



Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and The Center for Religion and Advanced Spiritual Studies March/April 2014

Tools For Living Free Reading & Discussion

March 9th & April 13th

12:00 PM EST

Facilitated by Editor-In-Chief and Experienced Sunday Program Leader Rev. Melissa Sones

Now Available By Teleconference! (beyond a 50-mile radius)

For More Information About Participating Via Teleconference Contact Administrator
Rev. Amy Blank at 708-846-1031 or by email at info@cosmostree.org.

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“What Is Commitment On The Path Of Soul Transcendence?: A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, began His January Satsang by saying, “I want to talk a little bit about what is Commitment on The Path Of Soul Transcendence? ... I thought I’d take a look at what Commitment really is and I had a sense the Commitment had to do with honoring the Spirit that you were and *are* and always will be. That we *are* Spirit. So I thought I’d get at it the way I usually try to get at it, which is etymologically. So I looked up the word and sure enough it’s meaning comes from two things: one having to do with being entrusted; and the other having to do with committee or being a member of a group with the same purpose. And that sounds a lot like this group called the human race and what our individual responsibility is here.

“And what that is is real simple. It’s to come to Fulfillment in terms of ourSelves individually. When we do this individually we do this for the group as well so that the best thing anybody can do is come to know yourSelf as Soul, as Spirit and go to Completion here. Because if you ‘up’ your Frequency and your Vibration and come to know yourSelf as Soul, as God then guess what? There’s one less Soul here on a downward spiral ‘weighing down’ the planet and you make it easier for other Souls to go beyond. For them to Lift. ...”

“We’re very well trained in being an individual and yet we know that that is what? That’s the statement of the ego. Yeah, I’m an individual being alone and isolated in time and space. OK. But here comes this thing called the Christ that tells us, ‘Wait a second! Well, first of all, you’re not an individual because the

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“Thank You’: Code For ‘Hello’ Or ‘Goodbye’ To Opportunity?: A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, began the February Satsang by saying, “OK, I want to start just by referencing a conversation I had with someone and, basically, the conversation was that, ‘Hey! you know, you may want to watch out for this habitual response and you may want to work it another way.’ And the person said, ‘Thank you.’ And that was it. And I thought, ‘Wow! This is really interesting. This person did that so well that I don’t know whether the person meant, “Thank you, I’m going to incorporate that and work it” or, “Well, thank you for telling me and that’s the end of the story.” ...”

“And I realized that each of us as Souls - we’re here to remember who we are. We did the HU chant. ... That tells us Who we are. We’re HU-mans. HU is the first manifestation of the Lord, God. And we’re created out of same ‘Material’ as God: the Sound Current or the Holy Spirit. And the Soul and great Oversoul or God is the same Essence so that’s who we are. And if you’re walking this Path everything is designed to help you come to that place of moving into that Alignment, that Atonement, that Attunement and that Knowing. And we’re presented with what the world will call karma so that we can Lift and Grow. And it’s non-stop. ...”

“No one comes to the Father except through the Christed Consciousness. So, that’s true. That’s not religious or anything. ... You could be Hindu, Muslim, whatever and you’ll

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Events Calendar

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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.

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SpiritCentral

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OPEN HOURS

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

Tues. Mar. 4, 11, 18, 25;

Apr. 1, 8, 15, 22, 29 -- 7:30-8pm EST

Wed. Mar. 5, 12, 19, 26; Apr. 2, 9, 16, 23, 30 -- 4:30-5pm EST

MEDITATIONS

Doors close five minutes prior to times listed. Instruction provided.

CALIFORNIA

Los Angeles area: Alternate Mondays. Please email

LosAngelesMeditation@gmail.com for details.

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Big Island: Every Thurs. 7-8pm through March 20. Please call 808-937-5958 for location.

