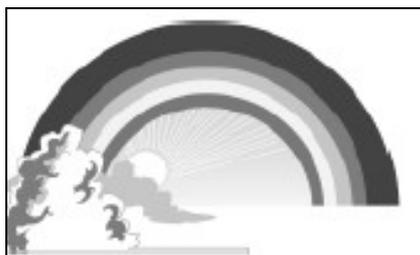


Journal on Personal and Spiritual Development



# The Rainbow Journal

## No. 48 – February 2012

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As the year is now well underway we may wonder what is in store for us at a time in which various sources have predicted major changes are afoot. We are reminded that one psychic stated that the purpose of prophecies was to warn us of dangers to come if we continue on the course we are now heading, so that we could amend our ways accordingly. For a prophecy to come true means it has failed in its purpose.

The Middle East continues to be an area of great conflict, principally because of much of the world's oil reserves are in

that part of the world and while interested parties are using words like 'democracy' and 'human rights' the real problem is their human greed which, if not checked, may lead us into a most devastating war. We must all pray that this war to end all wars – and much of humanity – will never happen.

On a brighter note to those in America: "Don't worry about the world coming to an end today. It's already tomorrow in Australia." - *Charles Schulz*  
**ΩΩΩ**

### **The Real Secret**

As we make our spiritual journey through life we often wish we could do more to live up to our ideals and in some way change the world for the better by helping others, particularly the sick and those who are suffering. We feel inadequate. How can we help others when we ourselves get sick and suffer? After all we have no healing powers or special abilities.

Part of the answer to this question may be found in the book 'Christ in You': *"Do you desire health of body? Let us teach you how to obtain it, the true way. You begin at once to send out healing currents to someone in a lower condition than yourself, and immediately you have made a pathway by which your own shall come to you. Your first thought, I see, is how can I heal when sick myself? The first time you try it, you will understand that the very effort of faith required is the beginning of your own healing, and the larger love going out to others doubles your own joy in the long run. True getting is always by way of sacrifice. This is a simple thing to know, but is the key to all healing, of mind, body, or*

*estate; for all you have truly given you will receive double,*

By sending out healing vibrations to others the Law of Reciprocity kicks in, which, put simply, means: "As you give, you will receive". But that still does not answer the problem of our lack of powers. When we read the New Testament we find that even Jesus himself admitted his own human limitations when he said *"I of mine own self can do nothing"* (John 5:30). He knew that the powers within him were no greater than the powers within those around him. So how did Jesus accomplish what he did?

In a previous Rainbow Journal article we used the analogy of a tap or faucet to describe how the Law of Reciprocity applied on a spiritual level. We are like a faucet or tap which is a device for controlling the flow of liquid through it. It cannot get liquid while keeping what little liquid that is inside it. It can only get more liquid by being turned on so that it can give out the liquid it has and more liquid will flow into and through it. The more liquid it gives out, the greater amount of liquid it

will receive. Another analogy is that of a power switch. The switch itself possesses no electricity but is the medium through which electricity, originating in a great power house, can flow and be directed to where it is required.

We know that there are various forms of energy, such as electricity and atomic, but perhaps the greatest energy of all is that spiritual energy the emanates from God. It is that energy which created the universe and the energy that has been made available to us so that we too can create. In fact in some readings Edgar Cayce equated God with that energy as in: “ a . . . manifestation of that Creative Force, that Universal Energy we call – you call – GOD!” and again: “Life then is the expression in the material forces of that Creative Energy we may call God, Lord, Father. All of these are one in their influence in our experience.” 1597-1

In life we are the switch which, for most of us, remains in the off position so that there we have no supply of spiritual powers or energy. We do, however have the ability to turn on this switch, allowing the source to direct its energy through us.

This is the ability or principle quoted many times in the Cayce readings when he referred to us as being potential ‘CHANNELS.’ Just as the faucet can be a channel for the supply of vast amounts of liquid, or a switch can turn power on, Jesus was the faucet or switch in using himself to be the perfect channel for the powers of God to flow through him. We too can become channels for these spiritual powers of love and blessing to others. It is not the limited amount of love within us that is all we can give but it is love from the limitless supply found in God directed through us.

So the real secret of spiritual

power, psychic abilities and gifts are found by making of ourselves channels to allow the the powers of God to work through us.

