

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

Open Talk

Wednesday, January 4, 2023 at 6:50pm (Doors close at 6:45pm)
"Acceptance: Are You Applying It Equally?: A Participatory Satsang" (MP3 A305)
 Wednesday, February 1, 2023 at 6:50pm
"Shame And Guilt And Proper Identification: A Participatory Satsang" (MP3 A306)
 Wednesday, March 1, 2023 at 6:50pm
TBA (MP3 A307)
 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.

Meditation Dates & Time

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 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!

MEDITATION FOR HEALTH AND WELL-BEING

Tuesdays January 17; February 21; March 21 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!

WINTER & SPRING SEMESTERS

Giraffe Consciousness Clinic

5 Meetings, Wednesdays, Jan. 18 - Feb. 15
 7:45-9:15 pm (except first Wednesday of the month when Class begins at 8:15 pm.)

Taught by Dr. Roger B. Lane

A Practicum in Which Participants move from a self-centered view to a Self-Centered One of their situations and the Lives God has given Them!

Payment due at first Meeting \$62 and additional payments of \$31 for Meetings 2-4 or \$150 for Clinic if paid in full when registered for Students enrolled in a Degree Program of the Seminary or \$63/\$31.50/\$153 for all others.

Integrity Clinic

3 Meetings, Wednesdays, Feb. 22 - Mar. 8
 7:45-9:15 pm (except first Wednesday of the month when Class begins at 8:15 pm.)

Taught by Dr. Roger B. Lane

A Practicum in Which Participants arrive at a Definition of Integrity and present Challenges that are Opportunities to It and use These Opportunities for Growth and Upliftment and Living in Proper ID.

Payment: Must be paid in full at time of registration. \$90 for Series when registered for Students in a Degree Program of the Seminary or \$93 for all others.

Everyday Evolution 1

10 weeks, Wednesdays, Mar. 22 - May 24
 7:45-9:15 pm (except first Wednesday of the month when Class begins at 8:15 pm.)

Taught by Dr. Roger B. Lane

- DISCOVER BEHAVIORAL PATTERNS & BELIEFS
- LEARN TO CHANGE THE ONES THAT NO LONGER WORK FOR YOU
- LEARN WAYS TO LIVE THE LIFE YOU WANT
- LEARN TO SELF-TALK
- LIVE IN NEUTRALITY

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.

A minimum of 10 Participants is required for each Clinic/Class. Open to all. All payments are nonrefundable and nontransferable. Please make checks payable to CRASS, 229 East 85 St. - #1347 New York, NY 10028.

Sunday Programs

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: Jan. 8: **#53 Why Not Do It Now?** | Feb. 12: **#54 What Is Your Next Step?** | Mar. 12: **#56 The Winner Is The Spirit In You**

The Second Sunday of Every Month 3pm-4pm

January 8; February 12; March 12
 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: Jan. 29: **V1 The Foundation For Understanding That You Are The Spirit** | Feb. 26: **V2 Forgiveness** | Mar. 26: **V3 Abundance Consciousness**

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

FACEBOOK: Cosmos Tree, Inc. INSTAGRAM: @cosmostreecentral

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