



# The Rainbow Journal

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### Contents

TO OUR READERS.....	2
HELP IN UNDERSTANDING KARMA.....	2
GROUP CONSCIOUSNESS .....	4
THE DAWNING OF THE AGE OF WISDOM .....	6
TRUE LOVE HAS NO OPPOSITES.....	7
QUESTIONNAIRE ON GOD.....	8
LETTERS .....	10
CHRIST IN YOU – CHAPTER 19 .....	10
LAUGHTER – THE BEST MEDICINE .....	12
OUR CLOSING THOUGHT.....	13

*In Association With:*

**Edgar Cayce Australia and  
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## FROM THE EDITOR

As you can see from the above address I have recently moved back to New Zealand and therefore may be in a better position to reactivate the Edgar Cayce Society of New Zealand which has been dormant over the past three years. Unfortunately because of my moving to and from Australia I have had to dispose of the Edgar Cayce literature which was available to members. Also because of the downturn in the U.S. economy it is

unlikely that I can expect any further donations of books from the A.R.E. However I would be pleased to hear from anyone in New Zealand on any Edgar Cayce related matter. Also a reminder that the ECSNZ is a loosely formed group with no subscription or fees.

As often repeated I would welcome any articles or comments from readers for the Journal. *Brian Alderson* ΩΩΩ

## HELP IN UNDERSTANDING KARMA

Until early in the last century the concepts of reincarnation and the related notion of karma were mostly confined to the Hindu and Buddhist religions. Traditional, orthodox, Christianity taught that we had one life on earth and that we would face the consequences of our actions during this lifetime on judgment day.

In Hindu India the beliefs in these two concepts – reincarnation and karma – were very strong, particularly the concept that the situation Hindus were born in and tragic events during their lifetime were all karmic related. Unfortunately Hindus took a very negative approach to karma in that it resulted in them taking a fatalistic approach to life. This had the effect on stagnating personal development and progress. They believed that their social status which they found themselves at birth was the result of karma and it was their fate to live their lives within the bounds of that social status. Over time a rigid caste system was developed on that basis. Through the Law of Karma one's rank and environment in this life was preset and one should not challenge this but just go along and accept it as the will of God.

Of course not only the Hindus

believed in God given hereditary social status. The British, for example, had a well defined class system with distinct social ranks, determined at birth, with such social divisions as labourers, tradesmen, yeomen, gentry, knights, barons, peers and at the top of the list were the royalty – the rulers supposedly chosen by God.

While the doctrines of reincarnation and karma are still not considered in mainstream Christianity, in recent times, it was the works of Edgar Cayce in particular that suggested that these doctrines were within the bounds of Christian theology and that karma was a universal law which Jesus taught through such statements as “what you sow, so shall you surely reap.”

Since the death of Edgar Cayce his works have been very widely publicised through literally hundreds of books with the result that, although not as yet embraced within Christian orthodoxy, the Law of Karma has now been more widely accepted in the Western world.

While the meaning of Karma may be put very simply with terms such as 'what you sow, so shall you reap', sometimes people have a misunderstanding of how this law actually works. In particular those of us

brought up in the Christian tradition are inclined to relate the law of karma to the Christian concepts of sin and punishment. However the law is broader than that and in some ways more simple. It can be described as the law of cause and effect as it related to us. In physics the law of cause and effect is that where there is an effect there must be a cause. All scientific experimentation is based on this premise.

When it relates to humans we may put the law in the terms of action and consequence. It is in no way judgmental so that it applies to us irrespective of our beliefs and lifestyle. I like to use the analogy of putting one's hand in a fire. The result is that we will suffer burns and the severity of the burns will depend on the length of time the hand was in the fire and the intensity of the flames. These burns have nothing to do with our beliefs or how good or 'sinful' we are. They are simply results of cause and effects. A sensible person will seek immediate treatment for the burn to reduce the pain and effect a speedy healing. However an ignorant person may say "this is the will of God so I must suffer the pain" and leave the burn untreated. This could result in infection, and in an extreme case blood poisoning and possibly death. All this avoidable trauma being put down to the will of God and punishment for some unremembered past incident.

Of course in the case above the cause of the burns was evident but mostly in life when calamities befall us, such as disease, ill-health, loss of our job or income, the death of a loved one, etc the cause of these misfortunes are usually unknown or obscure.

