



# The Rainbow Journal

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*Journal of:*

**The Edgar Cayce Society of New Zealand**

Website:

[www.edgarcaycenewzealand.com](http://www.edgarcaycenewzealand.com)

Email:

[rainbowjournal@live.com](mailto:rainbowjournal@live.com)

Postal Address:

**Brian Alderson  
Unit 5, 425 West Coast Road,  
Glen Eden, Auckland, 0602,  
New Zealand.**

Telephone:

**(09) 818 9552**

The article in our last issue 'The Two Churches' brought some response from readers who felt that it helped in gaining understanding over their guilt feelings when they missed attending church services. One reply concerning this is included below in the LETTERS section. The other published letter is from a reader seeking advice on any possible dangers from meditation. I am no expert on this subject so can only quote from my experience and from the

EC readings. Any information or advice from readers on this would be welcomed and passed on to the enquirer.

To me the forgiving of others and ourselves when we perceive wrongs are done to or by us is so important that I have reprinted the article on forgiveness that was in the Journal three years ago.

Again I thank all those that have contacted me with your letters and comments. *Brian Alderson ΩΩΩ*

### ENCOUNTER WITH A PSYCHIC

While we can learn a lot from books and stories about the spirit world and how some people have psychic abilities enabling them to contact spirits of departed souls, our beliefs based on these books and anecdotal evidence always come with an element of doubt. We can say we believe in what we have read or what has been said about others but how deep is that belief? Do these beliefs affect our lives, attitudes and the way we treat each other?

A previous Rainbow Journal article discussed the difference between belief and knowing. Knowing was described as having certainty with no possibility of doubt, and usually comes from direct experience, just as the apostle Thomas's doubts disappeared and he knew when he was confronted with the arisen Jesus. On the other hand believing means that we have accepted something as true, even if it might not be. Our beliefs can change over time.

So while it would be great to experience our psychic abilities and thus expand our knowledge on spiritual matters the next best thing would be to have personal contact with someone who has demonstrated his or her psychic

abilities in helping other souls. Last week I had just such an encounter. My visitor, who wishes to remain anonymous, had previously emailed me as New Zealand representative of the A.R.E. expressing her interest in joining a SFG study group. After a couple of email exchanges she made an appointment to call on me while she was visiting friends in Auckland.

From our conversation I found out that my visitor had the psychic gift of being able to communicate with and help earthbound spirits. To respect my visitor's request for anonymity and not to publicise her experiences I will not go into details of our discussion other than to say that she appears to have helped a number of earthbound spirits move on to the next level.

While I believe what Edgar Cayce and others have said that we are spiritual beings inhabiting physical bodies I have taken little interest in mediumship, other than the messages that are conveyed through mediums. Apparently earthbound spirits are disembodied people who have remained attached to the physical realm, having not moved on beyond it, after their physical bodies expired. For some of us the only

encounter we may have had with these spirits is when we have been confronted with a ghost, which, if genuine, is a lost soul. It is claimed that when the body dies, the spirit of the person should move into white light, where loved ones and a feeling of peace, love, and joy are experienced. This is a cleansing process for the spirit, and the ones greeting the recently departed bring comfort, aiding the newly disincarnate to adjust to the spirit.

However earthbound spirits, perhaps because they have never experienced love or because they have great feelings of guilt or just because they do not wish to leave the physical realm remain lost. Perhaps this is what the Catholic Church would describe as being 'in limbo' which, as one dictionary

definition describes as being in "an intermediate place or state."

Apparently there are many such souls in this lost condition, some from a very recent time and others for hundreds of years. There are however many helpers here in earth who have the ability to assist these lost souls to "go towards the light" and move on. Their only tools are abundant love and a desire to help other souls needing this love and guidance towards the light.

My encounter with my guest was a great experience for me and while there are always those niggling doubts in my mind this encounter has strengthened my beliefs. If any reader has had your own encounters with mediums perhaps you may wish to share your story through the Rainbow Journal. *BDA ΩΩΩ*

## SEEKING GUIDANCE

During his lifetime Edgar Cayce gave some 14,000 readings to individuals and groups of people who sought his help. The majority of the readings dealt with physical issues, otherwise known as "health readings" in which a patient would be diagnosed and a cure prescribed. He also gave many "life readings" in which he would describe the client's present physical, emotional and mental condition in terms of past life experience. This gave the clients insight and understanding of the cause of the circumstances in which they found themselves in their present lives. The remainder of the readings dealt with an extremely wide range of subject matters including dream interpretations, missing persons, buried treasure, readings given to a spiritual development group, psychic abilities, auras, prophecy, structure of reality and Atlantis.

