



Spirit Central

Timely information for friends of Cosmos Tree, Inc. and The Center for Religion and Advanced Spiritual Studies July/Aug 2009

Home Center - New York City

Mail:

Center for Religion and
Advanced Spiritual Studies
or

Cosmos Tree, Inc.
1461A First Ave. - #182
New York, NY 10075
212-828-0464

email: spiritcentral@yahoo.com

Web sites:

www.spiritcentral.org
www.cosmostree.org

Regional Centers

California

Los Angeles area
Rebecca Underwood
310-913-7212

Connecticut

Litchfield area
Marilyn Fiala Grossman
203-981-1030

Illinois

Glenview (Chicago) area
Karen Fiala
847-414-6462

Hawaii

Hilo area
Dewi Lim
808-937-5958

New Jersey

Middletown area
Karen Baxter
201-456-3568

Mexico

Queretaro area
Barry Lippman
52-442-224-3042
From the U.S.: 347-448-2310

Tennessee

Johnson City area
Peggy Heatherly
423-975-6868

Join Us For An Hour Of Spiritual Instruction

***“What Are You Looking
For? Why? What Happens
When You Find It?:
A Participatory
Satsang”***

July 1 at 6:45 pm EDT

August Satsang

August 5 at 6:45 pm EDT

Satsangs

by Dr. Roger B. Lane

Available At All Centers

“Are You ‘Down And Out’?: A Participatory Satsang”

At the outset of His May Satsang, Our Teacher asked: “Are you ‘down and out’? Alright. And what’s meant by that?” Dr. Lane observed that “down and out” could mean several things such as “someone who’s down on his or her luck. Someone who’s having a hard economic time.” But Dr. Lane clarified: “But I’m talking about ... being ‘down and out’ as a result of having the karma upon you, OK, or choosing into it.”

Our Teacher gave the following example: “Let’s just say somebody sends me an e-mail, OK, and I don’t understand what the person is talking about. ... Well, I can send an email back [that reads] ‘What does the person mean?’ or, ... if it’s kind of an educational setup, I can ask those who are there to assist me ‘hey! what does this mean? I don’t really understand. I’m confused.’ Alright. And that’s what happens. OK. And then I get to understand. And then we have an action happening here. ... Or I can take my confusion, feel frustrated, feel anger, OK, and maybe, well, maybe it’s a situation that’s been brought to me by Grace so there’s a lot of Love and a lot of Light there but, of course, I don’t know it, OK, because I’m not focused there and also I allow the karma to come upon me. Karma comes upon me and what do I do? I sent the guy an e-mail lambasting him and have everything inside out and backwards. ...”

Dr. Lane explained: “If you take a look at the first thing, I’m neutral. The action is clear. OK. And we go, we have the action between us, we complete it and we’re on to something else. OK. In the second thing, OK, where’s it gone? That energy has gone down into the world and, being the powerful creator I am, I’ve created additional karma. ... but rather than take the opportunity to have things released I crystallized the karma. ... If we choose karma we go down into the lower worlds and we’re propelled out into the world. OK.

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“The New Paradigm For The False Self: Loving Cooperation – A Participatory Satsang”

Dr. Lane began Our Teacher’s June Satsang by doing a simple Process: Dr. Lane asked those present at the New York City Center as well as those teleconferencing from around the country and from Canada and Venezuela if they had ever had the experience that they are not going to accomplish or achieve in their lives what they really wanted to or really want to if they really give themSelves over to Spirit? Some of those present raised their hands in agreement.

Dr. Lane then called in the Light Of The Most High like this: “Lord, God send us Your Light!” and Our Teacher asked everyone attending the Satsang to say inside themSelves: “I commit completely to having God be central in my life or to being with God inside mySelf.” Dr. Lane then asked us to “pay attention to ... resistance going on or any kind of voices: ‘I don’t want to do that!’, ‘I’m going to get killed!’, ‘No! That’s not OK! I’ve got goals and plans in this life!’”

Dr. Lane continued the Process: “Now just gently tell yourSelf: ‘No. I’m okay and we’re okay. We’re fine. And I need your Loving Cooperation to be with God or to have God be central in our lives. And thank you for the great job you’re doing allowing us to be with God!’”

