



Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies November/December 2017

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Home Center - New York City

Mail:
Center For Religion And
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Cosmos Tree, Inc.
1461A First Ave. - Ste. #182
New York, NY 10075
212-828-0464

Web sites:
spiritcentral.org
cosmostree.org
email: info@cosmostree.org

Regional Centers

California

Los Angeles area
Rebecca Hammerstein
310-913-7212
losangeles@cosmostree.org

Tennessee

Johnson City area
Peggy Heatherly
423-975-6868
johnsoncity@cosmostree.org

OUTSIDE THE U.S.

Mexico

Queretaro area
Barry Lippman
52-442-224-3042
From the U.S.:
347-448-2310
mexico@cosmostree.org

"Are You An Environmentalist?: A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, began the September Satsang by saying, "I want to talk a little bit tonight about being An Environmentalist -... I'm always amazed by people and how they relate to politics, as if the president is going to be 'the answer'. As if someone is going to do it for you rather than just a Soul in a body playing out Its karma. ... I don't care if you like him, can't stand him, etc. ... You see the tremendous amount of hate people have toward him because he is not doing what you think he should and the other thing that I find very fascinating is the interpretation of what a president does in terms of your

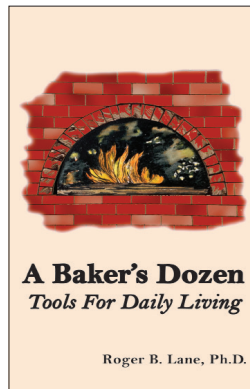
own bias. ... To me it would just seem advantageous and the smart thing to do to send him the Light Of The Most High because he can use It. So can everyone involved. ..."

"Think of what we have to do, too, in our own lives and yet we judge ourSelves, judge ourSelves, judge ourSelves. So what are we going to do? There is no answer 'out there'. There's no savior. There's nothing 'out there'...."

"Where are we going to go for this environment? It's interesting because we try to create a perfect environment 'out there'. Work situation;

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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!

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"You As Playwright: Puppet Show? Being Played? Divine? - A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, began Our Teacher's October Satsang by saying, "We started off by doing the HU Meditation. H-U. It's an ancient Name of the Lord, God - His Sanskrit Name - and That tells us Who we *are*. We're HU-mans. HU is the First Manifestation of God. ... We're Manifestations of the Lord, God. ... We're created in His Image. ... We're created out of the Sound Current or the Holy Spirit. ... The Soul in us is composed of the same Material, as it were, composed of the Holy Spirit or the Sound Current. So that's Who we *are*. ..."

"You're very powerful. You created your own life, your own time in the body, your own terms. You created the karma. ... So that makes you very Responsible and very, very Powerful. That's quite something to live with, isn't it? ... You're Responsible for every thought, every feeling, etc... ..."

"It all has to do also with how we are in Alignment with what the play is. ... How many of you have seen Shakespeare? So you know he's a pretty good playwright. ... What makes him that good is he had an incredible understanding of the theatre and so all the entrances and exits of the actors are managed and managed very well, very astutely. The action of the play is just marvelously done and it's all interwoven with the cast and the actual physicality of the stage. ..."

"If you want to extrapolate, this is really what our life is. People in our life, situations, they all have their 'entrances and exits'. They're all here to contribute to our Growth, to our Upliftment. There are no accidents. There are no accidents at all. ... There's something in it for you. There's some karma there ... You married your wife, you married your

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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.

Call or write today for your free copy!

SpiritCentral

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editor

Melissa Sones

editorial staff

Amy Blank (layout, Epage)
Rebecca Hammerstein

advisor

Dr. Roger B. Lane

SpiritCentral

1461A First Ave. - Ste. #182
New York, NY 10075
212-828-0464
email:
info@cosmostree.org
Web sites:
cosmostree.org
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. Nov. 7, 14, 21, 28;
Dec. 5, 12, 19, 26 -- 7:30-8pm EST
Weds. Nov. 1, 8, 15, 22, 29;
Dec. 6, 13, 20, 27 -- 4:30-5pm EST

MEDITATIONS

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

CALIFORNIA

Los Angeles area: Every Wednesday 7pm. Also available via teleconference! Please call 310-913-7212 for details.

TENNESSEE

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

OUTSIDE THE U.S.

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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 Nov. 12 & Dec. 10

Sun 10:30am Nov. 26 & Dec. 31:

Special 2-hour Meditation

Meditation For Health And Well-Being

East Side (Home Center):

Tues 8:15pm Nov. 21 & Dec. 19

VIDEO/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"

SHOWINGS & DISCUSSIONS

Last Sun. of every month
1-2pm at NYC Center

Join Us For An Hour Of
Spiritual Instruction!