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NEW YORK

New York City: Every Mon. 7:30 pm; Wed. (except 1st Wed. of the month) and Thurs. 6:10pm; Sun., Mar. 9 & Apr. 13: 10:30 am; Sun. Apr. 27 - Special 2-hour Meditation; Meditation for Health and Well-Being East Side (Home Center): Tues. Mar. 18; Apr. 15 — 8:15 pm West Side: 517 West 113th St., #33 (between Broadway & Amsterdam) Tues. Mar. 25; Apr. 22 — 8:15 pm

Meditation For Health & Well-Being

East Side location: 8:15 p.m.

(doors close at 8:10 p.m.)

Tues. March 18, 2014 / Tues. April 15, 2014

177 E. 87th St. (Lexington - 3rd Aves) - Suite #204

Upper West Side location: 8:15 p.m.

(doors close at 8:10 p.m.)

Tues. March 25, 2014 / Tues. April 22, 2014

517 West 113th Street, #33

(between Broadway and Amsterdam)

CD Available via Website.

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 1997

RCN - Channel 84

Verizon (FiOS) - Channel 35

Brooklyn

Every Sat. — 4:30pm

Cablevision - Channel 68

Time Warner - Channel 35

RCN - Channel 83

Verizon - 43

For those outside New York City, please go to mnn.org at 6:30 PM Eastern, Thursdays, Scroll down to "Spirit Channel" Click on "Watch Now"

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

Join Us For An Hour Of Spiritual Instruction!

*"The Teacher's Correction:
'Right' Vs. 'Wrong'
Or Perfection?:
A Participatory Satsang"*
**March 5, 2014
6:50 pm EST**

*"What Time Is It?:
A Participatory Satsang"*
**April 2, 2014
6:50 pm EST**

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

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Listen to Our Monthly Podcasts!!!

www.cosmostree.org
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Mar: "Fear: What It Is, How To Profit From It And How To Release It"
(CD/MP3 A28)

Apr: "God's Will: Will You or Won't You?"
(CD/MP3 A31)

Winter Semester

The Teachings and HU-mankind Class (10 weeks)

Wednesdays March 12 - May 14, 2014

Given by Dr. Roger B. Lane

The Student builds upon his/her experiences of, and knowledge of, such important aspects of the Teachings Of The Path Of Soul Transcendence as Acceptance; Inherently Worthy; Surrender; "Giraffe Consciousness"; and Grace and builds the Soul's Responsibility to do likewise. An important course in learning to Minister to "others."

Please see Epage in this issue of *SpiritCentral* for more information or call Registrar, Amy Blank at 708-846-1031.

Teachings Study Group Using SpiritCentral as the Tool!

March 9th & April 13th

3:00 PM EST

Facilitated by Editor-In-Chief and Experienced Sunday Program Leader Rev. Melissa Sones Available By Teleconference (beyond a 50-mile radius)

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Christed Consciousness is within you. Second of all, that Christed Consciousness has to do with What? Your Alignment with the Spirit you *are*. Your will and God's Will are One and the Same.' So let me ask you something: If you're alone how can you be in Alignment with God? And then wait a second now! We're created in God's Image. ... It means that we are of the same 'Material.' We're of the Sound Current or the Holy Spirit. It's the same Spirit that's in God that's in us. Wait a second now! We're not alone? Well, no, we're not alone. We're all in this thing together. We're One and the Same with Spirit, with God. If I'm One and the Same with God and you're One and the Same with God, how am I going to beat you? ... Is any point on a circle farther along than any other point? ..."

"But to the ego it's me against you. And that's many times how we operate. When we have a Commitment what is really happening? ... Let's say I make a commitment to give this Talk. ... There's a part of me that goes, 'I don't want to be here.' ... But there's a part of me that goes also, 'Now wait a second! Hold on! The Spirit in me has to Fulfill Itself and we know that the nature of Spirit is just the opposite of our basic selves or our lower consciousness, which is we just want to take ... So I'm going to give. And I'm going to Fulfill.' ... So what do I have to do? I have to be Present ... I have to be in Alignment. This is crucial. I have to be in Alignment. I have to line up my Consciousness with the task at hand. ... I have to align with the Spirit that I *am*. ..."

