



Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies September/October 2015

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“Are You self-Serving Or Serving The Self?: A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, started His July Satsang with a Process. Dr. Lane began by saying, “As you know the title of the Talk is ‘Are you self-Serving?’ And that’s with a small ‘s’ so that means the false self, the lower self, the lower consciousness. ‘Or are you Serving the Self?’ With a big ‘S,’ capital ‘S.’ Meaning the Spirit in you, the Divine, the Soul, etc.

“So, I’m going to call in the Light [Of The Most High] and I’m going to ask you a question. I may ask it a few times. Maybe I’ll ask you another question. And see whatever comes for you. ... ‘What is the difference when you are being self-Serving and when you are “Serving The Self?”’ ‘What is the difference when you are being self-Serving - remember with the small ‘s’! - or when you are “Serving The Self,” with the big ‘S?’ I’m going to ask again, ‘What is the difference when you are self-Serving and when you are “Serving The Self?”’ ‘What do you need to do to give up being self-Serving and “Serve The Self?”’ ‘What do you need to do to give up being self-Serving and “Serve The Self?”’ And lastly, ‘What do you need to do to give up being self-Serving and “Serve The Self?”’ And when you can just bring your consciousness back here.”

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“Whom? What? When? Does The Spiritual Warrior Fight?: A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, started His August Satsang with a Process. Dr. Lane began by saying, “The topic for tonight was how to be a Spiritual Warrior. What does that really mean? We’ll discover it as we go through the Satsang. ... Let’s start by doing a little Process. I’m going to ask you three questions and I’ll ask each one repeatedly. ... ‘Whom does the Spiritual Warrior fight?’ (Pause) ‘Whom does the Spiritual Warrior fight?’ (Pause) ‘Whom does the Spiritual Warrior fight?’ (Pause) ‘Whom does the Spiritual Warrior fight?’ (Pause) ‘What does the Spiritual Warrior fight?’ (Pause) ‘What does the Spiritual Warrior fight?’ (Pause) ‘What does the Spiritual Warrior fight?’ (Pause) ‘What does the Spiritual Warrior fight?’ (Pause) ‘When does the Spiritual Warrior fight?’ (Pause) ‘When does the Spiritual Warrior fight?’ (Pause) ‘When does the Spiritual Warrior fight?’ (Pause) When you can bring your awareness here.”

Dr. Lane then invited Participants to share their responses to the Process. A first shared, “No one. Nothing. Never.” A second said, “No one. Nothing. When the Spiritual Warrior forgets.” A third said, “The Spiritual Warrior doesn’t really fight but the job of the Spiritual Warrior is to go inward and release

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Fall Semester

The “Bible” Of The Path of Soul Transcendence

**Wednesdays, October 7 - November 11
for five weeks at 7:45 - 9:15pm EST**

(except 1st Wednesday of the month
Class begins 8:15pm. No Class October 21)

Taught by
Dr. Roger B. Lane,
Founder & Director

- **Explore the Framework of the Path Of Soul Transcendence**
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- **What It means to Be an Initiate**
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Please see Sept/Oct Calendar in this issue of *SpiritCentral* for more information or call Registrar, Amy Blank at 708-846-1031.

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- Re-Commit to the Spirit you are!

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Events Calendar

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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. Sept. 1, 8, 15, 22, 29;

Oct. 6, 13, 20, 27 -- 7:30-8pm EST

Weds. Sept. 2, 9, 16, 23, 30; Oct. 7, 14, 21, 28 -- 4:30-5pm EST

MEDITATIONS

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

CALIFORNIA

Los Angeles area: Every Monday 7pm.

Please call 310-913-7212 for details.

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Litchfield County area: Every Tuesday

6:30pm. Please call 203-981-1030 for details.

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Philadelphia area: Every 2nd Sun. 10:30am;

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NEW YORK

New York City: Every Mon.

7:30pm; Wed. (except 1st Wed.

of the month) and Thurs. 6:10pm;

Sun. Sept. 13 & Oct. 11: 10:30am;

Sun. Sept. 27; Oct. 25: Special

2-hour Meditation; Meditation

For Health And Well-Being East

Side (Home Center): Tues. Sept.

15; Oct. 20 - 8:15pm; West Side

(517 West 113th Street, #33 - btwn

Broadway and Amsterdam): Tues.

Sept. 22; Oct. 27 — 8:15pm

Meditation

Of The Light Of The Most High

10:30am EST

Tools For Living Free

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12:00pm EST

Teachings Study Group

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3:00pm EST

September 13th & October 11th

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

6:30pm Eastern,

Thursdays,

Scroll down to "Spirit Channel"

Click on "Watch Now"

DVD Showing and Discussion:

last Sun. of every month

1-2pm at NYC Center

Join Us For An Hour Of
Spiritual Instruction!