Where the Law of Karma differs from the law of cause and effect is that Karma has a spiritual base which means it ignores the element of time and reactions are based on the intent and

motive for the action rather than the act itself. In scientific experiments the time it takes for the results of experiments to materialise are usually well defined. However this is often not the case with Karma, and furthermore karma can transcend death so that consequences of actions in one lifetime may occur in later lifetimes.

How are we to deal with Karma?

My belief is that because we do not know whether bad things that happen in our lives are because of Karma or other reasons we should put karma out of our minds. Reverting back to the case of the burn, say the sufferer was drunk when the burn occurred so could not remember how the burn happened. Obviously he should not brood over whether or not the burn was a result of karma but seek to heal the burn as soon as possible. And so it is whenever bad things happen in our lives. It is not the cause of the event that is important but our attitudes and how we deal with them that are critical. We should never consider ourselves as victims, either of God's judgment or the actions of other people.

Many people are born with severe physical handicaps and diseases. While Edgar Cayce was alive we could have possibly got a reading from him in which he may have told us why these misfortunes had been thrust upon us. As he is no longer with us the cause will remain a mystery so there is no point in dwelling on it. Furthermore, we may ask ourselves if we knew the origin of our karma would we change the way we deal with it?

As mentioned it is not the cause of the affliction which is important but how we deal with them. We can live a life in misery or self-pity or with courage and the right attitude we can overcome even most debilitating handicaps. Let us

consider just a small sample of people who dealt with their 'karma':

Helen Keller was struck with a disease when only nineteen months old which left her both blind and deaf. Handicaps, that cut off our two main means of communication – sight and sound – yet she graduated from college and became a world famous speaker and author.

Stevie Wonder, is an American singer-songwriter, multi-instrumentalist, record producer and activist. He became blind as a young boy, yet ended up signing a contract with Motown Records at the age of eleven, and continues to perform and record for Motown to this day.

Perhaps one of the greatest intellectuals of our time was Stephen Hawking who died in 2009 at the age of 65. He suffered the disease with the fancy name of Metachromatic Leukodystrophy (MLD) with the results that he could not walk, talk, breathe easily, swallow and had difficulty in holding up his head. Yet he became a theoretical physicist, and had a scientific career which spanned over forty years. His books and public appearances had made him an academic celebrity and he was an Honorary Fellow of the Royal Society of Arts, a lifetime member of the Pontifical Academy of Sciences, and in

2009 was awarded the Presidential Medal of Freedom, the highest civilian award in the United States.

When it comes to people who inspire others perhaps the greatest living example is Nick Vujicic who is now in his 20's. Anyone who has seen him on TV or Youtube cannot help but be moved by this remarkable soul. As he himself stated "I was born without arms or legs and given no medical reason for this condition. Faced with countless challenges and obstacles, God has given me the strength to surmount what others might call impossible. Along with that, the Lord has placed within me an unquenchable passion to share this same hope and genuine love that I've personally experienced with more than two million people all over the globe."

Note that, while these people will have wondered why the afflictions were imposed on them, none of them surrendered to their plight, but by strength of will they overcame what we may consider as unbearable burdens. They are examples of how we are to deal with bad things that happen to us. Not by bemoaning why we have become victims but by facing up to ourselves with the knowledge that He lives within us and with the right attitude "... my yoke is easy and my burden is light." BDA - ΩΩΩ

## GROUP CONSCIOUSNESS

I suppose the way to begin this article is to investigate what we mean by group consciousness. By itself the word *group* means a number of persons or things either physically gathered together or related to each other in some way. There must be a connection between the members of the group other than just a common physical characteristic. For example, while it may be correct to say that there are many

Irishmen in our city it would not be correct to refer to them as *a group of Irishmen* unless they were gathered together or lived in close proximity to each other. However there can be groups who are geographically separated but have a common interest or ideal such as a group of scientists or on-line Search for God study groups, to which some of us may belong.

The word *consciousness* is a little

difficult to explain but perhaps the simplest description would be *the state of being both awake and aware*. The key word here is *aware* because while we may be awake we may not be aware of our own emotions, sensations, thoughts, surroundings, etc. To add a little confusion to the meaning, our awareness can be either conscious or subconscious so that, at times, while we may not be thinking of a particular thing our thoughts and actions may be guided by our subconscious.