"The Guru And The Beggar: A Participatory Satsang"

**November 1, 2017
6:50pm EST**

"How Do I Stop My Friend From Creating More Karma?: A Participatory Satsang"
**December 6, 2017
6:50pm EST**

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

Listen to Our Monthly
Podcasts!!!

**cosmostree.org
spiritcentral.org**

**Nov. 5: "Applied Logistics:
Where Are Your Values? -
A Participatory Satsang"
(MP3 A190)**

**Dec. 5: "What Does 'Jesus The Nazarene' Mean?: Meaning
And Application"
(MP3 A87)**

**Read The Blog On
cosmostree.org
GO THERE!**

Winter Semester

Tools For Living Free Class I

10 weeks, Wednesdays, February 14th - April 25th, 2017

7:45-9:15pm

(Except 1st Wednesday of the month when Class begins 8:15pm. No Class 3/28)

Taught by Dr. Roger B. Lane

The Student explores, in depth, the popular Educational series *Tools For Living Free* with topics such as "Spiritual Economics"; "Living a Blame-less Existence"; "For-Giving Yourself"; and many more. This Class aids participants in investigating and applying these many Tools to their own lives and helps participants Learn to live free!

Payment: \$62 and additional payments of \$31 for Classes 2 - 9 or \$300 for Series if paid in full when registered for Students enrolled in a Degree Program of the Seminary or \$63/\$31.50/\$310 for all others. All payments are nonrefundable and nontransferable. Please make checks payable 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.

SPECIAL THANKSGIVING

Meditation Of Gratitude

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Available by Teleconference

(Please arrive no earlier or later than 10-15 minutes before.)

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JOIN US FOR OUR SUNDAY EVENTS!

SUNDAY PROGRAM

NOV. 12 & DEC. 10

Meditation Of The Light Of The Most High: 10:30 - 11:30am EST

Tools For Living Free Reading and Discussion: 12pm EST
November 12: #148 We Are One And We Are All In It Together
December 10: #106 The Antidote To Animosity

NOV. 26 & DEC. 31

Meditation Of The Light Of The Most High: 10:30am - 12:30pm EST

Video/DVD Showing and Discussion: 1pm EST
November 26: #V7 Living The Truth
December 31: #V8 "The False Self vs. True Self" Game

THE TEACHINGS STUDY GROUP

NOV. 12 & DEC. 10

3pm EST

Using articles featured in *SpiritCentral* of Satsangs given by Dr. Lane
Nov. 12: "Are You An Environmentalist?: A Participatory Satsang"
Dec. 10: "You As Playwright: Puppet Show? Being Played? Divine? - A Participatory Satsang"

Please read articles and/or watch Video/DVD prior to attending!
For details or to attend via Teleconference email info@cosmostree.org.
More details also on the Events page included with this Issue of *SpiritCentral*.

relationships; whatever - they have got to be so perfect and we work so hard and it always falls short because there is no perfection here. It's not designed to be perfect. There's no perfection in the physical world and yet it is perfect as it is. The greatest Training ground for the Soul ... It does what it is designed to do.

"So where do we go for this perfect environment and for the answers? Seems to me if we can't legislate things 'out there', we can't find someone who is going to do it for us, if there's no answer 'out there' then the answer is *inside*. It's *within* us and are we keeping that environment clean? How's the pollution level inside of you? How are your thoughts? What are you permitting yourSelf to engage in? What are you permitting to have around you? Whom are you permitting to be around you? What are you monitoring inside yourSelf? What are you legislating? ..."

"Guess what happens with our thoughts and our feelings that we keep around? We have an attachment. Let's just say [Student] steps on my foot and I get really angry and then 20 years later when I see [Student] I'm still angry at him! Guess what? I've created an attachment. [Student] didn't do anything. All [Student] did was accidentally step on my foot. What I did was I attached to it by constantly perseverating, by constantly, constantly giving it and feeding it energy so I created an attachment. If I have an attachment, guess what? I've separated mySelf out from the Spirit I *am* just by that attachment. You can imagine how many thoughts we persist in during a day, how many feelings we persist in during a day. A lot of attachments we've got going.

"And these attachments, guess what? When we leave the living body they're attached to us and they're the rubber band, as it were, of the Soul's coming back and reincarnating and reincarnating and reincarnating and reincarnating. ... We're at the effect of our creations. Now [Student] may be a wonderful, wonderful person but guess what? And I might care a lot about [Student] but I would never care enough about [Student] to allow [Student], to use [Student] to separate me from the Spirit I *am* or from God. And then if I'm using [Student] as an excuse that's unfair, isn't it? [Student], is it OK to use you as an excuse not to go Home to God but be angry? I don't think that's fair. But once again, the situation or the person had nothing to do with it. I was the one who created it.

