



Spirit Central

Timely Knowledge for friends of Cosmos Tree, Inc. and Center For Religion And Advanced Spiritual Studies July/August/September 2022

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"A Few More Words About 'The Teachings In A Word': A Participatory Satsang"

Our Teacher, Dr. Roger B. Lane, began Our April Satsang, "... I want to expand a little bit on a Satsang I gave many, many, many years ago ... in which I spoke the Word about The Teachings. Or The Teachings In A Word. And That Word is HU. HU [Dr. Lane chants HU out loud by saying "HU" on the exhale]. That's the Vibratory Frequency of the Lord, God in Manifestation. HU is the First Manifestation of the Lord, God. ..."

Continued on page 3

"What Is 'Hesychasm'? A Chasm? A Spasm? A Permanent Focus?"

Our Teacher, Dr. Roger B. Lane, began Our May Satsang, "I want to talk a little bit about Hesychasm and What That is. ... It actually is derived from the Greek Goddess Hesykhia. Hesykhia is the goddess of stillness, quiet, peace and silence. ..."

Continued on page 4

"Do You Know You Are An 'Awe-Full' Person?: A Participatory Satsang"

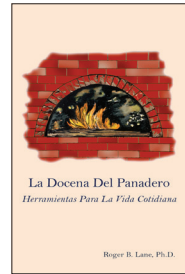
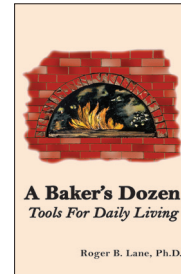
Our Teacher, Dr. Roger B. Lane, began Our June Satsang, "I want to talk a little bit tonight about your being an Awe-full Person. I'm not sure how many of you are willing to admit that to yourSelf. ..."

"The dictionary meanings and the etymological roots are all one and the same. Basically, it comes down to three definitions. One is dreadful or terrible. Another is respectful and full of respect. The other one is Wondrous. ..."

"What do the Teachings Teach us but that you're full of Awe. That works both ways. One has awe towards you. ... and you're also full of It in the sense that you have Awe for God, for Spirit. ..."

Continued on page 5

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Events Calendar

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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 10; Aug. 14; Sept. 11
Sun 10:30am July 31; Aug. 28; Sept. 25
Special 2-hour Meditation

Meditation For Health And Well-Being

East Side (Home Center):
Tues 8:45pm July 19; Aug. 16; Sept. 20
*Meditations via teleconference

MEDITATIONS

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

CALIFORNIA

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

PENNSYLVANIA

Philadelphia area: Every Thursday 6:30pm. Please call 917-841-8817 for details.

TENNESSEE

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

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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. A reservation is needed to call in. Visit cosmostree.org, click on Offerings then on Open Hour. Reservations can be made up to one week in advance.

Every Tuesday
7:30-8:30pm EST

Every Wednesday
4:30-5:30pm EST

Unless otherwise noted

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.

Spectrum - Channel 1997

RCN - Channel 84

Verizon (FIOS) - Channel 35

Brooklyn

Every Sat.- 4:30pm

Cablevision - Channel 68

Spectrum - 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 Do You Hold The Light?: A Participatory Satsang" (MP3 A299)
July 6, 2022
6:50pm EST

"What Is Perfection? Where Is Perfection? How Do I Regain Perfection?: A Participatory Satsang" (MP3 A300)
August 3, 2022
6:50pm EST

TBA (MP3 A301)
September 7, 2022
6:50pm EST

Listen to Our Monthly Podcasts!!!

cosmostree.org
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July 5: "Is Your A/C Always On?" (MP3 A039)

Aug. 5: "The Escalator Phenomenon: Moving Along In Loving Cooperation - A Participatory Satsang" (MP3 A237)

Sept. 5: "The Guru And The Beggar: A Participatory Satsang" (MP3 A243)

Join Our Sunday Events!

SUNDAY PROGRAM

July 10; August 14; September 11

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

Tools For Living Free Reading and Discussion: 12pm EST

July 10: **#41 Initiation Into the Sound Current: Direct Access To Spirit**

Aug. 14: **#46 You've Got The Power!**

Sept. 11: **#47 Fated? Forget It!**

July 31; August 28; September 25

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

Video/DVD Showing and Discussion: 1pm EST

July 31: **V17 What Are The Teachings Of The Path Of Soul Transcendence And How Do We Use The Teachings?**

Aug. 28: **V18 Surrender And The Path Of Soul Transcendence**

Sept. 25: **V19 The Final Surrender And The Path Of Soul Transcendence**

THE TEACHINGS STUDY GROUP

July 10; August 14; September 11 | 3pm EST

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

July 10: **"A Few More Words About 'The Teachings In A Word': A Participatory Satsang"**

Aug. 14: **"What Is 'Hesychasm?': A Chasm? A Spasm? A Permanent Focus?"**

Sept. 11: **"Do You Know You Are An 'Awe-Full' Person?: A Participatory Satsang"**

Please read articles 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*.

