



Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and The Center for Religion and Advanced Spiritual Studies
November/December 2010

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“How Am I Doing? Criticism Or Jumping-Off Point?”: A Participatory Satsang

Our Teacher began His September Satsang by leading the participants through a Process. Dr. Lane asked that we call in the Light Of The Most High “because that’s What we work with here. It’s the Frequency that emanates from the Lord, God. ... What I’d like to have you do is get nice and quiet, and answer a simple question ... ‘When you evaluate yourself what is the standard that you use?’” The personal responses shared by some participants included: “My own standard”; “Do unto others as you would have them do unto you”; “How much have I grown in Love of God?”; “Fulfilling my Purpose here which is coming to know myself ... through (doing) Service ... with a Loving Heart to Lift and Grow.”

Dr. Lane noted: “... In the word ‘evaluation’ is ‘value’. ... You are valuing something. ... I notice that a lot of you, you’ll use evaluation in a very negative way O.K. and you’ll use it as criticism O.K. and you’ll hold it against yourself. ...” By way of example Our Teacher clarified: “I have two ways of valuing or evaluating my jump shot in terms of Student [Dr. Lane mentions Student’s name]. O.K. I could have - what a lot of you do and that is, ‘Oh my gosh! You know, I’m no good; I’ve got a terrible shot,’ you know? ‘I can’t get off the ground high enough or I don’t have enough arch on the ball. ... and my jump shot just isn’t a game-winner.’ ... Or I can go, ‘O.K. Student [Dr. Lane mention’s Student’s name] got a great jump shot. What’s he doing? What makes it so great?’ O.K. And then I’ll break it down and evaluate and then I’ll use it to strive and incorporate that and learn and take it in and aspire to it.’ ... I can be jealous of Student [Dr. Lane mentions Student’s name] ability

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What Business Are You In? ‘How’s Business?’ ‘Are You Taking Care Of Business?’: A Participatory Satsang”

At the outset of Dr. Lane’s October Satsang Our Teacher led the participants through a Process. Dr. Lane instructed that we get quiet, call in the Light Of The Most High, and ask ourselves three questions. Dr. Lane said: “‘What business are you in?’ ‘How’s business?’ ‘Are you taking care of business?’ Whatever comes, comes.” Dr. Lane stated, making clear that “There’s no right answer, there’s no wrong answer; there’s just the answer that comes to you.”

Several participants then shared their experiences. These included: “I’m in the Business of Loving God and Serving the Lord, and Business is going really well; and I think that I could always take care of Business a little bit better”; “The Business of Lifting and Growing; Business is good; Business could always be improved ...”; “I’m in the business of fear and business sucks; and I’m taking very good care of business”; “I’m in the business of my life. ‘How’s business?’ Not too good. ‘Are you taking care of business?’ I try”; “I’m in the business of Peace, Compassion and Love; Business is going well; and I am taking care of Business to the best of my ability.”

Dr. Lane then explained that, “We are here to Lift and Grow, come to know ourselves as Spirit and really here to Love God ... We really do need to look at our values and where we place our energy, where we place our focus. And as Souls, O.K., if we identify properly as a Soul, we know that we’re here in the Fulfillment of ourselves. And this Fulfillment of ourselves is different from the fulfillment in the world. ... Fulfillment in the world, good luck and may God bless you, O.K.; it’s not designed for fulfillment. You’re not here to be fulfilled in the world, O.K.,

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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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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. Nov. 2, 9, 16, 23, 30; Dec. 7, 14, 21, 28 — 7:30-8pm EST
Wed. Nov. 3, 10, 17, 24; Dec. 1, 8, 15, 22, 29 — 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

FLORIDA

Sarasota area: call 941-349-0432 or 941-284-2002 for details.

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.

ILLINOIS

Glenview (Chicago) area: Call Center for details 847-414-6462.

NEW JERSEY

Middletown area: Call 201-456-3568 for details.

South Jersey area: Every Wed. - 6pm (except 1st Wed. of month)

TENNESSEE

Johnson City area: Every 2nd and 4th Mon. 7pm.

WISCONSIN

Madison area: Every 4th Sun. 5pm; Every 2nd Sun. 5pm Meditation for Health and Well-Being.

