



The Rainbow Journal

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FROM THE EDITOR

As this, the fifth year of the Rainbow Journal, comes to a close I would like to thank readers for your support and special thanks to those who have offered me encouragement, which has giving me the motivation to continue producing the Journal.

One of the messages of the Course in Miracles is that 'we learn by teaching', and in this respect I have learnt so much in attempting to put my thoughts down in writing. It is not that I have any special

insights into the themes written about but these are the areas which have concerned me most and ones which I am seeking answers. So I hope that in writing about them I will not only offer readers something to think about but also help myself by clarifying my thoughts.

I wish you all a very Merry Christmas and an illuminating New Year.
Brian Alderson ΩΩΩ

A CHRISTMAS MESSAGE FROM EDGAR CAYCE

Delivered to the SFG study group 69 years ago but could have been said today.

In considering the conditions that exist in the world, it is well that those present consider themselves and the means or manners in which they may induce others to consider the object of Christmas - the purpose for which the Christ came into the earth:

First - that the level of man's consciousness might be such that he, man, would be as aware of God as of himself.

Second - as in each of His promises to man - that love might abound; that there would be a continued communion with God through the Son, who offered Himself as a means of man's approach to the Father.

So, this message to all: Keep that awareness of His presence. For, as He has given, "Lo, I am with you always, even unto the end of the world." And though there may be abroad hate, avarice, selfishness, and those things that make men afraid, - be still within your own heart, your own consciousness, and know that He is with you.

Then, as you give so do you receive. As He has given, the love of the Father to the children of men is

manifested in that spirit of Christmas - Christ-mass - that which may now be raised to that consciousness, that level above man's way of thought, man's concept of force, power or might; and that the real strength, the real hope, the real contribution is in that still small voice within.

It is not in the tempest, not in the roar or the lore of the might of battle. Though there may be the destruction of life, of property (as is known materially) - no one can destroy the soul but self! NO ONE but SELF!

God has not willed that any soul should perish, but has given even His Son, that brought even into the world that spirit of Christmas.

Let your message be:

There is hope in Him. For there is the promise through, "Lo, I am with you always, even unto the end of the world." And though the world, the earth may pass away, though it may be burned up, though it may bring destruction to the material things, we look to Him; we know there is safety in Him.

Fear not he that may destroy the body, but rather fear him that may

destroy the soul in torment. Then, in love, in obedience, in prayer, follow Him. Let that heart, that mind then be in you

as was in Him - "that you love one another." 2081-59 ΩΩΩ

THE SPIRIT OF CHRISTMAS

With only a few days left before Christmas most of us will have done our shopping for gifts with perhaps only a last minute visit to the supermarket needed to buy forgotten items for the Christmas holidays.

What a difference it is now from when we were young children! At that time all we had to do was to wait with great excitement for that Christmas morning when we would rush to the Christmas tree to find what Santa had delivered for us. Now, as we get much older our Christmas Spirit seems to have all but dissolved. In fact, at times, we may feel more like crying our "Bah, Humbug!" than attempting to spread the message of goodwill to those around us.

Many Christians hold Christmas as the crowning event in the annual Christian calendar. The date of 25th December is said to have been selected by the church in Rome in the early 4th century. At that time a church calendar was created and other holidays were also placed on solar dates with what they called its "cosmic symbolism" inspiring the Church leadership to elect the winter solstice, 25th December, as the birthday of Christ.

However, today, whether or not the birth date of Jesus is on 25th December is not considered to be an important issue in mainstream Christian denominations; rather, the belief that God came into the world in the form of man to atone for the sins of humanity is considered to be the primary purpose in celebrating Christmas.

So while Christmas celebrations are essentially a Christian event the

Spirit of Christmas has spread far beyond the Christian religion to a point where people of all religions celebrate this time with the giving of gifts and the radiating of goodwill. This Spirit of Christmas can stop a war – even if only for a short time. There was a Christmas truce in 1914 during the First World War, when German and Allied soldiers are said to have sung Christmas carols together and otherwise fraternised in a brief moment of peace amid the killing fields of the Western Front.

