



SpiritCentral

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies March/April 2016

Meditation For Health And Well-Being

East Side (Home Center):

Tues 8:15pm

March 15 & April 19;

West Side (517 West 113th Street, #33 - btwn Broadway and Amsterdam):

Tues 8:15pm

March 22 & April 26

Home Center - New York City

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Advanced Spiritual Studies
and
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"Sharing: A How-To Manual - A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, began His January Satsang by saying, "We started off by Chanting HU. H-U which is an old Sanskrit name for the Lord, God. And that tells us Who we *are*. We're HU-mans. So we're God in Manifestation. The thing is what we've done is we've forgotten Who we *are*. We think we're this thing, this being in time and space. We have this name; we have this history; we have this family background; we're this race, this sex, this gender; and that's who we think we are. But HU tells us Who we *are*. And HU is that Frequency, that Vibration of the Lord, God, His First Manifestation ... So we're That. But guess what? We've forgotten That and the Purpose of why you're wearing what you're wearing. Everybody is wearing the same thing. We're wearing bodies. We're wearing bodies as an Opportunity to Remember Who we *are*. That we're Soul, that we're Spirit.

"In the beginning was the Word and the Word was with God". The Word is another name for the Sound Current or the Holy Spirit. And we're created in His Image. ... God *is* the Spirit. He *is* the Great Spirit. And we're of His Image, which means that the Soul *within* us is That, *is* of the Sound Current or the Spirit. God lives in us as us.

"Within us is God. It's really a question of location. What the HU-man consciousness does is whatever it is unconscious of, it projects. You're unconscious until you're not, that God is *within*. So what do we do? We project Spirit out there. Up there. So God's up there in the sky, beyond the clouds. ... God, of course, is *within* and there is a Way: An Initiatory Approach to come to know yourSelf as Soul, as Spirit. And to Learn to be what's called a Lover of God. Not tambourine, jumping up and down, whoopsie-doodle stuff. But within the quiet of your own heart, of your own Being, Loving God.

"So we need to Learn to Identify ourSelves Properly. ... The Reality is we're all together in the Oneness of the Holy Spirit or the

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"The Immediacy Of Spirit: A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, started His February Satsang by saying, "I thought I'd take the easy way tonight and start by having you guys do a Process. So let's call in the Spiritual Light that we work with: 'Lord, God, send us Your Light! We put this time together into Your Light for the Highest Good.' I'm going to ask a question a few times. Whatever comes, comes ... 'What does The Immediacy Of Spirit mean for you?' [Pause] 'What does The Immediacy Of Spirit mean for you?' [Pause] 'What does The Immediacy Of Spirit mean for you?' [Pause] And 'What does The Immediacy Of Spirit mean for you?' [Pause] I'm going to ask another question, 'How are you going to live that meaning?' [Pause] 'How are you going to live that meaning?' [Pause] 'How are you going to live that meaning?' [Pause] 'How are you going to live that meaning?' [Pause] 'How are you going to live that meaning?' [Pause] Last question, 'When are you going to live that meaning?' [Pause] 'When are you going to live that meaning?' [Pause] 'When are you going to live that meaning?' [Pause] 'When are you going to live that meaning?' [Pause] When you can bring your Consciousness back here.

Our Teacher then opened up the floor, "Let's have a little bit of sharing!" A first Participant said, "The Immediacy Of God is that God is in *each and every moment* ... Choosing to Align mySelf *each and every moment* ..." A second Participant shared, "I had an experience of The Immediacy Of Spirit and it was everPresent ... The second question - my answer was Allowing. The third my answer was now." A third Participant shared, "The Immediacy Of Spirit means living in the Power of my Truth, being Present at God, rebirthing at any moment, Chanting My Tones *moment to moment*. I'm living that meaning with 100% Loving discipline. All my heart Soul and might. I'm doing this now." A fourth Participant shared, "The Immediacy Of Spirit. God is always there for us. God is Omnipresent. The

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Spring Semester

Everyday Evolution 1

(10 weeks) Wednesdays, May 4 - July 6, 2016 7:45-9:15pm
(except 1st Wednesday of the month when Class begins 8:15pm)

Given by Dr. Roger B. Lane

The Student Learns to let go of the negative and focus on the Positive; to change habitual patterns that no longer serve him/her; and to recognize and eliminate beliefs, patterns and attitudes that have been allowed to limit the Student and his/her life. Open to all but may be some prerequisites.

