



The Rainbow Journal

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There has been quite a long delay since the last issue of the Journal as I have been waylaid with another time consuming project which has now been

completed. It is therefore hoped that future issues will be on a more regular basis. Thanks to those who have enquired after my health since the last issue. *Brian Alderson ΩΩΩ*

LOVE & FRIENDSHIP – AND MARRIAGE

The article “Love and Marriage” in the last issue of the Journal brought some flak from readers who rightly pointed out that there is a vast difference between the relationship of friends as against that in a marriage. While friends can come and go as they please and can live independently of each other, couples in a marriage are inextricably tied together. Married couples live together, have children together, share their assets and incomes and spend a great part of their lives in each others company. In the circumstances it would be incorrect to compare marriage with friendship in attempting to understand sustainable relationships.

You readers are quite correct in this, although I was approaching the matter with respect to the love relationship in marriage as compared with love in a friendship. The object of the earlier article was an attempt to find out what is the love as given in the statement by Jesus that “You shall love one another.”

Obviously the 'love' in marriage is quite different from the 'love' in friendship. One may consider that the love in a marriage would be much stronger than that in a friendship yet the fact that 50% of marriages in the West end in divorce would suggest that this marital love is fickle and in half or more of the marriages it does not last. So what is this difference? The subject of love in marriage is a very complex one involving,

body chemistry, human emotions, cultural standards, religion and laws of differing societies.

Surprisingly enough the concept of romantic love as a foundation for marriage is a comparatively recent one, going back only three or four hundred years. Before then romance played a very small part in marriage. Even today in a number of societies marriage is by agreement between two families – 'arranged marriages.' Yet we in the West consider that romantic love is the basis or key element in marriage. However it appears that this romantic love is temperamental because this love is *conditional*. It is conditional and lasts so long as the partner meets certain conditions. In particular love in marriage demands fidelity, that is loyalty to one's spouse in refraining from adultery. Once this condition is no longer met then the love disappears and the marriage usually falls apart.

The love that Jesus was referring to must be far greater than fickle, romantic love for it is not conditional. It recognises the fundamental oneness, and therefore equality, of humanity. In this respect perhaps the love in a friendship is a little closer to that which Jesus required of us is that, if not entirely unconditional, imposes far fewer conditions that does romantic love.

I have still quite a way to go in attempting to fully understand what this

love is that Jesus was referring to although there are some descriptions of this love in the New Testament, such as in 1 Corinthians 13: "If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. If I give all I possess to the poor and give over my

body to hardship that I may boast, but do not have love, I gain nothing. Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails." **BDA ΩΩΩ**

ATONEMENT

According to Christian doctrine, based on the book of Genesis in the Bible, the 'fall of man' was caused by man's disobedience to God by eating the forbidden fruit from the tree of knowledge of good and evil. The result of this act was that man experienced guilt and shame and was expelled from the Garden of Eden. This doctrine which goes on to claim that we all suffer from this 'original sin' and are therefore all guilty through inheritance.

However according to A Course in Miracles we have been misled and are wrong in our understanding of the events in the symbolic Garden of Eden. From the ACIM text: *"The fruit of only one tree was 'forbidden' in the symbolic garden. But God could not have forbidden it, or it could not have been eaten. If God knows His children, and I assure you that He does, would He have put them in a position where their own destruction was possible? The 'forbidden tree' was named the 'tree of knowledge.' Yet God created knowledge and gave it freely to His creations. The symbolism here has been given many interpretations, but you may be sure that any interpretation that sees either God or His creations as capable of destroying Their Own purpose is in error."*

ACIM explains that while God created us 'in His image' and made us co-creators, this came with one limitation. While God created us we cannot create ourselves but we have 'fallen' into the misconception that we can. *"Eating of the fruit of the tree of knowledge is a symbolic expression for usurping the ability for self-creating. This is the only sense in which God and His creations are not co-creators. The belief that they are is implicit in the 'self-concept,' or the tendency of the self to make an image of itself. Images are perceived, not known. Knowledge cannot deceive, but perception can. You can perceive yourself as self-creating, but you cannot do more than believe it. You cannot make it true. And, as I said before, when you finally perceive correctly you can only be glad that you cannot."*

We have created images of ourselves (our egos) and believe that these egos exist. The worst part, the real fall, is through these self-created images we perceive ourselves as separate from God. This is the real tragedy, the cutting ourselves off from the Garden of Eden. Ever since this event we have been lost. We are 'the lost sheep', we are the 'prodigal Son' of God and our Father is eagerly awaiting our return to his

magnificent estate.

