

Cosmos Tree, Inc. • A non-profit, tax-exempt educational foundation • "Where Potential Becomes Actuality"
 The Center For Religion And Advanced Spiritual Studies • Know yourSelf as Spirit through Initiation into the Sound Current
 177 E. 87th St. (Lexington - Third Aves) - Suite #204 N.Y. N.Y. 10128

Wednesday, October 5, 2022 at 6:50pm (Doors close at 6:45pm)
"Are You Being Steadfast?: A Participatory Satsang" (MP3 A302)

Wednesday, November 2, 2022 at 6:50pm
"Are You Paying A Withholding Tax?: A Participatory Satsang" (MP3 A303)

Wednesday, December 7, 2022 at 6:50pm
TBA (MP3 A304)

Available by teleconference from all Centers. Presented by Founder/Director Roger B. Lane, Ph.D. Arrive between 20 and 5 minutes before as doors close promptly. Learn how to live in the Fulfillment of the True Self! Have fun! Learn about the SPIRIT YOU ARE! Email info@cosmostree.org for details.
 SPECIAL NOTE: If you miss this TALK you may purchase the MP3 by going to our Web site.

Open Talk

Meditation

Dates & Time

*Including Special
 Thanksgiving &
 Christmas Day
 Meditations!*

Meditation Of The Soul

Every Wednesday & Thursday at 6:10pm (except first Wednesday of the month).

Every Monday at 7:30pm & Second Sunday of Every Month at 10:30am.

One-hour Meditation with Instruction for Beginners. Give yourSelf this great Opportunity to get quiet; to be with the Spirit within; to de-stress; to release negativity; and to send Blessings to others! Come join us and leave the cares and the concerns of the world behind!!

Special Thanksgiving Meditation! Thursday, November 24, 6:10pm

Special Two-Hour Meditation of the Soul

Last Sunday of every month 10:30am-12:30pm (Doors close at 10:25am) Give yourSelf this great extended Opportunity, a great big Gift to yourSelf!

Special Christmas Day Meditation! Sunday, December 25, 10:30am

MEDITATION FOR HEALTH AND WELL-BEING

Tuesdays October 18; November 15; December 20 8:45pm

As part of a program of Special Meditations, this is a wonderful Opportunity for the Spirit that we really are to receive the Priceless Gift of the Healing Light of the Most High. Call for details. Available by Teleconference!

MEDITATION OF GRATITUDE

Thanksgiving Day Thursday, November 24 Noon

Join us for our Special Thanksgiving Day Meditation! Available by Teleconference. (Please arrive no earlier or later than 10-15 minutes before.) Learn to Live in Gratitude! Bring Friends, Family, Loved Ones, Enemies!!! Email info@cosmostree.org for details

The Second Sunday of Every Month 10:30am-1pm

(Doors close five minutes before start of Meditation & Reading/Discussion)

10:30am-11:30am: **Meditation**. 12-1pm: **Tools For Living Free Reading and Discussion** (available via teleconference).

Please READ the TFLF prior to attending. All TFLF Titles can be found on our Web site at cosmostree.org>Resources>Tools For Living Free. Come to Meditation, Tools For Living Free Reading/Discussion or both!

TFLF Titles: Oct. 9: **#48 Got Guilt? Now Live Guilt-free!**

Nov. 13: **No Sunday Program on this date**

Dec. 11: **#52 Exercising The Tool Of Responsibility**

The Second Sunday of Every Month 3pm-4pm October 9 & December 11

Discussion and Study of a Recent Teaching Of The Path Of Soul Transcendence using articles featured in *SpiritCentral* of Satsangs given by Dr. Lane. Please READ the Article prior to attending. All *SpiritCentral* Newsletter articles can be found on our Web site at cosmostree.org>Newsletter (available via teleconference). If you are not a Student at the Center and have not attended previously please contact Rev. Amy Blank at info@cosmostree.org or at 708-846-1031 for instructions on how to participate.

The Last Sunday of Every Month 10:30am-2pm

(Doors close five minutes before start of Meditation & Video)

10:30am-12:30pm: **Meditation**. 1-2pm: **Video/DVD Showing and Discussion**. "Understanding The Spirit You Are"

(available via teleconference). Come to Meditation, Video/DVD Showing and Discussion or both!

Video Titles: Oct. 30: **V20 Living Free And The Path Of Soul Transcendence**

Nov. 27: **V21 What Do We Do On The Path Of Soul Transcendence?**

Dec. 25: **V22 What Are You Doing For The Rest Of Your Life?: An Invitation**

TV and Online Video Series

"Understanding The Spirit You Are": Watch every Thursday 6:30pm on cable TV (see channels below) or online at MNN.org by scrolling down to "3 Spirit Channel" and clicking on "Watch Now". A 22-Part TV Series of Spiritual Learning by Dr. Roger B. Lane. Topics include "Forgiveness"; "Abundance Consciousness"; "The Power Of Choice"; "Living The Truth".

Time Warner Channel 1997 / RCN Channel 84 / Verizon (FiOS) Channel 35.

SpiritCentral.tv: Available on-demand at cosmostree.org/resources/spiritcentral; every Tuesday 6pm on cable TV (see channels above) or online at MNN.org at "3 Spirit Channel". Dr. Lane speaks on such topics as "The Christed Consciousness"; "From Fear To Love - The Journey Of A Soul"; "N.I.N.T.E.N.D.O. Actions"; & "Joy - What? How? Why?".

Call us for information: 212-828-0464 Email us at info@cosmostree.org Visit our Web sites: cosmostree.org & spiritcentral.org

TWITTER: @CosmosTreeInc FACEBOOK: Cosmos Tree, Inc. INSTAGRAM: @cosmostreecentral

Please refrain from wearing any perfumes, hair sprays, fresh nail polish or remover, colognes, aftershaves or other chemicals to the Event.
 Please refrain from alcohol and drugs -other than your prescription medication- 24 hours before the Event.

Our Sunday Programs