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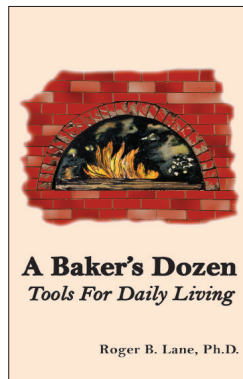
“The Escalator Phenomenon: Moving Along In Loving Cooperation - A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, began the May Satsang by sharing, “You’ll hear and Learn all about what the title is - it is ‘Moving Along’ - so it has to do with Moving and it has to do with Loving Cooperation. And if you notice in this world we have things like manners, being polite, etc. and that’s kind of like the oil that we put on this machine of the social fabric as we navigate through the world to kind of make things smoother, make things Move Along. And if you notice, if you are married or in a relationship, etc. - we’re all in a relationship with others and/or with ourSelves - that things go a lot easier if we’re in Loving Cooperation. If every moment we go, ‘What you talking about, Willis?’ we’re not going to be in a Loving Relationship. It’s always going to be antagonism, fighting, etc., etc. So things go smoother if we’re in a Loving Relationship. ...”

“We know within ourSelves if we’re in Loving Cooperation within ourSelves then guess what? We tend to have a much easier time. And, of course, the ultimate lining up with ourSelves is as the Spirit that we *are*. And we’re very fortunate, we have a great feedback system when we’re not. It’s called disease. It’s called karma. That’s what reflected when we’re not in Alignment with ourSelves.

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A Baker’s Dozen: Tools For Daily Living



Dr. Lane’s New Book!

A Day-To-Day Guide To Living Your Life From A Spiritual Perspective!

Available Now On Amazon!

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AMAZON: https://www.amazon.com/Bakers-Dozen-Tools-Daily-Living/dp/0998561010/ref=cm_sw_em_r_dp_w_da_aJqvzbTVDXDHB_tt

COSMOS TREE STORE: <https://shop.cosmostree.org/products/a-bakers-dozen-tools-for-daily-living>

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“Overwhelmed: Who’s At The Helm? -A Participatory Satsang”

Our Teacher, Dr. Roger B. Lane, began the June Satsang by stating, “I want to talk about being ‘Overwhelmed’ but it’s too much for me; I don’t want to do it. ... I actually was directed to give this based on a really lovely email a Student had shared about her feelings of being ‘Overwhelmed’. And I shared one or two things with her and I’d like to sort of elaborate some more and talk about being ‘Overwhelmed’.

“I’m going to run a ridiculous assumption. I’m going to assume that everybody here has had feelings of ‘Overwhelmed’. And then you get all ‘stressed out’ and everything else like that. OK. Alright. And let me give it a context, too. Some of us happen to be New Yorkers, New Yawkers. [ed.’s note: Dr. Lane is being humorous here] And we love to be busy and we love to think we’re so important so we’re always doing, doing, doing and doing but what are we doing? Most of the time we’re not being productive, most of the time it is like a nervous reflex ... You’re really engaging in basic self, nervous system kind of thing. It’s like the slot machines. You pull; you pull; you pull; you pull. There’s a physicality to it. And you get engaged. A big part of the whole thing is this is our sense of being engaged. We think that we’re really a part of something.

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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.

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SpiritCentral

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Summer Semester - New This Summer!

The Forgiveness Clinic

3 weeks, Wednesdays, August 9th - 23rd, 2017

7:45-9:15pm

Taught by Dr. Roger B. Lane

- Learn to Be For-Giving Yourself The Spirit You Are!
- Exercise Your Power to Live Free!
- Learn To Practice Forgiveness *Moment-To-Moment!*
- Understand How Forgiveness Allows Situations and Relationships To Change!
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Payment: \$90 due upon registration. All payments are nonrefundable and nontransferable. Please make checks payable to CRASS and mail to: CRASS, 1461A First Ave. - Ste. #182, New York, NY 10075. For more information call Registrar, Amy Blank at 708-846-1031 or email info@spiritcentral.org.

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. July 4, 11, 18, 25;

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

Weds. July 5, 12, 19, 26; Aug. 2, 9, 16,

23, 30-- 4:30-5pm EST

MEDITATIONS

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

CALIFORNIA

Los Angeles area: Every Wednesday 7pm. Please call 310-913-7212 for details.

San Francisco area: Every Wednesday 7pm. Please call 847-414-6462 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 July 9 & August 13

Sun 10:30am July 30 & August 27:

Special 2-hour Meditation

Meditation For Health And Well-Being

East Side (Home Center):

Tues 8:15pm July 18 & August 15

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"

SHOWINGS & DISCUSSIONS

Last Sun. of every month

1-2pm at NYC Center

Join Us For An Hour Of Spiritual Instruction!