"So Commitment has to do with being lined up and not just going through the motions. And It does take an effort. You have to be in total agreement with what you are to do. It sounds simple but did you ever pay attention to your mind? That's exactly it; you do pay attention to your mind so you're not going to be Present. It's going to drag you out all over the place. ... But the Spirit inside of you demands your focus, demands your attention. ... But it's really about the mind being in Service to the Spirit and to be in Alignment. ..."

"So we have to be lined up. It's not only an external Commitment, It's an Internal Commitment. And how do we do that? ... There's a decision made and then everything is done in reference to that. ... I have to hold mySelf to it and that's the Responsibility. See and I have to fulfill that Trust. And we all have been entrusted to come to know ourSelves as Soul, as Spirit. In terms of our own individual Spiritual growth and Progression and also in terms of every single Soul that's here on this planet. That's our Responsibility. ..."

"It's your job. It's your Responsibility. Do we like it? Not always. But that's what Commitment is, too: It's always returning to that 'place' whether we like it or not. ... And *every moment* is a real Opportunity to re-Commit. God in His Kindness and His Mercy, He gives us plenty of Opportunities to re-Commit, to re-Commit. ..."

"Let me ask you something. What feels better, when you're in Alignment with yourSelf, when you're Committed to the Spirit that you *are* or when you're not? What's the pain that every human being feels? It's the separation. Separation from the Spirit we *are*. ... The attachment is the pain. ... Who's enslaving us? We are. Who's keeping us separate? We are. ..."

"But if I could be Committed to the Spirit I *am* It's the same kind of Commitment. Then I just keep returning to That and I just want to be clear. So I'll drop the anger. I'll put it in the Light [Of The Most High]. I'll send you the Light [Of The Most High]

... And I walk clear. So either way, I've got a Commitment. ... So we're going to make a Commitment either way, why not make a Commitment to the Spirit we *are*? And we stay clear and we help each one; we help each other. Because we're all in this together. There's a committee, a committee of human beings, as it were; it's a group effort. It's a group effort. ..."

"We stay clear then what do we do? ... Make it a lot easier for everyone because there's less density, there's less 'weighing down', etc. There's less of a downward spiral going on. ... And you have to educate yourSelf. That's the remedy for ignorance. Educate. And how do you educate yourSelf but you keep returning to the Commitment, to the Spirit you *are*, to the Spirit you *are*? ..."

"And if we commit to other than the Spirit we *are* we're going to work from lack and limitation because that's the nature of the physical world ... and the way the mind works also. ... So we have this ability when we commit to go with the outer... but it's an Opportunity to the inner Commitment, the expansiveness. And God gives us this Opportunity. ... Once again, we have to not react to what the mind is doing because that's what it is; it's a reaction. But we have to and need to respond to the Spirit we *are* and that's the Commitment. ..."

"If you're Walking this Path It means the Inner Alignment with the Spiritual Practices, with What you know to be true, with the fact that you *are* Spirit and with the willingness to let go and to Trust and to Allow. ... Are you Committed to your own Growth? Are you Committed to the Spirit you *are* even if you might not know quite what That is? Or are you committed to your suffering, your pain, your lack, your doubt, your worry? ..."

"And doubt, of course, is what the mind throws up because if the mind can have you doubt the Spirit you *are* then guess what? It'll be in control because that's all the mind wants to do: be in charge. ... There's an Opportunity here. An Opportunity to know that we're beyond that. ... The question is, 'Are we Committed to Allowing the Spirit to run us or do we want to run ourSelves ragged pretending that That's not so?' And I Lovingly Suggest that if you're Committed to the Spirit you *are* It's a lot easier than being committed to fear, lack, pain, separation and to reincarnation patterns. ... And either way you're making a Commitment so why not Commit to the best? Why not Commit to the Spirit you *are*?"