So group consciousness means that a number of people (or animals) have the same awareness at either the conscious or subconscious level.

As Edgar Cayce has often stated 'the mind is the builder, the physical is the result.' So the mind has creative power and the more minds that have the same thoughts the greater the creative power. This is the essence of group consciousness. The larger the group, the more powerful the group consciousness. It can manifest itself in small numbers of people, in whole communities, in different countries and even the world as a whole for it is the overall group consciousness of the human race that effects this world we live in.

There are plentiful examples of the working of group consciousness. Lynch mobs and mob rule are examples of negative group thinking that can have disastrous results. Individuals in these groups may be normally passive people, but caught up in the emotions of a group stirred up by an event or a persuasive orator they can become destructive and vicious.

Whole countries can be affected by group consciousness. Greece was once the centre of world philosophy which accomplished, amongst other things, the setting down of the basic principles of democracy as we know it today. France

was for centuries a focal point for fine art and cooking. The Essenes in ancient Judea, by their united spirituality set the stage for the birth of Jesus Christ.

Great changes in various periods of human evolution have come about by the raising of group consciousness. The Renaissance was a period when great numbers of people, including Leonardo da Vinci and Michelangelo, devoted themselves to the arts and learning. This gradual raising of group consciousness formed a bridge between the Middle Ages and what we would call the Modern era. Then there was the Industrial Revolution, a period from the 18th to the 19th century bringing major changes in agriculture, manufacturing, mining, and transport. This was followed by a period of great turmoil with negative group consciousness in the world resulting in two devastating world wars and the Great Depression. Following this period man turned his attention to the advancement of technology in numerous fields such as medicine, weaponry, communications, automation, and miniaturization (resulting in the creation of the desktop computer). We are now in the information age where there has been a astounding accumulation of knowledge which, through the internet in particular, has become available to the greater part of humanity.

Unfortunately these three great shifts in consciousness - the industrial revolution, the age of technology and information age - have all been focussed on material things at the cost of our spiritual development.

As mentioned, the world, and the condition it is in, is a reflection of the total, combined consciousness of everyone here. When we look at the world around us we can see that much work has to be done if we are to improve the world. This world still holds

primitive beliefs such as survival of the fittest, might is right, competition is essential for progress and it is all about winning. Differences rather than similarities are honoured and disagreements are settled by conflict and war. In the system we endorse, there are winners and losers and we are satisfied with this system as long as we are on the side of the winners.

However there *is* a change coming about. The world-wide financial crisis and the effects of global warming have made even the most cynical of us realise that changes will have to be made if we, as a species are to survive.

There is hope, because more and more people are focussing their attention of our spiritual source. It is these people who will eventually, through the workings of group consciousness, cause a major shift in our political and economical systems. This will result in a change in the way we deal with international relationships so that armed conflicts and war will be avoided.

This shift, or raising of human consciousness, will come about by what has been termed the 'hundredth monkey effect.'

As described in *Wikipedia*: "The 'hundredth monkey effect' is a supposed phenomenon in which a learned behaviour spreads instantaneously from one group of monkeys to all related monkeys once a critical number is reached. By generalization it means the instantaneous, paranormal spreading of an idea or ability to the remainder of a population once a certain portion of that population has heard of the new idea or learned the new ability."

I believe that we are now approaching this critical point when sufficient numbers of people who have raised their group consciousness to a more spiritual level will paranormally spread their beliefs throughout the population of the world and possibly this critical point will be reached in December 2012. *BDA - ΩΩΩ*

## THE DAWNING OF THE AGE OF WISDOM

When asked, who are you? Most of us will respond with the various things we identify with – our name, beliefs, occupation, education, roles, gender, social status, personality, interests. We derive our sense of identity from what we have or do in the world, our history, and our circumstances. But any such derived identity is conditional, and thus forever vulnerable. It is continually at the mercy of circumstances, and before long we need to defend or reassert our fragile sense of self. Our basic survival programming, designed to ensure our physical survival, is usurped by our psychological survival, leading to many and often dysfunctional behaviors.