Throughout the ages it has been the task of prophets and messengers from God to make us aware of our condition and to show us the way back to our ancestral home. The atonement is the recognition of our past errors and the reconciliation of our relationship with out brothers and sisters and with God – the realizations that we are all one. Atonement, as Edgar Cayce put it is the at-one-ment – becoming one again with God.

In ACIM Jesus stated that he was in charge of this atonement. *“My part in the Atonement is the canceling out of all errors that you could not otherwise correct. When you have been restored to the recognition of your original state, you naturally become part of the Atonement yourself. As you share my unwillingness to accept error in yourself and others, you must join the great crusade to correct it; listen to my voice, learn to undo error and act to correct it. The power to work miracles belongs to you. I will provide the opportunities to do them, but you must be ready and willing. Doing them will bring conviction in the ability, because conviction comes through accomplishment. The ability is the potential, the achievement is its expression, and the Atonement, which is the natural profession of the children of God, is the purpose.”*

Further: *“The purpose of my part in the Atonement is the canceling out of all lacks of love which men could not otherwise correct. The word “sin” should be changed to “lack of love,” because “sin” is a man-made word with threat connotations which he made up himself. No real threat is involved anywhere. Nothing is gained by frightening yourselves, and it is very destructive to do so.*

“Miracles represent freedom from fear. 'Atoning' really means 'undoing.' The undoing of fear is an essential part of the Atonement value of miracles. The purpose of the Atonement is to restore everything to you; or rather, to restore it to your awareness. You were given everything when you were created, just as everyone was.

“When you have been restored to the recognition of your original state, you naturally become part of the Atonement yourself. As you share my inability to tolerate lack of love in yourself and others, you must join the Great Crusade to correct it. The slogan for the Crusade is “Listen, learn, and do;” – Listen to my voice, learn to undo error, and do something to correct it.

“Atonement is the natural profession of the Children of God, because they have professed me. 'Heaven and earth shall pass away' simply means that they will not continue to exist as separate states. My word, which is the Resurrection and the Light, shall not pass away because Light is eternal. You are the work of God, and His work is wholly lovable and wholly loving. This is how a man must think of himself in his heart, because this is what he is.

“The Atonement actually began long before the crucifixion. Many Souls offered their efforts on behalf of the separated ones, but they could not withstand the strength of the attack and had to be brought back.

“The Atonement can only be accepted within you. The Atonement is the only gift that is worthy of being offered to the altar of God. This is because of the inestimable value of the altar itself. It was created perfect, and is entirely worthy of receiving perfection. God is lonely without His Souls and they are lonely without Him. Men must learn

to perceive the world as a means of healing the separation. The Atonement is the guarantee that they will ultimately succeed."

Fear is our great enemy: "Only your mind can produce fear. It does so whenever it is conflicted in what it wants, producing inevitable strain because wanting and doing are discordant. This can be corrected only by accepting a unified goal.

"The first corrective step in undoing the error is to know first that the conflict is an expression of fear. Say to yourself that you must somehow have chosen not to love, or the fear could not have arisen. Then the whole process of correction becomes nothing more than a series of pragmatic steps in the larger process of accepting the Atonement as the remedy. These steps may be summarized in this way:

- Know first that this is fear.*
- Fear arises from lack of love.*
- The only remedy for lack of love is perfect love.*
- Perfect love is the Atonement."*

FROM THE EDGAR CAYCE READINGS

"... attunement, atonement and at-onement are ONE; just as the inner self is that portion of the infinite, while

the self-will or personality is ever at war with the infinite within - for the lack of what may be called stamina, faith, patience or what not. Yet each entity, each soul, knows within when it is in an at-onement." 2174-3