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

**ATTEND A
MEDITATION
VIA**

TELECONFERENCE!

L.A. Meditation

Every Mon. 7-8pm PST

Email:

losangelesmeditation@gmail.com for details!

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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GO THERE!

Winter Semester

Relationships Class

(5 weeks) Wednesdays, March 9 - April 13, 2016 7:45-9:15pm
(except 1st Wednesday of the month when Class begins 8:15pm)
No Class March 23

Given 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 Events Calendar in this issue of *SpiritCentral* for more information or call Registrar, Amy Blank at 708-846-1031.

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. 1, 8, 15, 22, 29;

Apr. 5, 12, 19, 26 -- 7:30-8pm EST

Weds. Mar. 2, 9, 16, 23, 30; Apr. 6,

13, 20, 27 -- 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. In Burbank call 847-414-6462 for details.

HAWAII

Big Island: Every Tuesday 6:30pm through April 6. Please call 808-937-5958 for details.

ILLINOIS

Chicagoland area: Please call 708-846-1031 for details.

PENNSYLVANIA

Philadelphia area: Every 2nd Sun. 10:30am; *TFLF* Discussion 12pm; Every 4th Mon. 6:10pm. Call 917-841-8817 for details.

TENNESSEE

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

OUTSIDE THE U.S.

MEXICO

Queretaro area: Please call 347-448-2310 for details.

NEW YORK

Meditation Of The Light Of The Most High

M 7:30pm; **W** (except 1st Wed. of the month) & **Th** 6:10pm;

Sun 10:30am Mar. 13 & Apr. 10

Sun 10:30am Mar. 27 & Apr. 24:

Special 2-hour Meditation

Meditation For Health And Well-Being

East Side (Home Center):

Tues 8:15pm Mar. 15 & Apr. 19;

West Side (517 West 113th Street, #33 - btwn Broadway and Amsterdam):

Tues 8:15pm Mar. 22 & Apr. 26

Meditation

Of The Light Of The Most High

10:30am EST

Tools For Living Free

Reading and Discussion

12:00pm EST

The Teachings Study Group

Using *SpiritCentral* as the Tool!

3:00pm EST

March 13th & April 10th

Available By Teleconference

Email info@cosmostree.org for details

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

6:30pm 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!

*"Heirloom: Gold Or Another
Tomato? A Participatory
Satsang"*

March 2, 2016

6:50pm EST

TBD

April 6, 2015

6:50pm EST

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

Available at All Centers

Listen to Our Monthly Podcasts!!!

cosmostree.org

spiritcentral.org

**Mar: "What Is The Sound
Current?"
(MP3 A6)**

**Apr: "What Is Your Level Of
Participation? What Is Your
Level Of Precipitation?: A
Participatory Satsang"
(MP3 A105)**

SpiritCentral.tv

AVAILABLE NOW!

On-demand viewing at
SpiritCentral.tv Web site

GO THERE!

Watch All Ten Episodes!

Episode 1: "What Is Spirit?

Definition & Application"

Episode 2: "Joy - What? How? Why?"

Episode 3: "Positive Co-Creation"

Episode 4: "*The Money Workbook* -
Abundance, Prosperity & Self-Worth"

and more!

Video Showing and Discussion

1pm EST

March 27th: #V9 How To Sacrifice "The Sacrifice"

April 24th: #V10 The Ego's Revenge: False Pride

Available By Teleconference

Email info@cosmostree.org for details

Please Join Us!

Continued from page 1 - "Sharing: A How-To Manual - A Participatory Satsang"

Sound Current. ... This guy Jesus said, 'That Which is in Me is in you, too. Only more so.' Then He said, 'You're Responsible.' So He is telling us that *within* us is The Christed Consciousness or that Oneness with the Lord, God. And That's really the whole message of The Christ and of our being here: to learn to come back into that Oneness. When our will and God's Will are One and the Same.