MEXICO

Queretaro
Call for details.

NEW YORK

New York City: Every Mon. 7:30 pm; Wed. (except 1st Wed. of the month) and Thurs. 6:10pm; Sun., Nov. 14 and Dec. 12: 10:30 am; Sun. Nov. 28 and Dec. 26 Special 2-hour Meditation.; Meditation for Health and Well-Being East Side (Home Center): Tues. Nov. 16, Dec. 21 — 8:15 pm
West Side (200 W. 90th St, #10A): Tues. Nov. 23, Dec. 28 — 8:15 pm

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 area: Call for details.

HAWAII

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

NEW YORK

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

Brooklyn

Every Sat. — 4:30pm
Cablevision - Channel 68
Time Warner - Channel 35
RCN - Channel 83
Verizon 43

Video showing and discussion: last Sun. of every month 1-2pm at NYC Center

Join Us For An Hour Of Spiritual Instruction

"Are You Waiting for Rigor Mortis Or Are You Applying The Teachings Rigorously?:"

A Participatory Satsang"

November 3, 2010 at 6:50 pm EDT

December Satsang
December 1, 2010 at 6:50 pm EDT

Satsangs
by Dr. Roger B. Lane
Available at All Centers

THANKSGIVING DAY MEDITATION OF GRATITUDE

Thursday, Nov. 25
12:30 pm

-Discover the Living Reality of Gratitude

For more info. please see Events Page with this issue of SpiritCentral

Listen to Our Monthly Podcasts!!!

www.cosmostree.org
www.spiritcentral.org

Nov. A121 "Are You Picking And Choosing Or Have Your Chosen?: A Participatory Satsang"

Dec. A122 "Have You Lined Up All Your Ducks In A row? Good. Now Duck!: A Participatory Satsang"

SIGN UP FOR HOLIDAY GIFT-WRAPPING NOW FOR THE EVENINGS OF DEC. 3 AND 10!!

SIGNING UP FOR GIFT-WRAPPING MEANS YOU'VE CHOSEN TO GIVE YOURSELF THE OPPORTUNITY TO BE OF LOVING SERVICE AND TO FURTHER LIFT AND GROW INTO THE SPIRIT YOU ARE, WHICH IS OUR PURPOSE HERE!!

For more information please see the Events Page in this issue of SpiritCentral

EVERY MOMENT IS AN OPPORTUNITY TO "UNWRAP" THE GREATEST GIFT OF ALL - THE GIFT OF THE SPIRIT WE ARE

AND THE ONLY WAY TO "UNWRAP" THIS MOST PRECIOUS OF GIFTS IS TO GIVE YOURSELF THE PRECIOUS GIFT OF INITIATION INTO THE SOUND CURRENT!!

TO LEARN MORE, CALL YOUR NEAREST CENTER

Continued from p. 1: “How Am I Doing?”

with the jump shot or I can incorporate what makes it so good and I can use it as a jumping-off point. ... Many of you focus on your failures O.K. but you need to focus on your success ...”

“Many of us what we do is we get into blame; we get into lack; we get into pain; we get into judgment. Then we have a judgment. What happens is it sits there. We’ve judged ourSelves, O.K., so now we have the karma and then we have the judgment. Then we have the judgment which helps keep the karma in place, see?” said Dr. Lane. “And there is something in the human condition, the sense of unworthiness that many of us spend a lot of time reinforcing - that we’re not good enough ... there’s something when you do that, there’s an inherent lie going on and the lie is that ‘I’m not Spirit’ and the lie is that I am so, so special that I’m the only Soul on this planet that does not have the Christed Consciousness within me. ... I’m the only Soul who doesn’t have That so I can treat mySelf this way because I don’t have the Christed Consciousness, I can treat mySelf with unconditional contempt, scorn, and a sense of unworthiness O.K. instead of with Unconditional Love. O.K. See. And it’s interesting Unconditional Love – Greek is *a/gáp/e*. *A/gape*. [Ed.’s note: Dr. Lane is using the English pronunciation here.] The Eye is wide open which means the Spiritual Eye is wide open so ‘The Eye is single.’ That’s what it says in the Bible: ‘When the Eye is single the body is a Light’ so you have this single focus, this single Eye and yet you’re pretending that it’s not so, that you don’t have to treat yourSelf with Unconditional Loving so you create the judgments which further entraps the hurt, the pain, the separation so you continue your reincarnational pattern and, more immediately, that is the pain.

