



# SpiritCentral

Timely Knowledge for friends of Cosmos Tree, Inc. and The Center for Religion and Advanced Spiritual Studies Sept/Oct 2011

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## OUTSIDETHE.U.S.

### Mexico

Queretaro area  
Barry Lippman  
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From the U.S.: 347-448-2310

## Cosmos Tree Weekend Of Upliftment And Grace Nov. 11-14, 2011 In Los Angeles

Created And Facilitated by  
Founder/Director Dr. Roger B. Lane

**Fri. Nov. 11: Talk on "What Is  
Health?" followed by a Meditation  
For Health And Well-Being - 8 pm**

**Sat., Nov. 12: All-Day Positive  
Creation Workshop - 10 am-5 pm  
Talk on "Living In The Joy Of  
God's Heart: How? When? Where?"  
- A Participatory Satsang" - 8 pm**

**Sun., Nov. 13: Initiations Into The  
Sound Current On The Path Of Soul  
Transcendence - 1 pm followed by  
Meditation Of The Light Of The  
Most High - 3 pm**

**Mon., Nov. 14: Meditation Of The  
Light Of The Most High - 7 pm**

*For More Details and To Sign Up,  
Please See Events Page In This  
Issue of SpiritCentral*

## *"Thinking Outside The Box": A How-to Manual - A Participatory Satsang"*

At the outset of Our Teacher's August Satsang about "thinking outside the box" Dr. Lane asked the participants what thinking "inside the box" meant to them. Their responses included: "popular norms"; "conventional thinking"; "limited"; "habitual, automatic"; "safe and comfortable"; "living in time and space. ..."

Dr. Lane observed that "what thinking inside the box" is is it's limited. ... Like everything else in human life it is limited by our conditioning or our karma. ... There's a pattern. It pushes against us, against our Consciousness and we do the same thing over and over again and we think the same way. We know from the way the Consciousness is set up ... Consciousness is set up where there's the Soul - the Spirit - and then we have things of the lower worlds or of lower frequencies or of the magnetic light - the mind, the emotions, the unconscious, the imagination - and their job is to be in charge, their job is to rule the roost. ..."

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## *"The Problem of 'Evil' In The World and Its Solution"*

Dr. Lane started the July Satsang by saying, "I want to talk a little bit about the problem of quote 'evil' in the world. ... We're not talking about something that is oppositional although it seems that way. We're not talking about anything that is quote 'of the devil' or any of that. And so when we talk about 'evil' - it's in quotes - what are we really talking about? OK. Alright. We know that the only 'sin' there is is not knowing who you *are*, not knowing your Identity. That's the only 'sin' and that's the 'evil.' OK. And talk about the problem of 'evil' OK and like any problem it has a Solution. ... What's the Solution to not knowing Who you *are*? Obviously, it's knowing Who you *are*, that you *are* Spirit. ..."

"If you take a look at the world ... it's all about 'evil' in the sense we just spoke. OK. It's all about what? It's all about karma ... So on a massive scale why does all this stuff happen? It happens because each individual gives himSelf over to the negative polarity ... and gives over into karma. OK. And chooses away from *knowing* that That Being *is* Spirit. Now, if I *know* that I'm Spirit then guess what? I *know* that that same Spirit that's in me is in you. ... There are people in phoneland - they're sitting 'there' and it looks like there's distance. ... but, in reality, we know that we're all in the Oneness of the Holy Spirit or the Sound Current. We're all together. It's the same Spirit. ... I can stay in the Grace of being that I'm Spirit so I know I'm Spirit, you're Spirit, there's no way hurting enters that equation. ... even if I hold a negative thought against you, what am I doing? It's the same Spirit so guess what I've done? I've separated mySelf from the Spirit *I am*. I've created karma and that karma is separation and I'm going to be at the effect of that. That's 'evil.' I hold something against you - that's 'evil' because it comes out of my not knowing Who *I am* or choosing to ignore it. ..."

