



SpiritCentral

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

SPECIAL THANKSGIVING **MEDITATION OF** **GRATITUDE**

NOON
THANKSGIVING DAY
Available by Teleconference

For More Information
Please See the Page in This
Issue of *SpiritCentral*

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

Weekend Of Upliftment And Grace

Nov. 14 - 17, 2014

Los Angeles

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

Fri. Nov. 14: Open House - 5:30 - 7:15 PM
Talk on "What Is Health?"
given by Dr. Lane, followed by a
Meditation For Health And Well-Being - 8 PM

Sat. Nov. 15: All-Day Workshop
"How To Live Royally As The Spirit You Are"
10 AM - 5 PM

L.A. Weekend Reception - 7 PM
Satsang (Spiritual Instruction) - 8 PM

**Sun. Nov. 16: Meditation Of The Light Of
The Most High - 11:30 AM**
**Initiations Into The Sound Current On The
Path Of Soul Transcendence - 1 - 3 PM,**
**followed by Meditation Of The Light Of The
Most High - 3:15 PM**

**Mon. Nov. 17: Meditation Of The Light Of
The Most High - 5:30 PM**

*For More Details, Please See Events Page In
This Issue of SpiritCentral.
To RSVP Go To cosmostree.org*

"What Are You Really Doing?: A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, began His September Satsang by saying, "I want to begin with a Process. So let's call in the Light [Of The Most High]: 'Lord, God, send us Your Light! And we put this time together into Your Light for the Highest Good!' I'm going to ask a question and you're going to fill in the blanks. And the question is, 'What are you really doing when you ...?' [pause] 'What are you really doing when you ...?' [pause] 'What are you really doing when you ...?' [pause] 'What

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"What Are Lines Of Energy?: Are You In-Line Or Are You Lined Up? - A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, began His October Satsang by saying, "Let me start with a definition of 'What are lines of energy?' And very simply, they are anything other than a creation and a Focus with and of and to the Lord, God. So anything other than being Focused on the Lord, God is a 'line of energy' . . ."

"We know that The Teachings protect us from this because they tell us: Let go of expectation! You can have a preference. . . . If I'm running hurt and pain and anger I've got 'lines of energy'. So what does that mean Spiritually? It means welcome again, folks. This is the karma that we've created. This is the separation that we've made between ourSelves and the Spirit we *are*, between ourSelves and The Christ, between ourSelves and what we Meditated on [Dr. Lane is referring to the short Meditation done before the Talk began]. We Meditated on What? HU, H-U. That's the First Manifestation of the Lord, God. . . ."

"We know that as a Soul, those 'lines of energy' - those are very strong forces that we've created that pull us back into reincarnation. They pull us back into another body, another body, another body. And we know from the Christ, Jesus that He Taught us . . . 'Hey! It isn't what passes through you. It's what you choose to hold onto. What you persevere in. What you focus on.' So you're not being asked to be

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The New spiritcentral.org Web Site GO THERE!

- * Learn about the Path Of Soul Transcendence!
- * Learn about The Spiritual Teacher!
- * A Complete List of Classes, Workshops and RETREATS!
- * Monthly Satsang/Spiritual Instruction Schedules
- * Meditation Schedules for all Centers!
- * Audio/Video Library with over 200 Talks on CD/MP3
- * All *Tools For Living Free* available instantly!

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!

SpiritCentral

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Thank You!

A special Thank You to New York Sports Club on Third Avenue and E. 92nd St. in New York City - near the Home Center - for Sharing the Wealth by putting Cosmos Tree/CRASS flyers in their many welcome packets!

GIVE YOURSELF AND OTHERS THE GIFT OF TOOLS OF UPLIFTMENT AND GRACE THIS HOLIDAY SEASON!!!

CDs/MP3s

--Meditation Of Gratitude

--Meditation For Health And Well-Being

--Acceptance: The Key To Your Heart

--You Are Worthy

--What Is Loving?

--Prayer: What Is It, How To Pray And How To Receive The Response

--What Are You Worrying About?

--What Is Spirituality?

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. Nov. 4, 18, 25;

Dec. 2, 9, 16, 23, 30 -- 7:30-8pm EST

Wed. Nov. 5, 12, 19, 26; Dec. 3, 10,

17, 24, 31 -- 4:30-5pm EST

MEDITATIONS

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

CALIFORNIA

Los Angeles area: Every Monday 7pm.