Summer and Fall Semesters

Given by Dr. Roger B. Lane

INTROJECTION CLINIC

3 Meetings | Wednesdays, August 10 - 31, 2022 | 7:45-9:15pm

(No Meeting on August 24)

A Practicum Answering:

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* **Why Use Introjection**

Initiate-Only. Payment must be paid in full at time of registration: \$90 for series when registered for Students enrolled in a Degree Program of the Seminary or \$93 for all others.

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Apply and Live such important Teachings as Forgiveness, Surrender and Walking a Bhakti Path!

Open to All. Must have attended a Teachings Study Group to Participate.

Payment: \$62 and additional payments of \$31 for Classes 2 - 10 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.

"There are 33 levels - including the physical - all together and that highest Manifestation is HU. We know from The Teachings that That's What we *are*. We're HU-mans. We're God in Manifestation. It's really just the opposite of what everyone thinks. It's not that God's up there and we're down there. But, rather, we're the outcroppings from the Inner World of Reality. The body is the shell. It's the housing for the Spirit that we *are* and this is the outcropping. We're the Manifestation.

"The Christ, Jesus said, 'If you see Me, you see the Father.' That's what He was talking about. That's What He was talking about. You see God in the physical world, in Manifestation. And The Teachings Teach us that God lives in us as us. So we're God. We're Spirit. ..."

"This, which is laying dormant within us, the HU, is given in the system to every consciousness, as it were. It's *within* each one. HU. So you're all God in Manifestation.

"This has some pretty neat implications to me. It means that we have that instant Knowing and instant recognition that we're One. It's not that there's a God in Me and a God in you. No. God's in all of us. And *is* us. So that we're all One. If we worked and lived in This Reality, guess what would happen? There would be no hurt, no struggles, no war; there'd be nothing like that other than just Love and Joy and Peace. ..."

"The Purpose of this planet is for Souls to ... come into the Realization of This. When we say, 'I'm HU-man,' it's exactly the opposite of how it's commonly used. 'Oh yeah, I screwed up, I made a mistake; I'm only human.' Well, no, you're HU-man and we have Dominion over all things in Spirit. We're at the Apex of Creation because God is *within* us. So That means Living Responsibly, being Responsible and everything is done in Fulfillment of This.

"And we Know that the Spirit gives. ... The Nature of Spirit is to give and everything we need to do needs to be in That Alignment and in That Fulfillment.

"Now if you take a look at the world, it's set up really beautifully, isn't it? There's so much karma, so much guck upon it and upon us, individually and collectively, that you really can't see, as it were. You can't see. You can't see the Spirit that you *are*. So it gets split off and it's somewhere out there. ..."

"As you get more and more conscious you take it back more and more into yourSelf. ... You don't have to connect to It because there's no separation. You simply have to Allow the Truth. Just Allow The Truth. You're God. You're Spirit. You're special. But so is the next person, the next person, the next person. Doesn't mean better than. It simply means that this is the Living Reality and Who and What we *are*. ..."

"It's hidden because we all have Choice and we have to make That Choice to come into That Knowing volitionally. Volitionally. Of your own will. Of your own Choice. Of your own Free Will. ..."

"It's incumbent upon us in our everydayness to operate from that space. Does that mean we won't have any negativity? ... No, that's not what it means at all. ... It's that the negative polarity that gives us the Opportunity to choose into the Living God That we *are*. Just choose into It and express from That Spot, express from that Spot, express from That Spot. ..."

"Spiritual Energy needs to go to Spirit. ... And you stay Focused in That; stay Focused in That; stay Focused in That. As you're Focused in Spirit, you walk through this world and all

your interactions in this world will be a beautiful reflection of where you're at Spiritually. ..."

"Manifestation means your Focus goes to God. God to God, as it were. Using the housing to Focus on God, That Which you *are*. To Focus on That Which you *are*. And That's all of you, all of you, all of you, all of you. Every single cell is animated by That. ..."

"If you express things from inside out, give yourSelf the priority as Spirit, everything takes care of itself.

