

Tools for Living Free

NUMBER 12 IN THIS ONGOING EDUCATIONAL SERIES

Taking Responsibility: Tag You're It

*Excerpts from the Open Talks "What Is The Sound Current?"
presented at various locations during Dr. Lane's National Tour, April-May, 2001*

"We have in our tradition, the western tradition, 'In the Beginning was the Word and the Word was with God.' That tells us that in the Beginning was the Sound Current, the Sound Current was with God. And what did He do with the Sound Current? We were created in His Image. It doesn't mean we look like Him. What it means is that our Soul, we are created out of the Sound Current. Even though our Soul is nonmaterial, that's the material that It's made from -the Holy Spirit. See, and we tend to look at the Holy Spirit or Nam or the Sound Current as something extraneous, as something religious. Okay. And something abstract and something far away but the Truth is just the opposite. It's within us. God has given us the Gift of Himself, the Sound Current, the Holy Spirit - that's within.

"And some part of us has that memory. We know that we're Eternal. And if you take a look at your life, I venture to say that there's an underlying current of dissatisfaction, no matter how much money you have, no matter how much you love your boyfriend, girlfriend, wife, no matter how much you love your kids, there's something unfulfilled. And somehow in us the Soul knows that It needs to complete Itself. It needs to complete Its karmic journeys here and go on Home to God. How does It go Home to God? By loving Him and following a Path laid out a long time ago by God who gave us the Sound Current. So in us sits the Sound Current, the Holy Spirit, really sits God, Himself....

"You know, and that's the Truth; It's God lies within us asleep and it's our journey here and it's our responsibility...to have It be awoken and to nurture It. And if you take a look at, 'What are you nurturing in your life?' it's probably a relationship, it's probably children, it's probably a business, it's probably all sorts of things out there. And we forget to nurture ourselves and take care of this gift. See? But this gift is part of God's Love and Compassion for us... God's Compassion and Mercy is boundless. It knows no limit. And the proof of that is that It sits inside of you. He gave you a way Home. He gave you a way to return Home to Him. Not

through dogma, not through belief, not through what anybody says or thinks. But through a process that He put into mankind and has been here since the beginning of time. And nurturing that and paying attention.

"But there's a Spiritual Dispensation going on, and that is an awareness of an essential truth: that this Holy Spirit or the Sound Current or the Word is within each of us. That It lies asleep within us and lies dormant and it's our responsibility to have It awakened. And how we do that is an Initiatory process where we access the Soul and we are able to, by following Spiritual instructions, be awakened on all the levels that our Soul exists on."

"In my Father's House there are many mansions' has to do with the levels or the frequencies or the realms in the Spiritual Worlds. And the Sound Current or the Holy Spirit as It's awakened on that level, the Soul hears It and comes to know Itself. And that's how It wakes up. It wakes up that way."

"And the Gift of the Sound Current or the Holy Spirit is a gift of, really, of God's love and caring. It wasn't something that happened a long time ago, demonstrated, bingo and we're left out of the equation. Or it's being done for us. The Jews are waiting for the Messiah, the Christians are waiting for the Messiah to come again in the West. And we're always waiting, we're waiting for God. But the truth is that we're our own Messiah in a sense and the Messianic Force which is a Forcefield which comes from time to time and awakens or speeds up the planetary progression of the Soul and of different Souls. But the interesting thing to me about the Sound Current, this gift is really two-fold, is one is, yeah, It's a gift, but there's another part to it. And that part is that we have to open the present. So we have this gift and we need to open it.

"What does that mean? It means we are awakened on all the levels the Soul lives on in the lower worlds. And we become established in Eternal Life. What's called Eternal Life or the

"You come to
know yourself
as Divine,
as Spirit
and you come
to realize
the simple truth
that
God lives
in you
as you.
That's the
simple truth.
But it's our
responsibility
to nurture that
and come into
that knowing
in a very
conscious
way."

*(From the Open
Satsang in
Georgetown, CT)*

Soul Realm and we complete our karmic journeys, our reincarnation patterns. But It's all a result of loving God. How much we love God. How much we love ourselves. How much we nurture ourselves."

