

Tools for Living Free

NUMBER 13 IN THIS ONGOING EDUCATIONAL SERIES

Taking Responsibility: Tag You're It

Part II of a two-part series

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

Honoring Yourself as Spirit

"It's called the Sound Current because It's audible, but It's not audible to our ears; It's audible to our Soul. The Soul can hear that Sound on the level that It's moving on and lives It."

"And 'In the Beginning was the Word, the Word was with God.' The Word was the Sound Current and tells us what we're made out of. We're in God's Image which means we're of the same substance as it were or 'nonmaterial substance' as He is. We're of the Holy Spirit. He created us out of Spirit. He's the Great Spirit and we're Spirit. And we're created in His Image. But we've forgotten, we've forgotten who we are."

"And all this that I'm talking about is found in all the religions but what's happened is that religions have two aspects. They have an esoteric and an exoteric; the exoteric is the outer part: the rituals, the communion, the community, that sort of thing. But it also has the esoteric, which is the inner meaning, the inner meaning of the religion. And all the esoteric aspects of the religions point to the same thing: that we are Spirit and we are Divine."

"So God put the Holy Spirit or the Sound Current in us so we could go Home and return.' Because God gave us life and He gave us life to know Him. And He gave us life to enjoy it. It's real simple, there's nothing complex, there's nothing mystical; it's real simple."

"These Teachings have been around forever and actually they are the True Teachings of the Christ, Jesus. And without getting too much into Church history, there was another stream taken and the esoteric part got buried as it were. Now is the time where it's coming forth. And it's important. And this is the time Spiritually where every Soul is accountable and you're responsible. And you've come here tonight and you hear this that you're responsible. And the Spiritual action is that you're responsible which means that you will use the vehicle, this body, your lifetimes - however many it takes - to move into that process of knowing yourself, of being awakened from this dream called life, or Spiritually sometimes it's called death."

"And the truth of that Spiritually is that the Christ, Jesus went before us and He built the bridge

in the Inner Worlds that the Soul travels upon to go Home. Through all the levels, through all the layers we do it through the Christ. And that Christ - guess what? - is in you. That which is in you was in Jesus and as Jesus said 'that which is in Me is in you.'

"So It's in you. So the ability to go, to ford the river of life to get to the other side is the promise you've been given. You have that ability and you're charged with that."

"Every Soul is going to do that because God's Promise to us is Eternal Life. And what does that mean? It means that we get to reside as a Soul, as a Spirit with Him permanently. It means that we're free of re-incarnational patterns and I'll be the first one to tell you it takes great courage to see the Face of God, it takes great courage."

"But God in His mercy, His kindness, His compassion - guess what? He says 'hey, this is My prescription, I have a prescription and the prescription is: let your Soul listen to the Divine Melody, let your Soul listen to the Divine Music.'"

"There's a music festival inside of you twenty-four hours a day and It's the Heavenly Music, It's the Sound Current. And the Soul knows Itself and can actually hear and It equates to: so you have all this music going on inside of you, and in it is the joy of who you are and that's God's Promise."

"But there's a part in us that knows better because some part of us remembers that we are Spirit however dim that memory is. It knows Its Origin. If you take a look at your life - all your life - most likely you're trying to connect with the Spirit you are but there's no need to try to do that. All you have to do is allow that connection. There's a Way, the Sound Current is the Way, the Holy Spirit is the Way. It's within us. That's the secret, God put Himself in us. Who's going to look there? We're so busy looking into the world trying to accomplish things, trying to do this, do that, strive for this, all kinds of stuff, we're going to be remembered by our achievements."

"But guess what? It's impossible (getting to God by your own efforts). Because the Christ in you lies asleep and needs to be awakened, as it were. That has to come from outside of you until you discover that 'oh, my gosh, that was me all along; I didn't know I was asleep.' Yeah, you were asleep and

"So loving Him is to be in that place, letting God be God. If you're giving yourself a hard time, stop."

If you're giving anybody else a hard time, stop."

If you're judging yourself, stop."

If you're not loving yourself, stop."

If you're not focused on God, stop."

If you (have) a separation going between your work and your Spiritual work, or life and God, stop."

You're not at God and if you're not at God, then the guy who's been living in your house all along doesn't get honored because you don't know He's there."

The other part of that is that you're an honored guest in the Lord's House."

You are all honored guests, you're sitting there right now."