"So we want to keep our environment clean. And we have lots of Tools. Two-Part Release Technique: giving it to God and then telling yourSelf to let it go. ... Because my job is to keep my environment clean. ... There will be a lot of things going through there in the shape of very tempting thoughts, very tempting feelings. It's tempting sometimes to get into anger, to get into hurt, to get into frustration, whatever they are and yet my job is to be clear of them. I want to repeat that. My job is to be clear of them. ... You can have them and you do have them and they serve a wonderful purpose: to help you springboard into the Positive Polarity. Into the Spirit you *are*. Into a choice other than that negativity. ... We have Free Will. ..."

"Another way to keep our environment clean is we need to watch translations. So, for example, the night's still young so maybe I'm speaking out of hand but I didn't see [Student] arrive with a cake so there's no cake from [Student]. Ah, my translation is 'ah, that means [Student] doesn't love me. Oh! I'm not loveable. Oh! I'm a bad person', etc. And it goes on and on. My job is to release those translations because they're not accurate at all. ... Watch the translations and watch the stories that you tell yourSelf. ... You need to take what's called Blameless Responsibility. ... That's another thing about the inner environment, we really have to be true to ourSelf, to the Spirit we *are*. To the Spirit we *are*. ... You have to run everything through your own value system. Your own Value as Soul, as Spirit. Is it okay? Is it okay? ... Is it okay, is it clear? ..."

"There is a Divine Accounting System. Every bit of karma that you create has to be accounted for. ... You want to keep clear and stay clear, clearing out the inner environment so that the Spirit in you can live

and thrive. If the Spirit in you has a clear environment then guess what? You have more access to many more Solutions; 'problems' are solved; you get to be Present, you get to be in the here and now, not running all sorts of stuff but just Present. When you're Present you're with God. It's like if I want to give you a million dollars you have to be Present to get it. Being Present inside yourSelf means that the environment is clear.

"And there's a way to do that. Two-Part Release Technique, etc., etc. And, obviously, there is a Path to come to Know yourSelf as Soul, as Spirit. The Path is the Sound Current or the Holy Spirit or Whatever you want to call It. ... 'In the Beginning was the Word and the Word was with God.' The Christ said, 'I am the Word made Manifest.' What He was saying was, 'I am the Sound Current.' ... In the beginning we did the two-minute Meditation 'HU,' 'H - U.' That has to do with the First Manifestation of the Lord, God and we're Hu-mans so we're God in Manifestation. Obviously, we've forgotten That and God in His Mercy and His Kindness He's given us a Way to Know Him through the Initiatory Path Into The Sound Current. To Know ourSelves as Spirit - That's available to us. ..."

"It [ed.'s note: Dr. Lane is referring to the Christed Consciousness] has to do with the Consciousness of Being One with God. That's where the Blessings are. That's exactly where the Blessings are. So, when we keep the environment clean we get to enjoy our life more, we get to be Present more, we have so much more access to Solutions, etc., 'problems' just dissolve; we get to enjoy because the Nature of the Soul is Joy. The Nature of the Soul is Joy. ..."

"So many people have told me, 'I can't Meditate. I don't have time; I'm too busy.' ... 'Doing this is so much work.' Yeah, but isn't being at your karma a lot of work? ... When we keep our environment clean we have a little bit better ability to see clearer and know clearer and to get past the miasma of our own condition. ... So when we are keeping our environment clear and clean we want to be open to the Spirit we *are* and to the Truth of Who and What we *are*. ..."

"Part of what happens when we take care of our environment inside of ourSelves is we see how Blessed we are and how much we've been Given. ... Inwardly. And the Miracle of this thing called life.

"Being An Environmentalist to me means keeping your environment clean, letting go of attachments; doing the Two-Part Release Technique; doing Self-Talk ... keeping yourSelf clear; Knowing that you're Spirit; seeing that It's the same Spirit in someone else as in you; that we are all One; watching any translation into negativity; choosing away from hurt, pain, anger, separation ... Pay attention inside to keeping that environment clear and clean! ... And just go through this life in a very free way! ..."

"What I'd like to do is just call in the Light [Of The Most High] for a moment and just do a short Process. So, 'Lord, God, send us Your Light and we put this time together into Your Light for the Highest Good!' And you don't even have to know what this is. Just 'Lord, God for the Highest Good.' Now, just ask God to take whatever it is that's in your environment that you'd like not to be there. That you'd like to be Free of. Then tell yourSelf to let it go. [Pause] Tell yourSelf to let it go! Now pick something else and ask God to take it from your environment and then tell yourSelf to let it go! And if there's anything else you want God to take, ask God to take it and tell yourSelf to let it go! When you can bring your consciousness back here!"

