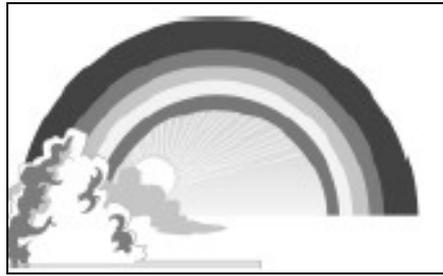


Journal on Personal and Spiritual Development



# The Rainbow Journal

## No. 28 - January 2010

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*In Association With:*

**Edgar Cayce Australia and  
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## FROM THE EDITOR

Welcome to our first edition of the New Year. No doubt this year will be another year of turmoil and changes on the world scene. The spectre of climate change will move further into center stage as world weather patterns become more extreme with increasing numbers of casualties and destruction of our habitat.

It is in these times of distress and affliction that we begin to turn more inwards, attempting to find some sort of meaning in the chaos and as we look for inner peace.

If we believe what our religious masters have taught us, and as we quote in our closing message “Know, then, that

as He had His cross, so have you. May you take it with a smile. You can, if you will let Him bear it with you. Do it!”

I wish to thank those readers who have responded to articles in our December issue. Some of these responses are in the section 'From Our Readers'.

Please let me know if you wish to add anyone to our distribution list (with their permission!)

Pleasant reading and I trust the articles will give you food for thought. As always any feedback is welcome. *Brian Alderson* ΩΩΩ

*p.s. Some readers have preferred to have the Journal in a single column format. This style can be supplied on request.*

## OUR ENEMIES

**Soldier** : Here is better than home, eh, sir? I mean, at home if you kill someone they arrest you, here they'll give you a gun and show you what to do, sir. I mean, I killed fifteen of those buggers. Now, at home they'd hang me, here they'll give me a medal, sir." *From the Monty Python Movie "The Meaning of Life"*

### PERSONAL ENEMIES

If we were asked “Who are your enemies?” I suspect most of us would say that we do not have any personal enemies. If we use the Oxford dictionary definition of an enemy as 'a person actively hostile to another' we would most likely be right with respect to our not having hostile feelings *towards others*. There are people with whom we are at variance, people with whom we encounter major differences of opinion and people that have done things to annoy or even hurt us. However those of us who are seeking along a spiritual path are unlikely to express active hostility *towards them*.

That does not mean that there are not people who may be actively hostile

*towards us*. We may have a neighbour or a fellow worker or a relation who, for some reason, regards us as his or her enemy. It is these people that Jesus was no doubt referring to when he gave the commandment 'love your enemies.' He was advising us on how we are to react to hostile actions directed towards us. We are not to retaliate by meeting hostility with hostility in return but we are to “love your enemies, do good to those who hate you, bless those who curse you, and pray for those who mistreat you...”

### NATIONAL ENEMIES

As well as the problem of personal enemies we also face the fact that our nation has enemies. These enemies are other nations or peoples who have

regarded us, as a nation, as their enemies or who have committed acts which our leaders have regarded as hostile or at least unfriendly to us, as a nation. The ultimate act of hostility is of course war, or, to use political spin the occasions where 'military action' has been taken.

If we look at the current world situation we must conclude that international goodwill has not improved much since the Second World War. At this very moment there are a number of armed conflicts around the world, such as the military actions taking place in Iraq and Afghanistan. Also there is international tension over the political situations in Iran and North Korea, and there is the long standing feud between Israel and the Palestinians. Most of us may consider that these conflicts are not of our personal concern. That is unless we have one of our own serving in our nation's military forces, or have lost someone or a loved one has suffered injuries, in one of these conflict zones.

As wars are all about killing and destruction how are we, as seekers along the path in the Search for God, to deal with our conscience over these conflicts? Do we simply ignore these issues, leaving it up to our leaders and our country's military forces to deal with these situations? Do we as patriots give support to our governments by participating in the military forces or at least offer moral support? Or do we resist and oppose military action by our governments? These are complex issues which each of us has to come to grips with.