"If you take a look at your days you'll see that you're busy with a lot of those creations. A lot of those creating away from the Spirit you *are* and not fully practicing what you know, which is that you're Spirit. And human beings have a great, great ability to rationalize anything. ... You have the right to create 'evil.' You have the right to create karma. And that's just giving over to what? To that negative polarity inside of us. ... We know there's a Positive Polarity and a negative polarity ... it's charged negatively like a battery and it's charged Positively and we know that

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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. Sept. 6, 13, 20, 27; Oct. 4, 11, 18, 25,  
— 7:30-8pm EST

Wed. Sept. 7, 14, 21, 28; Oct. 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

### FLORIDA

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

### HAWAII

Big Island: Please call 808-937-5958 for information.

### NEW JERSEY

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

### TENNESSEE

Johnson City area: Every 2<sup>nd</sup> and 4<sup>th</sup> Mon. 7pm.

### WISCONSIN

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

### OUTSIDE THE U.S.

### 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., Sept. 11 and Oct. 9: 10:30 am; Sun. Sept. 25, Oct.

30 Special 2-hour Meditation; Meditation for Health and Well-Being East Side (Home Center):

Tues. Sept. 20, Oct. 18 — 8:15 pm

West Side (200 W. 90th St, #10A):

Tues. Sept. 27, Oct. 25 — 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.

### HAWAII

Big Island: Please call 808-937-5958 for information.

### 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 (except Apr. 24)

### Join Us For An Hour Of Spiritual Instruction

"How Are Your Investments Doing?:"

A Participatory Satsang"

Sept. 7, 2011

6:50 pm EDT

October Satsang

Oct. 5, 2011 at

6:50 pm EDT

Satsangs  
by Dr. Roger B. Lane

Available at All Centers

### FALL SEMESTER

"UNDERSTANDING THE SPIRIT YOU ARE - PART II"

TAUGHT BY DR. LANE

STARTING WED. OCT. 12

FOR 10 WEEKS

From 7:45 pm – 9:15 pm

-Explore The Path of Soul Transcendence and gain greater Understanding of the Path and Keys to employ The Truth It brings forth in a Scientific manner

Listen to Our Monthly Podcasts!!!

www.cosmostree.org

www.spiritcentral.org

Sept. "Who's The Boss?" (A58)

Oct. "Does God Really Love Me Even Though I Have A Lot Of Karma?" (A67)

## GIVE YOURSELF THE GIFT OF THE MID-MONTH SUNDAY PROGRAM!

Sunday, Sept. 11: Meditation Of The Light Of The Most High followed by Reading/ Discussion from *Tools For Living Free* "Using The Tool Of Choice" - 10:30 am

Sunday, Oct. 9 : Meditation Of The Light Of The Most High followed by Reading/ Discussion from *Tools For Living Free* "Self-Acceptance" - 10:30 am

Beginners Welcome! Instruction Provided. Free of charge with a Suggested Donation of \$5 (For Entire Program! It's the Best Deal in Town!)

Continued from p. 1: “Thinking Outside The Box: A How-to Manual”

Our Teacher explained: “... so you’re of the same Essence as God. OK. In the beginning, we did a short Meditation and we chant “HU”, Which is an ancient name of the Lord, God and It’s His First Manifestion. And we go into the Upper Part Of The Third Eye. Why? Because That’s the ‘Place’ where the Spirit or the Soul sits in the body... Everything else is of the psycho-material worlds. OK. So we don’t pay attention to what’s below That. And thinking inside the box is the same thing as living in the psycho-material worlds, OK, which is full of pain, fear, doubt, hurt, karma - the good stuff of our creation away from the Spirit that we *are*, OK, and it’s full of lack and limitation. Alright.

“And why do we need to ‘think outside the box’?” posited Dr. Lane. “Well, I’ll give you the obvious answer; it’s because nothing new has happened thinking inside the box and you haven’t come to any solution thinking inside the box. OK. But if you were to go and - let’s just say - look in the inner worlds on the mental plane you would see all these thoughts lodged there OK and, according to the individual Soul’s karma, you pick up these thoughts and have these thoughts but there’s nothing new ...”