#### FROM THE EDGAR CAYCE READINGS

*"Here am I, O Lord, use me, send me! and may I seek only to do, to be a **channel** through which your blessings, your promises, may be fulfilled to my friends, my neighbours, those about me. others, lord, others!"* 5276-1

*"Lord, use me in the way and manner in which I may be a better **channel** and of a greater service to You in the earth, now."* 4023-1

*"How develop the psychic forces? So live in body, in mind, that self may be a **channel** through which the Creative Forces may run. How is the current of life or of modern science used in the commercial world? By preparing a **channel** through which same may run into, or through, that necessary for the use in the material things. So with the body mentally, physically, spiritually, so make the body, the mind, the spiritual influences, a **channel** - and the natural consequence will be the manifestations."* 5752-2

*"The awakening, then, must come from within; here a little, there a little. Each soul, each body, that is preserved unto Him as a **channel** of blessings has received and does receive that within itself which makes for the greater abilities for awakening within the hearts, minds, souls and bodies of the young . . ."* 5747-3

*"In the present do look within self. Walk closer with Him in the garden. Make your own heart and mind one with Him in purpose, in ideals. For His ideal, 'Be ye perfect even as my Father in heaven is perfect.' Through*

*His promise you may accomplish this; not of self, for even as He said, of ourselves we can do nothing. Only as His spirit may work in and through you, making then yourself a **channel** that others may come to know Him also.*  
3344-1

(Q) *How may I best develop myself spiritually?*

(A) *“Through prayer and meditation. Turn ever to Him for as He has given, practice daily the love of the Christ. For as He gave, 'A new commandment I give unto you, that ye*

*love one another.' Then manifest that in every way. Let everyone that you meet be happier for having met you, for having spoken to you. This you can do by spreading joy. This is the manner to unfold, to develop. Then in your meditation, present yourself as a willing **channel**, to be as the hands, as the eyes, as the voice of your Master.”* 3416-1

*You are the **channels** through which the divine will and energy manifests its one self. (Christ in You).  
BDA ΩΩΩ*

## The Commandment Of Love

Two regular topics in the Journal have been Love and God. In some ways these are very different subjects yet God has been equated with love and in his readings Edgar Cayce stated many times “God is Love.” So in that respect we may be discussing the same thing. If Cayce is correct in what he is saying perhaps the commandments as given by Jesus in Mark 12:30 and other gospels should be more correctly interpreted by omitting the word 'God' so that it would read: “You shall love with all your heart, and with all your soul, and with all your mind, and with all your strength.” If Christianity would adopt this as its central commandment perhaps the whole nature of the Church would change – by focussing on Love rather than God. Instead of being concerned with culling favour with *our* God, Christians would be concentrating on fulfilling the commandment to Love and Love, by its very nature is universal, so cannot be confined to any particular religion, race or nation.

What a different world it would be if we did that! Instead of trying to avoid the sins against God such as blasphemy

and heresy or obeying any particular religious doctrine we would be busy trying to express the love that can flow through us. We would no longer look down on non-believers and those of other religions. There would be no atheists, heretics, infidels, pagans, heathens because love does not distinguish. There would be no 'chosen', only those that practise the commandment and those that do not. At Sunday schools teachers would be instructing children on how people can live together in a loving way, while church sermons would be drumming into us over and over again the necessity for us to obey the commandment to love our neighbours.

Over time this new religious focus would rub off on many areas of our lives, affecting all sections of society. Perhaps bankers, stock market players, and business leaders would be drawn into the spirit of love and their prime concern would shift from making more and more money to focussing on the welfare of their customers. Politicians would be judged on how compassionate and loving they were rather than how they could

somehow make our nation safer from our neighbours and how much more money they could put in our pockets.

Even our school curriculum would change with the inclusion of subjects on the universal nature of love, improving human relationships and understanding – not only love of one human to another but also love of nature, our environment and life itself (which is the physical expression of God). At university the discipline of theology would be replaced by love-ology, A world where our prisons were a place where inmates would receive loving guidance and direction from caring counsellors rather than being places of revenge and punishment.

We may not be able to change the world but each one of us can change the way we view the world and set ourselves up as examples of how we should live this life on earth, obeying the love commandment.

### **From the Edgar Cayce readings**

(Q) What is the law of love?

