



## Lesson 9

### Finding Your Song

You could say that what we really are is indefinable. We do our best with words to describe what we are, but we really cannot explain what we are with words. Words, like thoughts, are limited in their ability to convey what we really feel, know or attempt to express to one another. They all come through our very personalized filter and are then received through someone else's personalized filter. The meaning is morphed and twisted to fit. That is why the truth can never be accurately or adequately spoken. Of course, we still try and do our best. This is also true with our internal dialog. When we try to label, categorize and make sense of everything we perceive, we tweak it to fit within our filter, our book of law or how we think things are. We take the truth we sense or perceive and put it in words that work for us. It then becomes our lie that we believe. We then use this new lie to guide our actions and our path through life, even though it is a distortion of what is.

The truth never changed, we just changed our perception and description of it. Within each of us we hold the truth about everything. It is that silent knowledge, that still small voice that whispers in your soul. When we are present in the moment, and using our awareness, we can hear those messages clearly if we listen. When we listen and simply absorb them, embrace them and let them flow through and with us, they fill us with life. They fill us with the song of life. Just as every human life is different, so is every song.

Your song is unique to you. Only you know the melody, the sound and the vibration of your song. Really only you can ever hear it, at least completely. And, you can only hear it if you are listening. You stopped listening and stopped trusting what is within you long ago. Your song is deep, rich and resonates to and from every aspect of you. To and from that source of life and light that animates us all. We can hear and feel every note clearly if we listen with intent from a place of presence. We cannot hear our song with ears alone. We must listen with all of our senses, especially our being. Our being could be described as, the senses without thought, without words, without meaning. When we truly hear and feel our song, our heart rejoices at the sound of unconditional love. The frequency of our song is so perfectly attuned to us that our whole being hums with it and responds. It can do nothing else.

As with any song you hear, it has an effect on you. We are vibrational beings, and our bodies respond physically, emotionally, and spiritually. Songs on the radio can make you cry, or remind you of your first kiss, or make you want to bang your head and play air guitar. It also makes you want to dance. Your song is no different, except that it has an infinitely more powerful impact on you. When you turn on the radio, you like some of the songs and some of

them you do not like. You can change the channel, turn the music down or turn it up. In doing so, you alter your body's response to each song. With your song, you can also do the same to some extent. But, what are you accomplishing? Realize that your song is not simply a cover or copy of another band's song. It is you! Playing your song at less than full volume denies you of fully experiencing all that you have put into your own creation. Besides, if you cannot hear the music, how can you dance?

Life is a dance with the divine. We all create the music that drives our beat. We all respond to the music we hear. So, what are you listening to? Is your radio, with other people's songs, drowning out your own? Just as your body is your physical manifestation of your dream, your song is the vibrational representation of your dream. Respect your dream, turn up your song, and play it loud and proud. Dance the dance of life. When we dance we move with the music. We feel its rhythm and emotion, and we respond in kind. How we dance is not as important as the fact that we try to dance at all. We have a natural flow to want to dance with life and let the music of life move through us. The most beautiful song I know is my own. This is the song I choose to dance to. It is completely natural and effortless. I already know all the right moves, and so do you. When we dance to other people's music, we try to find synchronicity with another song that we do not know. We can do it to a certain extent, but it takes effort and attention to learn a song that is not our own. It can be a fun exercise and can serve us in many ways. However, all of the time we spend dancing to someone else's music is time spent ignoring our own. The beautiful part is that we can dance our own dance and blend other people's music with ours.

Dancing with a partner can be even more fun than dancing alone. When we have numerous dance partners, with similar songs we create a symphony of songs. In that symphony we can all dance to our own song while enjoying the songs of others. Because our life is not one of solitude, we are always dancing with others. Sometimes our dances are harmonious, other times they clash. Your dance is always changing because you are always changing. Accept and allow the changes, craft the changes of your dance with your intent. Always listen to your song and dance to it. Your song is a silent knowing. It is truth for you, and it is you.

It is not really the truth that you have a song inside of you, but this is a symbol we are using to describe what this experience and flow is like. I am attempting to describe something that is indescribable. So when you read this, do your best to allow the truth of these words and what they mean for you to resonate within you. See that your silent knowledge is always there and you know many things that you pretend you do not know. You pretend that you do not hear your song; you pretend that you do not know how to dance. Trust the song that plays within you, trust your being, and trust yourself.

Playing your song at full volume and dancing with life, being your authentic self, is the most beautiful example of the complete you. You are living in the completed circle, living as a whole being. This is when you, as the creator, are being fully expressed without restraint. This is when you, as the created, are fully experiencing life, fulfilling every desire of the creator. This is when you, as the detached witness, can clearly see the interplay, connection and oneness between the creator and the created. Your body, mind and spirit all respond in harmony and strength.