“So what does all this, this long preamble, have to do with Sharing? ... It really has everything to do with it because Sharing happens when you have Proper Identification. When you Properly Identify yourSelf as Soul, as Spirit. So, for example, say I walk around saying, ‘This is mine! You can’t have it.’ ... The only thing a Soul belongs to is God.

“When I go out to eat with people I love to share my food. And sometimes people - they’ll actually give me a little hard time. ‘You’re sharing too much. You won’t have anything left for yourSelf.’ I feel like saying, ... ‘I get more filled with the Sharing than with the eating of this food.’ ... The real food is something else. But I would lose that experience if I walked around with an attitude of, ‘This is mine! This is my food. You can’t have it.’ If I have it - It’s the same Spirit in me as in you - then why can’t you have it?

“You know it’s interesting I’ve also had lots of experience giving money to what are called homeless people or, when I was growing up, we used to call them bums - no disparaging remark just what we said at the time - OK, and for a while when I was young I thought ‘I’m really giving to someone else and I’m doing a really nice thing.’ Then I realized, ‘Wait a second! Hold on!’ What I’m doing is I’m giving to God in the form of that being. I was thankful ... that he gave me the Opportunity to give to God. ... How many people give you the Opportunity to give to God? Not too many. ... So we need to approach people with Proper Identification. Spirit is *in* you. God is *in* you. God is *in* the other person. Same God. Same Spirit. If I do something against you, I do something against mySelf. Same Spirit. ... That remark of Jesus, Christ was pretty brilliant, ‘That which you do to the least of us, you do to me.’ Because the Christed Consciousness has that Oneness with God, with the Spirit. ...”

"If you see yourSelf as God, as Spirit, then you know something about what I call Spiritual Economics. ... We live in the western world, which makes a big deal out of material and material success. I'm not putting it down but I'm just suggesting that the values are askew. We have a real economic crisis in this country. ... The economic crisis is really a crisis of value. Where are your values? Where are your values? ..."

“Money of itself is just something used to go through this world. If you practice what I call Spiritual Economics, Which is, simply put, eight slices in a pizza pie; I give you one, I give you one [ed.’s note: Dr. Lane is pointing to different people in attendance.] ... I know that you have six slices left. And I’m here to tell you that that’s not true. If I give you a slice, I give you a slice. I still have eight and maybe even more because the nature of Spirit is that it supplies us. The nature of Spirit is, also, to Give. And when we are in our false consciousness, our little ego self, there’s lack, limitation and there’s fear. We can’t Share from that spot. If I think that when I give you something I’m going to have a slice less then I’m not going to Share. But I practice the Reality of Spirit, or of my own Nature. Which is to Give, see?

“The nature of what’s called the false self or the basic selves - the part of our consciousness that is involved in karma, or lack, limitation or fear - that nature is to take, take, take, take. The Nature of the Spirit is the opposite. The Nature of the Soul in us or the Spirit in us is to Give, to Give, to Give. So we need to know that *we are* Soul, *we are* Spirit in order to Give. ...”

“When the Spirit wants to Give to us do we say, ‘no?’ Do we refuse it? Yes, we do when we have false identification and we come from lack and fear. ... If you’re Blessed and fortunate to be Walking This Path and studying under Yours Truly we use Service to help us Learn to Share, Learn to practice Proper Identification. We use Tithing for That. To give us a sense of the unlimited supply of Spirit, of God and to help us get beyond our fear and our lack

and our limitation. And, eventually, the Soul comes to a point where It comes into The Christed Consciousness. There is a Way. Every Soul will do It sooner or later. It's not a belief system. It's not a churchianity system. It's not anything else but the Prescribed Road of taking Initiation into What's call the Sound Current or the Holy Spirit. And then following the Spiritual Practice *exactly* as laid out. When you follow It and you do It your will and God's Will are One and the Same.

“So if you see that God lives in you as you then everything gets flipped around and it’s like, ‘How’s it possible that God doesn’t supply Himself?’ ... Surely, God is going to take care of God. ... Surely, God will take care of you. And we’re also told, ‘Sufficient unto the day are the worries thereof.’ You don’t have to give thought about anything like that. God is taking care of you. Because God lives in you as you.

