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FROM THE EDITOR

The first article in this issue, "States and Events" had been sitting in my computer files for some times until I came across it again the other day. It was traced back to a book by Maurice Nicoll who was a colleague of Carl Jung and a student of both Ouspensky and Gurdjieff. His book, titled "Psychological Commentaries" expounded on the teachings of Gurdjieff on the 'Fourth Way' which was claimed to teach people how to increase and focus their attention

and energy in various ways, and to minimise daydreaming and absent-mindedness. According to this teaching, this inner development in oneself is the beginning of a possible further process of change, whose aim is to transform a man into what Gurdjieff taught he ought to be.

The second article "The Greatest Secret" by Peter and Esther reminds us of who we really are - creative spiritual beings. *Brian Alderson ΩΩΩ*

STATES AND EVENTS

Can you observe the difference between your own lives and life in general? What do you mean by the term my life - as when you say: "My life has been a happy life" or "My life has been an unhappy life"? Do you mean that outside things have been pleasant or otherwise, or inside things - that your moods and feelings and so on have been pleasant or otherwise?

You will agree with me that sometimes a person who is in a good external situation in life with enough money and with pleasant surroundings, and without any serious trouble, etc., is unhappy and miserable, and on the other hand that a person in very different and even adverse circumstances is often quite the reverse. Let us look at this situation more closely. What is one's life - this thing we talk of so glibly without seeing what it is? When people gratuitously wish to tell the history of their lives, what do they speak of? They speak of events, of other people, of external things. But one's life consists of two distinct things, which for the purposes of self-observation must be realized. One's life consists not only of events, but of states. States are inner and events are outer.

States are states of oneself, that is, inner states, such as bad moods, habits of worrying, habits of fear and superstition, forebodings, depression, on the one

hand, or, on the other hand, better states, states of feeling happy, states of enjoyment, and mercy. They are in oneself - that is, all states are states of oneself.

Events are external and come in to us from outside. Now one's inner state may correspond to an external event, or may be caused by it or may have no relation to it. But it is necessary to try to see that states and events are two different things, first of all, before thinking of how they may be connected together. Take, for instance, a pleasant event. Does your inner state correspond with it? Can you say for certain that when the outer event occurs your inner state corresponds to it? Say you know some desirable event is going to happen and you look forward to it. Can you say that when it does come about, your inner state can meet with it in a delightful way? Or will you admit that, though the event happens perhaps even as you hoped, something frequently is lacking? What is lacking? What is lacking is the corresponding inner state to combine, as it were, with the outer event that was so eagerly anticipated. And, as you probably all know, it is usually the entirely unexpected event that affords us our best moments.

Now let us take this idea - namely, the correspondence of inner states and

outer events. Unless we have in ourselves the right state we cannot combine rightly with the happy event - that is to say, something in us must exist to engage with and so enjoy the outer event. Yet people are very much inclined, in thinking of their lives, as I said, to believe that their lives are only outer events and that if a certain number of outer events of one kind or another have or have not happened to them, their lives have been unfortunate.

But a person's capacity for life depends on his inner development - that is, on the quality of his inner states. For internally, in regard to our states, lies the apparatus for living, and if this apparatus is, for example, swamped by self-pity and worries and other negative emotions, no matter how delightful the outer events, nothing can happen rightly, simply because the apparatus for living - that is, the person in himself - is quite unable to combine in a fortunate way with such events that come from external life that might give him some pleasure and delight.

A person may look forward to a trip abroad and when it comes about, it is an event. But he may be so mean, so careful about small unimportant things, etc., that the whole trip is nothing but a disaster. And in such a case it will be the man's inner state that is at fault. So if we ask ourselves what our life consists of, we cannot say merely of events, but that it consists far more of states.

Suppose that a man, whose chief love is to be pessimistic and melancholy and gloomy, complains to you that life is a bad business and not worth living, will you suppose that this is caused by a lack of suitable events or by the man's inner states, and will you be so silly as to think by arranging a nice party for him he will change? The disease is in the man himself, and how many people do you not observe every day who make their own life and the lives of others miserable

owing to their wicked inner states - and who, in fact, deserve imprisonment because they have not begun to see what their own inner lives really are and imagine life, as it is called, as being something altogether outside them?

Now in self-observation, try to distinguish between outer events and inner states and notice where you are standing both in relation to your inner state and to the nature of the outer event. Outer events are of any kind. Outer life is not a smooth sheet of paper that we are crawling over like ants. It is full of hills and valleys, of good weather and bad weather. This is the nature of life - but, as a rule, all events we take as exceptional, or at least unpleasant ones, are illness, war, etc. Life is a series of different events coming along, on larger and smaller scales, to meet you, and each event has its special nature. And inner states are again of every kind.

All personal work is about inner states and you have all heard of what wrong states one must work on and try not to identify with. If you work on these wrong states and try to separate yourselves from them, then the unpleasant events of life will not catch you, as it were, so easily, and draw energy from you. Events are influences changing at every moment in their various combinations, and some are better than others, but all have to be taken consciously, even good ones - at this low level, where we are in the universe - namely, on the earth and some of them are very dangerous and must not be identified with at all costs.

From what has been said, it will become clearer that one's life is more to be thought of as one's inner states and a true history of one's life would be a history of one's inner states and negative emotions especially.

To live anyhow in oneself - in this internal vast world accessible only to each person through individual self-

observation and always invisible to others - is the worst crime we can commit. So this work begins with self-observation and noticing wrong states in oneself and working against them. In this way the inner life becomes purified and since our inner life attracts our outer life, by changing our inner states, starving some and nourishing others, we also alter not only our relation to events coming from outside but even the nature of the events that come to us day by day. Only in this way can we change the nature of events that happen to us. We cannot change them directly, but only through changing states - that is, through beginning to put this disorderly house we live in into some order.