(A) *Giving. As is given in this injunction, "Love your neighbour as yourself." As is given in the injunction, "Love the Lord your God with all your heart, your soul and your body." In this, as in many, we see upon the physical or earth or material plane the manifestations of that law, without the law itself. With any condition we find as this, which is the manifestation of the opposite from law of love. The gift, the giving, with hope of reward or pay is direct opposition of the law of love. Remember there is no greater than the injunction, "God so loved His Creation, or the World, as to give His Only Begotten Son, for their redemption." Through that love, as man makes it*

*manifest in his own heart and life, does it reach that law, and in compliance of a law, the law becomes a part of the individual. That is the law of love. Giving in action, without the force felt, expressed, manifested, shown, desired or reward for that given. Not that the law of love does away with other laws, but makes the law of recompense, the law of faith, the law of divine, with the law of earth forces, if you please, of effect, not defective, but of effect. So we have love is law, law is love. God is love. Love is God. In that we see the law manifested, not the law itself. Unto the individual, as we have given then, that gets the understanding of self, becomes a part of this. As is found, which come in one, so we have manifestations of the one-ness, of the all-ness in love. Now, if we, as individuals, upon the earth plane, have all of the other elementary forces that make to the bettering of life, and have not love we are as nothing - nothing. 'Though one may have the gift of prophesy, so as to give great understanding, even of the graces in Hope, in Charity, in Faith, and has not the law of love in their heart, soul, mind and though they give their body to give itself for manifesting even these graces, and has not love they are nothing.' In many, many ways may the manifestations of the law of love be shown, but without the greater love, even as the Father gives, even as the soul gives, there is no understanding, and no compliance of the forces that make our later law to this, of effect. 3744-5*

*So we have LOVE is LAW, LAW IS LOVE. GOD IS LOVE. LOVE IS GOD. In that we see the law manifested, not the law itself. 3744-5 BDA ΩΩΩ*

## The Triple-Filter Test

In ancient Greece, Socrates was reputed to hold knowledge in high esteem. One day an acquaintance met the great philosopher and said, "Do you know what I just heard about your friend?"

"Hold on a minute," Socrates replied. "Before you talk to me about my friend, it might be good idea to take a moment and filter what you're going to say. That's why I call it the triple filter test. The first filter is Truth. Have you made absolutely sure that what you are about to tell me is true?"

"Well, no," the man said, "actually I just heard about it and..."

"All right," said Socrates. "So you don't really know if it's true or not. Now,

let's try the second filter, the filter of Goodness. Is what you are about to tell me about my friend something good?"

"Umm, no, on the contrary..."

"So," Socrates continued, "you want to tell me something bad about my friend, but you're not certain it's true. You may still pass the test though, because there's one filter left—the filter of Usefulness. Is what you want to tell me about my friend going to be useful to me?"

"No, not really."

"Well," concluded Socrates, "if what you want to tell me is neither true, nor good, nor even useful, why tell it to me at all?" - *Anonymous* ΩΩΩ

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## Love: A Paraphrase of 1 Corinthians 13

If I talk a lot about God and the Bible and the Church, but I fail to ask about your needs and then help you, I'm simply making a lot of empty religious noise.

If I graduate from theological seminary and know all the answers to questions you'll never even think of asking, and if I have all the degrees to prove it and if I say I believe in God with all my heart, and soul and strength, and claim to have incredible answers to my prayers to show it, but I fail to take the time to find out where you're at and what makes you laugh and why you cry, I'm nothing.

If I sell an extra car and some of my books to raise money for some poor starving kids somewhere, and if I give my

life for God's service and burn out after pouring everything I have into the work, but do it all without ever once thinking about the people, the real hurting people—the moms and dads and sons and daughters and orphans and widows and the lonely and hurting—if I pour my life into the Kingdom but forget to make it relevant to those here on earth, my energy is wasted, and so is my life.

Here is what love is like—genuine love. God's kind of love. It's patient. It can wait. It helps others, even if they never find out who did it. Love doesn't look for greener pastures or dream of how things could be better if I just got rid of all my current commitments. Love doesn't boast. It doesn't try to build itself up to be something it isn't. Love doesn't

act in a loose, immoral way. It doesn't seek to take, but it willingly gives. Love doesn't lose its cool. It doesn't turn on and off. Love doesn't think about how bad the other person is, and certainly doesn't think of how it could get back at someone. Love is grieved deeply (as God is) over the evil in this world, but it rejoices over truth.

Love comes and sits with you when you're feeling down and finds out what is wrong. It empathizes with you and

believes in you. Love knows you'll come through just as God planned, and love sticks right beside you all the way. Love doesn't give up, or quit, or diminish or go home. Love keeps on keeping on, even when everything goes wrong and the feelings leave and the other person doesn't seem as special anymore. Love succeeds 100 percent of the time. That, my friend, is what real love is!

