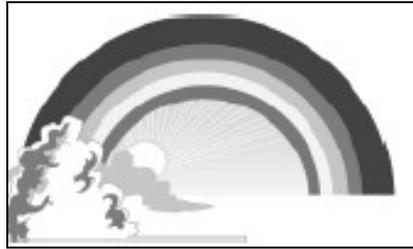


Journal on Personal and Spiritual Development



# The Rainbow Journal

## No. 56 – November/December 2012

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**FROM THE EDITOR**

Welcome to the last edition of the Journal for the year. With Christmas just around the corner most of our thoughts will be on choosing what gifts to buy for our families and friends, what menu to have for Christmas dinner and how we are going to pay for it all. Although Christianity has adopted 25<sup>th</sup> December

as the day to celebrate the birth of Jesus, it has become a time for all of us of all religions and beliefs to take time to reflect and adopt the Spirit of Christmas which is to express the joy of life and the love we have for each other. *Brian Alderson ΩΩΩ*

**A CHRISTMAS MESSAGE FROM EDGAR CAYCE**

*Delivered to the SFG study group nearly 70 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

## THE GOLD WRAPPING PAPER

Once upon a time, there was a man who worked very hard just to keep food on the table for his family. This particular year a few days before Christmas, he punished his little five-year-old daughter after learning that she had used up the family's only roll of expensive gold wrapping paper.

As money was tight, he became even more upset when on Christmas Eve he saw that the child had used all of the expensive gold paper to decorate one shoebox she had put under the Christmas tree. He also was concerned about where she had gotten money to buy what was in the shoebox.

Nevertheless, the next morning the little girl, filled with excitement, brought the gift box to her father and said, "This is for you, Daddy!"

As he opened the box, the father was embarrassed by his earlier overreaction, now regretting how he had punished her.

But when he opened the shoebox, he found it was empty and again his anger flared. "Don't you know, young

lady," he said harshly, "when you give someone a present, there's supposed to be something inside the package!"

The little girl looked up at him with sad tears rolling from her eyes and whispered: "Daddy, it's not empty. I blew kisses into it until it was all full."

The father was crushed. He fell on his knees and put his arms around his precious little girl. He begged her to forgive him for his unnecessary anger.

An accident took the life of the child only a short time later. It is told that the father kept this little gold box by his bed for all the years of his life. Whenever he was discouraged or faced difficult problems, he would open the box, take out an imaginary kiss, and remember the love of this beautiful child who had put it there.

In a very real sense, each of us has been given an invisible golden box filled with unconditional love and kisses from our children, family, friends and God. There is no more precious possession anyone could hold. *Fred Burks, Wanttoknow.info*

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## A GIFT FROM THE HEART

December is the busiest time of the year. Everyone's busy preparing for the holidays and continuing family traditions. Has it ever crossed your mind, as to how many really stop and think what Christmas is all about? Are we teaching our children the true meaning of Christmas or how many gifts need to be bought? If we have taught our children the true meaning of Christmas, what we've instilled in them will be carried into generations to come. I like to see families create traditions all year

long. After all, the original gift to all of us here on earth, was given from His heart. For through our hearts, one single gift of kindness, can touch an endless amount of hearts forever.

This is a story about a child that saw the importance of giving and never thought about giving up. Some may think a child isn't old enough to carry enough wisdom to teach us all a lesson in living. But I've learned a heart grows from life's many challenges and sometimes a child's challenges can be far greater than some

adults. We met a little girl seven years ago, during one of my daughter's occasional hospital stays. Her name was Beth and she was my daughter's room mate for a week. Beth was a very happy girl despite her medical problems she was facing. Her long blonde curls always seemed to bounce with her smile. The girls got to know each other well and had become good friends. On the paediatric floor of the hospital, we saw many seriously ill children. It was so sad, even though my daughter had an incurable kidney disease and not a very good chance of living to see old age herself. We always saw many children with all kinds of cancer, and sadly enough Beth was one of those children. She was doing two weeks of chemo and radiation. I was amazed at her will and determination to never give up despite how very sick her treatments made her. She was always concerned about my daughter and the other children with cancer she grew to know over her many hospital stays.