**"How To LEARN:
A Participatory Satsang"**
July 5, 2017
6:50pm EST

**"How To Handle Floods:
A Participatory Satsang"**
August 2, 2017
6:50pm EST

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

Available at All Centers

Listen to Our Monthly Podcasts!!!

**cosmostree.org
spiritcentral.org**

**July 5: "O, God! Why Am I In
Such Pain?: A Participatory
Satsang"
(MP3 A156)**

**Aug. 5: "Are You Doing Your
Part Or Setting Yourself
Apart?: A Participatory
Satsang"
(MP3 A187)**

**Read The Blog On
cosmostree.org
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JOIN US FOR OUR SUNDAY PROGRAMS!

JULY 9TH & AUGUST 13TH

Meditation Of The Light Of The Most High: 10:30am EST

Tools For Living Free Reading and Discussion: 12pm EST

July 9th: #145 What You Have To Do To Trust Yourself

August 13th: #146 What Is Discipline?

The Teachings Study Group: 3pm EST

Using articles featured in *SpiritCentral* of Satsangs given by Dr. Lane,

July 9th: "The Escalator Phenomenon: Moving Along In Loving Cooperation - A Participatory Satsang"

August 13th: "Overwhelmed: Who's At The Helm? - A Participatory Satsang"

JULY 30TH & AUGUST 27TH

Meditation Of The Light Of The Most High: 10:30am EST

Video/DVD Showing and Discussion: 1pm EST

July 30th: #V3 Abundance Consciousness

August 27th: #V4 The Twin Towers Of Acceptance And Gratitude

Please read articles and/or watch Video prior to attending Program.

For details or to attend via Teleconference email info@cosmostree.org.

"So we have this thing, called Soul, called Spirit, *within* ourSelves and we have something attached to our Consciousness that we've all agreed to called basic selves that bring forth our karma. And we have this great civil war going.

"And, we also have a conscious self. It is our job as conscious human beings to direct the lower self into the proper Focus and, of course, the proper Focus is as the Spirit we *are*. Now this Knowing is, obviously, open to us when we take Initiation Into The Sound Current. We can't know Spirit, we can't Know God *directly*, until we do. Otherwise, we Know Him by reflection. ... When we choose Initiation Into The Sound Current... we're able to go into our Soul Bodies and go before God on all the Levels that God lives on and we can experience God *directly*. *Directly*. ..."

"And we also notice that if we do things at the expense of someone else then guess what? We've gone against the Spirit we *are*. ... It's a 'competitive society' except take a look at the society! This is what I call 'cowboy capitalism'. There is so much human debris here and we need to come into a place of Cooperation. That's where you excel.

"I read an interesting quote the other day; it said, 'A flower simply blooms.' It doesn't say to the flower next to it, 'I'm going to be prettier than you! I'm going to bloom more than you!' No, it just blooms all that it is capable of. That's what we need to do.

"Many times I've used the analogy of a swimming race. You swim against your competition and then you're always against your competition. Why not be smart and use your competition to bring out the best in you. 'I'm going to do the best that I can do.' ..."

"And on these lower levels that's all that we're asked to do. We're not going to inherit any of these lower levels. We're not here to be perfect. We don't have to be perfect emotionally, mentally or anything else like that. You're *already* Perfect Spiritually so all you have to do is to Allow yourSelf to come into that Perfection. Allow yourSelf to come into that Perfection. So, if we're Created in God's Image, Which means we're Created out of the Sound Current or the Holy Spirit, then Allowing yourSelf to come into the Perfection is Allowing yourSelf to live as God does, to live as the Sound Current. To live in That Knowing. Knowing yourSelf as Soul, as Spirit. That's the Fulfillment. And all the lower levels exist for you to come into this Fulfillment.

"It's really interesting: if you go for perfection on the lower levels, what happens? You're probably going to be afraid to make a mistake. You'll be real hard on yourSelf. You'll have so many judgments, you'll have karma up the kazoo. So you want to go for excellence. And excellent is what? To me, it incorporates the Learning from all the mistakes I've made. Doing the best I can possibly do and keep incorporating all my Learning from all the screw-ups I've done, from all the mistakes. ..."

"Spiritually, all I have to do is Allow That Which I *am*. And that takes Loving Cooperation with the lower consciousness. So I have to direct my Focus into the Spirit I *am* and I have to be conscious. ... When we want to be reckless, when we want to be individualistic in the sense of egotistical, false identifying, 'making a name for ourSelves,' whatever it is, then guess what? We're all going to end up in the same place. Think about it, ultimately, the bodies end up in the same place. We're all going to die. Spiritually, every Soul is going to go Home eventually. It's a question of lifetimes. ... But there's no time anyway so who's first and who's last? You really need to understand that we're all in this thing together, we're all in human life together and as Souls we're all in it together. ..."