Dr. Lane explained why we have to do the above

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Listen to Our Monthly Podcasts!!!

www.cosmostree.org

www.spiritcentral.org

**July: “How Do You Approach God?”
(CD A 49)**

**August: “Eternal Vigilance: Are You Practicing What
You Know Or Are You ‘Knowing’ It’s Practice?”
(CD A109)**

Summer Semester

**Checklist For Daily Living Class
5 Weeks Wednesdays 7:45-9:15pm
beginning August 5th**

**Learn to enhance your God-given days
to be with the Lord, God**

**Please see Events Page in this Issue
For More Details**

Retreat 2009: “Living Your Values, Prioritizing Your Life”

In mid-June Our Teacher brought forward a beautiful weekend Retreat for Initiates of the Path of Soul Transcendence. The Retreat was attended by Initiates from around the country and from Mexico.

Based on the generous sharing that took place, the Retreat, which was titled “Living Your Values, Prioritizing Your Life,” helped those present to strengthen themSelves as Devotees of the Lord, God and to commit/recommit to the Spirit they are. As Our Teacher said: “We want to have a life devoted to Loving God and to Knowing ourSelf as Spirit, as Soul and, as a byproduct, go Home [to Him].” Over the course of the Retreat, this writer discovered that the *only* Priority is God and that her *only* Value is God. From that Place, everything is handled. As Dr. Lane, paraphrasing the Bible, has often said: “Seek ye first the Kingdom of Heaven and all else will be added unto you.”

Through dreamwork; written work; Meditation; introspection and quiet time; much open, generous sharing; Processes led by Our Teacher; group and dyad work; and many Tools, including the educational publication *Tools For Living Free*; a DVD from Part II of the Series “Understanding The Spirit You Are”; and a CD of One of Our Teacher’s many important Talks, we learned more about The Teachings of the Path of Soul Transcendence including, for this writer, a deeper understanding that Life is a Gift. I saw more deeply that this Life is an opportunity to lift and grow, really to come to know mySelf as Spirit. This is our *only* Purpose here. As Dr. Lane said in one of the Tools studied at the Retreat: “God puts us here and we have all these opportunities!”

Of the many Teachings brought forward, Dr. Lane emphasized the Key Teaching of Responsibility, defined as “the ability to respond to Spirit.” That Responsibility, according to The Teachings, is Blame-less Responsibility. As Dr. Lane said: “You don’t blame yourSelf for the karma you created but you just focus on being Responsible; the focus is on being with God.” We also received continual Training about following Guidelines and learned its importance in participating in the Forcefield of the Lord, God. This Loving

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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.

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editor

Melissa Sones

editorial staff

Karen Baxter

Don Baxter (Epage Editor)

Barry Lippman

advisor

Dr. Roger B. Lane

SpiritCentral

1461A First Ave. - #182

New York, NY 10075

212-828-0464

e-mail:

spiritcentral@yahoo.com

websites:

www.cosmostree.org

www.spiritcentral.org

OPEN HOURS

Opportunities to speak with Dr. Lane and to experience personal and Spiritual growth and the lifting into the "positive" energies. Call any Center for info. and call-in number.

Tues. July 7, 14, 21, 28; Aug. 4, 11, 18, 25 -- 7:30-8pm EST

Wed. July 1, 8, 15, 22, 29; Aug. 5, 12, 19, 26 -- 4:30-5pm EST

MEDITATIONS

Doors close five minutes prior to times listed. Instruction provided

CALIFORNIA

Los Angeles area Every Wed. 7pm

CONNECTICUT

Litchfield area Every Mon. 11am

ILLINOIS

Glenview/Chicago area Every Sun. at 5pm.

HAWAII

Hilo area Every Mon. 6:10pm; Meditation for Health and Well-Being last Fri. of every month 7pm. Please call (808) 937-5958 for location.

NEW JERSEY

Middletown area Call Center for details (201 456-3568)

NEW YORK

New York City Every Mon., Wed. (except first Wed. of the month) and Thurs. 6:10pm; Sun., July 26, August 30 Special 2-hour Meditation 10:30am-12:30pm.

Meditation for Health and Well-Being- Tues. July 21, August 18 on the East Side & July 28, August 25 on the West Side (200 W. 90th St, #10A)

MEXICO

Queretaro Call for information.

TENNESSEE

Johnson City area Every 2nd & 4th Mon. at 7pm

Contact specific center for more information about these events

VIDEO 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.

CONNECTICUT

Litchfield Call for details.

HAWAII

Hilo area First Sun. of every month from 4:30-5:30pm including Discussion.