Please email LosAngelesMeditation@gmail.com for details. November 9th 10:30 am EST.

ILLINOIS

Chicagoland area: Please email

Chicago@cosmostree.org or call 708-846-1031 for details.

HAWAII

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

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.

NEW YORK

New York City: Every Mon.

7:30 pm; Wed. (except 1st Wed. of the month) and Thurs. 6:10pm; Sun. Dec. 14: 10:30 am; Sun. Nov. 30 & Dec. 28 Special 2-hour Meditation; Meditation For Health And Well-Being East Side (Home Center): Tues. Nov. 18; Dec. 16 — 8:15 pm; West Side (517 West 113th Street, #33 - btwn Broadway and Amsterdam): Tues. Nov. 25; Dec. 23 — 8:15 pm

In Los Angeles

Tools For Living Free

Reading and Discussion

12:00 PM EST

New Teachings Study Group

Using *SpiritCentral* as the Tool!

3:00 PM EST

Nov. 9th

Facilitated by Editor-In-Chief and Experienced

Sunday Program Leader

Rev. Melissa Sones

Available By Teleconference

DVD 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"

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

Join Us For An Hour Of Spiritual Instruction!

"Consistency: Of What Does Yours Consist? -

A Participatory Satsang"

**November 5, 2014
6:50 pm EST**

"How To Receive:
A Participatory Satsang"

**December 3, 2014
6:50 pm EST**

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

Listen to Our Monthly Podcasts!!!

www.cosmostree.org

www.spiritcentral.org

**Nov: "Success: What It Is,
How To Measure It, How
To Live It"
(CD/MP3 A50)**

**Dec: "How About Now?"
(CD/MP3 A52)**

SpiritCentral.tv

AVAILABLE NOW!

On-demand viewing at
www.SpiritCentral.tv
GO THERE!

Save the Date!

**Special Thursday
Holiday Meditations!**

Thanksgiving Day

Christmas Day

New Year's Day

6:10 pm

Join Us For Giftwrapping!

Barnes & Noble

Broadway & 82nd St., New York City

Saturday, December 20

9 am - 10 pm EST

The Real Gift Is The Gift Of Loving Service You Give Yourself!
Please see the Events page in this issue of *SpiritCentral* for more details.

To order and/or for more information and Tools Of Upliftment, visit cosmostree.org or call the Cosmos Tree Home Center at 212 828-0464

are you really doing when you ...?' [pause] 'What are you really doing when you ...?' [pause] 'And what are you really doing when you ...?'

Dr. Lane then opened the floor to Participants, "Would anyone like to share on the dotted line, so to speak?" One volunteered, "... Wasting time." A second shared, "When I make judgments about other people." A third said, "When I give mySelf the Best." A fourth shared, "Forget to just Focus on Spirit." A fifth said, "When I identify with my basics." Another said, "When I consider mySelf unworthy." And a final Participant said, "When I run negativity; and when I'm Present."

Our Teacher, Dr. Lane, then explained to us, "As you can see we have a multitudinous amount of things we do other than be Present; other than being with God; other than being in our Integrity; other than being Honest; and other than living as an Initiate of The Light Of The Most High. And underneath all these ways there's basically one thing. ... fear of God. We're seeking out a way to be not Responsible ... A way to live the illusion that we are separate from God and that we aren't Spirit. ..."

"And we know that 'keeping it R.E.A.L.' means what? Realizing Each Adventure to Lift. And what we do inside ourSelves is we go with the negativity. We have so many great ways and we don't stop, many times, and look at, 'O.K. there's an Opportunity here! Let me do Giraffe Consciousness! Let me live as an Initiate! Let me use this to Lift and Grow!' ... Everyone, unless they are practicing Giraffe Consciousness and Living in the Truth, is all involved with ... some kind of illusion that we're not Responsible; we're going to get away with it; and somehow God isn't Present and we're not held accountable. And we're just here, doing this, doing that, doing this, doing that and just filling up the time called human life. But HU-man life is just that. It is HU. It is the First Manifestation of the Lord, God. And we're the outcropping from the Inner Worlds of the Spirit that we *are*. And we have this Blessed Opportunity to ... go Walking down the quiet Path of the Sound Current, of Soul Transcendence. ..."