"So God's Gift to us incorporates the responsibility. God's Gift of His love, His compassion is real simple. He wants us Home with Him. He wants us to complete our journeys here. We're here for a reason and I'll be the first one to tell you 'yeah, but we had to come here to fulfill this reason?' Yeah, we do. And the reason is we have choice, we have free will. So God gave us free will and choice. And we can choose. And at the same time we have free will and choice and we choose into being present inside with the Spirit we are. At that same time we enable God's Grace to move on us."

"So part of our responsibility is to give ourselves the best, to love ourselves despite our own feelings and to put them aside and to just allow the truth and to just receive the love that's there. Meditation is a nice way to sit in that love and nurture it and care. So it's about this Gift of the Holy Shabd, or the Sound Current, or the Holy Spirit. It's about nurturing yourself, it's about loving yourself, it's about going to completion as a Soul and it's about fulfilling the

purpose of human life, which is to love God with all your heart and all your Soul and all your might and love your neighbor as yourself.

"And the Path that I'm involved with just simply gives you the opportunity to know God directly. And the question is do you know yourself and do you love yourself enough to give yourself the Gift of yourself and the Gift of God?"

"But it all starts with you and it all ends with you. And that's the awesome responsibility. We're responsible whether we like it or not, God's given us this gift, we're Its custodian, we're our caretaker and no one gets out of it. That's how we heal all the hurt and all the pain because we come into the Wholeness, we come into the Oneness. Because all the hurt and all the pain come from that separation from ourselves, from the Spirit we are. And from Meditation we are able to have that hurt and that disease, as it were, cleared and healed. And so the Great Physician has given us a way to be healed and to be whole and to know Him and to know ourselves. That's what the Sound Current is all about, It's about God's gift to us. Our gift to God is going to our completion and fulfilling our karmic journeys here and moment-to-moment making the choice to just participate only in that which is for our Highest Good."

Step-by-Step

Here's a quick reference list for daily practice. Please refer to the articles for complete information.

1. Call in the Light of the Most High by saying, 'Lord, God send me Your Light'
2. Ask yourself if you love yourself enough to give yourself the gift of God?
3. Choose to be present inside with the Spirit you are by asking God to take any pain, fear and separation and telling yourself, "It's okay to let it go."
4. Allow God's Gift of love and caring in your life by being kind to yourself with the thoughts and feelings you allow to run. Love God at each moment.
5. That's being responsible.

Try This

"Get nice and quiet. Call in the Light of the Most High by saying, 'Lord, God send me your Light.' Go inside, ask whatever you want to call It — God within, the Inner Master — to tell you how you can choose better or to make a better choice of your experiences so that your experiences will allow you know God directly. You guys are in total control. The proof of that is you're in a body so that you have total control over where you place your focus, what you create, your karma, your Spiritual growth, your Spiritual progression." *From Audio TAPE A38: "What are you Experiences Telling You?"*

Case Study

The other day hijacked planes crashed into the World Trade Center Towers and the Pentagon and left a lot of people wondering why. Why did this happen? And why are people killing people? And why is there so much hatred in the world?

What I experience in the quiet inside myself is that in order for people to love one another we must love ourselves. And in order for people to be kind to one another and for nations to be safe and protected, individually we must be kind inside ourselves. And this kindness is knowing our kind, is knowing that we are Spirit, that we are the Lord, God, that we are Eternal and knowing that our true purpose here on this earth is to love the Lord, God and be Home with Him now *while we are in the body*.

This "tragedy" has taken place because we

have forgotten who we are - we have forgotten that we are One with God, that we are One - all of humanity is One. Instead of why, the questions we are asking need to be, "How do I use this life to lift and grow?" "How do I use my responsibility to respond to the Spirit I am, to create positively?" God is in this world and He responds to us - He gives us what we create. If we create fear and separation and poverty, hurt and pain - this is what we receive. If we create Joy and Abundance and Oneness with who we truly are - which is God - this is what we receive. Creating positively we see that this is not a tragedy but an opportunity to love ourselves and each other and God more - we really are all one and the same. It is our choice. It is our responsibility. It's about time.

For further information or to request other titles in this series contact:

Cosmos Tree, Inc.,
a nonprofit, educational
foundation.

Cosmos Tree, Inc.
PMB 182, 1461A First Ave.
New York, NY 10021
212-713-5398

email:spiritcentral@yahoo.com
web site:www.spiritcentral.org

Tools for Living Free is published by Soundly, Inc. Any distribution or reproduction of this publication without written permission is prohibited. Copyright 2001, Soundly, Inc., New York, NY.