Edgar Cayce departed from the

earth some 46 years ago but we are fortunate that he left behind his legacy of the recordings of these many readings. While it may be quite a task to find out what one is looking for directly from the readings themselves there are many books, well over 300 at the latest count, written by scholars who have devoted a great deal of time in researching these readings. The authors have collated the information in such a manner as to be helpful to those seeking guidance on matters which were brought up in the readings.

My own first encounter with the readings was through the book 'Many Mansions' written by Gina Cerminara and, based on the readings, dealt with issues such as reincarnation, spiritual healing, our past lives and the resulting karma. (Many others have been inspired by the biography of Edgar Cayce – 'There is a River.' by Thomas Sugrue.) The

material was quite a revelation to a person such as myself, brought up in the Christian belief in a single life after which we would be judged and face heaven or hell based on the judgement. The reading of this book started my lifetime journey in a serious 'Search for God.'

The readings do not supply answers to all our enquiries and because most of them were carried out for individuals asking specific questions about themselves, the guidance, remedies, etc. were specific for those people so do not necessarily apply in our own individual circumstances. So if we cannot get satisfactory answers and guidance on matters that are of great concern to us from these readings and related literature where else can we look?

When it comes to our relationship to God and answers to the age old questions relating to the meaning of our lives on Earth, the Bible, the Qur'an, the Vedas or the Hebrew Tanakh, depending on which religion one adheres to, may be a great source of instruction and inspiration. However no single book has *all* the answers. Religious priests, pastors and preachers do not have exclusive knowledge of the divine nor do the books they claim to get their authority from hold the whole truth.

In the past these people were generally the only source of spiritual instruction, however we are fortunate in this day and age to have so much information readily available at our fingertips. There are countless self-help books now in print on self discovery and spiritual matters, even books for the novice such as *Religion for Dummies* and *The Dummies Guide to Spirituality*. There is also a vast amount of information on the internet.

It is nevertheless up to each individual to make a decision to begin the 'Search for God'. Many individuals

go through the whole of life never asking themselves questions about these matters and while Jesus said 'Seek and You shall find', many do not bother seeking and are content with limiting their beliefs to the physical realm. We are all different, on different levels on the spiritual journey which we all are taking even if we are not aware of it. As a result we often cannot discuss these matters, so close to our hearts, with those close to us and in fact we may find our quest a rather lonely one.

For those of us who are earnest in our 'Search for God' where do we find the best and most reliable guidance? In some Buddhist countries, as one Buddhist monk stated "All schools of Buddhism agree that the practice of relying upon a spiritual guide is the root of the spiritual path and the foundation of all spiritual attainments." It is suggested here that, for Buddhists at least, a personal guide is essential to advance spiritually. For us in the West it is not just a matter of looking in the Yellow Pages under 'Guru' to find someone who will lead us to enlightenment. In fact there are very few people who will take on disciples and give them undivided attention, let alone have the spiritual qualities and abilities to be spiritual teachers. Even then there is no guarantee that they will lead us in the right direction, for, as the Bible states, there are many false prophets.

It can be unhealthy to surrender our wills to others and no true prophet would demand that we do so. There are many charismatic, so called, evangelists and preachers who would lead people into believing that they possess the word of God and know the true way yet they separate their followers from the rest of the community with false doctrines and promises. Nobody should take over our own responsibility for the way we live our life. Even if we leave decisions over to

someone else, we are still responsible for our actions including shifting these decisions onto someone else. As Jesus pronounced *"Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves."*

When we are seriously and conscientiously seeking Truth the law of attraction will come into play so that we will be lead to sources of spiritual knowledge and understanding. These sources may come in the form of 'coincidences', people we encounter, books, personal experiences, or direct insights that come from within.

We, as individuals are all different so that one path on our journey does not suit everybody, consequently there are many paths, all seemingly going in different directions, yet if followed to the end will lead to the same goal.