One thing we must remember when considering our nations enemies is that these enemies are people. Who are these people? If one listens to political rhetoric concerning our enemies one will note that speakers avoid

personalising our enemies but prefer to use terms that dehumanises them. For years our enemy was communism while one of our current enemies is terrorism. Not people, but "isms." Our latest enemy is said to be the "Taliban." The Taliban is a radical Sunni Islamist movement - a vague word comprised of people from Afghanistan and Pakistan and other countries in the general area of Afghanistan. What we know about movements, such as the Taliban, is that the vast majority of people involved in the movement became members not because of grave decision making but because of necessity, sentimentality (e.g. misunderstood religious convictions), coercion or other unsavoury reasons. Is the 13-year-old hero-worshipping boy our enemy? The father of 9 children who doesn't know how to feed them? The grandfather who was told in no uncertain ways that he needs to join or else?

International relations, like human relations are complex matters and we must decide on our attitudes to peoples in other countries. When I reflect on this subject a quotation often comes to mind. It was given by Mahatma Gandhi during a speech made denouncing unjust laws imposed on the Indian population in South Africa when some Indians proposed armed insurrection. "There are causes for which I am prepared to die, but there is no cause for which I am prepared to kill."

#### OUR REAL ENEMIES

So far we have considered our enemies as people around us, those that live close to us and peoples of other countries. But our real enemies are not external, not people, but are found inside us. In this respect we use the word 'enemy' as meaning something that is harmful or prejudicial to us and

takes the form of negative emotions.

#### FEAR

One of our greatest negative emotions is fear. In the animal kingdom fear is a basic instinct that is used as a tool of survival. When an animal encounters a situation where the animal is felt threatened the emotion of fear kicks in causing the pumping of adrenalin into the bloodstream in preparation for the "fight or flight" response of the sympathetic nervous system. This is a powerful response mechanism as we can witness in the ferocious attacks by many animals when they are motivated by the emotion of fear.

In the animal kingdom this mental state of fear is brought on only when the animal is physically confronted with a perceived threat. It is brought on in the animals ever present 'now.' Animals have no fear of the future nor do they fear death. We humans are different in that we can experience fear over some perceived future event rather than a danger in the 'now'; in the present time. This is often experienced as anxiety over what may happen in the future and we go through the mental motions of trying to deal with this event in our minds as if it was happening now. We imagine what may happen and we try to deal with it, experiencing all the negative emotions related to it in the process.

As a personal example, most of my life I had a particular fear of being poked or stabbed in the eye with some sharp object and mentally experienced the horror and pain of it. Two years ago I was diagnosed as having a cataract in one eye. A date was set a few weeks after the diagnosis for an operate to remove the cataract. In the period leading up to the operation I was constantly imagining having a doctor poke something in my eye which caused me

continued distress as I was feared the impending operation. Day after day I would go through the same agonising mental pictures. The only thing that gave me courage enough to face the operation was the knowledge that thousands of people had come through the same operation successfully, so perhaps I would too. When the operation finally took place my feelings were like a deflated balloon for discomfort during the operation, which lasted about 30 minutes, was minimal. The operation itself experienced in the 'now' was nothing compared to the fear and anxiety of the mental rehearsing of the event.

The reason why fear is our enemy is because it is not about the 'now' and it distorts our rational thinking which can lead us to do things which we would never consider doing had we not been motivated by fear. Politicians know the power of fear which is why they play on this emotion to persuade us to take actions, including going to war, which we would never have considered had it not been for the fear instilled in us. Fear can even kill us. In a book entitled *Psychosomatics* by Howard R. and Martha E. Lewis the authors write an example of the power of fear. It stated then in many cases of snakebites the poison the bite injected was insufficient to cause death, but the fear the bite induced was sufficient to cause fatal heart attacks "There is some evidence that extreme anxiety, in the form of panic and terror, can be fatal."

In recent times, particularly following the 9/11 attack on the Twin Towers in the U.S. (and in Australia the Bali bombings) our main fear has been the threat of being attacked by terrorists. It was on the basis of this fear that the United States and its allies invaded Afghanistan in 2001 with the

main purpose being to capture or kill the perpetrators and organisers of the 9/11 attack. Since that time the total number of those killed as a result of this military action is in excess of 20,000 with a further 50,000 plus injured; 97% of these casualties being Taliban fighters and Afghan civilians. Yet many of those responsible for the 9/11 attack are still at large. The only motivating force behind this continued carnage appears to be the fear that if the warfare is stopped terrorism will increase.

Instead of attempting to conquer our fear of terrorism or communism or other 'isms' by living in the present and searching within ourselves for the answers to our fears we are inclined to direct our fears outwards. In doing so we may take out our fears on other people, which, in the form of warfare results in disastrous consequences.