In addition, we are only half-awake to our deeper needs and how to

attain them. Most of us would like to avoid pain and suffering and find greater peace and happiness, but we believe that how we feel inside depends on external circumstances. This is of course true in some cases, for example if we are suffering because we are cold or hungry. In the developed world most of us can fulfill these demands very easily. The flick of a switch or a trip to the store usually suffices. But we apply the same thinking to everything else in life. We believe that if we could get just enough of the right things or experiences we would finally be happy. This is the root of human greed, our love of money, our need to control events (and other people); it is the cause of much of our fear and anxiety; we worry whether

events are going to be the way they should be if we are to be happy. This thinking is at the heart of the many ways we mistreat; and often abuse, our planetary home.

The global crisis we are now facing is, at its root, a crisis of consciousness – a crisis born of the fact that we have prodigious technological powers but still remain half awake. We need to awaken to who we are and what we want.

Throughout human history there have been individuals who appear to have become fully awake. These are the enlightened ones – the mystics, seers, saints, rishis, and lamas who in one way or another have discovered for themselves the true nature of consciousness. Although these discoveries have been expressed in different ways, depending on the dominant world view of their time, the essential message remains remarkably consistent. Aldous Huxley called this “perennial philosophy” – the timeless wisdom that has been rediscovered again and again throughout the ages.

The enlightened ones have realized the illusory nature of a unique self. When we examine our experiences closely, delving deep into the nature of what we call “I”, we find there is nothing there – no *thing*, that is. This sense of “I-ness” that we all know so well, and that has been with us all our lives, is just our sense of being. It is awareness itself – so familiar yet completely intangible. Thus, it cannot be “known” in the ordinary sense. Not realizing this we seek to give our sense of self some form, some substance. We dress it up in various psychological clothes – all the things we think we are. This is the reverse of the emperor with no clothes. With true self-awareness, one discovers there are lots of clothes, but no emperor inside them.

Another consistent realization of

the awakened ones is that the essential nature of mind, uncluttered by worry and chatter, is one of deep ease, joy, and love. Not recognizing this, most of us look to the world around us to provide us with peace and happiness. But despite all the messages from marketing and advertising industries, things and events do not bring us happiness. On the contrary, our minds are so full of scheming; planning and worrying whether or not we will get what we think will make us happy, we seldom experience the peace and ease that lie at our core.

When we awaken to our true nature, we are freed from the dependence on the external world both for our sense of self and our inner well-being. We become free to act with more intelligence and compassion, attending to the needs of the situation at hand rather than the needs of the ego. We can access the wisdom that lies deep within us all. This is the next step in evolution of intelligence: the transition from amassing knowledge to developing wisdom.

Because each new phase of evolving intelligence takes place in a fraction of the time of the previous phase, we can expect the dawn of Wisdom Age to take place in years rather than decades. It will be standing on the shoulders of the Information Age.

Never before have we been able to access so much spiritual wisdom. A century ago, the only spiritual tradition available to most people was the one that was indigenous to their own culture. Moreover, with rare exceptions, they did not have the benefit of learning from a truly enlightened being. Today we can access teachings from many different traditions and cultures, discover their common underlying truths and translate that perennial philosophy into the

language and terms of our own time. Something completely new is emerging: a single spiritual teaching that is a distillation of the world's wisdom traditions. This is coalescing and being disseminated through a variety of information technologies: books, tapes, Web pages, online forums, and Internet broadcasts.

At the same time a growing number of people are becoming aware and proving themselves to be excellent teachers. Many are using the Internet to share their wisdom and help awaken others. Instructions in practices that facilitate awakening are already online and could become much more sophisticated. It may turn out that the direct transfer of higher consciousness can be transmitted via the net.

Awakening is often a sudden event. Once a person is ready – the necessary groundwork done, the circumstances propitious – the shift can happen more or less instantaneously. It's possible that research into the

neurological correlates of spiritual awakening will lead us to methods of promoting the process directly. There will likely be other unforeseen discoveries or developments that will help us free our minds. Whatever they may be, the more we learn how to facilitate a shift in consciousness, the faster it will happen.

As this becomes mainstream phenomenon, humanity will relate to the world in wiser, more compassionate ways. Problems will still exist. Global warming will not suddenly cease; pollution will not evaporate; extinct species will not suddenly return. On the other hand, we might then have at our disposal new technologies that could help us solve the problems we have created. We can only guess at the ways in which this marriage of high technology and higher consciousness would play out. We have not been there before.  
**Peter Russel** – *From the book "The Mystery of 2012"* ΩΩΩ

### TRUE LOVE HAS NO OPPOSITES

One may consider hate or perhaps fear as the opposite of love and if that is true then love does have an opposite. Where the confusion rises is what we believe is love. Perhaps to give an example by the statement we may give the analogy of energy. What is the opposite of energy? One person said that

matter was the opposite of energy but that is incorrect. Matter is just energy in a different form, just as ice and steam are just water in different states.