“People live in pain,” stated Dr. Lane. “O.K. And why the pain? Because they have forgotten what we are here for. And we’re here for knowing ourSelves as Spirit ...” And, Dr. Lane asked: “How long did it take you to create the karma that’s with you? O.K. Let alone how long did it take to create the karma that’s stored for you, for future embodiments? How long? Lot of time. A lot of embodiments. A lot of choices into karma, into negativity. O.K. Alright. So God in His Kindness and Mercy gives you another life and all the lives that you need in a body so you can start to exercise your will in alignment with His and start to choose properly. O.K. ...”

“We’re strange beings. We have it backwards,” Our Teacher explained. “What I’m asking you to do is, when you evaluate is use it as a jumping-off point, without blame, O.K. ... And blaming yourSelf, it’s a great way to pretend that you’re not responsible. ... So as long as we’re in blame we’re abdicating our responsibility. But we’re responsible anyway. We’re totally responsible. O.K. You could do it consciously or you could do it unconsciously. Unconsciously you know you create karma. O.K. Being consciously responsible, well, then you start to make choices away from the negativity and you start to Lift and you start to Grow. ... What’s happening is that we all sit in the Oneness of Whatever you want to call It - the Holy Spirit, the Sound Current - and we’re being worked with and Upvibrated, etc. ... And the choice is participation or not ... and within yourSelf being present. O.K. ... But you can’t be present if you’re into jealousy; holding things against yourSelf; not good enough ...”

Dr. Lane suggested: “When we evaluate things we need to do it neutrally. We need to do it lovingly. O.K. And we need to use the gold standard of ‘How can I use this to fulfill the Purpose of my life that God’s given me?’ And I know the Purpose of Human Life is to know yourSelf as Spirit, to have Proper Identification and to be a Lover of God. O.K. And there’s a Way to do That; It’s been here forever. O.K. There’s an Initiatory Way, a Path, to do That. It’s the Way of the Christ and that’s how it is. ... you can have as many bodies as you need but while you have them and while you’re in your present one isn’t it a lot nicer to sit in your body without the judgments, without the hurt of separation, without the pain, without the attachments, without the fear, without the blame, you see? So if you use it to, O.K., ‘my evaluation is I can do better and I’m going to do better and this is how I do better’ and then do it; it’s real simple. All the other stuff doesn’t change anything. ... The blame doesn’t change anything. The guilt doesn’t change anything. The shame doesn’t change anything. The hurt doesn’t change anything. O.K. It does make it harder to Lift when you enter into that. ...”

In conclusion Our Teacher counseled: “We choose consciously to Lift. I chose consciously to study Student’s [Dr. Lane mentions Student’s name] jump shot and using it as jumping-off point. I chose very consciously that. If I chose very consciously that I didn’t have to not choose to go into negativity. ... use all the negativity as a jumping-off point because that’s why God put it in the system. All that hurt, pain fear and that negativity? That’s what it’s for. To strengthen us when we make that choice so that (eventually) the Soul is strong enough to be with the Spirit. It can be with God. The training is *while you’re in the body* and by making That Choice, constantly, constantly – that’s the Strengthenener, that’s the Spiritual Gym.

And I encourage you to do That. And we’ll stop with that.”

by the world's values. O.K.

"We're all here to Grow and to Lift," observed Dr. Lane. "But the Soul - It's confused, It's had a lot of embodiments; It identifies with the world of form and It thinks that It's in form. ... It doesn't know that It's Spirit so that It keeps going out. ... The values of the world are the bright lights, fame, fortune, status, that sort of stuff. And we are driven to that. And driven always has the quality of outside ourSelves. ... We also know people firsthand who seek fulfillment in the world and nothing ultimately satisfies them. ... If we take the approach of Loving God and as Spirit then What are we doing?"