#### SELFISHNESS

Another of man's great enemies is selfishness. As a reading stated "Selfishness is the greater fault in most individuals." It is our seeking to gratify our material wants with disregard for the needs of others that is causing most of the conflict around the world today. Selfishness can be the cause of wars. In a reading given in the late 1930's, at a time when a number of people had forecast impending war (World War Two) in which United States would be involved, Edgar Cayce was asked what would be the cause of the war. His answer was in one word - "Selfishness."

The reason why we have perceived enemies both external and internal is that we still live in a world in which we are controlled by our egos. It is our egos that have enemies. It is our egos that will direct us to defend our bodies by taking out our fears on others. It is our egos that make it difficult for us to live in a higher plane of consciousness – the

Christ Consciousness – because when we live in that plane our egos will disappear. Throughout history there have been those that achieved enlightenment, reached Buddhahood, received salvation, Christ-consciousness, or whatever we may call this raised state of consciousness in which we are no longer ruled by our egos but are governed by the spirit of God that is within us. For the rest of us we can only work at it and show courage to overcome those enemies within us, for it is these enemies of negative emotions and thoughts within that must be destroyed rather than the enemy without.

#### FROM THE READINGS

*Fear not he that may destroy the body, but rather fear him that may destroy the soul in torment. 281-59*

*(Q) Do I have any enemies of whom I must be careful?*

*(A) Yes, - the greatest enemy is yourself, as it is with everyone else. To your own self be true, and you will not be false to others. Enemies are only those that are selfish in themselves. If you consider them as selfish, you are as selfish as they. 2953-1*

*(Q) Were evil forces warring within me, or was it my reasoning mind that caused this depression?*

*(A) As has been given from the beginning, "There is set before you good and evil. Choose." In the choosing, in the setting of your will in that direction or the other direction allows those influences to become magnified or lessened by that in the Promises. Else why should there have been the shedding of blood that there should be an Advocate with the Creative Forces? For He overcame the flesh, the death, and evil - the devil. So in choosing yourself in the ways to go, these that are as influences are but as*

*signposts, knowing that you have passed this or that test, even as He passed through the garden, the Cross, the grave, hell, and rose in the newness of all being put under submission; for having overcome He became the way, the light, the Saviour. So, in those experiences that would overcome, as He has given, when you*

*are beset by those forces that would unbalance, unroot you from that you have believed, even as He, "Get thee behind me, Satan, for you savour the things that are of the earth." Mind not that as would destroy the body, rather that as would destroy the soul, the hold upon Him who is life, light, and immortality! 288-30. BDA ΩΩΩ*

## THE MIRACLE OF HEALING

With the recent canonisation of the Australian catholic sister, Mary Mackillop, a prerequisite was that at least two posthumous miracles had to be attributed to the candidate. The two miracles attributed to Mary Mackillop were ones which involved the healing of patients suffering from incurable cancers. In the ABC TV interview Sister Maria said "Mary Mackillop, herself, does not do the curing. She prays for the person, and the cure is effected by God himself, not by Mary Mackillop." From this we can assume that the Church believed that in the two cases investigated by the Church God intervened, changing the normal course of events, thus performing miracles.

Science tells us that there are natural laws which govern the way nature behaves. It is only when an event in the physical world is of such extraordinary nature which surpasses all known human or natural powers that it is ascribed to a supernatural cause. The reason for attributing the cause of something supernatural to God is only because no other explanation can be found.

Throughout history, people have made many claims of miracles. Jesus Christ, perhaps being the most renowned miracle worker with his acts of walking on water, turning water into wine, and the unending supply of loaves and fishes. At one point in his ministry

Jesus says to his listeners, "if you have faith you would say to that mountain move and it would move."

From a scientific viewpoint we find that in recent times medical science has made incredible breakthroughs in the treatment of diseases. As well as new surgical procedures and medicines recent experiments have shown that the use of biofeedback and visualisation techniques, individuals can control blood pressure, migraines, ulcers, have shrunk tumours and in some cases made tumours disappear altogether.

When we look at the power of individuals to effect marvellous cures we find that in certain instances some people have been cured with no apparent outside intervention. For example, as reported in the U.S. Forbes magazine last year, Charles Burrows was given two months to live. Then, with no treatment, his liver tumour vanished. 'I won a lottery,' he said. In late 2005 he was diagnosed with inoperable liver cancer. Doctors gave him between 30 and 60 days to live. Burrows quit his carpentry job and spent the next two months in a fog. Then things got very strange. In February 2006 Burrows developed abdominal bloating, shaking, chills and nausea. Soon after that he noticed that the lump on his stomach was gone. Medical examination showed that where the tumour had once been, there was "literally empty space." at the

time of publication of the article three years later Burrows remained free of cancer.