"At-onement may be given even as atonement. At-onement, then, is making self's will one with the Creative Forces that may become the impelling influence in thought, in mind, that is the builder to every act of a physical, mental or material body. Then, in making at-onement, the will of an entity, an individual, is made one with the Creative influences in the experience." 262-45

"The atonement and at-onement is one in the faith that He, the Christ, presented to man that manner of life, that manner of activity in a material world that leaves easy the spiritual self in atonement for that which has been met in the experience of the entity, or self - and hence becomes the ONENESS, through atonement, with the Creative Forces - which is God! Hence the ONENESS of Christ life, Christ manifestations in the material world, brings those that trust in Him - and act that way - to the consciousness of that at-onement in Him." 452-3 BDA ΩΩΩ

BEAUTY AND THE BEAST

All of us must have had fairy tales read to us when we were young, or read them ourselves, or seen TV shows, plays or movies based on fairy tales. The tales are commonly about adventures, often involving beautiful princesses and handsome young princes and although the stories may sometimes be a little gruesome they usually end up happily with the prince and princess marrying and 'living happily ever after.' Somehow suggesting that once a couple get married

their worries are over and eternal bliss is assured!

Many fairly tales, like parables, have layers of meanings, such as the literal meaning of a story of adventure appealing to children, to much deeper meanings concerning human nature and spiritual truths.

The story of Beauty and the Beast revolves around two distinct characters. A beautiful, young maiden named Belle and a hideous looking beast. One

dictionary definition describes a beast as “any non-human animal...” We, of course consider ourselves as far removed from beasts but another definition of beast is “the crude animal nature common to humans and the lower animals”, reminding us that the bodies we inhabit contain the inherited nature of animals from which the bodies evolved.

In the story Belle is obliged to live for a time in the castle of the Beast who treats her with utmost respect and lavishes her with gifts, fine clothing and the best of foods. He adores her and every night he asks her to marry him but she refuses as each night she dreams of a handsome prince who also asks her time and time again to marry him.

As the fairy tale continues, because Belle becomes so homesick, the Beast allows her to return home on condition that she returns to the castle a week later. However her jealous sisters persuade her to stay at home longer, until she learns that the Beast is gravely ill from a broken heart. She returns to the castle to find the beast almost dead, which makes her realise that she loves him and she sheds tears over his. As her tears strike his ailing body he is miraculously transformed into a handsome prince, and, in the true nature of a fairy tale the two are married and 'live happily ever after.'

In the fairy tale the transformation from a beast to a handsome prince is a physical one yet the real change was in Belle's perception of him for once love was manifested she perceived his real beauty as a spiritual being.

The story describes a part of our nature which is the tendency to judge people by outward appearances. Belle saw the Beast as an animal, no matter how kind he was. When we see someone we create an image of that person in our

minds. It can be an image of a beautiful individual or, as in the fairy tale, a hideous beast. An example of this is the way we regard our enemies. Do we see them as our brothers created in the image of God or do we see them as some lesser beings? Perhaps the true meaning of the second Commandment “You shall not make for yourself a graven image” was that we were not to create these images but to look for the portion of God in everyone.

If both Belle and the Beast were both in animal bodies what made them so different that one was seen as a hideous creature while the other was so beautiful? In the Cayce readings love and beauty were closely linked And both were described as coming from God. “For all the beauty is of God, all the love is of God.” 3374-1. and “What is love? ... It is beauty, love, hope, charity.” 5755-1

A recent TV documentary aired the tale of a real life 'beast'. This was the story of Jono Lancaster who was born with what is known as *Treacher Collins*, a rare genetic syndrome which has affected the bone structure of his face. Sufferers of this disease often have “...eyes that slant downward, sparse eyelashes, and a notch in the lower eyelids.” At the time of his birth his mother was so horrified at what she saw that she gave him up for adoption and he was raised in a foster family. Fortunately for him, despite years of being bullied and lack of self confidence he grew up to be what has been described as a bright, popular and outgoing young man who has found love. His girlfriend Laura is strikingly beautiful - like a fairy tale princess, "She says when she first met me, she noticed my face, but now she no longer sees it. It was the first time I was able to be completely myself with a girl." he stated.

As in the fairy tale it was love that transformed Jono from a 'beast' to a beautiful human being who now lectures on self-confidence to school children.