My daughter's I.V. treatments were done after a week and I was happy to finally bring her home. We were awaiting the final discharge orders when Beth appeared from the other side of the curtain that separated their beds. She said, "I want you to have this. I know you need a new kidney, so keep this angel pin with you till you get better. She will watch over you so you smile all over. My friend, John gave this to me to watch over me, but it's time for this angel to watch over you. When you get your new kidney and smile, you can give this angel to someone that needs her too. I'm done reading my book so here's my bookmark that has a poem on it called, Don't Quit!, I know it by heart anyhow." My daughter thanked her and the girls exchanged hugs and big smiles. I knew, we may never see Beth again, but we never forgot the gift

she gave from her heart that day. During that year, we found out Beth has passed away. It was so sad to know such a beautiful little girl was no longer bouncing smiles to everyone she would meet. Her sincere kindness will stay with us forever.

We kept that angel for six more years. My daughter had gone beyond what medical journals had studied and expected from her disease. Was it the angel watching over her or pure luck? My daughter ended up on kidney dialysis for over a year, and one month after almost losing her, a kidney became available and she received a transplant. My heart tells me, an angel upstairs was watching with a loving smile. My daughter had kept that angel pin and now she felt it was time to give it to someone who needed watched over till they could smile again. She gave it to an elderly man trying to overcome the damage from heart problems and undergoing extensive therapy. His family has informed us, that when he returns home he wants to give the angel to someone he knows suffering from a brain tumour.

How many families and hearts this angel has touched no one knows for sure. But all it took was one single gift of kindness, that has and will touch an endless amount of hearts forever.

So this Christmas season, look around and see that gift that can't be bought. Create a tradition with your children or maybe someone you love. Make someone's day and do the unexpected, let a friend know you care, or greet a stranger with a warm smile. Give the gift that keeps on giving. It's open twenty-four hours a day, three hundred and sixty-five days a year, it's a gift from your heart. After all, isn't that what Christmas is all about? *Bonnie*

**DIVINE GIFTS**

We humans are born with instincts. Our basic instincts are the same as other animals, the strongest of which is our instinct to survive. To survive we must acquire for ourselves the necessities for survival, such as food, clothing and shelter. There is nothing wrong with us thinking of ourselves when it comes to getting our necessities however there is a right way and a wrong way of getting. This is what the words of the Bible meant when it was stated "By the sweat of your brow you shall eat bread, until you return to the ground."

Thus the correct way to acquire our needs as ordained by God, is through 'the sweat of our brows" or *sacrifice*. To sacrifice in this respect means that we give something of ourselves in return for our needs. As the Bible quotation suggests the most common sacrifice we are to make is our labour, the sweat of our brows (whether mental or physical) . Nowadays most of us work for someone for part of each day in return for wages which in turn we use to purchase our needs.

The wrong way of getting what we want is by taking from others what we want without giving in return compensation equal to the value of what we have acquired. This improper acquisition could be by way of theft, deception, plundering, fraud, profiteering, etc. Even lending money for interest was a one time considered sinful and an immoral means of income. These wrongful acquisitions are covered in the broad definition of the eighth Commandment: "You shall not steal."

What we have been referring to here are *material* needs but we know that we, as humans, demand far more

than basic necessities to live a fulfilling life. As the Bible puts it so clearly "man cannot live by bread alone." To survive and flourish we all need love. We also need such things as peace, happiness, respect, feelings of self-worth, security and the absence of fear. How then do we acquire these positive feelings and attitudes? Here is the difference between acquiring things of the spirit as against worldly goods. We acquire spiritual gifts by giving what we want. This is a spiritual law related to the Law of Attraction.

By this Law of Attraction the universe operates through a dynamic exchange. We receive by giving out, like a tap, the more we give out the more that passes through us. As stated in the book "Christ Within": "Man's first instinct is self-interest, self-protection. Even in spiritual things you are constantly seeking to acquire for yourself. You require healing of the body, a rich mind, a true life. This is a God given instinct, and you are to get, but learn that to get is to give. The true law of giving is to benefit all, and thus you bring good to your Self; which, remember, is the great and only Self."

So by following our instinct of God-given selfishness we can acquire all those wonderful spiritual gifts and we do this by giving of ourselves, by giving those gifts we wish to acquire. In Galatians 5:22 the gifts of the spirit are listed as : "love, joy, peace, patience, kindness, goodness, faith, gentleness, and self-control."