In another case Ole Nielsen Schou was diagnosed with terminal skin cancer. In 2002 the Danish man found out that his melanoma had spread to his liver, abdomen, lungs, bones and ten spots in his brain. The abdominal tumour was surgically removed, but doctors in Copenhagen had no treatment for his other tumours. He took a strange cocktail of vitamins and supplements, including shark cartilage pills, and imagined the cancer cells were rats and he was chasing them with a club. Four months later a new scan found that 90% of his tumours had melted away, and shortly after they all had disappeared. The surgeon who treated him doubts it was the vitamins. "It is a complete mystery," she says. "Nobody has seen anything like this." According to the medical journal *Melanoma Research*, spontaneous tumour regressions are among the rarest and most mysterious events in medicine.

Getting back to the supposed miracles attributed to Sister Mary Mackillop we may ask whether or not the cures were in fact a result of God's intervention following prayers passed on by Mackillop. The answer may partly lie in the solution to the question: Where does God reside? If, as Edgar Cayce has stated so often "God is within your own self", when seeking help from the divine we are making supplications to that which is within us and the answers to our prayers or the cure will also come from inside us.

If, then, the power to cure diseases resides within us how do we get hold of and use this power? When we study the works of Edgar Cayce we observe that he was no miracle worker

as such. He did not perform a 'laying on of hands' or intercede in prayers to God on behalf of those seeking help. His ability was his psychic gift of being able to access the akashic records where all knowledge is stored and to convey that knowledge, as applicable, to his clients. It was in the patients' following the instructions given in the readings that effected the cures. In some cases the results were termed 'miraculous.'

In studying the healing ministry of Jesus we find that Jesus regarded faith as a key element in his healing. When performing one of his miraculous cures to one Jesus stated "Your healing is according to your faith." and to another, "Your faith has made you whole" while to another, with the laying on of hands, he said, "According to your faith, so be it unto you."

Secondly there seems to be some sort of God given healing energy that resides in all of us. Some people have been born with a natural ability to use this gift and are able to help the restoration of health in others. The Edgar Cayce readings claim that the ability to heal is within us all. The readings state that, with prayer and meditation we may be able to channel that energy to a point where we to may be able to perform miraculous healing. As one reading stated "*for we are co-labourers, co-creators with that energy we call God, that energy we call Universal Forces.*"

#### FROM THE READINGS

*As the body attunes self, as has been given, it may be a channel where there may be even INSTANT healing with the laying on of hands. The more often this occurs the more power is there felt in the body, the forcefulness in the act or word. 281-5*

*(Q) Will she be able to walk and talk?*

*(A) Do you believe that He may give that you ask? He IS the author of life! He IS the author of health, of faith, of hope! Have that! and to that extent the healing will be! 1594-3*

*(Q) How can I so strengthen my faith so as to become a fitting channel of help in God's healing of my daughter?*

*(A) Magnify in the words of mouth, the acts of the body and hand, that as is given day by day. As the ideal is a growth, as the activities of the physical and mental consciousness through confidence brings that seeking of the mental and material body to awaken to the spiritual activities, so may the growth in faith bring the activating forces of the spirit that makes alive in the flesh. 262-14*

*For, in any application that may be made of any nature for healing to a body, it is only to supply that means, that channel through which life energies in a body may find the better channel for manifestation. Healing is done by the body. Those applications to same only prepare the way for same to be accomplished. 632-6*

*(Q) Is it possible to give any advice as to how an individual may raise his own vibrations, or whatever may be necessary, to effect a self-cure?*

*(A) By raising that attunement of self to the spirit within, that is of the soul - body - about which we have been speaking.*

*Often in those conditions where necessary you have seen produced within a body unusual or abnormal strength, either for physical or mental activity. From whence arose such? Who has given you power? Within what do you live? What is Life?*

*Is it the attuning of self, then, to same. How? As the body-physical is purified, as the mental body is made wholly at-one with purification or purity, with the life and light within itself, healing comes, strength comes, power comes.*

*So may an individual effect a healing, through meditation, through attuning not just a side of the mind nor a portion of the body but the whole, to that at-oneness with the spiritual forces within, the gift of the life-force within each body. 281-24. BDA ΩΩΩ*

## CLIMATE CHANGE – WHAT CAN WE DO?

Now that the Copenhagen Conference, which was organised in an attempt to deal with the potential disastrous consequences of global warming, is over, people around the world have been reflecting on the outcome. Generally there is a feeling of disappointment that there has not been any binding commitment from the participating countries on targets for the reduction of carbon emissions within the next few years.