The simple Truth is God lives in us as us. We've already won. O.K. so let me pretend that that's not true ... and pretend I haven't already won. I'm going to try to win. What are we trying to win here? We're trying to win someone's love; we're trying to win fame; we're trying to win fortune; we're trying to win security. What are we trying to win? Well, there's nothing to be won; you've won it all. It's been given to us. ... There's something that happens at the end of the day and that is there's an accounting that takes place. Everything is logged, as it were, and we're held Responsible. ..."

"We know that we enter the Christed Consciousness when our will and God's Will are One and the Same. ... So if we pretend that that isn't so, we're playing a fool's game ... that we know we're bound to lose. ... We have

this Consciousness in us; and It knows the Truth and we have to face ourSelves. ... All of this eventually forces us as Souls to come to the recognition of: what am I really doing when I put on a body? What am I really doing? So, let's take a look! We've won out over many, many Souls to have this Opportunity. We have agreed to the karma that is presented to us, that we are to live this lifetime, our fate karma. And the whole Purpose of HU-man life is set out before us and that is to know ourSelves as Soul, as Spirit. Then we come in and live in this thing called the body. And isn't it interesting that the body is set up as a transmission and receiving station? It's all about being Upvibrated and Uplifted and Receiving the Spiritual Energy. ..."

"Every little thing is impressed upon the Soul. Yep, it sure is. Every little thing. ... Every thought away from God. Every feeling away from God. It is all impressed upon us and we're karmically Responsible. So we're not going to get away with anything. ... So what are you really doing pretending that you are not? You are Responsible. Responsible - responding to the Spirit that you *are* is part of what we are doing here. ... We Upvibrate to That and we come into the Oneness of That. And many of you ... are clever enough to discern that when your basics are off and running, when they've latched onto something, that that's not really what's going on. And yet you're so absorbed in what they're doing that many times you think that's what's going on, but that's not at all what's going on. And it's a diversion. Underneath it all is fear. And the Journey of the Soul is from fear of God to Love of God.

"So when you're living your day, as it were, couple of times a day you may want to do a quick, Loving, Neutral Inventory: What am I really doing when I ...? ... And, if you want to make it very easy on yourSelf, change it from What was I doing in my day? to What am I really doing during the day that God has given to me? Or that God is living in me as me? What am I really doing in God's day? Was I full of Loving? Was I full of sharing? Was I full of caring? Or was I protecting some position? Was I angry that things didn't work out that way that I thought they should have worked? Was I impugning others? Was I raising my value by putting down other people's value? Was I over-identifying with a situation? Was I forgetting that this too shall pass like gas and thinking it was a permanent condition? What am I really doing? And what am I doing here?

"God's given us time ... and space... We're here for a finite amount. Am I maximizing this time? ... Am I with God or am I with things of the world? And am I fooling mySelf by thinking this game is not rigged, that I can win it? Instead of the Truth that, 'Hey! I've already won this game. I just have to give it to mySelf.' ..."

A Spirited question-and-answer session followed.

a zombie. ... If I hold onto it [ed.'s note: Dr. Lane is referring to 'lines of energy'] what am I doing? Separating mySelf out from Spirit. ..."

"Anything, any thought, any word, any deed other than a Focus on the Lord, God is that 'line of energy' that pulls us away from the Spirit we *are*. We're in a body for a reason. We're here because we need to master the At-One-ment, that the Soul we *are* and the Spirit we *are* is One and the Same with God. That God's not "out there". He's within. He's completely within. And that God lives in us as us. And when we forget That - that's why we're here; we're here to remember That ... When we've mastered the Remembrance, we've mastered the Love; then we've cleared our karmic journeys up and the Purpose of being on this earth is fulfilled. [ed.'s note: As The Teachings Of The Path Of Soul Transcendence teach us, "we" don't clear "our karmic journeys" up; as Initiates, karma is cleared when it's cleared by the Lord, God/The Teacher.] But these 'lines of energy' are what draw us into the negative polarity, into reincarnation patterns, into anything other than the Spirit we *are*.

"So a way to work something is, let's say you missed a date with me and it's now the 16th and you were supposed to have on it the 15th. You tell yourSelf, 'It's over. The 15th has passed. I'll let you know when we need to have that Commitment again.' And ask the Spirit to take that 'line of energy' and tell yourSelf to let it go. ..."

