



SpiritCentral

Timely Knowledge for friends of Cosmos Tree, Inc. and The Center for Religion and Advanced Spiritual Studies July/August 2012

SUMMER SEMESTER

Newly Expanded!

"Relationships"

Wednesday, July 18th

At 7:45 PM EST

For Five Weeks

TAUGHT BY DR. LANE

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"What Is Mental Health?: A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, began His May Satsang by asking Participants, "... What's Mental Health?" And then proceeded to call upon several Participants. One Participant answered, "Is Mental Health not identifying with things of the mental realm?" Another Participant added, "Mental Health isn't in the mental (realm)." Yet another shared, "Aligning your mind with Spirit." A phone-in Participant said, "Being Centered." And two more Participants shared their definitions, "Being

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"The Polar Bear Myth: A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, began His June Satsang by introducing "The Polar Bear Myth". Dr Lane said, "For many, many years it was thought that the polar bear was the supreme example of natural selection, of how animals adapt to their environment ... It lives in the regions of the poles so there it is in the ice and in the glaciers and in the snow and it evolves into a 100% white coat so that it's totally camouflaged ... and it's adapted totally to its environment in terms of the fat content and protection from the cold, from the elements and in terms of the kind of fur that it has ... And what a great evolution from the grizzly bear! And this thinking went on for a very, very long time. ... Until the day that someone got the bright idea ... 'Let's test the DNA!' So that's what they did and guess what? Polar bears did not evolve from grizzly bears. They have a very different ancestor.

"And when I read this I thought this is fascinating - all the assumptions we make. And I was reminded of reading about a recent tsunami where a seismologist ... 'fessed up and he said 'Wow! You know, whatever we have thought about the plates and the shifting of the plates and old plates and young plates, - it's all wrong. And the places that we thought were about to have tremendous quakes ... basically nothing's happened in any of those places' ... at the end he 'fessed up 'I guess we have no clue. We just don't know what we're doing. We're going to have to start from scratch.'

"I thought 'Wow! ... to have the humility to know they had it all wrong; they didn't know what they had been looking at.

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SpiritCentral.tv To Debut Summer 2012

A new 10-show interview web/tv series called SpiritCentral.tv featuring Our Teacher, Dr. Roger B. Lane, and the Teachings Dr. Lane brings forth is going live online this summer at SpiritCentral.tv. It will also air on MNN.org worldwide and on MNN television in Manhattan and BCAT Television Network in Brooklyn.

Each SpiritCentral.tv episode explores a different Teaching on the Path Of Soul Transcendence as taught by Dr. Lane. Topics include: "The Christed Consciousness - A Living Reality"; "From Fear to Love: The Journey of the Soul"; "Positive Co-Creation"; The Teachings Of The Path Of Soul Transcendence as brought forth in The Money Workbook; What Is Spirit?; "N.I.N.T.E.N.D.O. Actions"; Joy: What, How and Why?; What Is The Purpose of Human Life?; "Spiritual Business - The Business of Spirit"; and "Responsibility: Responding To The Spirit We Are".

The show is the focus of the Rev. Dewi Lim's Master's Degree Thesis as a Student in the Seminary Division of the Center For Religion And Advanced Spiritual Studies. The format of the show features a lively and enlightening Q-and-A in which Rev. Lim poses key questions, some by Initiates, and Our Teacher answers them.

There is an interactive component to the show incorporating social media to encourage viewers to share their Learning and Growth from the Series using the Twitter hashtag #SpiritCentralTV. Stay tuned for our formal announcement of the show's online launch date!

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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Events Calendar

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 3, 10, 17, 24, 31;

Aug 7, 14, 21, 28-- 7:30-8pm EST

Wed. July 4, 11, 18, 25; Aug 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.
Email losangelesmeditation@gmail.com.

HAWAII

Big Island: Every Thurs. 7-8pm through March; Please call 808-937-5958 for location.

NEW JERSEY

South Jersey area: Every Wed. - 6pm (except 1st Wed. of month). Call 917-841-8817 for details or further information.

TENNESSEE

Johnson City area: Every 2nd and 4th Mon. 7pm. Call 423-975-6868 for details.

WISCONSIN

Madison area: Every 4th Sun. 5pm; Every 2nd Sun. 5pm Meditation for Health and Well-Being. Call 608-838-7968 for location.

OUTSIDE THE U.S.

MEXICO

Queretaro area:
Call 52-442-224-3042 or in the U.S. 347-448-2310 for details.