My personal belief is that one should not attach oneself to any particular religion or belief system. At least to any religions and belief system that professes the belief that theirs is the only true way. No religion or philosophical system can hold all the truth. Furthermore some religions or belief systems are mutually exclusive in that any two cannot be true at the same time. It has been said that there are two types of people in the world. Those that are divisive and those that are cooperative and peaceful. The divisive ones tend to separate people into 'insiders' and 'outsiders' whereas there are those who unite people under a common human brotherhood.

The secret is in keeping an open mind. It is possible that we will come to the stage when we *know*, after further seeking is no longer required nor do we need to justify or defend our knowledge. All we need to do is act on what we know.

FROM THE EDGAR CAYCE READINGS  
(Q) *Should the entity in general pay heed to astrological advice or seek only within himself and from this source?*

(A) *Seek rather ever from within self! Those that may be given from without as astrological or as merely interpretations are but signs along the way! For how has it just been given? "I in thee, I in the Father - we are One," 849-17*

(Q) *Is the information given through "Moontrail" correct on this subject? [Moontrail was a popular medium at that time]*

(A) *This must be determined in thine own experience. The test is ever, does it answer to that something within that is constructive? Seek rather, ever, for the answer within self. For "My Spirit bears witness with your spirit" says He that is life, light and immortality 412-9*

(Q) *Please give any further advice and counsel.*

(A) *Only that which has been repeated over and over again. You know within yourself the way to go. To seek within that which is not merely material, nor merely mental, but that which is constructive in every phase of the associations and experiences. And: DO NOT be afraid. BDA ΩΩΩ*

## FORGIVENESS

### *The Polynesian Approach*

In a widely reported recent incident concerning a Polynesian family there was a remarkable display of forgiveness. The episode concerned a

Samoan woman, Mrs Muliaga, who was dependent on an oxygen machine which stopped working when power to her house was cut due to an overdue electricity bill. The woman's family

reported that the contractor for the energy company stood in front of Mrs Muliaga after the power was cut and, over the shrill alarm of the oxygen machine, told her he was only doing his job. Less than three hours later she was dead.

At the time of the funeral of Mrs Muliaga her husband made a statement that while he held the power company responsible for the death of his wife he and his family had forgiven the man who performed the act of cutting the power.

This spirit of forgiveness was also displayed in a recent court sentencing of a man found guilty of murdering a Polynesian girl. The girls' family declared to the court that they had forgiven the murderer. This ability to forgive is a familiar Polynesian trait where the victims and the victims' families are quick to forgive the perpetrators of wrongdoings against them, no matter how severe.

When I was living in Samoa in the 1960's I observed the customary way of dealing with crimes and offences. An example is the case a boy from one village who was found to have raped a girl from a nearby village. Representatives from the boys village went to the girls' village and, draping themselves in precious fine mats, sat in silence in front of the victim's house. They sat with heads bowed, covered with the mats in the sun or rain and would do so for as long as it would take for the victims' family to accept the fine mats as a token of remorse and repentance and forgive the culprit. The victim's family invariably gave in to the silent petition of the representatives. By these acts the parties avoided the possibility of revenge or retaliation and ensured the maintenance of peace and harmony between the villages. This did not mean that the culprit got off scot free for his

crime, as the boy's own village imposed heavy penalties on the boy and the boy's family.

There is considerable wisdom behind this custom that avoids ongoing conflict and hostility between villages. In giving the responsibility of dealing with the culprit to the chiefs of the culprit's village the punishment meted out by the chiefs of the culprit's village does not become an act of revenge but rather a penalty for bringing shame on the village and to make up for the compensation given to the victim.

This is in marked contrast to the custom of 'payback' in the out-backs of New Guinea where revenge was always sought for perceived hostile acts between members of different villages with 'tit for tat' acts, sometimes involving killings, which can go on for long periods of time, a killing for a killing, which could theoretically lead to the situation as Mahatma Ghandi described "An eye for an eye and a tooth for a tooth until the whole world is blind and toothless."

#### *The Western Approach*

We in much of the 'civilised' world seem to lean more to the New Guinea approach by seeking revenge for acts of wrongdoing rather than looking for reconciliation and forgiveness. Whenever things go wrong, when people suffer through crime, injustices or bureaucratic blunders we always seem to look for human sacrifices demanding that 'heads shall roll.' We only need to look what is going on in the world today with conflict and 'revenge attacks' in many countries. The most glaring example being in the Israeli/Palestinian conflict which has been going on for 30 years and with no end in sight as both parties continually seek revenge for each other's violent acts. Another example of retaliation on a national scale was the U.S. Invasion of Afghanistan as revenge for the 9/11

terrorist attack in New York.