What wonderful gifts these would be to give and receive this Christmas!  
BDA ΩΩΩ

## THE GOD OF RETAIL THERAPY

Could I be forgiven for thinking that Budgets are delivered at this time of year because it's part of the festive season and governments just want to bring us back to our senses before we engage in an orgy of spending?

Regarding recent letters concerning faith and the pros and cons of believing in a higher power or God, it all fades into insignificance when you look at the power of marketing over the Christmas period. Most people end up with things they don't require, over indulge in food and alcohol and are left with a feeling of "what was that all about" when Christmas Day is over.

Don't get me wrong, I absolutely love Christmas, it's a time for children, loved ones and family – but shouldn't every day be about children, loved ones

and family? Why do we need a particular day to celebrate these things? If that celebration only emphasises the material part of our lives, does it mean that we're not capable of giving and receiving this type of joy without self-indulgence?

Has mankind evolved to a point where happiness can only be measured by the God of Retail Therapy? Every year, the followers of this god increase their expectations, so that happiness will just be a transitory feeling, quickly replaced by the January sales or a yearning for a holiday in the sun.

Do you get a feeling that happiness is an unreachable destination? That's what retailing is all about – you, the consumer, must always feel inadequate.  
*Frank Cummins, Dublin*

## THE PURPOSE OF LIFE - HAPPINESS

Since time immemorial man has been asking the basic questions about our life on earth. Why we are here? What is a meaning in life? Why is there so much suffering in the world? It is in pursuit of the answers to these questions that form the basis of many religions. Perhaps more than any other religion, Buddhism is associated with happiness. The current Dalai Lama recently stated "I believe the very purpose of our life is to seek happiness." He said that in order to be a good person and a happy person, it's not necessary to practice Buddhism, or for that matter any religion, because neither is needed for virtuous states of mind such as kindness, love, respect for others and a desire to help them on their personal journeys.

According to Buddhist thinking, happiness and sorrow are our own responsibility – and completely within

our control. True, long term happiness can be achieved through training the mind. Buddhism teaches that the way to happiness is to pursue the activities that lead towards happiness and avoid the practices that cause suffering. A very important doctrine in Buddhism related to this is in the inter-connectedness of all human beings, similar to the principle of one-ness as expressed in the Edgar Cayce readings. Because of this inter-connectedness we are all affected by each others actions so that we must be careful and take into account the effect our activities have on others to ensure that the actions not only bring happiness to ourselves but also to others. We cannot achieve personal happiness if our activities cause others to suffer.

There are many components to the understanding of the source of happiness and the avoidance of suffering. In

particular the searcher is required to develop compassion, which is a fundamental virtue in the Buddhist religion. Other virtues that are required are kindness, tolerance and forgiveness. One is to avoid anger and hatred if lasting happiness is to be achieved. By developing these inner virtues and the avoidance of negative emotions inner happiness can be sustained despite negative conditions surrounding us.

Christians may hold that our purpose in life is to serve God by obeying His commandments. It is through the love of God we experience the Christian version of happiness - 'Christian Joy.' The 15<sup>th</sup> century mystic, Julian of Norwich wrote, "The greatest honour that you can give to Almighty God, greater than all your penances and sacrifices and mortifications, is to live joyfully because of the knowledge of His love."

This joy was said to be the by-product of a deep faith and trust in God. Pope Benedict said "the mystery of Bethlehem reveals the God-with-us, the God who is close to us, not only in a spatial and temporal sense... Christian joy therefore arises from this certainty."

In his readings Edgar Cayce stated "*...the pursuit of happiness, - not of indulgence or of aggrandizement of the desires of appetites, but happiness in the freedom of serving a living God according to the dictates of the own conscience.*" 1977-1. Cayce referred to the difference between transient pleasure and true happiness "*think ... on the difference between Pleasure and Happiness. It is like the spiritual and the material...*" 262-111

Edgar Cayce gave a number of readings to the Virginia beach first study group on the subject of happiness. They

are all in the readings numbered 262 and the following are some extracts.