NEW YORK

New York City: Every Mon. 7:30 pm; Wed. (except 1st Wed. of the month) and Thurs. 6:10pm; Sun., July 8 & Aug 12: 10:30 am; Sun. July 29 & Aug 26 Special 2-hour Meditation; Meditation for Health and Well-Being East Side (Home Center): Tues. July 17; Aug 21 — 8:15 pm West Side (200 W. 90th St, #10A): Tues. July 24; Aug 28, — 8:15 pm

PLEASE CONTACT YOUR
NEAREST CENTER FOR MORE
INFORMATION ON SPECIFIC
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.

NEW YORK

New York City:

Every Thurs. 6:30pm.

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

1-2 pm at NYC Center

Join Us For An Hour Of
Spiritual Instruction!

*"What Does The 'Future' Hold?:
A Participatory Satsang"*

**July 4, 2012
6:50 pm EST**

*"The Polar Bear Myth - Part II:
How To Handle The Blues -
A Participatory Satsang"*

**August 1, 2012
6:50 pm EST**

**Satsangs
by Dr. Roger B. Lane**

Coming Soon!

Our New
cosmostree.org
Web Site

Please Go There!!!

**Listen to Our Monthly
Podcasts!!!**

www.cosmostree.org
www.spiritcentral.org

**July: "What Is Your Next Step?"
(TAPE/CD A77)**

**August: "The 'Democratization'
Of Consciousness And You"
(TAPE/CD A82)**

— Summer Semester —

For More Information Call: Registrar, Rev. Amy Blank at 708.846.1031

Newly Expanded! "Relationships"

Wednesdays, Beginning July 18th

At 7:45 PM EST

For Five Weeks

Taught by Dr. Roger B. Lane

Learn how to have the ones you want - in all areas of your life. This Class teaches Students the Essence of all their relationships and how to harness their own power and inner strength. Ultimately, the only relationship you have is with yourSelf -the Spirit You Are.

Please see Epage in this issue of *SpiritCentral* for more information.

**Stay Tuned
For Our
Fall Semester
Schedule!**

optimistically involved in living your everyday life ..." and "I think real Mental Health is Proper Identification with Spirit." Another Participant shared, "There is just One Health and that is being Present with Spirit."

Dr. Lane explained, "... It's pretty close to what you've been saying, if not the same. Mental Health is 'God's Victory in us'. Mental Health is 'God's Victory in us'. What does That mean? It means what It says ... The Soul that we have lives on many Levels simultaneously. Starting from the physical, we have the astral, the causal, the mental and the etheric, then the Soul Realm. When you take the Gift of Initiation you get the Keys to all those Realms. And also the Soul is sparked awake so you are able to access and go into the Soul Body. ... The Soul lives on all these Levels simultaneously and is awakened through the Gift of Initiation. ... The Soul eventually will be able to Know simultaneously that It's alive on and hold the Consciousness at all those Levels. So that's the fullness of life in the dual worlds of the Soul. And then, of course, there are many more Levels beyond the Soul Realm or Eternal Life when the Soul is no longer subject to karma or reincarnation. So that's important. ... So we can choose into karma and reincarnation or we can choose into Our Freedom. Ain't that a kick? Because we're always exercising Free Will. ..."

"You have to choose it consciously, be Eternally Vigilant. That's What's important. ... So we have this thing called the mind - Mental Health - and that's when 'God is Victorious in us'. So what does It mean to have 'God be Victorious' in us? Well, the Victory: the Ultimate Victory of being established and being with God, being in the Soul Realm *while we're in the body*. And that's what Mental Health is. ... When 'God is Victorious in us' that means we conquered those Realms. ... And then when we get clear that's when we start having Mental Health because Mental Health means that we're at Wholeness in the mind. It was said 'to make the mind in alignment with Spirit'. ... it's not going to happen because the mind can't go to Spirit; it's not equipped. It sits in the negative worlds OK but, perhaps, what the person was trying to get at is the mind is to be a Servant of Spirit, of God. And that comes about by its being clear or empty, then it can receive and act as the interface with Spirit in this world. OK. You're not as an ego task going to 'Oh! I'm going to align my mind with God's Mind!'. Good luck! How are you going to do that? Your mind sits in the negative polarity. It can't handle the Frequency of Spirit. You've set yourSelf up for something impossible. What it can do is it can be clear and that's how the space is created to receive Spirit. OK.

"And just to be technically correct, there's nowhere in the Inner Worlds below the Soul Realm *while you're in the body* that there's not going to be karma. There's always going to be a little karma left. Otherwise, you'd be crazy and when it comes time to leave your earthly sojourn as an Initiated Soul your Soul gets pulled up as it were, okay, and It gets pulled up and the karma is left behind. But just so you can be here in the physical there's a little bit of karma left in each of those realms of the lower worlds, the physical, the astral, the causal, the mental, the etheric.

