

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 5, 2022 at 6:50pm (Doors close at 6:45pm)

**"Behind The Screen Of Anger: A Participatory Satsang"**

Wednesday, February 2, 2022 at 6:50pm

TBA

Wednesday, March 2, 2022 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](mailto: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 & Time

### **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 18; February 15; March 15 8:45pm**

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!

## WINTER SEMESTER

**Tools For Living Free Class 10 weeks, Wednesdays, January 19 - March 23 7:45-9:15pm**  
 (except first Wednesday of the month when Class begins at 8:15 pm.)

**Taught by Dr. Roger B. Lane**

The Student explores, in depth, the popular Educational Series *Tools For Living Free* with topics such as "Spiritual Economics"; "Living A Blame-less Existence"; "For-Giving YourSelf"; and many more. This Class aids Participants in investigating and Applying these many Tools to their own lives and helps Participants Learn to live free.

*A minimum of 10 Participants is required. Open to all. Payment: \$62 and additional payments of \$31 for Classes 2 - 9 or \$300 for Series if paid in full when registered for Students enrolled in a Degree Program of the Seminary or \$63/\$31.50 /\$310 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](mailto: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: Jan. 9: **#27 Using Your Reactions To Lift**

Feb. 13: **#28 Using The Tool Of Lila**

Mar. 13: **#29 Living A Blame-less Existence**

### **The Second Sunday of Every Month 3pm-4pm** January 9; February 13; March 13

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](http://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](mailto: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. 30: **#V11 The Only Real Question**

Feb. 27: **#V12 Giraffe Consciousness**

Mar. 27: **#V13 What Is Self-Worth?**

## 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](http://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](mailto:info@cosmostree.org) TWITTER: @CosmosTreeInc FACEBOOK: Cosmos Tree, Inc.

Visit our Web sites: [cosmostree.org](http://cosmostree.org) & [spiritcentral.org](http://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.*