*Only when one has lost sight of self, in the appreciation of the love, beauty and hope in the Creative Forces and their activity, may one indeed know Happiness.*

*To illustrate: The road to Gethsemane, to the minds of those who look upon their own Gethsemane, was as a road of thorns; the perspiration, the sweat of blood and all appear anything but Happiness - yet the kind words spoken, even on the way to Calvary, were indeed those that brought Happiness. And as there were the words from the Cross, these - though filled with all of the horrors of spite, fear, by the very activities of others - were such as to bring Happiness into the hearts and minds of those who seek to know His Way.*

*Happiness, then, is of love divine; manifesting in the experiences as one gives a cup of water in His name, that may bring much greater Happiness than to he that takes a city, or to he that rules even a nation. You each are endowed, to be sure, with power only from one source, but to know Happiness - then - is to do the biddings of the Father; or as He gave, "If you love me, keep my commandments - they are not grievous - "*

*Happiness is abiding in the Infinite love. Then to each individual here there comes the necessity of making Infinite love compatible with the material surroundings day by day.*

*Happiness then is knowing, being in touch with, manifesting in the daily life, divine love.*

*For it is only those who know divine love that know Happiness.*

## BLESSED ARE THE MEEK

When we use the word 'meek,' we often associate it with rather negative depictions of people showing weakness in one form or another. If the word is used in reference to a man we may associate it with a male who is hesitant, a bit of a wimp, who is unassertive and retiring. With a female it may be associated with a woman who is submissive, subservient and unresisting.

Given these descriptions one would wonder why Jesus should consider that these people should inherit the earth. The answer is that Jesus was referring to the positive qualities of meekness which, rather than denoting weakness, require a strength of spirit. These positive qualities include forbearance, tolerance, modesty, gentleness, patience and above all, humility.



Humility does not mean looking down on oneself or thinking ill of oneself, rather it really means not thinking of oneself very much at all. The humble are free to forget ourselves because we are secure in that we accept the fact that, as humans, we are small and vulnerable. Yet we know that we have been made in the image and likeness of our Creator. Thus we have a spirit which is indestructible That gives us a dignity that we don't have to earn and can never be taken away. So when we mess up, we don't have to cover it up. We just say "please forgive me," give thanks for God's

mercy, and move on. And when our creaturely limitations cause us to fail, we are not surprised.

We also accept that because we are human suffering is part of our life. The secure part of us is in the knowledge that, while the flesh is weak and that we can never be physically secure, our spirits are indestructible. Once we accept this fact and be willing to be physically vulnerable we will be walking along the same path as Jesus, we will be obeying his charge to 'follow me.' Jesus never carried a single weapon, never a single item in which he could use to defend himself even though he had many enemies who were out to silence him. Did he ever show concern over his security?

Since we are indestructible spirits we have nothing to prove, we don't have to flaunt our strengths or use them to dominate others. Humility leads to meekness. And meekness is not weakness. Rather, it is strength under control, power used to build up rather than tear down. The humble are not threatened either by God's greatness or the reflection of that greatness in the talents and strengths of others. In fact, this is what naturally catches our eye and absorbs our attention – the goodness of God, wherever it may be found. .

One of the difficulties in our accepting our vulnerability is in the denying of our underling human weaknesses. This is a foolish cultural attitude because the reality is that as individuals, as nations we are all weak. We all have imperfections, problems, neuroses, failures and shortcomings and attempting to hide these is to deceive ourselves. It is amazing how humility and the admission of our weaknesses and errors disarms others. If we only

accepted this and acted on the fact we would not need to spend so much time and money on defence. We could spend more time extending the hand of friendship to our fellows rather than extending a hand with a gun at the end of it.

The reason the humble ones take the last place of honour at the table is not because they think ill of themselves, but because they are preoccupied with honouring others. And the reason people ask them to move higher is because they know this admirable attitude is rare. The humble are the people who can truly listen to another with genuine interest and delight in the other's goodness. The humble are the people who give us their undivided attention and make us feel special and appreciated. We love to have the humble around. We love to work hard for them and cheer when they are honoured.

Humility like all virtues must be constantly worked on. Perhaps the affirmation at the end of this article could form part of our daily prayer and meditation session.