"You have to be Honest with yourSelf and as yourSelf. Being Honest *is* being in Integrity. Being in Integrity is being in the Integer, being in the Oneness. Being in the Spirit you *are*. It's not very complicated. ... Being Hu-man has the implication of Allowing the Spirit to run the show and Trusting, Allowing and Receiving. ... We all need to do That. Trust, Allow and Receive. We all need to do That. Trust, Allow and Receive. ..."

"HUMility is to give yourSelf the Gifts of Who and What you *are* and your abilities. It's not always easy. ... HUMility means being able to Accept what God has given you. And HUMility is also Knowing that we *are* the Living God. Having the HUMility to Accept That. ..."

"We need to move into the Acceptance of God as Love. God *is* Love. It's the Loving that moves all of Creation and holds it all together. The Consciousness that holds all the realms together, It's a very Loving Consciousness. It's a very, very Loving Consciousness. It's Patient and It's Caring, etc. And It's Giving. ..."

"We Trust. We Trust we're Spirit. We Know we're Spirit. The Teachings Teach us we're Inherently Worthy; we don't have to do anything to prove it. We have to just Allow That Fact. And we have to Receive, Receive the Spirit that we *are*. Spirit gives to Spirit. God gives to God. (The) Nature of God is *always* giving, *always* giving, *always* giving. ..."

"What does this mean for us on the everyday level? Simple. Live in Kindness. Live in Peace within yourSelf. Choose the Reality of yourSelf as Soul, as Spirit. Be in Integrity. Be Honest in your dealings with yourSelf and others. Love yourSelf. Love others. ... Swim in the Ocean of Love and Mercy. That's really It. It's very, very simple.

"And I'd like to end by having you do a Process. I'm going to ask a question repeatedly. And there's no right answer, no wrong answer. Just let whatever comes, come. 'What is needed for you to live your life at the Divine Oscillation of the Lord, God That Lives in you, as you?' [Pause] 'What is needed for you to live in your daily life at the Divine Oscillation That *is* the Lord, God?' [Pause] 'What is needed for you to live in your daily life at the Divine Oscillation That *is* the Lord, God?' [Pause] When you can bring your consciousness back here.

"I Lovingly Suggest you take Those Suggestions that came forth for you and use them in your daily life and live at this Divine Frequency and as this Divine Frequency that we *are*.

"We are, in fact, The Lord, God.

"It's really that simple.

"Let me sum it up in just one word, HU [Dr. Lane chants HU out loud by saying "HU" on the exhale].

"We'll stop with that."

"Hesychasm really has to do with the Oneness of you and the Lord, God. That there's a Place inside of you That is Peace and still and quiet. And, probably, if we were to generalize, It's the 'Peace that Passeth all Understanding'.

"We know that That is Where the 'Above Is As The Below'. What does That mean? It means that the lower psychic bodies have been, as it were, overcome or you Allow them to be Overshadowed by Spirit and they're in Alignment and in Agreement with God's Will or the Christed Consciousness. The Christed Consciousness is God's Will and your will *are* One and the Same. ..."

"The consciousness, what does it do? But it is of and from the Lord, God, Spirit. So we have This Practice of how do we merge again into this Oneness, into this quiet, into this Peace?

"Many of you when you get into ... that Alignment, have described It as, 'Wow! I feel so calm. I feel so peaceful. There's nothing going on.'"

"I've always found that remarkable. ... People are scared to death of just That ... Doing is what the mind loves to do. It loves to be busy doing, doing, doing, doing so that it can live out the illusion that it's in charge. But we know that's not the case. Spirit is in charge. God is *inside* and in charge *inside* of you, running the show. ..."

"Hesychasm - it's not a spasm that just happens in a moment. ... 'God came upon me and that's it!' Well, no. And It's not reflective of a chasm because there is no separation. That's the great illusion, that we're separate from God, from Spirit.

"And we're still - human consciousness - is still trying to catch up to That [ed.'s note: Dr. Lane is referring to the Christed Consciousness, Which is our will and God's Will *are* One and the Same]. ..."

"You get the Creator in the Jewish religion who created the world and then removed Himself, departed. Then you get this Fellow called the Christ, Jesus, a Jewish guy Who said, 'Wait a second now! God's here'. And so He brings That Consciousness forward and He also brings the Consciousness of God, of Love, Mercy, Kindness.

"That whole Hesychasmic Approach has been into This Oneness. Into this is What and Who we *are*. We *are* Spirit. ... It's a Focus. ... When things are looking pretty good are you still Focused on God? Are you always, *inside* yourSelf, worshipping at That Place? It's not just when you sit in formal What we call Simran and Dhyan or Meditation ... It's as we go about our day. Are we inside ourSelves in a Place of quiet, Peace, stillness, in the silence? ..."

