



A How-To Exercise

From The Human Story

Gratitude

Appreciation of what we *already* have been Given and the Knowing that *all* comes from the Lord, God. When Present in Gratitude lack and limitation are nonexistent.

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The Human Story by Roger B. Lane, Ph.D. offers readers a profound education on the Spiritual Evolution of Humankind and the Tremendous Growth in Consciousness across our existence—the true human story—and includes a practical How-To Manual that provides readers with the Tools needed to apply The Teachings and support their own Spiritual Growth.

The Exercises shared here are excerpts from the full How-To Manual, offered for your Growth and Upliftment.

To read the complete Book and experience the full Manual, please visit cosmostree.org and follow the link under “Resources” to order The Human Story.



The Human Story

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