Take for an example individuals who have lost family members because of crime. The survivors' anger and desire for revenge can poison their whole beings. Instead of even considering forgiveness they seem to believe that hatred, even to the point of wishing to impose torture and capital punishment on the offender, will satisfy their thirst for revenge and will somehow bring them healing. With hardened hearts and stiff lips they declare "I will never forget or forgive." The sad thing is that in wishing to send someone to hell they end up sending themselves there as well!

While it may be all very well to philosophise on this matter we must ask ourselves how we react when someone has offended us or caused us harm. Are we quick to forgive or do we harbour resentment and look to even the score? We may be able to forgive minor offences but what if someone caused us or one of our loved ones, grievous harm or killed someone we loved? Could we then forgive the offender? Furthermore we may ask; why should we forgive the offender?

### *Why Forgive?*

Every one of us can be considered as victimised in one form or another at some time in our lives whether it be caused through crime, serious accidents, abuse, injustice, or even verbal insults. However it is up to us to decide whether or not to forgive the perpetrator. There is no middle ground in this decision for we either decide to forgive the person who hurt us or we hold on to the bitterness and anger and let it fester inside us. Perhaps we are afraid to forgive because we feel we must remember the awful wrong that has been done or we will not learn from it. Perhaps we consider that if we forgive the offender we are somehow letting the offender off lightly.

Forgiveness can be a problem for many of us simply because we are not clear about what forgiveness really is.

If we are serious about forgiving we must first of all realise that the harbouring resentment, hate, anger and the desire for revenge will only cause *ourselves* suffering – not the ones that caused the offences. We must realise that by continuing to harbour these negative emotions we will be literally destroying our own health and causing ourselves great mental suffering. Studies have clearly shown that anger and resentment double the risk of myocardial heart attacks in people with previous coronary problems. Furthermore other studies suggest stomach ulcers and certain blood disorders are also caused by resentment and anger. So for our own health's sake we should begin the process of clearing out these deadly emotions as soon as possible.

Forgiveness is like a gift we give to ourselves. It is a release from the burden of the anger and pain. When we choose to forgive we are choosing to live in the present rather than the past. It does not mean that we forget but it does mean a releasing of negative emotions and moving on. Forgiveness does not happen of its own so we must consciously choose to forgive.

### *How do we Forgive?*

Forgiveness is not just deciding to forgive and then all is forgiven and forgotten. One must work on it. A conscious decision to forgive must be made. We are to realise we are responsible for our own feelings and for the healing of the hurt going on inside us. We are to understand that forgiveness does not condone or in any way approve of the harmful acts but we are willing to accept the mistake and the pain it has caused and move on. We forgive the doer of the action, not the doing of the action.

We are not to seek any form of revenge. Although we accept that the doer of the action may suffer the consequences of the action no act of revenge will be by our hands. We are to realise that the act of forgiveness make take some time involving prayer and meditation. We are to realise that in forgiving others we also forgive ourselves for our own shortcomings.

### **Edgar Cayce on Forgiving**

Edgar Cayce's approach to forgiveness and revenge was that these came under universal laws. We have all done things that require forgiveness and the measure of forgiveness we will receive will be the same measure in which we forgave others. He also gave clear warnings against seeking revenge:

*"And he who swears vengeance pays even unto the last farthing."* 3241-1

*"Is it the better matter to seek vengeance? What is the law respecting same? Be rather in peace with self and God will require life for life, purpose for purpose, in your relationship of mind*

*and body to your fellow man. God be the avenger, rather than the individual, and you will find a different peace within yourself and not the turmoils of anxiety and worry."* 3611-1

*"Have you not read, forgive as you would be forgiven, condemn not that you will not be condemned? This applies to all."* 3246-1

*"If you do not forgive those who have in any manner caused you disturbance or distress, how can you expect your heavenly Father to forgive you of your trespasses, of your shortcomings?"* 1532-1

*"Be as forgiving to others as you want others to be forgiving to you. For unless you would forgive your brother, that you see and know in the flesh, how can you expect your heavenly Father to forgive – whom you have never seen, or may ever see – unless you prepare the way here and now. Then, do things not to be seen of men but to be seen and judged of God. For His judgement and His justice is right."* 3409-1 BDA ΩΩΩ

## THE WORLD'S BEST SELLING BOOK

It is claimed that the world's best-selling book ever is the Holy Bible, although one commentator remarked that it is also the world's least read book. How many of us have at least one Bible in the house and how many of us have actually read the whole Bible? Anyone who has made a valiant attempt to read it from beginning to end will soon get so bogged down half way through the book of Numbers that the task of reading the whole book may be abandoned.