So to be Mentally Healthy means to be available to Spirit. Guess what That means? You don't have an agenda, you don't have thoughts you superimpose on It or condition. You can't condition being with God. ... Here we are in an age of computers - the age of technology - and you can see it also from the frequency that so-called 'spiritual leaders' are vibrating at ... we're at the mental, on the whole, so there's a lot of inventions, a lot of technology ... creativity that way. ..."

"Being creative Spiritually is something else. Being creative Spiritually has to do with the fact that above the Soul Realm Creation isn't finished. It's not finished. So Mental Health is making ourSelves available to Spirit and then we have a wonderful Opportunity to ... create Spiritually. ... We can create in the Inner Worlds. So let's just say you're doing Positive Co-Creation with God, you're creating something inwardly. That's pretty powerful. If you choose into karma or choose to work things mentally then ... you're going to have to manipulate, you're going to have strive, you're going to have to struggle. It's not going to be easy. It's not going to be effortless. ..."

"So being Mentally Healthy helps to make things effortless, helps to make things easy and you feel better because ... there's not going to be resistance. And you're going to Allow and Allow. And we know where the Power is. The Power is in Surrender. ... The very thing we know to be True [ed.'s note: Dr. Lane is referring to What we're involved with - The Teachings Of The Path Of Soul Transcendence and coming to know ourSelves as Spirit, as Soul and "Knowing we're good enough for the Lord, God"; Knowing we're Spirit] and to be so - because It's been so marginalized in the world - we treat It very shabbily and we hide It. Even though we know people are dying for It. ... That's what we do when we choose into our karma, into our thoughts, when we condition stuff. ... We're hiding from the Lord, God because we don't feel good enough about ourSelves. ..."

"So Mental Health means knowing that we're good enough for the Lord, God and, of course, we have to be if God's won His Victory in us. ... Part of the 'symptoms' is you feel 'joie de vivre', you feel unfettered and alive ... When we have 'God's Victory in us', guess what? The karma has been cleared. We get to see clearly. So we can really do what we have to do in this world much more effectively and we're not sidetracked. ... When we're in Mental Health, guess what? ... The support is an Inner Support and we Allow the Support of Spirit, we Allow the Support of The Teacher. What's more Powerful than being Supported by Spirit? ... God Lives in us as us. The Spiritual Truth is that eventually every Soul is going Home, every Soul is going to know Itself as Spirit, as Soul. ..."

A Spirited question-and-answer session followed.

Continued from page 1 - "The Polar Bear Myth: A Participatory Satsang"

They hadn't a clue.' Everything was wrong, OK. And I thought you know what? 'Welcome to the club!' because let's take a look at how we do the same thing in our lives. How we run assumptions. We've got great, great reasons for things and they make a lot of sense but when it sees the clear light of day like you do the DNA testing on the polar bear, oh my God! There's no natural selection here from a grizzly bear. Matter of fact, grizzly bear and the polar bear have very different ancestors. When we take a look at things in the clear light of day, it all kind of falls apart. ..."

Dr. Lane gave the example of buying a new car because his son was too big, for the current sports car. However, Our Teacher shared that Spirit had said, "'You need to wait on this. Don't replace it immediately!'" But guess what? I ran the assumption that good fathers want to make sure their kids are safe, comfortable, etc. And I'm a 'good father', aren't I? So guess what I did? I went out and got another car. Guess what happened? We almost got killed maybe eight or ten or twelve times in that car. ... We'd be driving on the highway ... and the power would suddenly shut off. And, of course, we had power steering as well so I couldn't even steer to the shoulder of the road. It would just stop dead ... I did eventually have them take the car back. But I thought here I ran this assumption, 'This is what good fathers do'. And if I had waited a year (my son) would have been perfectly fine, I wouldn't have been tortured and I wouldn't have put my family in danger eight, twelve, ten times. ... And I didn't listen to the Spirit. Spirit said, 'You need to wait on that.' And I didn't listen. So here's Spirit that goes ahead of us and Knows what was going to happen but I didn't listen because I had my own internal logic. And the scientists and all those people involved with the polar bear - they had their own internal logic, too. ..."

"And that's what we all do. We try to maintain an image. We try to match certain things or beliefs about ourSelves. We try to really, really, really look good and we're kind of prideful. ... A lot of you ... run an assumption when you're Walking This Path that you 'shouldn't' be having certain experiences. Even though they may be brought to you to balance things, clear some karma, clear some things they 'shouldn't' be happening to you. And the assumption is 'God's nice, good, gentle in like a dumb idiot way'. And 'I'm not responsible for my creations. And I'm assuming this is me. So any karma I've created as a Soul that's assigned to this lifetime - I'm not responsible for. That "shouldn't" be presented to me. ... I should be happy all the time.' Well, if you think so. What you really need to do is be in Joy regardless of the outer circumstance. ..."