"And I thought I'd end this Satsang by having you do a Process. ... 'Lord, God send us Your Light and we put this time together into Your Light for the Highest Good.' Now just get quiet. And inside yourSelf take a situation you're involved with where you may be committed to negativity, to some hurt, to some fear, to some pain, to some anger or a lot of fear, a lot hurt, a lot fear, a lot of anger and replace it with a Commitment to the Spirit you *are*, to let all that go. Just give it to God and tell yourSelf to let it go! Now enter into that negativity but now remember consciously your Commitment to the Spirit you *are* and let it go and just be Present with Spirit. Let the negativity come back and just remember your Commitment and exercise your Commitment! So the Choice is yours and I Lovingly suggest that you Commit to the Spirit you *are*. ..."

A Spirited question-and-answer session followed.

Continued from page 1 - "Thank You': Code For 'Hello' Or 'Goodbye' To Opportunity? - A Participatory Satsang"

still have the Christed Consciousness waiting inside of you to be fulfilled. So everything in your life is designed for that Purpose - to help you fulfill your Spiritual Purpose, your Spiritual Destiny. And what's the Inner Attitude that we greet This with? Is it, 'Oh, I can't believe I'm going through this? I can't believe this is happening to me? This should never have happened to me?' Or, 'Thank you! I'm going to take the Opportunity to Lift and Grow'? ..."

"There's method to God's madness and that is that each Soul has to remember Who and What It is. It has to know that It is the same Essence; the same Frequency of the Lord, God and It has to be able to hold that Frequency. ... But the Soul, we know that the Soul is not suddenly going to Upvibrate because It leaves the body. ... There's got to be some effort. What's the effort? God has given us free will. We have Choice. So *each moment* we have a Choice, 'Where do I want to place my Focus? Where do I want to place my energy?' ..."

"These things don't happen out of a vacuum. And this is what we do: we have lots of different ways to look at our hurt, our pain, our fear, our doubt. All these reasons; we have all these reasons. And each time we have a reason for doubt and fear and hurt and pain rather than just surrendering it, we're saying, 'Thank you and good-bye to this Opportunity.' But God is Kind and He's Merciful and He's Compassionate so He gives us an awful lot of Opportunities until we learn to Surrender; let go; come into recognition, re-cog-nizing, recognizing the Spirit that we *are*. ... On a real gut level it simply feels better to go with the Spirit we *are* and to make the Choice and to say, 'Thank you and hello to this Opportunity.' And I don't know anyone in this life who gets away from Opportunity. ..."

"(He (ed.'s note: Dr. Lane is referring to the Lord, God) didn't give us human life so that we could be asleep. The Purpose of this life is to wake up. So God does His Job. The Teacher does His job, presents you the Opportunity. And what's your Inner Attitude? Bitch and moan and complain and sit there and go, 'This shouldn't have happened to me. This shouldn't have happened to my loved one. This is just terrible!?' ... We all have the hubris that goes, 'This shouldn't be happening. This shouldn't have happened.'

"And we're making God wrong. So that it's not karmically correct. ... So when we say, 'Hey, Opportunity, I'm not taking advantage of this,' we're treating it like it shouldn't have happened. ..."

"Spirit brings us these incredible Gifts. We may not like the form of Them. We may not like the shape It takes. We may not like how It presents Itself. But we get all these incredible Gifts and what are we doing with the Gifts? ... Or are we saying, 'Hey, Thank you! I'm going to take advantage of this because I know my job is to get clear and to remember Who I *am*, to become a member again of the Christed Body... I'm here in a Resurrection Process. That's how I enter into Eternal Life!'"

"There's a Way. ... There's a Way to enter into Eternal Life. But each of those Things and those Gifts we're presented with Those are Opportunities. Those are springboards. ... They're all part of this Resurrection Process. ... It's this beautiful combination of God's Grace and your effort. You're saying, 'Thank you! I accept this Opportunity! And I'm going to take what's in it for me and I'm going to Learn from it! I'm going to Lift! I'm going to Grow! I'm going to springboard into the Spirit I *am* and be in Gratitude!'"