"In the stillness, in the quiet - That's an awful lot of Grace. There's an awful lot of information and Peace. There's an awful lot of wonderful, wonderful feelings on that level ... It feels great to sit in the quiet, in the Peace. And yet, we get scared because we equate It with death and dying. ... That's the nature of the karmic field, the illusion. ..."

"What happens in a Hesychastic Approach is you get to rise above the lower world, the illusions of it. You get to rise above the illusions of it. You get to see. And God in His Kindness and His Mercy, He's given us a Way; (It is) through the Initiatory Path. You're not going to be able to do It through any of the five senses. ..."

"There's been a Way here since forever to be able to go into the Soul Body and be with God *while you're in the body*. *While you're in the body*. And the Hesychastic approach really has to do

with *always* being at That. Always being in That Place of quiet and Peace and stillness inside yourSelf. Remember, It's inside yourSelf. ..."

"... you're moved and motivated by Spirit, by God. Not an emotional one. [ed.'s note: Dr. Lane is speaking about emotional approaches to God] ... When we enter into anything other than the Hesychastic Approach we're moving further and further and further from That Truth, from That Reality.

"Obviously, It's a Practice. We need to Allow ourSelves to *always* be in That Place of quiet and Peace and stillness within us.

"And you'd be surprised at how much you can do and how much gets done when you're in That Place because ... what we're talking about is no attachments. ... In That Place of quiet, stillness and Peace ... it's not that you don't have emotions - we're all in this body and we all have this stuff going on - but, rather, we can sit in the Love, in the stillness of the Spirit *we are*. And we have the strength to hold with That and everything else just kind of bounces off, bounces off, bounces off. We make a determination to be in That Love and in That Loving. And we keep Focused There, Which fortifies the Focus. The more we fortify the Focus, the more fortified the Focus is. And we keep building That, building That, building That, building That Place inside of us. ..."

"It doesn't just happen. ... When we move into this Hesychastic state, we bypass duality and we go into the Oneness and the quiet and the stillness, etc. What happens in duality is you're always going to be in conflict. There's conflict. You know white in terms of black. You know hot in terms of cold. And you'll always be conflicted.

"And the mind is part of the dual words so it's always going to be racing to correct stuff, to solve problems, etc. It's going to be very busy.

"So what the Solution is is to go into the Oneness, to go into the Spirit, to go into the Soul. And That is The Solution. ..."

"Hesychasm is a Way of Life, really. It's a way of Loving yourSelf, caring enough about yourSelf and being willing to be the Spirit That you *are*. And honoring the simple Truth that God lives in you as you. ... God lives in us as us. ..."

"We need to let go of our fears. At the same time we need to be patient with ourSelves and with others. ... Be patient, be kind, be Loving. ... I know that so many of you cut yourSelf slack when you really need to be On Point but even that, too, is okay. That you'll come up with lots of excuses, lots of excuses, lots of excuses. And - if that's what you want to do - that's fine.

"But Discipline incorporates following the Spirit you *are*. Being a Disciple of God, of the Christed Consciousness, of the Spirit you *are*. That's Discipline, Loving Discipline. Not harsh, not imposing, not external but the Internal Kindness towards yourSelf That Allows you to Manifest as the Spirit you *are* and to Manifest the Spirit you *are*. That's the Hesychasmic Approach. In the Oneness, in the quiet, in the stillness, with Spirit, as Spirit because That is What you *are*.

"God in His Kindness and Mercy, He gives you the Keys to That through Initiation.

"Very simple.

"And we'll stop with that."

Our Beloved Teacher Lovingly Educated us by answering the question asked following the Satsang.

"If you take a look at the definitions it really has to do also with What we talk about and What The Teachings Tell us: the Journey of our Soul. We go from fear of God to Love of God. ..."

"We know that The Christ came along and He went, 'Now, it's the next step, folks! It's a God of Love and Kindness and Mercy and Compassion.' ... The Teachings Teach us ... that This is the Opportunity. This [being here on this planet] is a Wonderful, Wonderful Opportunity and we need to revere ... That *within* each of us is the Living God and we're all Manifestations of That. ..."

"To be born in the Spirit is to Receive Initiation Into The Sound Current, into That Which Brings you into the Christed Consciousness, Where your will and God's Will are One and the Same. ... So if you're One and the Same with the Christed Consciousness and you're in harmony and as God's Will how could you not be revered?"