There are a number of reasons why better results were not achieved. One reason is because, despite the wealth of evidence that global warming

is now taking place, there is still scepticism amongst some that this warming is in fact the result of human activity, rather than that of cyclic weather patterns. It reminds one of the relationship between smoking and lung cancers. Despite the ever increasing numbers of deaths of smokers from cancer it took years and court battles before the manufacturers of these deadly tobacco products publicly acknowledged that there was a definite link between smoking and cancer.

It is often difficult to prove beyond a doubt the causes of some phenomena but my opinion is that it is

more difficult to accept that human activity in the last hundred years or so had *no effect* on the world's climate than to acknowledge that the rising global temperature is *directly related* to human actions.

Studies of rainforests have shown that the forests act as a sort of sponge, soaking up rainfall brought by tropical storms while anchoring soils and releasing water at a evenly controlled rate. This regulating feature of tropical rainforests can help moderate destructive flood and drought cycles that can occur when forests are cleared. When forest cover is lost, run-off rapidly flows into streams, elevating river levels and subjecting downstream villages, cities, and agricultural fields to flooding, especially during the rainy season. During the dry season, such areas downstream of deforestation can be prone to months-long droughts which interrupt river navigation, wreak havoc on crops, and disrupt industrial operations – a definite result of human activity. In highly developed, mainly western, countries up to 90% of all forest has disappeared to urbanization and agriculture, with many other areas having followed suit with destruction nearly as high at 80%. In total 80% of the world's forest has been cleared or compromised by human development, with more and more of the ancient rainforests being lost each year by logging or other human interventions. So it would be expected that weather patterns will change as a result of this deforestation.

When we look at the staggering fossil fuel usage statistics to cater for the world's energy needs it is difficult not to conclude that monumental pollution of the atmosphere must be a consequence. The world's vehicle fleet of motor vehicles -- cars, trucks, buses, and

scooters -- account for nearly 80 percent of all transport-related energy with currently around *800 million* motor vehicles powered by antiquated internal combustion engines, spewing out toxic exhaust fumes, are in use around the world. Oil consumption to fuel these engines and for other uses is currently around 70 million barrels *per day*. There are around 50,000 coal fired electric power plants around the world using much of the *7 billion* tons of coal consumed each year.

From these figures in front of them it would be difficult for anyone to keep a straight face while denying the pollution caused by the burning of these enormous amounts of fossil fuels has any effect on the world's climate.

Another reason why the Copenhagen conference was not very successful was because most of the leaders at the conference were politicians who, by their nature are generally unable to make any bold decisions, on behalf of the countries they represent, when these decisions may effect the pockets of members of the politician parties that put them in power. An example of this is the difficulties the government of Australia is having in attempting to pass legislation for an Emission Trading Scheme, designed to reduced carbon emissions in Australia.

Also in many western countries it is not the majority of the people who hold the power to influence political decisions but the small minority of people who control much of the wealth of these countries. An example of the amount of money that can be brought to bear on politicians to influence government policy is in the United States where tens of millions of dollars (including 9 million by the drug industry, 8 million by the AMA and 6

million by the medical insurance industry) were employed to lobby politicians over the health reform bill before the nations senate and congress. A bill to curb climate change could have major implications for the oil, coal, motor vehicle and power generation industries so one wonders how much money would be made available to modify this bill to lead to favourable outcomes for these industries.

Even the most optimistic targets for carbon emissions reductions would only result in curbing the build up of CO<sup>2</sup> in the atmosphere - not in reducing the pollution or even stopping the built up. To achieve reductions we would need not only to reduce pollution to near zero but we would need to suck the CO<sup>2</sup> from the atmosphere by large, worldwide reforestation schemes.

With this monumental task before us how can we as individuals play our part in helping to achieve corrective results? When considering this question I am reminded of the phrase in the Bible "as for me and my household, we will serve the Lord." In this context I see this to mean that my actions will not necessarily be based on what others are doing but to do my part to help save the world, even if it appears insignificant compared to the task before us. This means that we as individuals should do our best to reduce our 'carbon footprint' on the earth.