While some Christian leaders will make a sweeping claim that the Bible is "the word of God", few will claim that God actually sat down and penned it from beginning to end. Bible scholars

agree that the Bible is in fact a collection of many books and documents written over a very long period of time by numerous authors and grouped together in various forms until we have the Bible in the form it is available today.

Particularly in this modern, supposedly enlightened, age, one may ask whether the Bible is still relevant. It is true that the authenticity of some of the passages in the Bible are questionable and that some material, particularly in the first few books have no spiritual value and could be deleted. There is, however, still a vast amount of spiritual truths and guidance contained in the Bible that will remain valid

forever. What makes the Bible so magnificent may be described in three key elements.

The first is *inspired writers*, 'in spirit'; thoughts and words coming through the spiritual part of ourselves rather than from the intellect. As described in the book *Christ in You*, inspiration is *"the one spirit using for its channel many books and many methods; it is ever seeking avenues to pour out the abundant wealth and wisdom of God."* A modern day example of inspired works is what we call 'automatic writing' which Wikipedia describes as: *"writing purportedly produced by subconscious and/or spiritual source without the writer being consciously aware of what they are writing about."*

The second element is the use of metaphors to transform the meaning of everyday words into words with high spiritual intent. From *Christ in You*: *"In just this way, Jesus took the word 'bread' and gave it a holy and spiritual meaning. When we pray: 'Give us this day our daily bread,' we are using words of great and significant meaning – seeking the nourishment that shall sustain us in very deed."*

The third element is our approach to reading the Bible -*inspired reading*. It cannot be read in the same way as a novel. It cannot be taken literally. In fact it has been the literal interpretations of the Bible (and other religious books) that has caused so much division, death and destruction in the world. Many spiritual insights contained in the Bible passages are shrouded in allegory, symbolism and images. For example in many passages the word 'enemies' does not refer to other people but to our own negative thoughts

and attitudes, which, if left unchecked will destroy us, so God directs us to overcome and destroy them. So when one reads the Bible one must seek the spiritual meaning behind what is written. Sometimes one will get greater understanding from reading Bible commentaries from other inspired writers offering their own interpretations rather than from reading the Bible directly.

So it is fitting that the Bible takes a central, pre-eminent place in the Christian religion. However orthodox Christianity has made a serious error in using the Bible as an authority in exclusion to all other inspired writings. God did not stop inspiring people with His words after 200 AD, but has continued inspiring people and sending prophets to us throughout all ages. Quoting again from *Christ in You*: *"but I would also have you know that God has inspired men and woman with power to reveal, in our own time, even greater things, and ever fresh unfoldings from the heart of life. Above all things we want you to have the open vision today, for greater things are coming, and God is doing wonders among you. Rejoice in the new revelation, abounding in hope. The new will reveal the old to you afresh. Have no doubts. Launch out into the deeps of God, and fear not."*

Today, like no other time in human history, people of all countries and all walks of life have access to the works of modern day prophets and inspired writers like Edgar Cayce. There writings the new Revelations and can enlighten us and help us in answering the age old questions: Who are we? Why are we here? And What happens when we die? *BDA ΩΩΩ*

## BITS AND PIECES

How do we know when a message is from God or from another source? Thoughts from God are always your highest thoughts, your clearest word, your grandest feeling. Anything less is from another source. *Conversations With God - Neale Walsch*

By being focussed on your goal you will find that hard work and pain are much more bearable. For example is the purpose of the hard work is to raise money for an ultimate goal then the work, no matter how hard, will be endurable. But if there is no ulterior motive for work it can become sheer drudgery.

To suggest that God intervenes in certain cases and not in others when people have prayed for help, such in the case of sickness, would suggest that God favours one person over another, answering one prayer while ignoring another. This does not appear to be the actions of a God who loves us *all*, rather inferring that he loves some of us more than others and judges and acts accordingly. If that were the case then it would be useless for those out of favour with God to pray because the prayers would be ignored, or at least given less attention than those considered more worthy of His attention. If God indeed is

a God of law then He will *always* act the same no matter who is involved whenever the circumstances are the same. It is then a question of being in tune and understanding the laws sufficiently to work miracles. Perhaps that is what A Course in Miracles is all about.