"And This lies *within* all of us and most people walk around thinking they're not good enough or they're inadequate when, in Reality, you're regarded very reverentially. You're regarded with Awe. And you are revered. Those Who are Initiates Know that the Consciousness that the Master Holds is with Them and they need to revere That. You're all One with the Consciousness the Master Holds.

"And the only difference is you don't know That yet. You don't know you're That Consciousness yet. ... God in His Kindness and His Mercy, He brings that Upliftment to you. That's a Wondrous Process and It's *within* you. So that the Awe is *within* you; that sense of incredible Wonder.

"Those of you who have had small children or been around small children, each day it's kind of a wondrous process, isn't it? You see them growing; you see them synthesizing stuff; putting together things, concepts; learning, etc. Just the fact you can sit here, you can hear, you can see, you can take this in and that's only the housing for the Spirit you *are*. It's miraculous. It's miraculous. But it also works both ways. ..."

"We need to have that same Awe-fullness that is in you: we need to see That in others. We need to treat others reverentially. Respectfully. Respectful does not mean allowing yourSelf to be emotionally blackmailed by them or anything else like that. But It means they're the Light Of The Most High as well and God Dwells in them as well. That what they're given is karmically correct and they're perfectly capable of handling that. ..."

"And this is crucial. So listen up carefully! May not be said very often. ... Spiritually we're at the next step. There's a New Dispensation. Yeah, we're Spirit; we're Divine and That's *within* us. Yeah, It's *within* us. That's not What the Teachings Teach us. That's not at all What the Teachings Teach us. The Teachings Teach us the very next step - the New Dispensation - Which is, God Lives in You as You. You're God's Manifestation. You're It. You're One and the Same. So it's not that the Soul in you is this little drop, as it were, of God and That's *within* you, you're housing for It. The New Frequency is That God *is* you. Period. Period. ..."

"Each of us has to discover that we have the Power. Each of us has to discover that we have That Power. That's our Awesomeness. We have that same God Power, etc., as it were. 'In the beginning was the Word and the Word was with God'. ... The part in us that's Spirit is the part that is revered by Christ. We're Loved Unconditionally. We're Loved Unconditionally.

Think about That. Most of us, we don't know That. We honestly don't know That. ..."

"The first time I realized how Loved we are by God, by Spirit (and) my reaction was I was beyond furious for days. I could not believe how angry I was. ... Because nobody had ever told me. Nobody ever tells us the simple Truth of how Loved we are. We need to know we're greatly Loved. Greatly cared about. Greatly Nurtured. We're Soul. Created in God's Image. We're the Same Material. And we *are* extensions of God into this world. God Lives in us as us.

"People don't know It because the karma is upon them but that's fine because the karma is upon them. But that's fine; you Know It. If you Know It even as an intellectual thought or an exercise, you Know It. What you can do is pray for the Understanding so that you really understand and really get in there as an experience. And you really start to see how Wondrous Spirit *is*. All of it. All of these worlds. How Magnificent they are. How blindingly bright they are. And the Love that's there. ..."

"Sooner or later, if you haven't, you'll all have the experience of how Loved you are by God. And, no matter how much you Love someone, it pales before God's Love for us. That's how greatly we *are* Loved. And we have this *within* us. And we're Awesome in terms of the Power that we have. And we know from The Teachings that we shall have Dominion over all things but That doesn't mean control over anybody, better than anyone. ..."

"We have the Power of Spirit *within* us. We're at the Apex (of Creation) and with That comes a Responsibility. Our Responsibility for all of creation.

"And we need to start by monitoring our thoughts, our feelings. Not that we suppress them or can't have them, no, but we choose other than them. We choose other than them. ... We have the Power to Create everything. Love, Peace, Joy, etc. ..."

"Acceptance is really the First Law of Spirit. We Accept it within ourSelves. We Accept it. Whatever it is we don't like, we Accept it. We take Responsibility. ..."

"We need to be really reverential, deal with each other Spiritually and not go to the least common denominator. ... It's so easy to get angry, so very easy. And if we get angry then we can't get at what's behind it. And then we don't go to Spirit; then we don't get the Solution. So easy to walk around being a complete victim; walking around like you don't know what to do. It's so easy to blame - others or yourSelf or the situation. ..."

"Just like the definition, you can have an approach of dread and fear and thinking It's terrible and wanting to get away from It or you can Accept the Wondrous Responsibility of it all.

"It's really pretty simple.

"And My Wish for you all is to really realize just how Awe-full you really *are*.

"And we'll stop with that."

Our Teacher Generously answered the questions asked following the Satsang, Giving us even more Growth, Upliftment and Learning!