How can we do this? Each of our everyday actions consumes energy and produces carbon dioxide emissions e.g. taking holiday flights, driving our cars, heating or cooling our homes and offices.

An aim for us, as individuals, would be to be 'carbon neutral' or maintaining a net zero carbon footprint. This can be achieved by net zero carbon emissions through balancing the amount of carbon released by our energy consumption with an equivalent amount offset by planting trees or participating in some carbon offsetting scheme. There is much information on ways to achieve this zero net emissions status on the internet and information is available from local and central government agencies.

A constant theme in the Edgar Cayce readings is that it is the little things we do day by day that make the difference for it is the constant practice of little things for a particular purpose that the Law of Attraction comes into play, allowing the little actions to become great outcomes.

FROM THE READINGS

*Keep faithful in the little things. 262-109*

*The point is that it is all the little things that, bunched together, make up your life. 1208-1*

*... and he that does not heed the little things may not be master of the great things 257-53,*

*Do not overlook the little things and the details that are so hard often for [257] to adhere to. For the little things make up the whole as a situation, rather than that as may be impressive as a whole. For it is brick by brick that a wall or a building is built. 257-184*

*... for out of LITTLE things do GREAT conditions and associations and relations grow. 1738-1 BDA ΩΩΩ*

## A LETTER TO THE PRESIDENT

*While we are on the topic of saving the planet from the results on man's destruction of the environment*

*the following letter seems appropriate to the subject. It was purportedly written by the American Indian Chief*

*Seattle to President Pierce in 1855 over purchase of Indian lands. The authenticity of the letter is questionable but the beauty of its contents is undeniable.*

“The President in Washington sends word that he wishes to buy our land. But how can you buy or sell the sky? the land? The idea is strange to us. If we do not own the freshness of the air and the sparkle of the water, how can you buy them?

Every part of the earth is sacred to my people. Every shining pine needle, every sandy shore, every mist in the dark woods, every meadow, every humming insect. All are holy in the memory and experience of my people.

We know the sap which courses through the trees as we know the blood that courses through our veins. We are part of the earth and it is part of us. The perfumed flowers are our sisters. The bear, the deer, the great eagle, these are our brothers. The rocky crests, the dew in the meadow, the body heat of the pony, and man all belong to the same family.

The shining water that moves in the streams and rivers is not just water, but the blood of our ancestors. If we sell you our land, you must remember that it is sacred. Each glossy reflection in the clear waters of the lakes tells of events and memories in the life of my people. The water's murmur is the voice of my father's father. The rivers are our brothers. They quench our thirst. They carry our canoes and feed our children. So you must give the rivers the kindness that you would give any brother.

If we sell you our land, remember that the air is precious to us, that the air shares its spirit with all the life that it supports. The wind that gave our grandfather his first breath also received his last sigh. The wind also gives our

children the spirit of life. So if we sell our land, you must keep it apart and sacred, as a place where man can go to taste the wind that is sweetened by the meadow flowers.

Will you teach your children what we have taught our children? That the earth is our mother? What befalls the earth befalls all the sons of the earth. This we know: the earth does not belong to man, man belongs to the earth. All things are connected like the blood that unites us all. Man did not weave the web of life, he is merely a strand in it. Whatever he does to the web, he does to himself.

One thing we know: our God is also your God. The earth is precious to him and to harm the earth is to heap contempt on its creator.

Your destiny is a mystery to us. What will happen when the buffalo are all slaughtered? The wild horses tamed? What will happen when the secret corners of the forest are heavy with the scent of many men and the view of the ripe hills is blotted with talking wires? Where will the thicket be? Gone! Where will the eagle be? Gone! And what is to say goodbye to the swift pony and then hunt? The end of living and the beginning of survival.

When the last red man has vanished with this wilderness, and his memory is only the shadow of a cloud moving across the prairie, will these shores and forests still be here? Will there be any of the spirit of my people left?

We love this earth as a newborn loves its mother's heartbeat. So, if we sell you our land, love it as we have loved it. Care for it, as we have cared for it. Hold in your mind the memory of the land as it is when you receive it. Preserve the land for all children, and love it, as God loves us.

As we are part of the land, you too are part of the land. This earth is precious to us. It is also precious to you.