When looking back over my life I find that my memories are more like photos as in a photograph album rather than video clips and single phrases rather than dialogues and short stories. One memory which has stuck in my mind is when I was a boy and coming across a letter to the editor in my mother's New Zealand Woman's Weekly magazine in which the reader, commenting on our rights as individuals, wrote: "if we all took care of our responsibilities our rights would automatically be taken care of". Why this would be with me all my life I don't know, but I assume there must be truth in this statement.

Much of our search for God is about self discovery, after all it is said that God is within us so discovering one leads to discovering the other.

The worst thing that can happen to religion is that it is incorporated into law.

## LETTERS

Hi, Brian

Thank You for the Feb.2011, Rainbow Journal.

Over the past months I have been feeling " a bit guilty" that I have to work every Sunday during my own church's service time.

I stay with an Alzheimer client while his wife attends her own church. However, your statement reminding us

that there are two churches, freed up my conscience.

I always have had the feeling inside of me, that one need not attend church to be spiritual, because we all have an invisible temple inside of us. Not attending church may keep us from the religious "dogma" that we share in unison. It may keep us from socializing with our church friends and their

functions and great shared deeds to help humanity, but it does not prevent us from our own personal prayers, our loving thoughts and deeds, etc. We are still able to keep in contact with these parishioners on other days or nights, and involve ourselves in other ways. Your statement just gave me a little more "permission" to keep doing what I am doing. After all, as you also stated, "It is not the experiences themselves that count, but how we react to them." I sometimes wondered why I agreed to this weekly "sentence" of helping humanity which involved foregoing my own churchly habit, for the sake of others needs. Every Sunday?

My co-workers work every third Sunday. Why did I agree to this? Because my hours are down, and I was asked if I would do this, and I need the pay. Also, because it means so much to my client's wife. Why? Because Alzheimer sufferers need continuity with the same caregivers. It calms them. That is why. I am dedicated to my client's, sometimes above my own preferences, because I understand their needs. I care for my clients and their families. I am able to do this respite job. It won't be forever. No job position we cover is forever.

What goes around comes around. I went to church the very Sunday that my Mother passed away early into the heavenly realm. My watch had stopped at the exact time of her death. The song I dedicated to her, in my mind (she never was told), came on the radio "first thing" that morning. Was that "wierd or what". There we go. Always questions. What would we do if we did not notice or question things in our lives

When you reached for that book "Divine Magic", you were meant to find it. Wasn't that amazing? How excited you must have felt when you uncovered the similarities to The Course in Miracles".

Awesome. Thank you for sharing that one, .

*Marg, ON, Canada*

Dear Brian,

Do you feel that meditation can be unsafe? I have recently read some information which concerns me. This was regarding effects of awakened Kundalini in individuals who may in fact not be ready for this awakening on a spiritual level with not only unpleasant physical but also mental results. I am aware that the Cayce material supports meditation I have read of Martinus who warns that we should evolve in virtue naturally over the course of our lives. I would appreciate your opinion when you have time. *Kristine.*

*REPLY:*

Good day Kristine,

I am certainly no authority on meditation but I do believe that, for the average person who has one or two meditation sessions of up to 15 minutes or so each day there will be only positive results, even if they are subtle, and no negative effects.

It's a little like physical exercising. If a beginner undergoes a long strenuous session of exercises one could suffer severe stress and possible even permanent damage. So one should begin with a short session and gradually built up the time and intensity of the exercises as one feels confident to do so.

There are many reasons why people meditate. Some of us meditate just to experience a few minutes of quiet time, looking inwards, and stilling our thoughts. Over time this simple rest period can have very positive results in reducing stress and improving our powers of concentration. Others meditate to seek answers to problems, others to listen to God, while again some

people use meditation in an attempt to acquire psychic powers.

In one reading Edgar Cayce said that mediation is listening to God - "... and in the meditation, don't meditate upon, but listen to the voice within. For prayer is supplication for direction, for understanding. Mediation is listening to the Divine within." 1861-19

We should also consider our attitudes when about to meditate and be more concerned with attitude and less concerned with form:

(Q) In what position may I best meditate?