From the Edgar Cayce readings

*Be patient, all. For all will pass through, in material experience, the greatest bounty of all. When you fail here or there, you must learn your lessons. Humility, patience, faith. These make for the proper relationships, of the Mind; that is the builder for the Body, for the Soul. 262-89*

*Beware, though, of expressions in the temper, or in the power of the body physical or mental over the weak for the urge often comes to exercise such. Never turn same for self's own interest, for - as will be seen through experiences in the earth's plane - much may be lost through aggrandizement of selfish motives. Little of self is held in esteem above others, would there be **humility***

*and the contrite [heart](#) before the creative forces that give - give - to others that the understanding of relations between men as men, or man's relation to the creative forces - for in selfishness is the greatest plague, the greatest hindrance, the greatest barrier towards man's own development. Hence beware of association or the contact of self towards those who would give their own bodies and souls for position, power, fame, or monies.165-2*

*Do not allow self to become cold, even as the church, but rather let the simplicity of the service be done day by day through the knowledge that His love, His promises abide; for there is power in the Name, there is strength and glory to those that are faithful, there is the abiding hope to all that come in humbleness seeking even as He, "Not my will but Thine, O God, be done in me." There is no power, no strength, save in Him. That puny strength man may assert in the power of his own manhood is but the shadow of that shown by Him, in the ways that lead to the thoughts of everyday action. 262-33*

*Not in selfishness, not in grudge, not in wrath; not in any of those things that make for the separation of the I AM from the Creative Forces, or Energy, or God. But the simpleness, the gentleness, the humility, the faithfulness, the longsuffering, patience! These be the attributes and those things which the soul takes cognizance of in its walks and activities before men. Not to be seen of men, but that the love may be manifested as the Father has shown through the Son and in the earth day by day. Thus He keeps the bounty, thus He keeps the conditions such that the individual soul may - if it will but meet or look within - find indeed His Presence abiding ever. 518-2*

*Let thy meditation, thy prayer*

ever be: "Father, God! In that Thou hast given to me the Christ Consciousness, may I - in my daily walks before my fellow man - manifest the spirit of the Christ Consciousness." 262-118

## OVERCOMING FEAR

When considering the question of what causes fear psychologists will answer that it is an instinctive emotional response to any perceived threat. We are confronted by a wild animal, so fear that we will be attacked and possibly killed. A very natural response. One may therefore be surprised at what Edgar Cayce describes as the cause of fear.

(Q) Clarify and explain the cause of fear and tell us how one seeking to awaken the soul forces may conquer same.

(A) "Self awareness, selfishness, is that which makes men afraid. The awareness of the necessities of the carnal forces in a material world seeking their gratification. Do you not know not that whether you live or die you live or die in the Lord?" 262-29

When considering this answer we may understand that it does not refer to the instinctive automatic response to danger such as the confronting of a wild animal. Rather it is being afraid of what is going to happen to us in the future. We are afraid of the consequences of our actions and particularly when we do not live up to our ideals. Each of us has an ideal or standard against which we evaluate our actions, feelings, and interpersonal relationships. We may not consciously acknowledge this ideal, and it may not be a very "high" one at that, nevertheless, we all carry some internalised criterion for measuring the quality of our lives. When we live according to this ideal we experience

consistency and harmony. But when we go against its urgings, usually by giving in to selfish whims, we experience indecision and doubt, an unstable position which tends to promote a fear reaction. As a readings say, "Fear is ... the fruit of indecisions respecting that which is lived and that which is held as an ideal. Doubt is as the father of fear." (538-33) So through our selfishness, we suffer disharmony between our life style and our ideal, and we begin to doubt, and then by doubting we engender fear.

The readings regard doubt and fear as inseparable, each feeding upon the other. However, we distinguish between the two by regarding doubt as the *mental attitude* which arises from an inconsistency between one's life style and one's ideal. Fear, on the other hand, can be regarded as the *emotional response* of the body to the doubt.

The readings consider fear to be the greatest deterrent to physical and psychological health: "... fear - is the greatest drawback in the proper development of any well-balanced normal individual," (554-3) "Fear is the greatest destructive force to man's intelligence." 1-101 Not only is fear regarded as the most undesirable emotion that one can have, but it, along with doubt, constitutes the only real limitation to the actualisation of our fullest potential: "One only limits self by doubt or fear." (2574-1)

Many people were told in their readings that fear was at the root of their physical illness: "... it is fear of the

*material conditions that wrecks the material body.*" (2564-85) This principle parallels recent findings in the field of psychosomatic illness.