*"The Drama In Your Life:
Flair, Fair Or Hot Air?:
A Participatory Satsang"*

September 2, 2015

6:50pm EST

TBA

October 7, 2015

6:50pm EST

Satsangs
by Dr. Roger B. Lane

Available at All Centers

Listen to Our Monthly
Podcasts!!!

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Sept: "Are You Saying What You
Mean And Meaning What You Say?:
A Participatory Satsang"
(CD/MP3 A146)

Oct: "What's Your 'Problem'?
A: 'Same As Yours' -
A Participatory Satsang"
(CD/MP3 A165)

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Please Join Us!

Dr. Lane then asked, "Who would like to share?" A first Participant said, "When I'm self-Serving it's like when you go to a frozen yogurt shop and you only get one container and you can only fill that. But when you 'Serve The Self' there are so many servings that it's like a magnificent feast. And it opens up and just expands into endless possibilities." Dr. Lane then added, "You're talking about lack and limitation versus unlimited and Abundance." A second Participant shared, "What I got was being Open and being in Joy and being in Love versus the little self as being contracted and miserable." A third Participant shared, "What I got was one is wasting energy and one is living in Truth and Purpose." A fourth Participant shared, "I got the same thing - contraction and being closed when you're in self-Serving and what you need to do is make a Choice, be Present, and Open and Trust, Allow and Receive. ..." A fifth person shared, "I got putting myself first and the other one is putting God first. What I need to do is show up and be Present and come to Classes and Meditation." Another Participant shared, "What I got was when it is my own agenda and I'm pushing, pushing, pushing and then when I am Serving of the Self I stop ... call in the Light Of The Most High into the situation and let go and ask to be guided." Dr. Lane then added, "You're not letting the Light [Of The Most High] into the situation because the Light *is* the situation. But what you're doing is you're Attuning to It in that situation." Another Participant then shared, "For me the first one was like it was never going to stop. I could never get enough ... and the second was just quiet. ... The first one was very... insatiable."

Dr. Lane taught, "If your basics go out there looking for what they want, whether they get it or not - it is all the same thing. Because if they get it you don't have it inside yourSelf yet to know that I'm It without it out there. ... So you're going to keep doing it. If you don't get it you're going to keep going out there to get it. It's all set up for you to lose. ... Our history as a Soul is we've identified with the world of form, with what's out there. So our training as an Initiate Of The Light Of The Most High is just the opposite: we go inside ourSelves and 'up'. We go into the Soul Body. We've been going out, with our basic selves, into the world and, of course, forming attachments, karma, separation from God. ... You're giving up your agenda, which is fear, hurt, pain, etc. And that's what you want to do. This is a Surrender Path. You're going to Surrender your agenda. Sooner or later it is going to happen if you've taken Initiation. ..."

"We think that ... God's Will for us is in contradistinction to our will for us. But it's only in contradistinction to that of the false self. Our real Will for ourSelves is what? Is what? Ahh, just to relax into the Oneness of the Sound Current, the Holy Spirit, into the Spirit we *are*, to just Let Go and Trust and not to keep pushing and pushing and pushing and striving and striving and striving, etc. That's where the Power is. The Power is in Letting Go and Trusting. It's just the opposite of how the ego mocks it up. With the ego it is always 'you against the world' as a solitary figure because the ego is all identified with time and space so it buys into that illusion. ..."

"What kinds of things do we do when we are self-Serving with a small 's'? We're usually trying to be noticed; trying to be important; trying to be famous; trying to be rich, etc. ... The question is 'Do you want to rise up in the Spirit you *are* or do you want to pretend that you're not That and be a beggar for Love?' Most of us walk around begging for love. Begging to be loved. Having to prove ourSelves. Not feeling good enough, inadequate and all that. And the myth, of course, is separation. ... Our lives revolve around a backdrop of 'dying' but the Soul in us doesn't die. It's only the body. ..."

"Those who are alive in Spirit know something. ... They know that the body was the housing for the Soul, for the Spirit. And when it is Spiritually correct for the Soul to leave the body - to that nanosecond - that's when It leaves the body. But if you think you're the body and that's it then, yes, you get to have that illusion of death and dying. And, of course, the ego - that's what it identifies with. ... So it wants to accomplish a lot of things in this life. And if you take a look at what we admire as 'success' it's people who have run after obtaining the bright lights. But watch out of whom you're envious. Somebody who has a lot of money. ... You don't know the karmic reason why that person has a lot of money. ... Know that everyone has his or her karmic learning and God will use whatever He uses. ..."

"This is a Path that stresses Service and doing Service. I see a lot of serving with a small 's' going on rather than Serving The Self. ... They're doing it for attention, etc. Or they do it as though there's a point system to earn these points with God and you're going to be Loved. But that's not how it works. ..."