NEW YORK

New York City Every Fri. 3:00pm on Time Warner - Channel 57; RCN - Channel 84;

Last Sun. of every month from 1pm-2pm at NYC Center - Video Showing and Discussion

Brooklyn

Every Sun. 3:30pm
Cablevision - Channel 69
Time Warner - Channel 56

FALL SEMESTER 2009

Tools For Living Free Class

Given by Dr. Roger B. Lane
10 Weeks beginning Wed., October 14
7:45 pm to 9:15 pm

-Learn to live and apply The Teachings of the Path of Soul Transcendence
-Grow in Loving yourSelf
-Realize Your Power
-Learn to live in Neutrality

* * *

Weight Loss Class

Facilitated by Rev. Melissa Sones
8 Weeks beginning Mon., September 28
7:45 pm to 9:15 pm

-Let go of negativity/your attachments
-Focus into the Spirit You Are
-Trust, Allow, Receive
-Love YourSelf
-Stay Present

See July/August Events Page in this issue of SpiritCentral for more details on both Classes

The Money Workbook

A 30-Day Program to Greater Abundance, Prosperity and Self-Worth by Roger Bruce Lane, Ph.D.

is coming out from Tarcher/Penguin on September 3, 2009

If you would like to pre-order the Book, please go to www.amazon.com and put "Roger Bruce Lane" in the search box at the top of the page or go to www.themoneyworkbook.org and go to "buy book"

Cont. from p.1 - "Down And Out"

So if I'm ambitious and I want to do this and achieve that ... it's obvious where my energy's going. I'm being driven out into the world. I'm 'down and I'm out'."

"The Consciousness has to lift and grow and know Itself as Spirit ..." Dr. Lane continued. "When a Soul has entered into What's called Spiritually Eternal Life, Where It knows Itself as Spirit, as Soul and the body is still alive - It's dead to this world. OK. And why's It dead to this world? Well, for the simple reason that what pulled on It, the things of the world that pulled on It, don't have a hook on It anymore and there's no pull ..."

"But the ego creates this separation. OK. That's why the world believes in death. Separation. OK. This is the separation so 'I have so many things I want to do.' ... but there's a persistence there. What's the persistence? OK. Well, it's the persistence of the ego and the defense of itself. OK. So we see the drive into the world, the drive into the world. And we have the drive into the

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Dr. Lane Gives Talks In Madison, Wisconsin in September

This Fall Dr. Lane is giving Talks in Madison, Wisconsin as part of Our Teacher's Program of annual Speaking Tours. On Friday, September 25th at 7 pm Dr. Lane is giving a Talk titled "Health: Its True Meaning And How To Be Healthy" followed by a Meditation For Health And Well-Being. On Saturday, September 26th, Our Teacher is giving an Open Talk/Satsang (Spiritual Instruction) titled "Meditation On the Path Of Soul Transcendence: The Eternal And You." And on Sunday, September 27th from 10 am to 4 pm Dr. Lane is giving "The 'TAR' Workshop: Trust, Allow, Receive."

In Madison, there is also the Opportunity to receive the ultimate Blessing - Initiation into the Sound Current on the Path of Soul Transcendence, which is the Way to truly know yourSelf as Spirit. Knowing yourSelf as Spirit is the purpose of human life. The Gift of Initiation is given through the Grace of Our Teacher, Dr. Lane. Initiations take place on Sunday, September 27th at 6 pm.

The cost for the Workshop is \$125 with payment in full or deposit of \$75 was due by June 27 and balance due by Sept. 1; payments after these dates have a \$25 late fee. Workshop is \$150 at the door. There is a suggested donation of \$10 for the Open Talks (including the Meditation for Health And Well-Being). Please make check payable to: Cosmos Tree, Inc. and mail to Cosmos Tree, Inc., 1461A First Ave. - #182, New York, N.Y. 10075 or give to your local Area Representative; please be sure to include your name and phone number/email. All payments are nontransferable and nonrefundable.

For information and/or to sign up for the Madison Events, please call Wisconsin Area Representative Alice Shuman-Johnson at 608-838-7968, the New York Center at 212 828-0464 or your nearest Regional Center. For schedules, visit us at www.cosmostree.org and www.spiritcentral.org.

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Process; beginning with a description of how Consciousness works. "... the way the Consciousness is set up, we live in duality. ... The Consciousness is in duality so It operates along 'good,' 'bad,' 'plus,' 'minus' ... [but] ... we're ignoring what the Christ, Jesus told us and He told us 'that which is in Me is in you, too,' which means we have the Christed Consciousness in us which means ... we're Responsible. In other words, it ain't gonna be that guy on the Cross that's going to do It for us. We *are* Responsible. We've been charged with that Responsibility. ..."