(A) "As has been given, there are given to each their own respective manners, from their varied experiences, as to how, as to form. If form becomes that which is the guiding element, then the hope or the faith is lost in form! He that made a long prayer, or he that did not even raised his eyes but smote his breast and said, "God be merciful to me, a sinner!" Who was justified? He that in humbleness of self, humbleness of mind, humbleness of the whole individually (losing personality in Him) comes; and in whatever manner that - whether prone, whether standing, whether walking, or whether sleeping - we live, we die, in the Lord." 262-17

In another reading Cayce describes meditation: "Then, it is the attuning of your physical and mental attributes seeking to know the relationships to the Maker. That is true meditation. How do you accomplish same? How would you as an individual go about learning to

meditate? For, you must learn to meditate, - just as you have learned to walk, to talk, to do any of the physical attributes of your mind as compared to the relationships with the facts, the attitudes, the conditions, the environs of your daily surroundings. Then, there must be a conscious contact with that which is a part of your body-physical, your body-mental, to your soul-body or your super-consciousness. .... Then, purify your mind if you would meditate. How?

Depending on what is your concept of purification! Does it mean to you a mixing up with a lot of other things, or a setting aside of self, a washing with water, a cleansing or purifying by fire or what not? Whatever your concept is, be true to thine inner self. Live that choice your make, - DO IT! not merely say it but DO IT!" 281-41

One reading warns that when one is not feeling right it may be best to delay meditating:

(Q) Should one meditate when not in a good physical condition?

(A) "As we have given on prayer and meditation, when one can separate self sufficiently to be able to meditate properly, it is helpful. When one cannot, best not to attempt it. 281-18

My advice would be that in general you should be guided by your own inner feelings rather than any outside source, unless the source is an experienced teacher with whom you have confidence.

BDA ΩΩΩ

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## CHRIST IN YOU

### TWENTY-SEVENTH LESSON

#### The Death of mortal Man - Renunciation

Oh, the inexpressible joy of vision! There is nothing higher or more satisfying. You shall know how to speak

and heal in proportion as you live up to the highest within you.

Renunciation implies a complete

and deliberate stand for truth, abandoning all else. It is the step which, once taken, opens up before you the Christ existence. It is not, as supposed, the giving up of wealth, position, and friends, to become poor and desolate; it is rather withdrawal from submission and obedience to the prince of this world – the creation of mortal sense – that you may deliberately follow the Christ in every thought, renouncing all other rights over you. This renunciation becomes acquisition. You lay down in order to take up, but with a great difference.

Hitherto life has seemed a vast arena, where some are winners and some losers, where all who can fight may win, where the battle is to the strong. In this great game of life man gives all to win all, that he may become greater than all; for him there is nothing beyond. This plane is of the senses. It is the plane of death and finality. The forces of the sense plane control him, and that which has happened to him is worse than death. It is the loss of individuality.

The spiritual man has failed to develop in that form, and must seek another. Thus the mortal has not become the immortalised, and is known no more. This is true, and we tell it in order that you may understand the real meaning of the death of the sinner. The preservation of your individuality depends upon yourself – that you become the creation of God, a perfect man, a perfect woman, depends on your coming definitely to the place of renunciation, which is for you the beginning of life. I am come that you may have life, says Christ, and not death.

You possess nothing of the sense world. You are a spiritual being, sent out from God to do His work and will. The material plane is your place of action, and your work commences with the dawning consciousness of God. Your scriptures are full of the teaching; Jesus has gone every step of the way for your guidance. There are pathfinders in your midst today. Follow ME, says Christ, and the spiritual and real man renounces all, to follow the King.

How we love your earth! How we long to lift you into true life, but the great and eternal law stands forever. No man can walk along this path, until he has made the renunciation of his own will, by this choice man proves to man his right to divinity. To enter into truth, he renounces all that the world can give. You are on the spiritual plane to bring the kingdom of heaven into unity with the earth, that we may all be one. Thus you see how important it is to live every moment in the only real. We hope to teach you much; as you enter in, you must be full of that confidence which is the offspring of truth.

At present you are to conquer the fleshy body, ruling in love, but always ruling. There is a beautiful work before you. Jesus said: "The Prince of this world cometh and hath nothing in ME." These were words of life and power. These may be your words too, so that nothing can touch you, hidden in God, doing His work and willing His will. You may reach the place where you no longer hear two voices, but only one – that of the living Christ. **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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