"Yeah, we fulfill ourSelves and The Teachings that I bring forth Teach two very important things. They Teach to Love God with all our Heart, and all our Soul and all our Might and to enjoy the life that God has given you. ..." stated Dr. Lane. "It doesn't mean you have to be a hermit; it doesn't mean you have to go live on a mountaintop ... But it means where you're placing your focus and your priority. ... Things of the world ... they don't satisfy us. ... God's given you this opportunity and maybe, if somehow you could get away from 'my life' to 'the life that's been given to me' then that makes it more expansive, it makes it bigger. ... It's interesting to me also that I can tell when people have forgotten the real Business they're in because their life doesn't look so good ..."

Our Teacher assured us: "There's a real 'normal' way to Progress Spiritually. So if you find yourSelf really grabbing onto 'gotta make this happen; this has to happen; I have to be this; I have to do this; I have to have this; I have to be this;' whatever it is, O.K., you're in the wrong business or you've forgotten the Business that you're in. If you're not focused on letting go, Loving, Surrender, being of Service from a Loving Heart then the business you're in isn't doing very well. ... You have to take care of Business. ... When we move into that we find a real change in attitude ... When we go inside and go in the Soul Body and have access to the Spirit, to God and to be with God - that's the Blessing, that's the Fulfillment, that's the Business and that's the Wealth, you see. And many of us totally forget, we walk around with no connection to the Spirit we *are* in our daily lives ... The karma's upon us because of what we've created, O.K., and it has power, it has force but sometimes that amount of force is, to me, mind-boggling, and yes it's so powerful that it does push the Soul, as it were, out and down into the world and obviously into reincarnational patterns. ... And there's choice in that nanosecond; there's choice. ..."

Dr. Lane noted: "When we make choices, O.K., most of the choices are based on fear. 'Oh I need to do this so that won't happen' or 'I better stay at this job because I'm afraid of what will happen' or 'If I do this or if I say something to someone I'm afraid of that person's response - they may not like me anymore; they won't take me out to dinner; I'll get fired' or whatever it is. It's all fear-based. ... If we're really tcB'ing [tcb refers to 'taking care of Business'], we're taking care of stuff, we're loving ourSelves, we're honoring ourSelves ... You're in the business of Forgiveness, Loving God ... But Spirit is for giving, O.K., It gives, O.K. And forgiveness is the key to that. ... If I don't forgive then I'm holding something against that person and that person is the same Spirit as I *am* (so) I'm holding something against mySelf. ... The nature of Spirit is to give. ... We're in peace and we're at peace when we are in alignment of our will and God's Will, when we're really taking care of Business and know that our Business is Loving God and we're actively engaged in It. ... See and the nice thing about This Business is," observed Dr. Lane, "It's recession-proof. It doesn't matter what's happening out in the world. ..."

Our Teacher emphasized: "And through the Grace of the Lord, God we get the opportunity to take Initiation into the Path and come to know This, not as intellectual framework, but we know it experientially, as an experience. ..."

In conclusion Dr. Lane suggested asking yourSelf: "At the end of the day ask yourSelf, 'Hey! Despite what was going on out there in the world, did I get my 'buzz' on with Loving God?' That's my 'buzz'. That's my glow. O.K. and that's what I *am*. So just be yourSelf. O.K. And allow the Fulfillment because it's through God's Grace that you are Fulfilled. You place Your Consciousness *exactly* in the "Place" it needs to be according to how you've been instructed, O.K., and the rest is Grace. ..."

And, Our Teacher reminded us: "That's actually, in reality - That's the only Business there is and that's the only Business That's licensed but That's the only one the exists. ... Through the Gift of Initiation we have access to Spirit, we have access to the Lord, God and we can be with the Lord, God *while we're in the body*.

And That's the wonderful Gift of the Business. And That's the wonderful 'payoff' as it were. We don't even seek a 'payoff'; we just seek to be with God. Then eventually what do we do? We give up the seeking and we Allow. We're just with God and we're wrapped up in the Holy Shabda, in the Sound Current and that's Your Business. That's My Business.

So what's it Your Business? Well, it's every Soul's Business and we'll stop with That."