

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 1, 2025 at 6:50pm (Doors close at 6:45pm)
"Upon What Are You Acting?: Affect? Effect? Defect? - A Participatory Satsang" (MP3 A329)
 Wednesday, February 5, 2025 at 6:50pm
"How Is Your Attitude?: Traumatic? Dramatic? Courageous? - A Participatory Satsang" (MP3 A330)
 Wednesday, March 5, 2025 at 6:50pm
 TBA (MP3 A331)
 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 21; February 18; March 18 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!

2025 WINTER SEMESTER

The Checklist Class

5 weeks, Wednesdays, February 26 - March 26
7:45-9:15pm (except 1st Wednesday of the month when Class begins 8:15pm)
Taught by Dr. Roger B. Lane

Learn to enhance your God-given days by being with the Lord, God. Be Present with God *moment-to-moment*. Learn to keep clear throughout the day. Assist in the Spiritual Evolution of the planet! Open to all Initiates and Encouraging Initiates who have already Participated to Participate again.

Payment: \$62 and additional payments of \$31 for Classes 2 - 5 or \$150 for Series if paid in full when registered for Students enrolled in a Degree Program of the Seminary or \$63/\$31.50/\$155 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.

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: Jan. 12: **#100 Questions, Questions. Looking For Answers?**
 Feb. 9: **#102 Power: The Knowledge Of Peace, Surrender To The Self**
 Mar. 9: **#103 The Only Reality**

The Second Sunday of Every Month 3pm-4pm Jan. 12; Feb. 9; Mar. 9
 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. 26: **V3 Abundance Consciousness**
 Feb. 23: **V4 The Twin Towers Of Acceptance And Gratitude**
 Mar. 30: **V5 The Power Of Choice**

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