“So Sharing gives us this Wonder-full Opportunity. Doing Service gives us this Wonder-full Opportunity to practice our True Identity. That we’re Soul. That we’re Spirit. That it isn’t me against you. ... But it is that we’re all in this together. ... What is there to win in life? ... There’s nothing to win. There’s really nothing to lose.

“If you practice Proper Identification of yourSelf as Soul, as Spirit, you practice Spiritual Economics, ‘Hey! I give to you a slice of the pie then I still have the whole slice of the pie. Maybe even more. I’m giving to God in you. So thank you for the Opportunity for me to give to God.’ Instead of ‘Oh, my God! I’m going to have less! Oh, my God! You should have done this! I’m so annoyed at you! I’m so pissed! Take this and that! I ain’t going to do anything for you! I ain’t doing diddly for you!’ And then bite off your nose to spite your face. Doesn’t make any sense but a lot of us do that.

“We have to keep our Consciousness Clear! Let go of anger! Let go of judgments! Practice also What’s called Giraffe Consciousness! ... Realizing that every situation we have is presented to us for our Learning. For our Upliftment. ... Everything is here for our Upliftment and our Growth. And Sharing is just such a nice Opportunity to be Who we *are* with someone else. ... Give freely and Clearly. ... When we Give, we need to just Give from the Spirit we *are* without any attachments, without any judgments, without any expectation. ...”

“When we’re Sharing, we’re Sharing from our Completeness of Being and not, not with any demand, expectation or wanting that other person to change. But we just Share from the recognition that that seemingly ‘other’ person is that same Spirit as you *are*. And that’s really how you Share. ... Sharing enables you to practice your True Identity. And It enables you to be Free and to Give and to practice a Way of Being That is Spiritual. That is Giving. ... The Spirit just wants to give.

“Let’s end by doing a little Process. I’m going to call in The Light [ed.’s note: Of The Most High] ... ‘Lord, God, send us Your Light! And we put this time together into Your Light for the Highest Good. What do you want to give yourself?’ [Pause] ‘What do you want to give yourself?’ [Pause] ‘What do you want to give yourself?’ [Pause] ‘How can you best give it to yourself?’ [Pause] ‘How can you best give it to yourself?’ [Pause] ‘How can you best give it to yourself?’ [Pause] ‘What do you want to give to others?’ [Pause] ‘What do you want to give to others?’ [Pause] ‘What do you want to give to others?’ [Pause] ‘How can you best give to others?’ [Pause] ‘How can you best give to others?’ [Pause] ‘How can you best give to others?’ [Pause] ‘How can you best give to others?’ [Pause] ‘What do you want to receive from others?’ [Pause] ‘What do you want to receive from others?’ [Pause] ‘What do you want to receive from others?’ [Pause] ‘How can you best receive from others?’ [Pause] ‘How can you best receive from others?’ [Pause] ‘How can you best receive from others?’ [Pause] ‘How can you best receive from others?’ [Pause] Now when you can bring your Consciousness back here!’”

Our Teacher Generously answered questions during the question-and-answer session that followed.

second one ... Being Present and Loving God. And the third ... now." Dr. Lane added, "God is Omnipresent. Present in *each moment*. We commit to being Present, which means placing your Consciousness at God." ... A final Participant shared, "First question ... being Present. It is Chanting My Tones. It is wherever I'm at. Second question ... Self-talk, re-Committing, living in Dhyān [Participant is referring to the Meditation Technique Taught at the time of Initiation of keeping the Focus at the Upper Part Of The Third Eye.] Keeping that Focus. ..."

Our Teacher continued by saying, "There's not much to talk about after you guys did so well. But I do want to say a few words. I decided to look up the word immediacy ... etymologically. Lo and behold it has to do with medial. Medial, of course, means right in the middle. And isn't that Where God is? Right in the middle. What we've done is, we've pushed him aside. The false self, our consciousness, the lower self, the ego has pushed God or the Spirit that we *are* outside. ... It seems that that there's a separation. We live under the grand illusion that there's a separation instead of the Oneness. ..."

