

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, October 2, 2024 at 6:50pm (Doors close at 6:45pm)
"Do You Need To Take Your Picture To The Framer?: A Participatory Satsang" (MP3 A326)
 Wednesday, November 6, 2024 at 6:50pm
TBA (MP3 A327)
 Wednesday, December 4, 2024 at 6:50pm
TBA (MP3 A328)
 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!!
Join us for Thanksgiving Day; Christmas Day and New Year's Day Meditation Of The Light Of The Most High!
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 October 15; November 19; December 17 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 28 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

2024 FALL SEMESTER

UNDERSTANDING THE SPIRIT YOU ARE - PART II
Given by Dr. Roger B. Lane
10 weeks | Wednesdays, Oct. 9 - Dec. 18, 2024 (No Class 11/27)
7:45-9:15pm (except 1st Wednesday of the month when Class begins 8:15pm)

- Experience the Living Realities of Spirit
- Grow in understanding "What Is Meditation On The Path Of Soul Transcendence?"; "Surrender And The Path Of Soul Transcendence" and more!

NO PREREQUISITES! 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.

Our 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: Oct. 13: **#97 The Inner Life**
 Nov. 10: **NO PROGRAM**
 Dec. 8: **#99 The Nature Of The Soul Is Joy**

The Second Sunday of Every Month 3pm-4pm Oct. 13 & Dec. 8 (NO PROGRAM NOV. 10)
 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. 27: **V22 What Are You Doing For The Rest Of Your Life?: An Invitation**
 Nov. 24: **V1 The Foundation For Understanding That You Are The Spirit**
 Dec. 29: **V2 Forgiveness**

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 "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.

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, aftershave or other chemicals to the Event.
 Please refrain from alcohol and drugs -other than your prescription medication- 24 hours before the Event.