"When we have an inner insistence we have a 'line of energy'. When we have a judgment on ourSelves we have a 'line of energy'; and that 'line of energy' is really so strong that it cuts the flow of Spirit within. A judgment stops the flow of Spirit.

My experience of judgments is I've never seen anyone who knew what the hell they were talking about ... because you don't have a judgment if you knew how it *really* is ... instead of how you think it is supposed to be. And so you have a judgment on yourSelf because it happened this way or that way... And that's always out of ignorance ... When you know how it works you don't judge yourSelf. ..."

"Those 'lines of energy' become a karmic thread and they follow you and they follow you and they follow you. ... Like a big karmic ball. And it needs to be gently opened up, unraveled and it is by the Light Of The Most High. And it's a natural Process but you can't go in there and jerk it out or anything else like that. ..."

"And you'll find most people love to have these 'lines of energy' out because guess what? They're all entangled in the world and in people and in situations and then they don't have to assume their Power. ... They don't have to be Responsible. And, of course, the irony is they're Responsible either way. They're Responsible for the karma they've created. And they're Responsible for the fact that they *are* Spirit. Whether or not they know It doesn't matter. As the Christ, Jesus said, 'Ignorance of The Law is no excuse.' ... That's part of the illusion - we don't know or don't want to know that we are Responsible and we do create these Forcefields, these 'lines of energy'. Every thought, every feeling has a vibratory frequency and has an ectoplasmic reality..."

"We have 'lines of energy'. They usually sit around the mid-section and anger, expectation toward another person, judgment toward another person, etc. And before you know it I've got these lines of energy out there and they're draining my energy.

And before you know it I may get sick. I may feel exhausted. ... And then I'm always at the mercy of what's at the other end of that 'line of energy'. ..."

"Everything that we create, by Spiritual Law, must be fulfilled on some level. ... Most Souls - they're under the karmic jurisdiction which means that, what? It has to be fulfilled in the physical. ... If my agreement is to work things karmically and I'm to bear the brunt of my past action because I'm Responsible and I'm to be, let's say, murdered, I'm going to come here to be murdered. If I'm working the Sound Current Path and there's an Action of Grace, well, I may have an experience in a dream of being murdered. The Master may send something or somebody or maybe He Himself may just 'trip' and that may fulfill the action of you being hit and killed. It doesn't have to be fulfilled karmically and physically. It can be fulfilled by Grace. But 'lines of energy' all must be fulfilled.

"And if you're Walking this Path what happens? You've got all these creations so when you sit in what's called Meditation it gets cleaned up and cleared up. ... So think about what you're creating; think about the 'lines of energy', where you're placing your Consciousness because you're all Responsible. ... Part of what we're all Learning here is to be Responsible with our creations. ... We want the distance from the karmic field. ... How do you do that? Well, you ingather your strength. The Method that's taught on This Path is we go 'in' and 'up,' as it were. [ed.'s note: Dr. Lane is referring to shifts within Consciousness not to direction.] We go the opposite way. We don't go 'down' and 'out' into the world. We go 'in' and 'up' to be with God, to be with the Spirit. So we're withdrawing from any creation of those 'lines of energy' so we can allow the Spiritual Energy to flow. ..."

"The whole point is to be in the world but not of it. So if I'm running 'lines of energy' I'm becoming 'of the world' more and more and more. See, the interesting thing to me is that it is the exact opposite of what people think. We don't have to be a hermit ... live in isolation or anything else like that. When we are Focused in the Spirit we can be in the world and be in it *even* more and enjoy it and participate in it even more. We don't have those 'lines of energy' that bind us, that enslave us. We've enslaved ourSelves. ..."

"See the Joy is in being Free and to en-Joy the life that God has given you. But you can't en-Joy it if you have these lines out and you're all tied up with people. ... So the task is if you've created things let them go! Give them to the Light [Of The Most High]. Ask God to take them! Ask The Christ to take them! Then tell yourSelf to let them go! If you have appointments, do the same thing! ... [ed.'s note: Dr. Lane is referring to expectations.] You have expectations, let them go! ... So that you stay Free and clear. ... Do whatever you have to do to get clear! And everything in this life is set up - particularly if you are Walking this Path - for you to Lift and Grow and get clear. May want to take advantage of it. ..."