David Sanford - ΩΩΩ

## HEALTH

### Almonds

In his many readings dealing with health diseases and ailments Edgar Cayce recommended many common foods, found in our supermarkets and fruit and vegetable shops, to be part of daily diets. The advantage of eating these natural foods rather than taking nutrition supplements or prescribed pills is that there are cheaper, rarely have any side effects and often are more effective because of the combination of the various vitamins, fats and minerals found in these foods.

One common nut mentioned in 46 readings was the almond. The use of almonds was mostly concerning with diet but also with regard to skin lotions and treatment as well as a preventative of cancer. There were references to specific nutritional properties of almonds e.g. *"The almond carries more phosphorus and iron in a combination easily assimilated than any other nut."* (1131-2). In the case of a pregnant woman they were suggested as a substitute for milk as a source of calcium. Almonds were also recommended as a good source of vegetable fats for people on a meatless diet.

In three readings there are specific

references to almonds being a preventative for cancer:

*"And know, if you would take each day, through your experience, two almonds, you will never have skin blemishes, you will never be tempted even in body toward cancer nor towards those things that make blemishes in the body-forces themselves."* 1206-13

*". . . if an almond is taken each day, and kept up, you'll never have accumulations of tumours or such conditions through the body."* 3180-3

*"Those who would eat two to three almonds each day need never fear cancer."* (1158-31)

Several readings mention almonds as a constituent of a skin lotion, in the treatment for acne, sunburn and skin blemishes.

So, unless we have an allergy to nuts it would be well to include them in our diets. I was introduced to them by my colleague (Olive Bell) three years ago while in Australia, where I was given two almonds on my plate each morning at breakfast. Unfortunately I broke a false tooth with one of the nuts so now I grind them in my food processor and each

morning spread a tablespoonful of the *BDA ΩΩΩ*  
ground almonds on my cereals.

## CHRIST IN YOU

### PART II

#### EIGHT LESSON -

#### Unfoldment From Within

The soul has entered your present body so that it may express God's meaning through this medium, also because the soul has need of certain experiences. The body, too, must be rightly valued, seeing it exists for a divine purpose; but it is only of value when it takes its true place in the divine order. The soul is the sheath of the spirit, the clothing of man, who is for a time veiled in flesh.

Man becomes God-like only through experience and discipline. This can be understood in your present period of life by the comparison between an innocent, happy child and a happy, ripe old age; the one is ignorantly happy and the other has matured and unfolded through knowledge and suffering. Both are happy, but the difference is very great. Your present earth experience is the most beneficial state for your present healthy development.

The mind functions from the soul. Before man awakes to self-knowledge the sense mind has ruled. All the cells of your body have their centre, their mind; the grey matter of the mind is not the only centre for the sensation of mind. When ruled by the Christ mind they are flooded by the great intelligence in every part, each doing its work perfectly. But the soul of man awakes in a body that has formed a kingdom of its own, and a warfare begins. This is the very period of your life at which I would help you; we call it the transitional, and it is a time when you need all your faith and hope, for the body is so frequently unable to

respond to the new king, and seems for a while to fail. Have faith: believe me, it is true that once you have passed this stage you gain what you will never lose; you also rise into a higher cycle, and have opportunities for greater work.

It is at this very point that, from being a healthy, uncivilised man, you become the spiritually healthy God-Man. You fail perhaps to become your ideal at once, but you will surely win. Obey the highest within you, and never let the sense mind rule you. For this reason I say that you cannot believe in what you see; you are conscious that you are about to manifest all things anew. This is a slow process, since false thinking has brought about false conditions. As an illustration, melancholy or depression causes acidity in the blood, and can only be cast out by its opposite – joy and hope. Remedies from without can do good for a time only. The inner man should be daily renewed by spirit, the only reality. It is not meet that the last shall be first. Spirit rules. Love and harmony should prevail, not warfare and strife. Teach the body that its highest good is obedience to the Lord. Now you know enough to be able to say – Christ reigns in me.

Rise in harmony – spirit, soul, and body reaching the eternal consciousness, which is unchanging, holy. You have learnt that this is not the case with the lower self; the sense mind being changeable, evanescent, susceptible, to other influences, other minds. Now you are wholeness, true health and

unchanging thought. This is the path to the unity of the two worlds. Christ in you, bringing life and immortality to light. You will receive the inner illumination. You are learning what a glorious thing your unfoldment is, warmed into growth by the inner sun. The soul has a real work to do in your body through the mind of Christ. Rejoice that you have

burst the outer covering of the seed, that by an immutable law you must rise.

Sit in silence, and slowly repeat the Lord's Prayer. Its spiritual meaning will arise in you. For thine is the kingdom, the power and the glory. Amen, Amen, Amen.

*Anonymous* 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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