So if we begin to feel more like Scrooge than Santa Claus we should recall that the Spirit of Christmas is all about giving, not so much of material things but about giving ourselves. This is where Jesus was the shining example. The great gift of Jesus to the world was himself. He lived with and for men. He kept back nothing. In every particular and personal gift that he made to certain people there was something of himself that made it precious.

The beauty of giving ourselves, our love, our consideration, our best wishes and words of comfort and good cheer is that it costs us nothing, apart from a little time.

*I am thinking of you today
because it is Christmas*

and I wish you happiness.

*And tomorrow, because it will
be the day after Christmas, I shall
still wish you happiness.*

*My thoughts and my wishes
will be with you always.*

*Whatever joy comes to you will
make me glad.*

*All through the year
I wish you the spirit of
Christmas.* - HENRY VAN DYKE

*within thine own self that what the
Christ-mass or Christmas spirit means
is being manifested in your daily life
and your associations with your fellow
men.* 262-116

FROM THE EDGAR CAYCE READINGS

*As you approach the Season that
to every student of Christian thought
means so much, know that the birth of
the Christ-Child in Jesus has meant and
does mean more and more in the
thought and the activity of the world as
a whole. And you each here may judge
within yourselves as to whether the
world is growing better or not
according to that conviction, that feeling*

*Then, as you give so do you
receive. As He has given, the love of the
Father to the children of men is
manifested in that spirit of Christmas -
Christ-mass - that which may now be
raised to that consciousness, that level
above man's way of thought, man's
concept of force, power or might; and
that the real strength, the real hope, the
real contribution is in that still small
voice within.* 281-59. BDA ΩΩΩ

FINDING BEAUTY

All of us at some time in our lives must have come across the story of Beauty and the Beast. There has been movies, songs and stage plays performed based on the fairy tale written nearly 300 years ago. The story is about a girl named Belle (which in French means beautiful) who finds herself forced to live in a castle owned by a hideous Beast. She is however treated luxuriously, with kindness and respect. Each night the Beast asks Belle to marry him but she refuses because she is repelled by his ugliness. After a time she becomes so homesick she begs the beast to allow her to visit her family. He agrees on condition that she returns to the castle exactly a week later.

At home she is persuaded by her family to stay past the deadline but shortly afterwards learns that the Beast has fallen gravely ill. Feeling guilty she returns to the castle to find the Beast almost dead. She weeps over him, proclaiming her love for him. When her tears strike him, the Beast is transformed into a handsome prince. The Prince tells

Belle that a long ago a witch turned him into a hideous beast because he refused to let her in the castle. Only by finding true love, despite his ugliness, could he break the curse. He and Belle are married and they live happily ever after.

There are other fairy tails on a similar vein, such as the the 'Frog and the Princess' where true love breaks the barrier of perceived ugliness. As the saying goes, beauty is only skin deep, implying that beauty is only superficial. There is another saying that beauty is in the eyes of the beholder. The reverse is also true in that ugliness is only skin deep and one is only ugly in the eyes of the beholder.

Here we are talking about physical beauty but there is another, deeper beauty, an inner goodness that gives beauty even to a so-called ugly face. When there is inward goodness the ugly face is transformed, as in the case of the Beast and the Frog, for inward goodness is really an expression of love and this can shine through even the ugliest of exteriors.

As to the beholder, one can only see beauty when one gives out love, for love and beauty go together. A person whose heart is full of hate or anger or fear will never see real beauty while when one opens the heart to love one can see beauty everywhere. There is beauty in a cat as it expresses utter femininity with poise, grace and a sort of regal serenity, while there is a different beauty in a dog, altogether masculine. There is beauty all around us in the trees, the flowers and especially the people that pass us by if only we will still our minds for a moment and be sensitive to the life surrounding us. It is only when the mind is very quiet that you can really observe, for then the mind is sensitive to extraordinary beauty. When one sees real beauty there is a complete absence of judgement, or comparison for beauty is Life, God, expressing itself.

Beauty obviously includes beauty of form; but without inward beauty, the mere sensual appreciation of beauty of form is devoid of love. There is inward beauty only when you feel real love for people and for all the things of the earth; and with that love there comes a tremendous sense of consideration,

compassion and patience.