In both the fairy tale and in real life it is love that brings our beauty. This is *real* beauty that one can see in a child or in a flower - a manifestation of God.

FROM THE EDGAR CAYCE READINGS

Then, keep that. For, none may tell another how to be beautiful. It must be the reflection of that entertained in the heart and mind of the individual. And as He is beauty, He is friendship, He is love, the more and the nearer individuals reflect that in their conversation, in their dealings with their fellow man, the greater the glory to Him. 2574-1 BDA ΩΩΩ

LOVE AND ATTACK

According to A Course in Miracles there are two ways in which we communicate with those around us. One is with love and the other is by attack. This may seem strange and hard to accept for we have no recollection of ever 'attacking' anyone not only physically but by way of speech. The difficulty here is in understanding what 'attack' means in the ACIM statement. Perhaps instead of love and attack we could say that we either speak in a positive (loving), or in a negative (attacking), manner or perhaps that we could state that we either speak from the heart (with love) or from the ego (which often attacks).

ACIM also refers to communicating as 'joining' whereas when we attack someone we are separating ourselves from him or her. When we speak with anger in our voices, when we 'tell someone off', when we call someone a 'liar', a 'cheat', when we raise our voices, when we speak in a provocative manner, we are attacking that person. This attack comes from our egos, that image which we have created of ourselves which we consider must be protected, justified, honoured, respected.

We, being humans, with all the frailties that go with it, are not always aware of our behaviour when we communicate with others. Everyone has

pet 'hates'. Things that particularly annoy us and we also have sensitive areas, usually around certain things or beliefs that are dear to us to a point where we are affronted when these are threatened in any way. When this happens we tend to attack the source of the annoyance or perceived threat.

One common source of considerable annoyance is when what we are doing is interrupted by the telephone ringing only to find that the caller is a telemarketer. The usual response, after our blood pressure has risen a notch or two, is by attack, either cutting off the caller by hanging up or saying some less than kind words. Some time ago while I was staying in Australia with my son, Keith, (who is also a devoted follower of the Cayce readings) I witnessed his reaction to such a call. After answering the call Keith recognised the Indian accent of the caller so asked him where he was calling from. The caller replied that he was ringing from Mumbai, after which Keith asked what the weather was like there as he said that it was wet and cold in Adelaide. The two then proceeded to have a friendly conversation on a number of topics which must have lasted about ten minutes and it ended on a cordial note with the caller never getting around to delivering his sales message. Here the response to the call is with what

ACIM would call love as Keith was aware of the fact that the caller was only trying to earn a living and respected him as a fellow human being, with the result that both parties felt better as a result of the call.

Possibly the greatest example of one who never attacked anyone was Jesus of Nazareth, because he showed unconditional love to all he came in contact with. He was therefore incapable of attacking anyone, even those who were about to cause his death. This is why it difficult to believe the narrative in the New Testament, such as in 2 John, where it is stated that Jesus attacked money changers in a temple. "He made a whip of cords, and threw all out of the temple, both the sheep and the oxen; and he poured out the changers' money, and overthrew their tables. To those who sold the doves, he said, 'Take these things out of here! Don't make my Father's house a marketplace!'" Firstly it was completely against his nature to act like that and secondly he did not regard a building as a where God resided but "God that made the world and all things therein, seeing that he is Lord of heaven and earth, who does not dwell in temples made with hands." ~Acts 17:24.

In our Search for God journey there are three elements that are required to guide us along the way. These elements are knowledge, awareness and understanding. It is the knowledge that we acquire about ourselves and our relationship to God and our fellow travellers that makes us aware of our errors in thought and judgements. This knowledge and awareness allows us to correct our errors and overcome our shortcomings and to gain understanding

so that we can communicate with others with love rather than attack.

FROM A COURSE IN MIRACLES

"If you attack error in another, you will hurt yourself. You cannot know your brother when you attack him."

"Attack is always physical. When attack in any form enters your mind you are equating yourself with a body, since this is the ego's interpretation of the body. You do not have to attack physically to accept this interpretation. You are accepting it simply by the belief that attack can get you something you want. If you did not believe this, the idea of attack would have no appeal for you. When you equate yourself with a body you will always experience depression. When a child of God thinks of himself in this way he is belittling himself, and seeing his brothers as similarly belittled. Since he can find himself only in them, he has cut himself off from salvation."