"When the karma is upon you, you've made that choice, and you've pushed out Spirit. ... It seems like something that's come upon us and we have no responsibility for. When we live in The Immediacy Of Spirit then that's really all there is. Spirit, Spirit, Spirit, Spirit. ... Stay Present with *each moment*. When you stay Present with each moment, when you stay Present with God - That's the Solution and That's Where you get all the Solutions you need for this world. So you don't have to go running ahead and going 'If this happens, I'll do this.' And, 'If that happens, I'll do this.' ... If you stay within God you'll do the inherently correct thing because Spirit knows what is inherently needed. ..."

"If you stay Present in your life, if you stay Present in your life then you keep getting the presents that you need. ... The Message of The Christ, which is, 'Hey! It's in you. ... God's Will and your will are One and the Same.' And there was a tremendous ... jump in the HU-man Consciousness... and along comes The Christ and God is within. So we talk about The Immediacy Of Spirit. We also have to accept that God lives *within*. That it's a location question. ... The Key to Success is in Its true meaning, fulfilling your Spiritual Destiny, Which is to know yourSelf as Soul, as Spirit and in the process complete your karmic journeys here; it's all location. It's locating God *within*. That's where God is. ..."

"You and God are the same in Essence. You're the same. God is essential to you and you are essential to God. You're the same Essence. ... That's What animates us: the Spirit, the Soul within us. It's right there. You can't get any more immediate. ... God is even more immediate than our breath.

We started off by Chanting HU. H-U. That's the First Manifestation of the Lord, God. So we're God in Manifestation. We're HU-mans. We're here getting to know this part of God's Creation but also to use It for Its Purpose. It only has one Purpose. To know ourSelves as Soul, as Spirit. ... The Immediacy Of Spirit dictates that. Things are immediate. Just think, things are immediate! ..."

"We think we are solid and we're just this material and this is the limits of our being and our consciousness. ... We live in the Oneness of the Spirit. So that we're all One. That's very different from being connected. ..."

"The Immediacy Of Spirit works both ways. Yes, God is Present and the trick is are we going to Allow ourSelves to be Present with God? That's really important. ... *Each moment* we have a choice. ... We have total and complete Free Will and we can decide where we're going to place our consciousness. In The Immediacy Of God we need be honest. That's a given. And so is our Immediacy to God and with God. That's a given. But the question is are we Allowing it? Do we Allow ourSelves to be Present with Spirit? ..."

"If you're going to know God *directly* then you need to give yourSelf permission and do the Training. ... So, what happens when we practice The Immediacy Of Spirit? What are we saying? We're saying a couple of things. I can live clear of my karma. I can live in Grace. ... We practice being Present. We practice being in Grace and then we also find ourSelves really living some of the Attributes of God. And I Lovingly Suggest that you do practice things like Kindness, Mercy, Compassion, etc. Non-judgmental, Loving Unconditionally. We're Loved Unconditionally. We don't have to do anything for it. All we have to do it Accept It. You don't have to earn anything with Spirit. ... There's just Receiving the Grace and Allowing the Upvibratory Process because that's how the Soul Lifts and Grows. ..."

"Let me close by encouraging you to practice The Immediacy Of God, of Spirit and *each moment*, to be really conscious of where's your focus? ... What's my attitude? Is it one of Loving, one of Kindness, one of Sharing, one of Compassion, one of Empathy or is one of anger, judgment, scorn, negativity, self-righteousness, pride, whatever ... The real test of am I living The Immediacy Of Spirit is what in my Consciousness is able to go with me before God? And the only thing that can go with you to God is God. ..."

"Once again, let me end by saying, God wants us to have This so much that He has provided a Way for us to do This. There's the Initiatory Approach, this is how we do It, you're welcome to It. I will ensure that I will extend mySelf into this world and make It available. And That is available to all Souls. ..."

"Don't let having a body fool you! Don't let having a body make you think that you are material or that you aren't of Spirit and that you are separate from God! Don't let your body convince you that the body is the barrier to Spirit! ... God's Gift of giving us a body is to give us the Opportunity to be with Him. ... Why not be smart and live and practice The Immediacy Of Spirit, of God? Giving yourSelf God. Giving yourSelf the Joy, the magnificence of That. And allowing yourSelf to know Him as He already Knows you. Real simple."

Our Teacher Generously and Lovingly answered questions, helping us yet again to Lift and Grow.