One thing we know - there is only

one God. No man, be he Red man or White man, can be apart. We are all brothers after all." ΩΩΩ

## FROM OUR READERS

### ATONEMENT

I just finished a quick read through the Rainbow Journal. I was most interested in the interpretation of the word for sin really meaning a mistake, sure makes sense to me and life easier with that viewpoint. The animals and the jokes make a nice touch, since sometimes laughter is hard to come by.

*Barb.*

Hello Brian.

I particularly was interested in page 7. Forgiveness Comes From Within and 'For the error that man makes is the more often against himself than making for the breaking of law' (love). The whole spiritual article was quite interesting, about forgiveness, especially. I had quite an emotional session with Nancy Thomas at the Edgar Cayce Canada Conference in Kingston, Ontario, once. It was during a Forgiveness class she held. I expected to be forgiving someone else, but when I found out we had to forgive ourself. Wow. That was really painful stuff. We often think it is always someone else who wronged us, and never ourself. Often I get stuck, because what I believe in, to me, is the truth. Therefore I may think the other person is wrong or on the wrong track. But, hey, did I learn a lesson. To bend more, to allow others their beliefs, because maybe I am not always right, maybe I learned some things that were not correct, and maybe I could accept others for who they are, for what they believe, even though it may clash with my belief. It's emotional stuff. Ego stuff.

*Marg*

### HOW DOES ONE LOVE GOD?

Thanks Brian, once again a wonderful issue of Rainbow Journal, the articles are perfect

for this time of year. The question of how we love God is one we've been pondering recently, the article says it all, what a blessing.

*Tony and Pauline*

Hi Brian,

Your question about how does one love God is a good one. I look forward to other's replies as its one that has puzzled me for many years, much as I try. I am doing currently a meditation class with the Life Flow Centre in Adelaide, they are non-denominational although the director of this has been a Buddhist Monk. He took religion out of it because he said people get lost in the rules and rituals and forget how to do meditation, so he has stripped it back to the bare essentials of just mediation. The teachers there teach us how to get back to our bodies and the energy within. It means exactly the same to me as going within to the kingdom of God. Anyone can go to this with their own beliefs and just learn to meditate properly. I bring to it my love of the Christ Consciousness.

I wonder, if we are as Cayce readings said, corpuscles in the body of God whether that going within has something to do with love. Can we love ourselves enough to find God within, can we love God enough to find that within us? I wonder whether the way to love God is to accept ourselves as we are, something I find very difficult, and know that God part within loves us enough for that. Can we love and forgive ourselves enough to know God loves us? And if we feel God's love within wouldn't it be easy to just express and return the child like joy of natural loving to a naturally loving Creator? I don't know, I am just asking questions.

What I do know is that many years ago when very sick in hospital I had a visit from an angelic being who I took at the time

to be Jesus, who filled my solar plexus area with such a deep, deep warm love that is totally inexplicable. I found it to be inside a part of me that isn't normally there, it was like another universe within and I knew it was my true soul self, the core of where God lives if I could just bring that Loving Creative Force out. My love for my babes in arms took me to realms I never knew existed but this love made that love look as nought, or ought as my dad used to say. To be loved that warmly and deeply was unbelievable and the joy of that experience got me through a few very bad months of recovery. Just thinking about it gives me joy, therefore I think I have to look to God with joy and not try and think what loving Him is because the whole experience was one of total joy. Our human love is so poor that I just can't find the capacity to express that same love to God, but I can bring to mind the joy of life, the joy of fleeting moments of beauty, the joy of music, or art or nature or whatever takes a person to that

place. And I can offer that joy to God and that is how I show love. I don't think I even realised this properly till just writing it. I suspect we all do this naturally anyway but never think it is enough. Everyone has their own way of course. Friends of mine have such a joyous love in the Lord that when I see them I think of them as child like in innocent faith. So maybe that's another way, to remember our childhood moments of spontaneous trusting joy and offer that as our love. I wonder.

Margie

#### **NOTE FROM THE EDITOR**

Since distributing the December Journal I came across the following story:

A troubled woman came to the Indian saint and sage Ramakrishna, saying "O master, I do not find that I love God." And he asked "Is there nothing, then, that you love?" To this she answered, "My little nephew." And he said to her, "There is your love and service to God, in your love and service to the child." **ΩΩΩ**

### **OUR GREATEST FEAR**

Our greatest fear is not that we are inadequate, but that we are powerful beyond measure.

It is our light, not our darkness, that frightens us.