"To communicate is to join and to attack is to separate. How can you do both simultaneously with the same thing and not suffer? Perception of the body can be unified only by one purpose. This releases the mind from the temptation to see the body in many lights, and gives it over entirely to the One Light in which it can be really understood. To confuse a learning device with a curriculum goal is a fundamental confusion that blocks the understanding of both. Learning must lead beyond the body to the re-establishment of the power of the mind in it. This can be accomplished only if the mind extends to other minds, and does not arrest itself in its extension."

BDA ΩΩΩ

PART II
SECOND LESSON
Born of the Virgin

We were discussing the journey of spirit through matter and its goal. This knowledge is valuable to students at your stage of evolution. You have learnt the truth of Being, your high calling, and some of the first steps in the great path. When a traveller is going into a strange country he is sometimes brought to a seeming stop by huge tracks of forest land, tremendous rivers, and mountainous heights. The spiritual life up to the present has been one shared with others of like thought and habit as yourselves. Some of you are seeking father on, and this means that you are called as Abraham was, alone and in faith. Only the called see the burning bush and hear the great I AM. One of the obstacles we want to help you to overcome is the mystery of the incarnation, or, as we stated at the first – the journey of the spirit. To woman and to woman alone came this understanding, and it will again be revealed to the feminine in the new age. Woman is having her true place in revelation and prophecy, and to woman shall the great mystery be made known.

You have learnt through previous lessons that there is perfect unity between God and man. This consciousness is slowly dawning over the whole earth. Now, only by keeping this truth in mind can you comprehend our lesson. Even as God and man are one, so also there must of necessity be one only, and in this one is the all, manifesting through every channel. God is the two in one, of both natures, ever self-creative, and the ultimate end of our race is unity. All life was symbolised by the life of

Jesus Christ in every particular. He came of the perfect unity of the two natures. Mary symbolises this truth, and here we would say – lest any err by worship, or undue adoration of type or personality – that Mary was the body of flesh used for this holy manifestation, for the teaching of the world, and not because of her separate worth. Seeing that the outer self is a separation, it cannot be known as the complete Self.

The race is rising to the knowledge of the purity of God, the sinlessness and love, wherein is harmony and some here and there are learning that the age of passion, desire, and lust is passing away. There is stealing over men's hearts the love-nature of God. It is through our love-nature that we learn the complete allness of God. He is making of the twain one flesh; this is the marriage of the two natures. Jesus Christ was born directly from the two in one – as He willingly chose to take up the life on earth, from the beginning. In every way He stands for our race – man. Yes, Jesus was God incarnate, and we shall be like Him. He was creative, His seed is in all, the holy child must first be born in you ere you can comprehend the mystery. Life is a spiritual essence. Birth is a spiritual fact, invisible at present to mortal eye. Jesus of Nazareth was God-Man, coming by the path of one body of flesh.

Let us make quite clear that God has always been manifest in the world. The coming of Jesus was the symbol of the supreme wholeness and perfection of man by Christ of God. Learn by this wondrous life the love of God and the great unity. I and the Father are one.

When you have risen out of your consciousness of sin, suffering and pain, false belief in separateness, and know in leaving it like a worn out garment, rising your heart that God is All in All, then and into pure life, renewed and regenerated. then only, will you slide out of the false **ΩΩΩ**

FROM HERE AND THERE

Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behaviours. Keep your behaviours positive because your behaviours become your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny.

Mahatma Gandhi

You may believe that you are responsible for what you do, but not for what you think. The truth is that you are responsible for what you think, because it is only at this level that you can exercise choice. What you do comes from what you think.

A Course in Miracles

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.

Margaret Mead

When the power of love overcomes the love of power the world will know peace.

Jimi Hendrix

If I have the belief that I can do it, I shall surely acquire the capacity to do it, even if I may not have it at the beginning.

Mahatma Gandhi

The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.

Helen Keller ΩΩΩ

MEDITATION IS FOR EVERYONE



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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