

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, October 1, 2025 at 6:50pm (Doors close at 6:45pm)  
**"How Are You Using The 'Time' God Has Given You?: A Participatory Satsang" (MP3 A338)**  
 Wednesday, November 5, 2025 at 6:50pm  
**TBA (MP3 A339)**  
 Wednesday, December 3, 2025 at 6:50pm  
**TBA (MP3 A340)**  
 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 and first Thursday in November).  
 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!

***Join us  
for the  
Holidays!***

***Meditation Of The Light Of The Most High  
6:10 PM ET Each of the Following Days:  
Christmas Eve; Christmas Day; New Year's Eve; New Year's Day***

**MEDITATION FOR HEALTH  
AND WELL-BEING**

**Tuesdays October 21; November 18; December 16 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!

**MEDITATION  
OF  
GRATITUDE**

**Thanksgiving Day Thursday, November 27 Noon**  
 Join us for our Special Thanksgiving Day Meditation! Available by Teleconference.  
 (Please arrive no earlier or later than 10-15 minutes before.) Learn to Live in Gratitude!  
 Bring Friends, Family, Loved Ones, Enemies!!! Email [info@cosmostree.org](mailto:info@cosmostree.org) for details

## 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/ToolsForLivingFree). Come to Meditation, Tools For Living Free Reading/Discussion or both!  
 TFLF Titles: Oct. 12: **#122 The Truth Of Our Own Spirit**  
 Nov. 9: **NO PROGRAM**  
 Dec. 14: **#126 Give Your Garbage To God!**

**The Second Sunday of Every Month 3pm-4pm** Oct. 13 & Dec. 8 (NO PROGRAM NOV. 9)  
 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: Oct. 26: **V12 Giraffe Consciousness**  
 Nov. 30: **V13 What Is Self-Worth?**  
 Dec. 28: **V14 What Is The Path Of Soul Transcendence?**

**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](http://MNN.org) by scrolling down to "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.

Call us for information: 212-828-0464 Email us at [info@cosmostree.org](mailto:info@cosmostree.org) Visit our Web sites: [cosmostree.org](http://cosmostree.org) & [spiritcentral.org](http://spiritcentral.org)

TWITTER: @CosmosTreeInc FACEBOOK: Cosmos Tree, Inc. INSTAGRAM: @cosmostreecentral

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.