Ask ourselves, Who am I to be brilliant, gorgeous, handsome, talented and fabulous?

Actually, who are you not to be? You are a child of God.

Your playing small does not serve the world. There is nothing enlightened

about shrinking so that other people won't feel insecure around you.

We were born to make manifest the glory of God within us. It is not just in some; it is in everyone.

And, as we let our own light shine, we consciously give other people permission to do the same.

As we are liberated from our fear, our presence automatically liberates others.

*Attributed to Nelson Mandela.* **ΩΩΩ**

### **CHRIST IN YOU**

Fifteenth Lesson

#### **Jesus Christ – The Race Man**

The heart is the place of understanding, or as we would rather say, the doorway of divine wisdom – "blessed are the pure in heart, for they

shall see God." The heart and not the mind knows the deepest things of God. Our lesson can only be understood in your own heart. The true revelation

must unfold from the divine heart of love, beating in unison with your own. So near is God.

There are many theories, many explanations given about the cross of Jesus. Trust the inward and spiritual guide in all these matters, and not the mind of man. We know that the sacrifice of the cross has for your world the deepest meaning. In that sublime act Jesus the Christ symbolised God's highest thought for you. You cannot now comprehend the greatness of it. Bonds were burst, and your earth was given its freedom. How much we have misunderstood its meaning! Let us keep reverent hearts and hushes voices before a mystery of such high import. It has a wide meaning, and only divine wisdom can interpret its greatness and its love. From our side we see something more of its results.

The principalities and powers can no longer harm you against your own will. Jesus descended into the lowest hell that He might set free the captives and cast off all that makes for separation

between God and man. The cross was the lifting up of humanity into divinity. Every incident in connection therewith symbolises some great inner truth. In that mysterious outflow of water from the side, your earth received its chrism – its holy anointing – its Christhood. We worship in lowly adoration when we remember the greatness of that work. We have much to learn about this, and you can never know the full meaning of sacrifice until you too enter into sinless and selfless Christhood.

Jesus Christ is your highest conception of God. He chose to stand for your world from the beginning as the eternal Christ of God. He alone knew all God's meaning for you. When visible in the flesh He was the God-Man, a Man for all men, loving God and loving men, the universal Man. In Him all find relationship. He is of the great wholeness of life, the sap, the very tree and vine. He was truly the Son of God and Son of Man. The great unity of God and Man is revealed in the cross. **ΩΩΩ**

## LAUGHTER THE BEST MEDICINE

**A kindergarten teacher** was walking around observing her classroom of children while they were drawing pictures. As she got to one girl who was working diligently, she asked what the drawing was. The girl replied, "I'm drawing God."

The teacher paused and said, "But no one knows what God looks like." Without looking up from her drawing, the girl replied, "They will in a minute."

**A vicar** was talking to one of his parishioners. He said "When you get to my age you spend a lot more time thinking about the hereafter." "Why do you say that?", enquires the parishioner.

The vicar replies "Well, I often find myself going into a room and thinking what did I come in here after."

**A Bible Class teacher** posed this question to the class: "Has God got another name?"

Little Tommy called out "Andy!" "Andy?" said the teacher, surprised. "How did you come up with 'Andy'?" "I learned it in church. We used to sing about it." Tommy broke into song, "Andy walks with me, Andy talks with me, Andy tells me I am His own."

*Things people actually said in court during witness examination:*

Q: All your responses must be oral, OK?  
What school did you go to?

A: Oral.

Q: And where was the location of the accident?

A: Approximately milepost 499.

Q: And where is milepost 499?

A: Midway between milepost 498 and 500.

Q: Were you present when your picture was taken?

?

Q: Was it you or your younger brother who was killed in the war?

?

Q: How far apart were the vehicles at the time of the collision?

?

Q: *Is your appearance here this morning pursuant to a deposition notice which I sent to your attorney?*

A: *No, this is how I dress when I go to work.*

### LOVE YOUR NEIGHBOUR!



### OUR CLOSING THOUGHT

“What is it all about then? ‘You shall love the Lord your God with all your heart, your soul, your mind, your body, and your neighbour as yourself.’ The rest of all the theories that may be concocted by man are nothing, if these are just lived. Love your neighbour as yourself in the associations day by day,

preferring as did the Christ who died on the cross rather than preferring the world be his without a struggle. Know, then, that as He had His cross, so have you. May you take it with a smile. You can, if you will let Him bear it with you. Do it!” 3976-29 ΩΩΩ