"When you're 'Serving The Self,' the Divine Self, all there is is Wealth, Abundance, Fun, Sharing, Caring, etc. ... As an Initiate the whole Focus is Knowing yourSelf as Soul, as Spirit then, as a byproduct, you unite with the Lord, God. And in Consciousness you permit That. That Which you *always* were. ... So you Allow that Union. Really, you get absorbed, as it were, into the Holy Shabd, into the Sound Current; and you as an ego entity don't exist. That doesn't mean you're dead ... But you've entered into the Soul Body in that Soul Realm, Where that's the Identification of yourSelf as Soul, as the Sound Current, as Spirit and you're dead to this world. Meaning that you have no attachments. That's really. ... What's going to happen in this Path *while you're in the body*. ... Through Service ... you get a sense that your boundaries are not in time and space. That you're not limited in time and space. ... When you do Service with a Loving Heart ... you know that you're not your name in the world, your ego in the world, yourSelf identified in time and space. You're Spirit. And the nature of Spirit is what? To give. To give. To give. To give. To give. ..."

"Use your feedback system and over the next couple of days I'd like you to do some homework. Every hour or two see what are you doing? Are you self-Serving or are you 'Serving The Self?' Be careful here. It's not going to be by form. ... You can do the laundry and be with God. You can do the laundry and Chant Your Tones. You can be with God and send Healings and Blessings to people. ... It's your Inner Attitude, your Inner Environment - that's what's key. ..."

"It boils down to the Responsibility of where you place your Consciousness. Being Responsible for that and Loving yourSelf enough and Knowing that you're Worthy to give yourSelf the Lord, God. And that's really a *moment-to-moment* decision. You can be self-Serving or you can Serve the Living God.

"And I Lovingly suggest you choose the Latter and use the negative pole for what it is there for. It's there, really, in Service to the Spirit you *are*. So use that negative pole. Anything along it to help you Lift and Grow and be the Spirit you *are*. It's a great system created for you. So use it! ..."

During the question-and-answer session following the Satsang, a Participant asked a question/made a statement and Dr. Lane, as always, gave Generously of Himself, to bring Clarity and Upliftment to the questioner and to all the Souls present.

Continued from page 1 - "Whom? What? When? Does The Spiritual Warrior Fight?: A Participatory Satsang"

anything that is not of Spirit... When does that happen? Each and every moment." A fourth participant said, "The first part was the opponent, meaning the opposite of the Light [Of The Most High]. The second part was doubt, fear, worry, anxiety. When do they fight? All the time. ..."

Our Teacher addressed the last response by sharing, "Where you're Focused is where your heart is really. If you're focused into the 'opposition' then guess what? Then you're all involved with them and there's no room for the Light [Of The Most High]. The ego engages in battle. The Spirit doesn't need to. It just has to be Itself. ... The Warrior isn't fighting. The Warrior is doing the other 'f' word. Focusing. The Warrior Focuses on the Spirit that It is. On the Spirit that It is. On the Spirit that It is. ..."

"In our Consciousness what we do is what? We'll fight with someone. We'll fight over a principal. We'll fight for this. We'll fight for that. But you don't have to go against anyone. All you have to do is stay within yourSelf and stay true to that and keep putting it out. ... The Teachings that I bring in are The Teachings of Grace and in Grace there's no opposition. All you do is stay within the Forcefield. Stay within the Forcefield. ..."

"Stay with What's True. Stay with the Spirit you *are*! Go for the Solution! Let's not get into blame or anything else like that! The Teachings teach us Blameless Responsibility. The moment we get into blame guess what? ... We're scapegoating; we're creating karma and we're ensuring we're not going to get the Learning and the Upliftment from that experience. We're delaying our Spiritual Progression. Once again, our energy and our focus is going out into the world. ..."

"The Spiritual Warrior Accepts. It doesn't have to like it but Accepts it and Knows that this is God's Gift, The Teacher's Gift to him- or her to Uplift from, to Learn from, to Grow from. The moment you get into resentment what are you doing? You're re-sending your negativity. You're creating more bondage, more enslavement, more karma, more separation, more hurt, more pain, delaying your Learning. Then you have the resentment you created plus then you have your Learning that you need to get anyway. And if you want to change ... something, a pattern, a habit, etc., all you have to do is Focus into where you want to go. ..."

"The Way of Grace is we Focus on the Spirit we *are* and then guess what? The negativity falls off of us. But if we engage it, we're holding onto it. We're holding onto it. We're holding onto it. ... We don't need to do anything about the 'royal forces of the opposition'. What we need to do is go inside, be with the Spirit we *are*, be with God and That's our Focus. And we keep reinforcing That. We keep reinforcing That. And as we reinforce It we get reinforced by Spirit. And it becomes very Self-Fulfilling. ..."