"And we've got this battle going between what's called the false self or the lower self and the Spirit we *are*, OK. And we have the ego and it's the ego that causes us to see me sitting here, this person sitting over there, ... OK like we're separate beings and there's space between them. But Spiritually that's nonsense. There's no space. This place is packed with Souls OK ... and you're all in the Oneness of the Holy Spirit or of the Sound Current. And because of the karma we've created we've forgotten and so we identify with our thoughts and our feelings or with the false self ..."

Dr. Lane continued: "... We're always driven out into the world - fame, fortune, 'success' ... It's habit. The Soul has forgotten who It is. So in the Initiatory Process, the Soul learns to go 'in' and 'up' as it were - not direction - but It goes 'in' to where the Spirit sits inside Itself and goes 'up' into the Spiritual Realms above the lower worlds. ..."

"God's a freakin' genius. He set it up in such a way that our free will is always present with us. It's never violated, OK, and we're always at choice, OK. We have the negative polarity and here sits illusion, sadness, fear, pain, hurt, attachment, whatever you want, all the good stuff. OK. Alright. And then you as a conscious being are given the choice. Are you going to focus into that or are you going to focus into the Spirit you *are*? And because of the way the Consciousness is set up, the lower self perceives God as this big thing outside and ... it thinks it's going to be dead, OK, but ... a Soul can be with God and be in Eternal Life *while It's in the body* through the Initiatory Path. That's the great Gift. That's the great Gift. ... It's [the Soul] not 'dead' in the physical sense but in the sense that all that It was attracted to no longer has that pull. ... It's in the world but It's not of the world and the identity starts to shift."

Dr. Lane explained that the basic selves or the false self rises up and says, 'oh no! I'm not going to be killed! I'm not going to die!' But they won't use it in that way. They'll say, 'oh no! I've got things to do!' 'I've got goals!' I've got things to 'achieve!' etc., etc. ... our Consciousness is structured in a fighting sense ... the mind because it's busy putting labels on things and categorizing things thinks it knows something but obviously it knows nothing of the Spirit because it's not designed to go there. OK. And what happens in ... the Christed Consciousness Process or the Soul coming into Its Fullness, what happens is that by and by the mind is overshadowed by the Spirit, OK, that it allows itself to be used and to be a servant of the Spirit ..."

"But in our everyday consciousness we don't allow that. We set up the battle. I call it the 'Civil War.' ... I see very few people walking around today where there isn't a 'Civil War' going on inside of themSelves. They're fully at the mercy of the false self versus the True Self. ... Instead of having a battle between my wishes and the Spirit inside I

would work with that part of me that's resistant and move it into Loving Cooperation. ... 'We'll work this together and we're in this together.' ..."

"And, as I'm going about my everyday life and the Civil War rages, I'm gonna bear one thing in mind and that is What the Christ, Jesus taught us and He taught us that when God's Will and your will are One and the Same that's when we've entered into the Christed Consciousness. OK. And in The Teachings that I bring forth we get to see and have the experience that the Power isn't in 'lording over,' isn't in 'striving,' isn't in 'asserting,' OK, but the Power is in just the opposite. It's in Surrender and it's in Surrender to the Spirit that we *are*. ... *Each moment* is an opportunity. Drop a negative thought! Surrender that! Drop an emotion! ... And we just accept Being. ... Don't we feel better - a lot better - when we're in Peaceful Cohabitation with ourSelves? Don't we feel better if we're not being driven but we just relax into ourSelves? ..."

Dr. Lane concluded: "Eventually it's set up that every Soul is going to come to Its Completeness and every Soul is going to go Home to God ... if that's Who we are and ... if the Nature of Reality is Spirit why not be in Loving Cooperation with That Which Is? ... We don't have to perpetuate 'it's either Spirit or it's matter. It's either Spirit or mySelf with a small "m" as it were. It's either me or God.' Well, no. It's you as God. ... and That's the Loving Cooperation, OK, and That's What's required and That's the New Paradigm. And no Soul is going to be able to Complete Itself, OK, until there's Loving Cooperation with the lower self, with the false self. ..."

"When we move into the Spirit of Loving Cooperation, well, that's when you're Home Free. That's when we can really do things in the world individually and together and collectively; Loving Cooperation within ourSelves and amongst ourSelves and that's what's key and I Lovingly suggest that you practice It. ..."