"So Loving Cooperation is within and without. We cooperate *within* ourSelves, with the Spirit we *are*. We cooperate *within* ourSelves to be in Alignment, in the Christed Consciousness

and to Fulfill the Purpose of human life. We cooperate with others. We cooperate with others.

"What does this have to do with an escalator? A lot. ... Let me tell you why. In both London and New York, the infrastructure of both cities - particularly, the subways - is really poor. In both cities they undertook major studies to begin the renovations of the subway system. ... You have all these renovations and somebody got the bright idea, 'What's the point of doing all these renovations if it is going to take the same amount of time to get to and from wherever the commuters are going to? Let's see what we can do to shorten the time it takes for them to reach their destination. ... Let's take a look at the entry and the exit points of the stations and at the escalators!'

"They noticed that it was a horror show. They discovered that when people were doing their normal way of exiting, the escalator was two people wide and the normal thing was people would stand on one side and every now and then a person would run up the escalator ... So they decided to watch the phenomenon. They noticed that when people lined up that way, only eight-to-ten-percent of the people ran up the escalator. Ninety percent or more just waited their turn to stand on the stairs. They discovered when that was done it took an average of two and a half minutes to get out of a station. ... And it took the people running up the stairs roughly eight or nine seconds less ..."

"Then they got the bright idea, 'let's ... have them stand two abreast!' Guess what the average time was? It was fifty-eight seconds. So, the discovery was fascinating. That if ... everybody cooperated and went on it two abreast, it would take them less than one minute to get out of the station. ..."

"Why don't we all cooperate? It's the same inwardly inside ourSelves. We don't have anything happening unless we cooperate. The seeming gains are so limited and so small when we go against Loving Cooperation or the greater good, the Highest Good. When we go against That Which really is - I'm not arguing here for the status quo, that's not it - but rather when we go against the Spirit that's in us, that same Spirit that's in everyone, when we go against the fabric of society, etc., that's what happens: there's no gain. The gain is very illusionary, it's short and then you have a price to pay; that's called karma.

"What does Loving Cooperation really have to do with it? It has to do with being in our Integrity, Recognizing that we *are* Spirit, that we *are* One and we need to do with everyone like we do with our own child. What do we always do? But we're always letting go of our own needs, as it were, to serve the child, to be there and be Present. We're sacrificing our stuff. ... So the mark of a good parent is being mature, is Surrendering our stuff, is letting go into something that's bigger than us, bigger than our ego identity..."

"And yet we need that identity to focus ourSelves into this present time, this present space and place that we occupy. We need that. And it's a tough balance but you'll find that the balance is best when we let go, we Surrender our stuff, we're willing to go along with - whether it's the group work, whether it's the goal of the project and it's *always* within ourSelves - the Spiritual Focus. ..."

"But ultimately ask yourSelf, 'Where are you going? Whom are you competing against? What's the competition, you know?' and the interesting thing is when you practice Proper Identification of yourSelf as Soul, as Spirit, then death doesn't exist. If death doesn't exist you're not going to be building monuments here. It's not going to be you against anybody else because you're not having an ego identity.

"What's important is you just Surrender into Love, into Cooperation and into Human Kindness.

"And we'll stop with that."

Continued from page 1 - "Overwhelmed: Who's At The Helm? - A Participatory Satsang"

"What happens when we get 'Overwhelmed' and then we get stressed out? ... We set it up that we're 'Overwhelmed' and that's going to lead to stress but that's not it at all. The stress isn't that we're 'Overwhelmed'. That's not where the stress comes from. The stress comes from, like stress with anything, how much tension can be endured. If you build a bridge you always want to figure out what the stress is. How much it can take, what the tension is, the tension in duality between negative and positive polarity, negative and positive battery charges. That's stress, that's tension and that's what gives itself vibrancy. But the stress is caused by opposition to what we do.

"There's an old saying about 'how do you get anything done? You just give it to the busiest person around.' That says something. So being 'Overwhelmed' has nothing to do with how much we have to do. It has to do with our relationship with what we have to do. ... The things I *have* to do - they have got to be translated a little differently. They have to be translated into, 'I'm taking authority for that. I'm choosing to do it.' So it's not something imposed from outside. It's nothing imposed from outside. It's something from *within*. 'I'm in Agreement and then I make it my own and then I choose to do it.' ... I come into Alignment with it. I come into Agreement with it then there's nothing to fight. So stress comes from being in opposition to it. ..."