“And if you’ve noticed most people’s thoughts – and by most people I mean 100 percent of people - they’re karma-based OK because they’re allowing it to run from the mind. Alright. So let’s take a look at what it means to ‘think outside the box.’ OK. Now remember we had talked about the mind being in control and being in charge, OK, that that’s what the mind wants to do because if it can keep you coming and going and reincarnating it’s done its job, OK, but inside of us ... sits the Spirit that we *are*. So ‘thinking outside the box’ means thinking outside the electro-mechanical pull of the mind and where the mind isn’t in control, OK. ‘Thinking outside the box’ is really what the Unknown Poet says about what Genius is, that ‘Genius is the absence of thinking in the Presence of Thought.’ And Thought is with a capital ‘T.’ ‘Thought’ means the Mind of God or God Consciousness, OK. So ‘thinking outside the box’ is letting go and allowing God to run the show and being receptive to What’s placed there. OK ... ‘You’re telling me to Trust, that I have to Trust the Spirit, that the Spirit knows’. Well, yeah. You know. The Spirit does know. OK. The Soul does know. OK. And you also need to trust that the Spirit knows exactly what’s appropriate, OK, so that you bypass the habitual responses of the mind because with habitual responses, many times - if not all the time - they’re not appropriate to the situation going on. ...”

“When you ‘think outside the box’ a) is the mind’s not in charge. Spirit’s in charge. b) is you enter into Trust, you enter into the Knowingness of the Spirit ... ‘Thinking outside the box’ means being present with Spirit, present with God, OK, allowing That to direct you and move you and to activate the mind because the mind in and of itself can’t activate itself, as it were. ... and it’s very important to let go of any frames of reference, any lack, any limitation, any ‘what you think it should be.’ ...”

“What are some of the advantages of ‘thinking out of the box’? Well, you’ll get the Solution. It won’t be the same old, same old, same old. OK. And it opens up opportunities for different ways of being, different ways of running things, different ways of relating. And that’s key but also what it does inside of us is the most crucial because what it does for us (is) it gives us permission to know ourSelves as Spirit, to allow That to be and then to have That enter into the world through our thoughts, through the mind. And a real good example of that, well, I’m giving this Talk OK but I didn’t sit down before and outline what I’m going to say, etc or how I’m going to say. I’m just working with the Spiritual Energies that are Present and with the Frequencies of Souls that are coming here and putting all together the information and the material in a way that’s palatable and understandable and you can all comprehend it. And there will be a Lifting and Growing. And my mind is the interface for this but my mind can’t do it. Why can’t my mind do it?... the reason is that the mind can’t get above itself, as it were. It can’t vibrate beyond the frequency it’s on so it can’t go into the Soul Body. It can’t go to the Soul Level and be with that Frequency. And so what happens is that the Spiritual Frequency is allowed to come down and downvibrate and the interesting thing is that the Spiritual Light can work on the magnetic frequency, OK, but the magnetic frequency can’t go up into the Spiritual Frequency, OK, can’t sustain It so it’s [ed’s note: Dr. Lane is referring to the mind] just allowing that Spiritual Flow alright ... and the mind can be used appropriately ... we want to have the mind be of Service so ‘thinking outside the box’ means the mind is the Servant of Spirit. ...”

Our Teacher cautioned: “And the ultimate ‘box’ is thinking ‘we’re human beings with a small “h.” See that’s what this is all about: we’re human beings. We’re here, we’re cut off from Spirit, from God ...’ But the Truth is the Spirit’s inside of us. God’s inside of us and the human body is not the obstacle and isn’t the cause of the separation, OK. It’s just the appearance of it. So ‘thinking outside the box’ means letting go of the limitation of time and space. And in the beginning, we chant HU, ‘H’ ‘U.’ That tells us Who we *are* - we’re humans; we’re HU-mans. We’re the First Manifestation of God. We’re Manifestations of God. OK. Most of the time we don’t act like it. Most of the time we don’t think like it. Most of the time we don’t do anything like it because we’re Souls that have forgotten. That’s why we’re here ... so practice ‘thinking outside the box’, It’s an Opportunity to remember that you’re Soul, that you’re Spirit. ... If you are a Soul that has been Initiated into the Sound Current, into the Path Of Soul Transcendence you know God *directly* OK. Otherwise you know God by reflection, OK, down through the levels in the distortion created by the karma, where the karma lies with each Soul so you have these built-in distortions. So when you think inside the box you get those distortions, you get those limitations. ... ‘thinking outside the box’ - It’s unconditional, It’s unlimited and It’s God directing the show ...”