"Trick is to be in Alignment, to do the Spiritual Work as taught and as prescribed and your will and God's Will become One and the Same. And that's the Christed Consciousness. ... And you'll feel better! You'll feel the Power that you *are* and you're Learning to be Responsible that way! ..."

An Enlightening question-and-answer session followed.

Please Copy & Share with Friends, Family, Loved Ones, Enemies!

Give this Gift to yourSelf and Others!!!

Weekend Of UPLIFTMENT AND GRACE

**NOVEMBER
14th - 17th, 2014
Los Angeles, CA**



Roger B. Lane, Ph.D.

Founder and Director of
Cosmos Tree, Inc. and
The Center for Religion and Advanced
Spiritual Studies; author of several
books on the Soul's Progression and
The Money Workbook (Penguin).

This Weekend in Los Angeles with
Dr. Lane includes the Opportunity for
Souls to participate in Meditations of
the Light of the Most High; Meditation
for Health & Well-Being; Satsang
(Spiritual Instruction); and to receive
Initiation into the Sound Current
on the Path of Soul Transcendence!

This Weekend is a Sacred and
important Gift to give yourSelf
by participating in the many
Blessings
brought by Dr. Lane.

Be sure to give this Gift to
yourSelf!

FRIDAY, NOVEMBER 14th

5:30 - 7:15 PM - Open House (admission until 6:45 PM)

8 PM: Talk on "What is Health?" given by Dr. Lane,
followed by a Meditation For Health & Well-Being

Location: JW Marriott Santa Monica Le Merigot
1740 Ocean Ave, Santa Monica, CA 90401

SATURDAY, NOVEMBER 15th

10 AM - 5 PM: Workshop: "How To Live Royally as the Spirit You Are"

7 - 7:45 PM: L.A. Weekend Reception

8 PM: Satsang (Spiritual Instruction)

Location: JW Marriott Santa Monica Le Merigot
1740 Ocean Ave, Santa Monica, CA 90401

SUNDAY, NOVEMBER 16th

11:30 AM - 12:30 PM Meditation Of The Light Of The Most High

1 - 3 PM: Initiations into the Sound Current On the Path of Soul

Transcendence given as a Precious Gift by Dr. Lane

3:15 - 4:15 PM: Meditation Of The Light Of The Most High

Location: JW Marriott Santa Monica Le Merigot
1740 Ocean Ave, Santa Monica, CA 90401

MONDAY, NOVEMBER 17th

5:30 - 6:30 PM: Meditation Of The Light Of The Most High

Location: 517 3rd St, Manhattan Beach, CA 90266

RSVP @ cosmostree.org. RSVP required for Saturday Workshop; highly suggested for other Events. Cost for this special Event \$125 with "Early Bird Special" of \$100 if paid in full by September 15th. Pay with a credit card online (payment in full only) or make checks out to Cosmos Tree, and mail to Cosmos Tree / 1461 A First Avenue #182 / New York, NY 10075. Suggested Donation of \$10 for Meditations, Talk, and Satsang.

Reservations may be made, modified or canceled by individuals by calling Central Reservations at 1-888.539.7899 and referring to the "Cosmos Tree" Group or by visiting the Cosmos Tree website and clicking on the link "[Book Your Group Rate: LA Weekend Of Upliftment and Grace](http://www.cosmostree.org)". Please be sure to mention you are with the Cosmos Tree Group to receive the discounted group rate of \$289.00 (+ tax and fees). Discounted rates apply if booked by 10/31/14. LA Weekend guests also receive complimentary late check-out at noon on Sunday, November 16th and complimentary luggage storage at bell desk on check-out date until 5 pm.

For more information please contact Administrator Amy Blank 708.846.1031 or Cosmos Tree 212.828.0464.

All payments are nontransferable & nonrefundable. Your payment might be tax-deductible; please consult your accountant or tax advisor. Please refrain from wearing any perfumes, hair sprays, fresh nail polish or remover, colognes, aftershaves or other chemicals to the Event. Please refrain from alcohol and drugs - other than your prescription medication - 24 hours before the Event. *Please arrive no earlier or later than 10-15 minutes before each Event starts as doors close promptly five minutes before each Event starts.*

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