?

Feb. 28: #V22 What Are You Doing For The Rest Of Your Life?: An Invitation

Mar. 28: #V1 The Foundation For Understanding That You Are Spirit

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, aftershave or other chemicals to the Event.

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