Our Teacher reminded us: “Everything happens according to God’s Will. OK. ... it’s ... active Co-creation with God OK and you can’t co-create if you’re thinking inside the box OK because if you’re thinking inside the box it’s habitual responses; it’s karmic responses; it’s the mind’s being in charge OK and God, you know, He’s a pretty shrewd, smart guy but He also wants you to have your experiences so if you need to seem like you’re in charge on that level as a mind go ahead OK and you can have those experiences as many times as you need as Soul to get ‘hey! that doesn’t do it’...”

In conclusion, Dr. Lane noted that “so the final thing with ‘thinking outside the box’ is it’s very very freeing because we give up our concern about results. And we don’t have that attachment and we know that if we’re not attached to results we get to operate much freer ... but if you leave the results to God, to Spirit and you just are present then just enjoy the whole creative process. ... if you’re writing ... once you worry about ‘oh, my gosh! how many people are going to read this?’ you’re in trouble OK so attachment to the result goes as well. And attachment to what other people think goes ... so that’s freeing. ... we can choose into slavery, into bondage – thinking inside the box - or we can think ‘outside the box.’”

Our Teacher then led the participants through a Process enabling each to take a “problem” they’ve been “chewing on” and to then think about it from inside the box and “now allow it to be thought ‘outside the box.’” Dr. Lane ended by saying “take your pick but I Lovingly Suggest you live ‘outside the box’. ...”

Following the Talk, Our Teacher answered one question and explained more about the importance of Trust in response to another participant’s sharing of her Process.

Continued from p. 1: "The Solution To 'Evil' In The World"

along the negative polarity, along that axis lies fear, hurt, pain, anger, etc. - all the karma. OK. And then over here is the Positive Polarity, Which is Spirit going through all the different levels. And we know that God's given us free will and we can choose 'what am I gonna give mySelf over to?' ... Every thought we have, every emotion we have has force, power and momentum. Karma is karma and there's a power and a thrust with it. ..."

"You came here because of the karma you created before. So you're at the effect of the karma you put in motion. And God in His Kindness and His Mercy gives you the Opportunity. You want to wear this thing called the human body? ... put it on how often you need to come to the Oneness and the Knowledge of yourSelf as Soul, as Spirit. ... And the Soul, in Its confusion, It identifies with the bodies It's taken on, with its thoughts, with its emotions, but these things along the negative polarity guess what? They exist, God put them into motion for a real good reason, as a strengthener ..."

"It's already been decided because every Soul is eventually going to go Home to God sooner or later. So the problem of 'evil' is a problem of not exercising your choice if you do know that you *are* Spirit. Or it's a problem of 'not knowing' that you *are* Spirit so the problem has a Solution and that is choosing that you *are* Spirit and it's done through education ... you're going to have to seek and find the Spiritual Education that deals with the Sound Current or completing yourSelf as Soul, as Spirit. OK. And what's the Education? That you're Responsible, that you have choice. ..."

"Most of us think that emotions or thoughts - they're something outside of ourSelves and that we have no control over. OK. And, in reality, we've chosen into all of them and they're the karma that's with us ... And the key question is, OK 'Where are you in all this? What's your Responsibility?' ... Individual Responsibility in a group setting so I'm individually responsible for what I do with all these feelings and all these thoughts. ... And what am I creating? ... We honestly have the dream that all that stuff is going to take care of itself but if we keep the inner pollution going then you're going to manifest where you're at. That's a basic law. You're always going to manifest where you're at. ... We're all at choice. ..."