"We run these assumptions, we run these assumptions, we run these assumptions. 'Why aren't I taking Classes? Oh! Because bluh, bluh, bluh, bluh, bluh.' 'Why do I do this at work? Bluh, bluh, bluh, bluh, bluh.' 'How come I haven't met anybody? Bluh, bluh, bluh, bluh, bluh, bluh.' 'How come my wallet isn't as thick as I think it should be? Bluh, bluh, bluh, bluh, bluh, bluh.' And we never look at the 'Bluh, bluh, bluh, bluh, bluh.' But the 'Bluh, bluh, bluh, bluh, bluh' are very, very important. That's the static, that's garbage that you're basing your thoughts and your actions and what you do in your life on. They're extremely important. ..."

"The point is my assumptions are totally out in left field. And I want to take it back and look at my assumptions. ... If I take it back, I don't have to be in the struggle. I don't have to have the anger. I don't have to have the thought. I don't have to have anything. It's just an event. But we as people, we tend to be pulled out by our thoughts linked up with our feelings all over the place and constantly. Constantly. ... We know from The Teachings that the mind is kind of a lonely hunter. That it doesn't go to Spirit and it's going to fill itself up and be busy with its creations and the world of negativity. ... Then you're going to have all these linkages of your emotions with your thoughts. But what do you do after you've discovered that the polar bear did not evolve from the grizzly bear? You say, 'Thank you, God.' and you start again. You're born anew. ... You say, 'Thank you.' And you enjoy the Freedom. That's what's important. That you're Free of those creations and those assumptions. ..."

"We filter out information to match our picture and we only see what it is that confirms and conforms to what we're holding as an image. So whatever we're thinking, guess what? You're going to have experiences that support that. Whatever we're feeling, we're going to have experiences that support that. So you really want to see what it is that you're assuming? What are you thinking? What are you feeling? What are you running? ... Have the humility to know 'Hey, I was off.' Have the humility to know 'Hey! Now I can be Free of all this stuff, be born again' inside yourSelf starting with not holding onto anything, not having any associations, any garbage, any anything with that. That's very freeing. ... You want to check things out. You want to see what your assumptions are. You want to see what the linkages are with your thoughts, with your feelings and you want to see what's the groundwork on which you're basing your day. ..."

"You need to be in your Integrity. You need to keep referring back. ... So you want to love yourSelf while you're being made a fool of by your own consciousness [ed.'s note: Dr. Lane is referring to the false self.] That's okay, have a good laugh at yourSelf. Then get on with it! Be neutrally Loving and just proceed! Keep referring back to the Spirit you *are*! Practicing Proper Identification! Practicing Giraffe Consciousness! All situations and everything that's being brought to me is really Grace. I may not like how it feels. I may not think it 'should' be happening. I may be thinking My Teacher doesn't know what the hell He's doing, etc. But these are exactly what I need to have. These are karmically correct or they wouldn't be happening. ... If the clear light of day could hit you full on what would it reveal? ... What are you creating? Are you creating with Spirit and as Spirit? Or are you creating another Polar Bear Myth? ..."

"You want to walk really in Devotion, increasing your Love of God and your Spiritual Practice and Attunement each and every day, in each and every way *moment-to-moment*! And just keep releasing and getting Free inside yourSelf! Freer and freer and freer and freer by tuning and attuning to the Spirit you *are*. And letting the Spirit Love you. Letting Spirit do Its Thing. ... Put your hand in God's Hand and walk It together! It's your choice as you go through this life. What you do is always your choice. But, at least, know, like with the polar bear, where the choice comes from and what your assumptions are and what you're doing and who made that seeming reality. And is your reality the Reality? That's the Polar Bear Myth. And can you adapt to that Reality, the Reality of God? We'll stop with that."

Dr. Lane ended with a Process about what myths participants are running. Our Teacher said: "Lord, God send us Your Light and put this time together into Your Light for the Highest Good! Let your own Polar Bear Myth come forth. What are you running ... about your Spiritual life and your Spiritual Growth? What are you running about work? What are you running about your relationships? What are you running about your family? What are you running about the world? What are you running about God? OK. Now just let the clear Light of the Lord, God hit all those areas, wash them away. OK. And just inside yourSelf see if you'd like to go with any of your myths or with the One Reality. OK. And we'll stop with that."

A Spirited question-and-answer session followed.