FROM THE EDGAR CAYCE READINGS:

“Love of beauty is fully as important as love of other people, because beauty is an aspect of God.” 1747-3

“He, your brother, your Christ, has given that God is God of the living way! He is Life! He is Love. He is Beauty. He is Harmony. He is Music. He is the rhythm of the body in Dance that is a service to your God.” 281-25

“If we would have beauty within our lives, make our lives beautiful. If we would have beauty in body or mind, or soul, create that atmosphere and that which brings about life itself will bring those forces; for the spirit is willing, the flesh is contrary - as well as weak. In the spirit is strength. Give that strength as an opportunity of manifesting itself in your life! as it is manifested in the lives of those whom the entity contacts, for the kind word turns away wrath, even as the haughty look or the unkind word stirs up and makes for troubles in the lives of many. Make your life beautiful, and it becomes more worth while.” 2096-1 BDA ΩΩΩ

A Christmas Story: For the Man Who Hated Christmas

By Nancy W. Gavin

It's just a small, white envelope stuck among the branches of our Christmas tree. No name, no identification, no inscription. It has peeked through the branches of our tree for the past ten years.

It all began because my husband Mike hated Christmas. Oh, not the true meaning of Christmas, but the commercial aspects of it – overspending and the frantic running around at the last minute to get a tie for Uncle Harry and the dusting powder for Grandma – the gifts given in desperation because you

couldn't think of anything else.

Knowing he felt this way, I decided one year to bypass the usual shirts, sweaters, ties and so forth. I reached for something special just for Mike. The inspiration came in an unusual way.

Our son Kevin, who was 12 that year, was on the wrestling team at the school he attended. Shortly before Christmas, there was a non-league match against a team sponsored by an inner-city church. These youngsters, dressed in sneakers so ragged that shoestrings seemed to be the only thing holding them

together, presented a sharp contrast to our boys in their spiffy blue and gold uniforms and sparkling new wrestling shoes.

As the match began, I was alarmed to see that the other team was wrestling without headgear, a kind of light helmet designed to protect a wrestler's ears. It was a luxury the ragtag team obviously could not afford.

Well, we ended up walloping them. We took every weight class. Mike, seated beside me, shook his head sadly, "I wish just one of them could have won," he said. "They have a lot of potential, but losing like this could take the heart right out of them." Mike loved kids – all kids. He so enjoyed coaching little league football, baseball and lacrosse. That's when the idea for his present came.

That afternoon, I went to a local sporting goods store and bought an assortment of wrestling headgear and shoes, and sent them anonymously to the inner-city church. On Christmas Eve, I placed a small, white envelope on the tree, the note inside telling Mike what I had done, and that this was his gift from me.

Mike's smile was the brightest thing about Christmas that year. And that same bright smile lit up succeeding years. For each Christmas, I followed the tradition – one year sending a group of

mentally handicapped youngsters to a hockey game, another year a check to a pair of elderly brothers whose home had burned to the ground the week before Christmas, and on and on.

The white envelope became the highlight of our Christmas. It was always the last thing opened on Christmas morning, and our children – ignoring their new toys – would stand with wide-eyed anticipation as their dad lifted the envelope from the tree to reveal its contents. As the children grew, the toys gave way to more practical presents, but the small, white envelope never lost its allure.

The story doesn't end there. You see, we lost Mike last year due to dreaded cancer. When Christmas rolled around, I was still so wrapped in grief that I barely got the tree up. But Christmas Eve found me placing an envelope on the tree. And the next morning, I found it was magically joined by three more. Unbeknownst to the others, each of our three children had for the first time placed a white envelope on the tree for their dad. The tradition has grown and someday will expand even further with our grandchildren standing to take down that special envelope.

Mike's spirit, like the Christmas spirit will always be with us. ΩΩΩ

CHRIST IN YOU

Twenty-Fourth Lesson Omnipresence

All that you have ever prayed, longed, and hoped for exists. So mighty is good. You are laying up treasures where there is no corruption, and all your good is your real wealth. You are making your future home, and your future self, by the way you live now. Rejoice that your

names are written in Heaven. We will fill you with more hope and joy. The souls that have received something of the illumination from the light of all men have been overwhelmed by the knowledge of the possibilities of their own lives.

