

ACCESSING THE SOUND CURRENT HANDOUT

Quote #1:

When you're doing spiritual exercises, you hear the Sound and follow it, but if you don't also have the Light, you may stumble and fall. So you bring in the Light to see better. You also need love because that is the motivation to keep going. So you need the light and Sound and love.

John-Roger, DSS (*Fulfilling Your Spiritual Promise*, p. 442)

Quote #2:

The only way you can have the experience, the transcendental knowledge, is to have a spiritual transport that can move you from this physical level into the spiritual realms. This spiritual transport has three parts: the first is love, the second is devotion, and the third is the Mystical Traveler. You travel by way of the Sound current, the supreme energy force, which is also known as the Holy Spirit, the Unstruck Melodies of Spirit, or God's Unspoken Voice."

John-Roger, DSS (*Fulfilling Your Spiritual Promise*, p. 446)

Quote #3:

The Sound Current is the true self. When you are in the Sound Current, you may feel a vibration, a rhythm, a hum, a tone. If you are with the Beloved, you don't need anything else because you're riding in the center of the Sound Current, and like the center of the storm, it is quiet and calm. What we do in spiritual exercises is to work towards the center, towards the Sound, the true self, the Beloved.

John-Roger, DSS (*Fulfilling Your Spiritual Promise*, p. 439)

QUESTIONS:

- 1. How could you open more fully to your relationship with Spirit?**
- 2. How could you open more fully to the Sound Current?**
- 3. What is a key or keys you see in any of the three quotes that might assist you in your own spiritual journey?**



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