*From an Initiate TAPE
'How Do You Love the Lord?'*

thanks to that Source you're being awakened and now you know that's you so Tag You're It. And that's the message of the Christ and that's God's Promise; He's saying 'Tag You're It, Tag You're Spirit, You're Divine, this is the Way Home, I love you kids, I want you Home.'

"Even if we're just taking a moment each day or doing an hour a week of Meditation we're giving ourselves that opportunity to know our Spirit and to feel happier and wealthier and wiser. Because the wealth is within us. We have great riches in here, the riches of the Kingdom are in here. The Kingdom is in here and we settle for things of the world and the irony and the paradox is the more you know yourself as Spirit, the more you can have the things of the world, because you're in the world but not of it."

"This is not something that's an eternal process and dealing with the afterlife, these methods are very practical. They have repercussions for our health - mentally, physically, emotionally. They have repercussions in our daily life - our social life, our family life and they have repercussions for how we live in this world and in this body."

And in this body is God. He put Himself in us and He gave us a promise, that if you come to know Him - not outside, not through any religion, not through anything but through direct experience - if you come to know Him directly, you will be Home with Him eternally. And you will leave the karmic fields and you will leave the illusions of this world and you will be with Him forever because that which Christ, Jesus demonstrated is true for you. That's His

promise, that's His love, that's His caring. The church, and we all go to church, the church is inside and we need to minister to that and we need to nurture that and take care of it.

"We nurture ourselves, you know sometimes we'll buy ourselves a gift or nice clothing or whatever. But do we really love ourselves to give ourselves the best? And the best is God. Do you love yourself enough to give yourself God? Well, It's in you, there's a Way Home. It's called Initiation into the Sound Current. It's not my plan. I wish I could take credit for It. It's God's Plan for every Soul whether that Soul that's in a body that practices Hinduism, Taoism, Christianity, Islam, or anything else, is atheistic, doesn't matter. It's God's Promise for the Soul and each individual's responsibility to get there."

"And we walk this Path to God and we do it for ourselves because guess what? No one does it for us, it can't be done for us but It's done with us."

"So I just want to stop by saying Tag You're It, It's inside of you, this game of life is a great game."

"But the whole purpose of the game is to go Home. And this world is the jail that's on the Monopoly board, but unlike the Monopoly game, you don't have to keep rolling the dice. There's a key to get out of jail and it's the jail of your negative creations, of your karma and It's (the Sound Current) the key to God's Heart. When you go to open It, you're going to find something really interesting, you're going to find that the door was always open and that God's Love for you was always there and all you had to do was walk through it."

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 God to bring forward the feeling of dissatisfaction in your life.
3. Now ask God to show you the Real Truth of who you are, the Spirit you are and see what happens to the dissatisfaction.
4. Ask God to move you into honoring the Spirit you are.
5. Give yourself permission to take the most important step toward loving God: Initiation into the Sound Current.

Try This

We ask the Light of the Most High to be present, and be for the Highest Good.

Just take a thought that you find yourself always having, you know that you find yourself perseverating about or it keeps coming back and forth or you keep returning to it. And just for one moment tell yourself

to let it go and just let God take it even if you don't know what's going to take the place of that thought. Can you do that? Do it for a moment and see what happens.

*From the audio tape 'Why is God Hidden?'
Get nice and quiet, TAPE A48.*

Synopsis of this 2-part series

1. "... if you take a look at your life, I venture to say there's an underlying current of dissatisfaction, no matter how much money you have, no matter how much you love your boyfriend, girlfriend, wife, not matter how much you love you kids, there's something unfulfilled."
2. "Because all the hurt and all the pain comes from that separation from ourselves, from the Spirit we are."
3. "We're in God's Image which means we're of the same substance as it were or 'nonmaterial substance' as He is. We're of the Holy Spirit. It's within us. God has given us the Gift of Himself, the Sound Current, the Holy Spirit that's within."
4. "So It's in you. So the ability to go, to ford the river of life to get to the other side is the promise you've been given. You have that ability and you're

charged with that. Every Soul is going to do that because God's Promise to us is Eternal Life. God lies within us asleep and it's our journey here and it's our responsibility to have It awaken and to nurture It."

5. "This vehicle, this body, your lifetimes - however many it takes - to move into that process of knowing yourself, of being awakened from this dream called life. But do we really love ourselves enough to give ourselves the best and the best is God?"
6. "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."

*Quotes taken from various Open Talks entitled
'What Is The Sound Current' given during
Dr. Lane's National Tour, April-May, 2001*

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