"So we really need to be in Gratitude for everything that's presented to us. And really say, 'Thank you!' ... I've probably only learned two things from anyone out there; from Spirit all the time. ... One of these two Opportunities ... I was arguing about some finer point of something and I said, 'But.' And when I said, 'But' I pushed out my hands like pushing away from me, indicating to keep something away. And he pointed at my hands and said, 'Never push away what God wants to give you!' ... I knew he was exquisitely

correct. He was right. And I've thought about this for a long time. ... Then I thought about all the ways that God wants to give to me. ... You have to be aware of how you're imposing the packaging on the Opportunity. Opportunities come as they come in ways that are infinite. ... This thing called life is all designed for us to Lift and Grow and come into the Knowing. ... We do need an Attitude of Gratitude and to say, 'Thank you for this Blessing!' ..."

"If you were fine with it and if it didn't strike you something in you responded along the negative polarity; if that didn't happen in your Consciousness it's not an Opportunity anyway. So what are you expecting? And we have this thing where we like to be 'comfortable.' ... The Game of Consciousness is designed for our Lifting and our stretching ourSelves. Jesus, The Christ said, 'I came here not to be a comforter.' ... But through the Gift of Initiation - as you become more and more aware that you *are* Spirit - you need to live in your Integrity; you go into Self-Fulfillment, Self-Actualization. You actualize the Self. It fulfills Itself. It has to be Awakened through Initiation into the Sound Current; otherwise It lies dormant and It lies asleep. ..."

"The interesting thing is that when you say, 'Goodbye' to Opportunity there's a thought that, 'Ahh, I got away from that One; got away from that demand.' But you didn't. ... It's ceaseless. It keeps coming... And *each moment* we're Blessed to exercise our Freedom. We are created Free and we've enslaved ourSelves. ... And God in His Mercy gives us this Opportunity and this Opportunity to choose back into the Freedom that we *are*. ..."

"When we sit in the Spiritual Practice imparted at the time of Initiation What do we do? We're into Remembrance. We're constantly reaffirming That. We're constantly turning to the Spirit we *are*. Go back! Go back! Go back! Go back! And we're holding steady while the Spirit does Its work. So we make the effort. ... Spirit does the rest. When we say, 'Thank you' and 'Hello' to Opportunity we make the effort. ... And we Surrender, we let go and come into Remembrance more of Who and What we *are*. And Spirit does the rest. ... But Spirit can't do the rest if you have a judgment on how It should be; how It shouldn't be; what form it should take or anything else like that. ... It's all divinely orchestrated to the nth degree. ..."

"So if you take a look at things and really see the Opportunity - What's the Opportunity? The Opportunity is to move into Loving God. ... God is living in you as you. And that's the Responsibility you have and that's why you've been given HU-man life. You'll need to be in Gratitude for this thing called HU-man life. ... You're in the body for this Opportunity. ..."

"So, what are you going to do when these Opportunities come for you? And my Loving Suggestion is that you say, 'Hello! Welcome! And I'm going to use It to Know mySelf as Spirit, as Soul and to Love the Lord, God!' Because these Opportunities are coming from the Love that *is* God.

"What I'd like to do is end this by having you do a Process. So I'm going to Call in The Light Of The Most High ... 'Lord, God send us Your Light!' 'And we put this Process into Your Light for the Highest Good!' Now just inside of you allow a situation to come up that you deemed as 'it should not.' And what I'd like you to do is put that on the shelf and have that same situation come in and respond to it with a 'Thank you' and 'Hello to this Opportunity!' And use it to let go. You can let go by Calling in the Light Of The Most High and telling yourSelf 'to let it go.' You can, if you're an Initiate of the Most High, you can Chant Your Tones (ed.'s note: Dr. Lane is referring to the Special Meditation Technique taught at the time of Initiation). Whatever it takes just to use That to Lift into the Love. Now bring back that same situation with your judgment on it, saying 'Goodbye' to the situation and just let it sit there! Now put the judgment on the shelf and welcome that situation as an Opportunity and use it to Lift and to Grow! ..."

A Spirited question-and-answer session followed.