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

husband and you thought it was just love? Well, it is love but there's some karma there. ... So what's the point of my getting annoyed with my mother, my father, my sister, my brother, my uncle, my cousin, whatever if they're just being themselves and are here to present karma to me? Meaning they're here to help me Lift beyond my karma, give me that Opportunity?

"So, what's my approach? I can feel angry. I can feel annoyed. I can feel like I'm being played by this whole thing, this whole set-up... I can feel like a victim. I can feel like I had no choice and I'm just a puppet or I can see it as a Divinely orchestrated situation for me to Lift and Grow through.

"What about my financial situation? I could be angry at it. I could feel like a victim of it or I could see it as something presented to me so that I can Lift and Grow. ... It didn't just happen. It's part of your fate karma. It's part of the karma that you have this lifetime. ..."

"Who sets up this play? So if it is not random that you're born male or female. If it's not random that you're born in this country versus that country. If it's not random that you're this ethnicity or that ethnicity or that race or that religion, if it's not random then what is it?

"It's a result of the choices that we've made. We've written the play. We don't just get assigned karma randomly. You know 'Oh! Let's give this Soul this kind of karma!' 'Oh! Let's give. Let's give.' No. There is a Divine Accounting System. ..."

"... everything is recorded in the akashic records ... So every thought, word or deed is recorded. And that, as it were, becomes the material for the play. And what's the play but the play is your life but your life as a Soul ..."

"So we have this drama going on. This incredible drama of life and death. ... The play is about being awake but Awake Spiritually through the Process of Initiation Into The Holy Spirit, Into The Sound Current and then the Soul is Lifted through the different realms that sit within. ..."

"God is *within*. ... Within the Soul there are many levels, many frequencies, many realms. And if you're an Initiate you get to travel through these realms. You get to be moved through them. You get to ride the Sound Current, the Magic Carpet, as it were. And you get to travel through these Sacred Realms. But let's get back to the play. ..."

"What is the play? ... Some things are behind the scenes. Much of the play in Hu-man life has to do with what's happening behind the scenes and our coming to grips and understanding what exactly it is behind the scenes. And what's behind the scenes but God or the Spirit or the Soul? ... To be Awakened means to consciously be aware of what's happening on the different levels in the Soul *within*. ... As the karma clears on those levels, through God's Grace, for a Soul who has taken the Initiatory Process, then things become clearer as the Soul Lights Its own way. Lights Its way. Lights Its way. Lights Its way. And It comes to Know Itself as Soul, as Spirit. ..."

"Part of the play is to realize that it's a play. Part of the play is to know as a Soul that what we've done is identified with the world of form and so we're confused. We've forgotten Who and What we *are*. So the whole play, the whole Life of the Soul, is about coming to Know that we *are* Spirit and Waking Up from this dream called life. Waking up from it and becoming conscious and Knowing ourselves as Spirit, as Soul. ..."

"It's one thing to say, 'I'm an infinite being', etc. It's another thing to Know That and to hold with Those Energies and to be with Them. ... When you've entered into Eternal Life then you're able to hold that Frequency with God and when you drop the body you can go and be with God and that's what happens. You go and sit in Adoration of God but you've got to hold the Frequency. ..."

"God - in His Kindness - He has set up a Way to have us go back to God, to have us Return. We can retrace our steps, as it were. We retrace our steps. Spiritually, we retrace them. ..."

"What I'd like to do is do a Process. I always work with the Light Of The Most High so I'm going to call in the Light again, 'Lord, God send us Your Light! And we put this time together into Your Light for the Highest Good!' Now inside yourSelf, just let a situation that you've judged as terrible or it shouldn't be happening to you, now just allow yourSelf to be the author of that scenario! Let all the blame go! Allow to come forward the reason for that in the script. Why's it in the script? Why's it in the play? Allow yourSelf to be moved into Acceptance and know that Acceptance is the First Law of Spirit. And when you can, bring your Consciousness back here.

"And what I'd like you to do is - just like there's a reason for that to be in your play called your life - see if you can, within the next month or two or so have five, six, eight aspects of your life approached with that understanding: that there's rhyme and reason for that to be in your life, that you created it and that it's there for your benefit. Start with that!

"And I do encourage you, if you are the playwright, we know that Hu-man suffering is all about attachment. ... We know that you write your play. You may want to write your play, not just write it attachment-free but write the play that in its script there are no attachments, not attachments at all in the play! Give it a shot! ..."

"If you really do create that you'll have an easier time; you'll enjoy the life you've been given even more; and it's part of your Progression and part of your Waking Up.

"We'll stop with that."

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