There is no opposite of love. In a way it is a form of energy – a divine energy that is of God. - **Eckhart Tolle** - ΩΩΩ

### QUESTIONNAIRE ON GOD

*Most of us have been studying books about religion and throughout our lives must have given much thought concerning the nature of God and our relationship to Him/Her. The following questions are designed to make us think about our concept of God and this relationship. There is obviously no right*

*and wrong answers to the questions but as you give thought to each one you may reveal to yourself some fallacies in your thinking. Your answers and comments relating to these questions would be welcomed.*

1. Does God expect us to be reverent towards Him and why?

2. Does God despise anyone or anything?
3. Does God have political leanings e.g. is He left-wing or right-wing?
4. Does God take sides in a war?
5. What religion does God believe in?
6. Does God want us to worship Him/Her?
7. What would God look like if He/She appeared before you?
8. Can God be blasphemed and if so what would be the greatest blasphemy?
9. Is there anything in particular you believe about God based on *your own* experience?
10. If God wants us to be perfect why did He not create us perfect in the first place – or perhaps he has already done so?

And finally: Does God like the smell of beef cooking on the barbecue? (Leviticus 1:9) *BDA* - ΩΩΩ

## LETTERS

*In your last issue (April 2010) in the article What the Bible Really Meant you quoted ACIM that the Bible verse of John 3:16 should read "For God so loved the world that he gave **it to** his only begotten son, that whosoever believes in him should not perish but have everlasting life."*

*Can you elaborate on this? Coleen, Queensland.*

My comments in the article suggested that God gave His Son the element of time, or really the ability to transcend time as we know it, so that He was able to perform miracles, such as instant healing. In the physical world healing takes time and Jesus was able to overcome the time element and speed up the process so that the healing became "instant."

However I now realize that I was commenting from other passages in the ACIM text referring to healing and that the above text had nothing to do with healing. It was in fact alluding to the Sonship of God and that we are all part of this Sonship. The following is the complete text of the paragraph in ACIM:

"And God so loved the world that He gave his only begotten Son so that whosoever believeth on Him shall not perish but have Eternal Life" needs only one slight correction to be entirely

meaningful in this context. It should read *And God so loved the world that he gave it TO His only begotten Son*. It should be noted that God has begotten only ONE Son. If you believe that all of the Souls that God created are His Sons, and if you also believe that the Sonship is One, then every Soul MUST be a Son of God, or an integral part of the Sonship. You do not find the concept that the whole is greater than its parts difficult to understand. You should therefore not have too great difficulty with this. The Sonship in its Oneness DOES transcend the sum of its parts. However, it loses this special state as long as any of its parts are missing. This is why the conflict cannot ultimately be resolved until all of the individual parts of the Sonship have returned. Only then, in the true sense, can the meaning of wholeness be understood."

You can see for the original text that my interpretation was quite incorrect for it is referring to us as being parts of the Oneness. Some of the ACIM text is quite difficult to understand and the above is just one example. The "it" referred to in the context of the text suggests a reference to the world, so that He gave the world to His only begotten Son (us). Sorry for the confusion.– Editor. - ΩΩΩ

## CHRIST IN YOU

### Nineteenth Lesson

#### **Heaven is Within You**

May I help you in this chapter by giving you some little experience of my own. I think you know that the passing from the earth plane is different for almost every individual, and it is entirely what each one makes it. The birth into real life should be exactly like an awakening on a beautiful morning when the dawn is stealing over the land, touching everything with a purity and freshness belonging only to the first hours of the day. It is meant that we should open our eyes to see God everywhere; just this simple, homely, all familiar awakening into harmony and peace. God grant that you may all begin this experience where you are; then you will enter the more fully into reality, when that which is in part shall be done away.