The basic recommendation given in the readings for overcoming fear is to clarify the ideal, or the "right path," and then to follow it devotedly: *"For when you are sure of the right path and follow it, you do not fear."* (2560-1) Once such an ideal is established, there are several day-to-day practices that can help one overcome fear. One exercise recommended on numerous occasions was to fill the mind with the thought of the Christ, His love and His fearless sacrifice. More specifically, people were urged to contemplate the resurrection. *"There should be the reminding that although he bowed under the burden of the cross, although His blood was shed... He broke the bonds of death..."* (5749-13) A variation of this exercise is to mentally surround oneself with the presence of the Christ. *"Surround thyself ... with the consciousness of a walk and talk with Him, and ... fear will be no more."* (3161-1)

Several other efforts for overcoming fear were suggested. Some persons were encouraged to seek the ridiculous – yet funny – side of every experience in order to counteract fear. On other occasions meditation and prayer were recommended, along with reading the 14<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup>, and 17<sup>th</sup> chapters of the

Gospel of John.

Perhaps the most strongly recommended antidote for fear was service to others: *"Let that which causes doubt or fear be taken up in the willingness, the desire, to be of help to others."* (69-4) *"Let fear ... be lost in your service to others for His name's sake."* (281-61)

FROM THE EDGAR CAYCE READINGS *"For perfect love casts out fear, and fear can only be from material things that soon must pass away. And thus hold to the higher thought of eternity, for life is a continual experience."* (1175-1) *"When fear of the future occurs, or fear of the past, or fear of what others will say – put all such away with this prayer – not merely by mouth, not merely by thought, but in body, in mind, in soul say: 'Here am I, Lord – Thine! Keep me in the way you would have me go, rather than in that I might choose.'"* (2540-1) *"Fear is the root of most ills of mankind, whether of self, or of what others will think of self, or what self will appear to others. To overcome fear is to fill the mental, spiritual being, with that which wholly casts out fear; that is, as the love that is manifest in the world through Him who gave Himself the ransom for many. Such love, such faith, such understanding, casts out fear. Be not fearful; for that which you sow you must reap. Be more mindful of that which is sown!"* (5459-3) BDA

## LAUGHTER - THE BEST MEDICINE

Maria went to the Post Office to buy stamps for her Christmas cards. "What denomination?" asked the clerk. "Oh! Good heavens! Have we come to this?" said Maria, "Well give me 50 Methodist and 50 Church of England

ones please."

Why do we observe Christmas?" asked the Sunday school teacher. Lucy thrust her hand up and replied "To celebrate the birth of Santa Claus!"

**CHRIST IN YOU****PART III****SEVENTH LESSON****The Creative Energy**

It is the silent, creative great One, dwelling in the abyss of each, in whom we live and have our being. I am being taken within the centre of life. Again I am in the centre of power, but this time I remember that I have always been. The process of creation is always present; it is not a past series of events. There is no sense of past or future, but a continuous present. I have already described the great, silent energy and the lack of colour and sound when in the centre, but tis time the desire of life is upon me, the sense of lack. I desire beauty and colour. I am the positive one, and the virility and strength of the atmosphere around me lacks its opposite.

With the desire I will, and soon the will, which is the producer, directs my forces. There is a great power about me. I am surrounded by a great arc of light, and I become conscious of a heart within myself. I love, I will! The arc, which was of a varying shade of gold, slowly becomes roseate and glowing; the electrons of light are no longer colourless, but softened and shaded by pink. Love expresses the beautiful in colour. I am answered in myself. I am both positive and negative, male and female; and out of this consciousness, beauty of form and shade seem born; yet as I write this I know tht perfection has always been, though I bring it into evidence by my will and desire. Colours surround me, and millions of shades

seem to evolve from three – red, blue and yellow. They harmonise and blend, and the place seems full of sound and form. I have desired, I have willed. The colours emit the sound, and soon I see the forms of flowers. These colours cannot be seen of the physical plane, though they are full of light and breath. As you see, this is extremely difficult to describe, as also for you to imagine, but the colours breathe and live, and are inter-related to sound and form. There seems no division between the moving shades and the appearance of elegant and delightful shapes. Truly I am in the place of beauty, which is born out of two in one. There is a sense of completeness, a harmony of many parts. The great energy is softened by beauty, and love is the breath of this life.

The teacher speaks. You could not bear this for long, and the meaning will unfold to you. One single drop of dew contains what you have seen with the eye of the soul. The creator is in the atom. Yes, truly, the whole of God is in the blade of grass. By this know that space is a meaningless word on the plane of being.

Everything is in the universal soul; the Christ mind alone comprehends. The one Self is creative, having both natures.

In heaven there is neither marrying or giving in marriage. This is the highest consciousness of Christ.



## LOVE



### 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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