"But how many of you take a moment several times a day at least to choose how you're going to feel? Do you realize that you can decide how you're going to feel? You've got that power. ... And that has to do with, what is your response and what is your reaction to the thoughts and the feelings that you have? OK. And I noticed a lot of you love to get into stories or dramas, you know. Let's just say somebody looks at you cross-eyed then you hook it in with an outfit you wore at a party that you were at seven years ago; and then you remember a comment that they made 14 years ago; and then you remember when you went with them to choose the frames on their glasses 22 years ago what they did; and then you remembered when you were in kindergarten together how that person spilled some water on you; and you go and on and on and on with your stories and with your dramas and this is how we involve ourSelves with people. We tie ourSelves up. We enslave ourSelves. It's wonderful to celebrate Passover. It's wonderful to celebrate Easter, you know, but so what? If we're enslaving ourSelves, what does it matter? OK. And that's the problem of 'evil,' it's enslavement. OK. And how do we do that? We choose into the negative polarity. We choose into hurt, pain, into fear, into doubt, etc. etc. We choose to believe so much of what our mind puts forth. We honestly believe the crap that it runs ... We can know the Heisenberg Principle; we can know that the observer distorts what he or she sees. And yet we'll believe what we see. ..."

"That's why when we sit Spiritually in what's called Meditation we do the opposite of what you've done. See, you're out in the world. You've been pushed 'down' and 'out' as it were by the karma that you've created ... So when we sit in Meditation according to The Teachings of This Path [ed's note: Dr. Lane is referring to The Path Of Soul Transcendence] we do the opposite ... we go 'in' and 'up,' not directionally, but we go 'in' inside ourSelves where the Spirit is and through the Frequencies, through the levels OK that we've been Initiated into as a Soul, as Spirit. That's the Antidote and that's the Education. ..."

"Many of us are ruled by the predominant emotion here, which is fear. We're afraid. We're afraid to Lift; we're afraid to Grow; we're afraid to live; we're afraid to breathe; we're afraid to have a lot of money; we're afraid we may not have money; we're afraid to do anything ... And this whole planet operates on fear. And we're afraid to love and we're afraid to Love God, you see. And because the false self knows that it's going to die. The ego is going to die in a sense. ..."

"And the Truth of Spirit is the opposite of what we think. The power isn't in domination, power and control but the Power is in Surrender and in letting go. ... We have this inordinate fear of God and of ourSelves as Soul because That means we're free. ... I just teach the Way of God - Loving God - because that's the Antidote to everything. And how do you Love God? But you do as we've been taught. You take Initiation. You learn to support and love yourSelf and know yourSelf as Spirit. You learn to let go. You trust. You come into ever-increasing Vibrations ... We're Manifestations of God, of the Lord, God. ... The Spirit in you *is*. The Soul in you *is*. You're created in God's Image. ... He's inside. ... Do you know that? No, not fully. If you did, you wouldn't be here. You wouldn't be on this planet. ... Who cares if you're ignorant? God's so Kind and Merciful, all you have to do is choose to know ..."

"You place your Consciousness where you can receive God's Grace. ... Because the whole key is for our Consciousness to be One with God and It can't be if you're worshiping your hurt; worshiping your fear; worshiping your pain; worshiping your resentment. ... So if you're angry at someone choose into loving them regardless of the reasons! If you're hurt choose to drop it and let Spirit heal it no matter how many times you have to do it! OK. If you're worried drop it, move into Trust! ..."

"With Proper Identity OK, I *know* I'm Spirit ... I can know that if I go against you It hurts me because It's the same Spirit and I don't want to separate mySelf out from God, from Spirit. ... And I want to be with God. But I'm not dumb enough to wait until my body decays ... I want to be with God now. Why? Simply because It's the most Joyful; It's the most fun; It's the most creative way of being and I'm fulfilling my Purpose. ... The solution to ignorance is always the same; it's Education and Love. ... And there's a Way that's been here, that God's put into the system. ..."

"We *are* powerful because the Spirit sits in us. OK. We are powerful because we create our future. ... We create whether we're going to re-embody, whether we're not. We create whether we're going to be happy or not. We create whether we're going to be Joyful or not. We create everything. ..."

"And I leave you with repeating the First Law of Spirit. The First Law of Spirit is Acceptance. I Lovingly Suggest that you accept the simple fact that you *are* Spirit, that you *are* Soul, and that God lives in you as you. And if you honestly do that your life will be a Joy, and is a Joy and you'll be a Light to the world and others will catch That. ..."

"So accept yourSelf as Spirit, that you come from God, and that your Purpose here is to go to God and to hold no thought other than God! And it's really that simple. ..."

A Spirited question-and-answer session followed.