The consciousness of God is stealing over the earth, touching all things into purity and truth by its burning, glowing love. The fire descends and ascends, as revealed to you in the symbolic sacrifice of Able. All things are revealed to you in your Scriptures. Man has made this book the medium of interpretation wherein God reveals wisdom. If you only knew, you would read God in every inspired work, but the Bible is your rich and hallowed treasure. In this ancient story you find the eternal truth of the two in One, the place of meeting – a place of sacrifice. Read carefully.

I passed into the plane of realities gently. My transition was entirely unexpected by my friends. For this I thank God, as my dear ones were spared the cruel anticipation and dread of separation. This was a great help to me, as I soon found that I could comfort and help them to something of my joy. This

we can all do. What we cannot do is rid you of false beliefs. This you must do for yourselves. You can never lose your own, here and hereafter. More than that, you find that your own is greater; your circle wider, your loved ones infinitely more beautiful and even more familiar, for there is nothing strange in love.

Rejoice! Have no fear. Fear is the cloud that dims the spiritual vision. The angels came to say "Fear not." Fear would keep you from all that is good. It is nothing more than an emanation from the material sense, and can be dispelled in an instance by the perfect love. Man is rising out of the fear of evil, the fear of God, the fear of man. The truth shall set you free from all that separates man from God.

The very heathen are seeking God by the lowliest worship, for in their worship is aspiration. I discovered this when freed from the body. I was slow to comprehend that I had passed through the experience called death to find myself a living and breathing soul, never so much alive as then. It was too much for me. I felt overwhelmed by the reality and the unlimited sense of things slowly dawning upon me. Was it a delicious dream? You see, much of my false belief clung to me. I had expected a great, a tremendous change in personality. I forgot that Jesus showed His hands and His feet; the same Jesus. How slow we are to believe; but when we are ready to learn, we forget all error and ignorance and enter quickly into truth which is our own.

Bless and thank God for the knowledge of the wholeness and unity of the race. I tell you there is nothing lost into which God has breathed the breath of life. I thought also that I had surely

not gone to Heaven, for I did not seem to be in any place. I had a new understanding, a fresh living consciousness of God. My eyes could see. The scales had fallen from my inner vision, and love seemed the very breath of being. It was too much to enter into. Then it was as though I slept. Oh! How can I tell of the awakening? Such an awakening will be yours too! The best and highest I had ever imagined was realised, the deepest longing of my nature satisfied, my purest thought answered. Spiritual truths were no longer in some far distance, but a part of my very self. This had always been; the only change that had come about was my unclouded consciousness of God. Now you see why I give you my personal experience, that you may know that Heaven is indeed within.

It was as if I had just begun real life. I was a child with everything to learn, and from then till now the unfoldment has never ceased. Ever fresh visions, wider horizons, reaching after a

richer satisfaction, to find that God is without beginning and without end. Lover never rests in enjoyment of itself. Love must pour itself out, and a longing came to help those who were coming along the road I had travelled. Oh! to tell them something of the indwelling Christ. We love you all, and long to show you what you possess. I want you to understand that there is no separation between us. We are interior inhabitants, but there are other interpenetrating states of existence. Of them I will not speak now.

It is a great joy to be able to reach you with these thoughts. You need not wait for Heaven. God – Heaven – the whole of good is yours now. Christ is God incarnate and dwells within your heart, so near that the feeblest whisper is heard, aye, before you speak. He hears and answers, for He is behind all thought and speech. He also fills all space. *From the book "Christ in You" – Anonymous.*

ΩΩΩ

## LAUGHTER – THE BEST MEDICINE

*Advice on preparing for meditation:* Breathe in, breathe out, breathe in, breathe out. Forget this and attaining Enlightenment will be the least of your problems!

*Overcoming anxiety:* Be here now. Be someplace else later. Is that so complicated?

The story is told of the Atheist who accosted a preacher. "Do you believe in eternal life?" The preacher has no time to reply. "Well it's a load of rubbish!" shouted the Atheist. "I believe in science, evolution, survival of the fittest, and

when we die, that's it! No eternal life, no great judgement, and no God!" The Atheist continues his assault against the preacher repetitiously and tirelessly. "Eternal life! Eternal life! Ha! Its all pie in the sky when you die. When I die that's it, the end, no eternal life, no nothing." He continues, until he reaches his climax, "I will be buried six feet under when I die and that's it! Nothing! Caput! When I die I am utterly convinced that that will be the end of me!"

"Well thank God for that" replies the preacher! ΩΩΩ

### 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