"We do Simran and Dhyana for a particular reason. It's the constant reinforcing of the Spirit we *are*. And going There and Returning and Returning and Returning and Returning and Returning constantly. Constantly. Constantly, constantly. And we're strengthening our Spiritual Muscle. That's what the Warrior does. He is always Attuning. He's always Aligning. He's always improving via the Frequency that He can hold. He's always Allowing HimSelf to be Upvibrated, Upvibrated and everything goes for That. So the Spiritual Warrior is Selfish in the best sense of the word. With the big 'S.' It's always referring to Itself, the Spiritual Self. ... When the Spiritual Warrior forgets that It is the Spiritual Warrior then It fights because It has forgotten Itself with the big 'S.' ..."

"It's really important that we make a very conscious, a very considered, a very considerable effort all the time practicing Eternal Vigilance, Eternal Vigilance, Eternal Vigilance, Eternal Vigilance to direct our Focus within. That is not to go out there into the world. If you find yourSelf constantly engaged out there you'll find all these attachments and enslavement, enslavement, enslavement and it goes on. If you're constantly Sourcing yourSelf

and being Selfish in the best sense of the word then you're Uplifting, you're Upvibrating and everything around you and with you is Free and has that Opportunity to do the same. And everyone and everything you come into contact with benefits from That. ..."

"We need to remember Who we *are*. Use whatever you need to! Whatever Tool. ... You need to constantly practice. You need to constantly Strengthen the Spiritual Muscle. Also, a Warrior has stamina. ... You have the Perseverance, the Perseverance, the Perseverance and you need to stay enCouraged. Stay enCouraged! Stay in the Courage that you have as Spirit, as Soul! It takes great Courage to see the Face of God. Stay in that Courage! Consciousness gets scared. It's okay to be scared but a lot of us buy into it. ... The Spiritual Warrior is always gratefully Accepting the Grace that is extended to It. Always. Doesn't matter the form. Doesn't matter the shape. Doesn't matter the lower consciousness's response. A Warrior does not believe or go with or make into an idol the responses of the false self: the fear, the hurt, the anger, the pain, the doubt, etc. But the Warrior stays Centered in Spirit. ..."

"Spiritual Warrior also has a certain perspective. It knows that the body is not Infinite. ... 'Let me Focus on what is Infinite! Let me develop That! Let me develop What is Everlasting!'

"The Spiritual Warrior also lives in Gratitude. There's a deep Appreciation for what's here for the Warrior and the Opportunities that are given the Warrior to develop the Spiritual Strength and the Spiritual Muscle. And the Warrior, because It has an innate respect for Him- or HerSelf, has an innate respect for those that have Mastered It, those that can show Him the Way, Those that have demonstrated what He is seeking to do. There's a respect there. And that's key, too. And the Warrior is smart enough to use those beings as examples and takes it unto HimSelf. ..."

"The Spiritual Warrior uses The Teachings and Ministers to Him- or HerSelf with those Teachings. Doesn't wait but applies It immediately because the Spiritual Warrior is not willing and does not want the pain of separation from Spirit, from God when It allows the negativity to be present. Spiritual Warrior is determined, determined every second, every moment to Return, Stay Clear, Return, Stay Clear, Return, Stay Clear, Return, Stay Clear, Return, Stay Clear ... *Every moment*. ... That's how It develops Its strength, Its Muscle and that's how It lives. ..."

"There are no solutions out there and the Spiritual Warrior knows that. ... Doesn't try to force anyone to be like anything. Doesn't make translations of what people are doing or not doing. Doesn't do anything but stay within the very, very narrow ballpark of the Spirit that It is because It knows that 'wide is the Way and narrow is the gate that leads unto Eternal Life' and It stays within that Framework.

"And the Spiritual Warrior - It's Free and That's What He or She is doing. Always going for Its Knowing Its Freedom... It also Knows that the Soul is woven into the Fabric of The Master, The Teacher, Whatever (you wish to call It), and that It is Uplifted. And through that Upliftment Process, that Upvibration Process everything that isn't of God just falls off and It stays Focused in That ..."

"And It stays Focused in the Loving. It makes sure that It is in Love. Loving is an active principal. And It expresses Loving. ... Knowing that the Soul in the other person is God and is of God just like the Soul in the Warrior so It meets each one with the utmost Caring, Loving and respect. And It helps others - just by the way It is - go for and Know that Freedom. ... Lovingly is of Service. Those are a few of the attributes of the Warrior. ..."

"Engage with the Spirit you *are* because we know that engagement leads to Marriage: The Divine Marriage. ..."

Our Teacher Generously answered many questions during the question-and-answer session that followed, providing yet more Loving Opportunities for Growth and Upliftment.