Let us come very near in our understanding of omnipresence. God, who fills all space, knows nothing of past or future, but is eternally present. He is Alpha and Omega, the same yesterday and forever. The whole human race is meant to understand this. Let me explain.

You sometimes wonder at what seems to be loss of memory in us. We can recall anything of good that we wish. We learn the higher spiritual laws very quickly, and there is one that is best explained by the words "All time is the present." At once we cease to hurry, a great strain drops from us, all is ours, and we must take our own. To some who are here this blessed truth is a great part of their Heaven. When the eager souls, who imagine they must do a certain amount in a given space of time, discover this, the effect on them is to renew their energies, unfold wider prospects, and service becomes a rest. They truly begin to live. To the weary heart the present is enough. To live in the spiritual plane is to live in reality, not spasmodically and in limits.

Pause and think – How can time be divided? Day and night are explained to us as the inflow into and the outflow from the ocean of ever-present time. It is a wise law – the eternal present, the glorious NOW, a rest and a joy, a satisfaction too full to make us wish to look backwards or forward, since we know that all is well. The sufficiency is the actual present. Think over this carefully, that your joy may be full. "I

AM" is the present tense for all times.

The beneficent and merciful consciousness is the outcome of love. Just think for a moment what the effect of entering into the realisation would be on your earth. To draw the very next breath direct from God, with no past memory of wrongs or sins, filed only with the knowledge of the great love-life, assimilating all the good in the present, living the blessed NOW; think what it would mean. This is what Christ teaches you. To say, "Lazarus come forth," was to speak from the spiritual plane, realising only the present life.

Do you not see here the true secrets of eternal youth, each stage of unfoldment opening up a richer, riper youth? I am the Lord, I change not. Open your eyes and see this wondrous truth. You can be just as much of God as you are prepared to manifest. Even now you hold within yourself the accumulated good of all the ages. Christ the Son of God in the heart of humanity reaches out to man until he awakes to divine consciousness.

The seven acts of Christ become actual to man, instead of belonging to a past period. He experiences the birth, the awakening in the Temple, the anointing, the temptation, the crucifixion, the resurrection, and the ascension. Christ must be in you; nothing avails man from the outside. All is from within. Thank God for Jesus Christ, "the unspeakable gift" of God. The evolution of one soul exalts the whole race. "That they all may be one." ΩΩΩ

LAUGHTER – THE BEST MEDICINE "THEY AUGHT TO DO SOMETHING ABOUT IT"

While doing some research from a book titled "Let Stalk Stine" (Let Us Talk Australian) written some 55

years ago - during the time of atomic and hydrogen bomb testing and transistor radios. The book was lampooning Australian slang but it hit the nail on the head when it pointed out how we complain so much and say "Aorta do summin boutit."

Aorta (pronounced A-orta) is the vessel through which courses the life-blood of Australian public opinion. Aorta is a composite but non-existent Authority which is held responsible for practically everything unpleasant in the Australian way of life; for the punishment of criminals; for the weather; for the Bomb and the Pill; for all public transport; and for all the manifold irritating trivia of everyday living. Aorta comprises the Federal and State legislatures; local government councils; all public services; and even, it is now thought, Parents' and Citizens' Associations and the CSIRO.

Aorta is, in fact, the personification of the benevolently paternal welfare State to which all Australians - being fiercely independent and individualistic -

appeal for help and comfort in moments of frustration and anguish. The following are typical examples of such appeals. They reveal the innate reasonableness and sense of justice which all Australians possess to such a marked degree:

"Aorta build another arber bridge. An aorta stop half of these cars from cummer ninner the city - so a feller can get twirkon time."

"Aorta mica laura genst all these prairlers and sleshers an pervs. Aorta puttem in jile an shootem."

"Aorta stop all these transistors from cummer ninner the country. Look what they doone to the weather. All this rine! Doan tell me it's not all these transistors - an all these hydriken bombs too. Aorta stoppem!"

"Aorta have more buses. An aorta milkem smaller so they don't take up half the road. An aorta put more seats innem so you doan tefter stann all the time. An aorta have more room innem - you carn tardly move innem air so crairded.

Aorta do summin boutit." (*Email us if you need a translation*). 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

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