"We need to change it from an opposition to a choice and then we need to do something called Self-talk. Talking to that part of the Consciousness, your basic selves, and bringing them into Alignment. Bring them into Alignment so you don't have the resistance. ... We want to pay attention to the resistance also because there is some information there also. There's some information. We don't want to judge it. ..."

"So when we have stuff going on, we're feeling 'Overwhelmed', we need to give that part of ourSelves something that it enjoys. Some of us like reading dumb magazines, watching TV; you want to change your focus as well. You change your focus; you do Self-talk; you change the translation from 'you have to' to you're choosing into it.

"And also what's so important - bear in mind, usually things take place in a group setting and that what we do affects everybody else. Everybody else. This whole thing is a karmic minefield. You choose to enter into karma and it effects everybody and everything else. ... - you want to keep your Responsibility in mind. And you also want to keep the goal so, in other words, if the group goal is OK we're doing this newsletter, well, then everything goes towards accomplishing that goal. ..."

"It's amazing! But when you come into Agreement with it, you'll find you're more than able to do it and then if you put it in the Light (Of The Most High) and ask Spirit to manage your time, you'll find that you *really* have all the time that's needed. And many of you have had the experience of time slowing down so that you can get a lot of things done. And even if you can't get it done that day, you get it done the next day or the day after. ..."

"And there are moments, also, when it's not just moments of feeling 'Overwhelmed'. When there are periods in our lives - they may last hours, they may last weeks, they may last months, sometimes even years - when we have a lot, a lot to go through. And the thing is to be kind to ourSelves. Nurse ourSelves; nurture ourSelves; take care of ourSelves; and on a very mundane level, get the rest we need, the sleep we need, the food we need, the nutrition we need, the workout we need, whatever we need! OK. Take care of that and give that part of yourSelf that maintains you, give it what it needs to be maintained. And change your attitude from something outside yourSelf that has to be done to something you've made your own to do. ..."

"Many of us walk around, 'I have to get this done! I have to get that done! I have to get this done!' We work things backwards: we squeeze it into our day. Then, of course, we can't quite squeeze it in because we're so *busy*, we're doing so many 'important' things. I mean, wow, what we're doing! [ed.'s note: Dr. Lane is being facetious to emphasize that "busyness" is the result of allowing our basics to be in charge] Rather than, alright, if we give it the priority that it's due and we work it from inside out and we tend to that, that, that and that, then guess what? It's handled and there's enough time left to do all the other stuff.

"I've also discovered something else: that the thing we really dread doing the most is probably the thing we should do first because the fear builds up, the fear builds up, the fear builds up or the resentment builds up, the resentment builds up, the resentment build up and then it becomes so much bigger than it is. ..."

"So what are we going to do when we feel 'Overwhelmed'? Change the translation from, 'I have to do this' to, 'I choose to do this!' Talk to that part of yourSelf, the basic selves, and get their cooperation to do it! Give them direction! Talk in the present tense and encourage them! Realize our Responsibility and how it impacts others and focus on the goal or the group goal! And then do something that the lower part of your consciousness enjoys ..."

"You stay Present because when we're 'Overwhelmed', we can't be Present. What does it mean to be Present? To have our Consciousness directly Focused on the Spirit that we *are*. If we're involved with resentment ... negativity ... passive-aggressive behavior then we can't be. Then nothing Flows..."

"So what I'd like to have you do now is a Process. I'm going to call in the Light (Of The Most High) that we work with, the Spiritual Light. 'Lord, God, send us Your Light! We put this time together into Your Light for the Highest Good.' And now inside of yourSelf just let arise within you something that you feel completely 'Overwhelmed' by ... Now change the translation from you 'have' to do this to it's your choice to do it! Direct yourSelf to do it; enCourage yourSelf; keep it present! Now Focus on your Responsibility with it and on the goal!

"And what we can do now, too, is ... a Two-Part Release Process. So, Lord, God please send us Your Light! Lord, God, please take whatever resistance I have to doing this or completing this and then tell yourSelf, however you call yourSelf; let's say your name is Susan, 'Susan, it's OK to let it go!' And just let it go. That whole process changes your relationship to the very thing that you allow to 'Overwhelm' you. When you can you can bring your Consciousness present. ..."

"What stands in the way but the opposition of the lower self? But the lower self isn't doing anything wrong. It is just doing what it is supposed to; it's a strengthener. If God has given us this part of our Consciousness, then let's use it what it is here for. Let's use it properly, which is to strengthen us, to Lift and go beyond it!

"We'll stop with that."

Following the Satsang Our Teacher Generously and Lovingly answered the questions asked.