A very Spirited question-and-answer session followed.

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Discipline is part of the Training of a Soul in Its Spiritual Progression so that It aligns with the Lord, God and is able to be with Him *while in the body*.

In addition to the Teaching on Responsibility, Our Teacher also emphasized the Key Teaching of Surrender. "It's all about your will and God's Will being One and the Same and giving up willfulness. ... Surrender your agenda and you're Home Free!" Dr. Lane stressed the importance of educating our basic selves or the false self, the part of us that brings forward our karmic patterns. As we lift, grow and, in the process, surrender all of our attachments, the basic selves get scared and experience this latter part of the process, which really takes place in the Inner Worlds of Spirit, as "death." "Unless you work with your basic selves they won't permit the Spiritual Energy to flow and then you're out of It," said Dr. Lane. " ... The false self protects itself from being hurt. ... You get hurt when you protect yourSelf from God. The safety is in being with God."

There was much sharing of and learning other Key Teachings as well: the importance of staying in Integrity/being honest with ourSelves; Generosity - as Our Teacher said: "Sharing ourSelves with God is the Generosity"; staying Present - as Dr. Lane said: "God is found in the moment, in being Present"; we're Inherently Free - as Dr. Lane said in one of the Tools studied at the Retreat: "The Freedom is inside ourSelves. There's nothing out there that will make us be free"; Unconditional Love - Our Beloved Teacher noted: "The Teachings teach us we can't earn His Love. God's Love is Unconditional"; Allowing - "The mind loves to set up things to 'achieve' or to have 'goals' ..." Dr. Lane explained. "'Achieve' is an ego task through effort versus moving into it. I just focus into Loving God and I'll be there a lot quicker"; being Vigilant - Dr. Lane said: "*each moment* we choose to drop the karma" and focus into Spirit; and, finally, Enjoying God's Life: "The bottom line of The Teachings is to Love God with all your Heart and all your Soul and all your Might and to Enjoy the life God has given you."

Retreat weekend also included a lively Saturday night Live Auction that included musical performances by Rev. Dewi Lim, Rev. Karen Baxter and Andrew Iseib.

Our sincerest thanks and appreciation to Don and Karen Baxter, who Lovingly donated the facilities for the Retreat and to Our Beloved Teacher, who gave Himself as always as God's Servant in Service to us and to all Souls.

On Monday, there were Area Rep and Ministers' Meetings and Workshops as well as our regularly scheduled Meditation.

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world, you know, the karma is upon you. ... 'I have so many things I want to accomplish.'" As Dr. Lane observed: "... see, that's code, you know, and the code is: 'I'm deathly afraid of Surrender.' OK. But we know that the Journey of a Soul is from fear to Love and it's done through Loving Surrender. It's done through Loving Surrender. ... All you have to do is 'I'm going to give it up.'"

Our Teacher emphasized: "Sometimes we have to walk on eggshells but the point is to stay clear. That's what's really important, OK, and we always have that choice." Referring to lust and greed, Dr. Lane stated: "They come out of fear and lack and not knowing that we're supplied, OK ... When we're 'down and out' we have forgotten who we *are*."

Dr. Lane suggested: "So when you find yourSelf 'down and out', OK, just reverse it! OK. Go 'in and up,' 'in and up,' always choose into God, always choose into Spirit. ... We're here very specifically, OK, because of karma we put in motion and that's 'down and out' and we can keep that going or we can start to remember who we *are*, break that momentum, break that confusion by going 'in and up,' OK. ... And it's a process of remembering and if you're not, it's just a simple thing of 'woah! woah! I'm not going to do that! I'm going to choose other than to come from negativity.' That at least breaks some of the momentum. ..."

"Move into Loving Surrender!" counseled Dr. Lane in conclusion. "See, that to me is the Key. ... Why be 'down and out' when we're really living in God's Kingdom? God's Kingdom is within. Access is available to all. Take Initiation into the Sound Current and you have 24/7 access to Spirit and you have the opportunity to *directly* know God. Not through reflection; not through karmic reflection but to *directly* know God. Woah! Mamacita! OK. And *directly* know God and you know yourSelf, OK. Then as we make the choices to go 'in and up,' 'in and up,' 'in and up' confusion gently and slowly lifts. ... we're powerful creators, OK, and why don't we just choose being with God rather than being 'down and out'? And I'll stop with that."

A Spirited question-and-answer session followed.