It is not the events of today that happened to you that matter - such as that you lost something or something went wrong or someone forgot you or spoke to you harshly, etc., etc. but how you reacted to it all, that is, what states of yourself you were in, for it is here that your real life lies and if our inner states were right nothing in the nature of external states could overcome us. Try therefore to distinguish, as an exercise in living more consciously, between inner states and outer events, and try to meet any outer event, after noticing its nature, with the right inner attitude - that is, with the right state. And if you cannot, think afterwards about it, first try to define the nature of the event and notice

if this kind of event often comes to you and try to see it more clearly in terms such as "This is called being late" or "This is called losing things" or "This is called receiving bad news" or "This is called unpleasant surprises" or "This is called hard work" or "This is called being ill".

Begin in this very simple way and you will soon see how different personal events, and so how in this respect one's outer life, are changing all the time, and what you could not do at one moment, you can at another. For events as it were are like the opening and shutting of doors. Then you will be able to see, in regard to the small events of daily life, what events are partly due to your own cause, and what are accidental, and so on. And then think about your state and with what state you usually meet some rather typical event and whether the state is, as it were, the right tool to use, the right ticket to offer, the right method to employ for that event. Towards very many events one has to learn to be passive, i.e., not react at all, not do anything. But to be passive demands a great inner activity of consciousness, to prevent any mechanical reaction taking place when the event, coming in as a mechanical impression, touches the purely associative machinery of mind and feeling which we mistakenly take as ourselves. *Psychological Commentaries - Maurice Nicoll* ΩΩΩ

THE GREATEST SECRET

The greatest secret in the world is that you and I are incredibly powerful and aware creators. We are immersed in and responsible for the creative process, which dictates the outcome of our individual and collective lives in every moment. We are spiritual beings having a human experience. Our world is exactly what we collectively design it to be - all of the time and that our universe operates as if we knew that we were powerful

creators. Our world expects that we know that what we think and say is what we create and what we get. God has not left us, but the reality is that we have left God! The time has finally come for us to wake up! The prerequisite for conscious creation is that we must have a strong belief if we are to be effective creators and that this strong belief is called "Faith."

The greatest secret in the world is

that you and I are incredibly powerful and aware creators. We are part of God and we participate in creation - as creation continues in every moment - with us responsible. Creation did not happen sometime in the past and then end, it continues right now.

The entire world is God. Everything there is - is God. The trees, the grass, the buildings, all of humanity are all part of God. A beautiful sunrise and a breathtaking sunset are part of God. The good folk as well as the terrorists are all part of God. Good and evil are part of God. There is no duality, no they and we; we are all part of One thing. We are all One. Everything and we are therefore part of God.

We are spiritual beings expressing and living as human beings with tangible, palpable forms. The spiritual realm we "come from" is an invisible world to us from our point of awareness. The spiritual entities that we are are invisible but none the less very "real."

The invisible spiritual realm is controlling. Everything that we can see in form from our human vantage point first proceeds from the invisible spiritual realm - from our thoughts. Spirit encompasses form; form is encompassed by spirit. Creation is the movement of spirit into form, the progression of the invisible to the visible, the progression of thought to form. We are spiritual beings having a human experience, not the reverse.

Each of us has an invisible aura of creative energy around us that we can call our spiritual realm or our God selves. It is this energy or Invisible Cause that we each express and emanate in every moment of every day of our lives. Although invisible, its effects are very, very real and visible all around us.

Our very world is as it is because of the creative process.

We are each powerful creative beings. We are creators of the physical

forms in our lives. We are also the creators of all the outcomes in our lives and in our world. What we think, say and believe is what we get. In spite of what we may wish it to be (because we wouldn't have to assume responsibility), our world is exactly what we collectively design it to be - all of the time.

Our universe operates as if we knew that we were powerful creators. It expects that we know that what we create is what we get. The universe doesn't know that many of us don't yet understand that it is all up to us! Many of us still want to blame the situation in the world on someone else (like the terrorists!) or on God somewhere "out there.") Some of us ask why God has "left us" to a world that doesn't seem to work for us when the reality is that we have left God!

The time has finally come for us to wake up! We might just as well become consciously aware that we are powerful creative beings and get good at it because we haven't done such a hot job up to now - in our ignorance and misunderstanding. We have been as children and it is now time to mature and grow up. This is not meant as a criticism or blame, for we did not know.

The truth is that our invisible, spiritual realm is orchestrated completely by us - individually and collectively. Our ideas, emotions, prayers, intentions and thoughts orchestrate our lives. This is why we say, "Watch what you think, for thoughts are things!" And especially "Watch what you say, because words are also things!"

Isn't this exactly how God works? This is why we are all creators right along with God - we are all part of God. God is the energy that is all around us, everywhere. There is one universal energy, which is the one God. Everything in our world is God and we are part of God.

Our thoughts, prayers and

intentions assemble the invisible "particles" of the invisible spiritual realm into visible forms via a very specific "Law" - the particles are energetically assembled by our words, thoughts and emotions into things. We are the ones doing it!

It is well known, for example, that human beings, all animals and other inanimate forms are comprised of photons - or the particles that emanate from the sun. We are literally, then, "Light Beings." As light beings it is our heritage and natural way of being to assemble these invisible particles into yet other forms by relying on the Law of creation.

The invisible particles in the spiritual realm are organized into specific forms by energy coming from us, from humans and generate visible forms. A prerequisite for conscious creation is that we must have a strong belief if we are to be effective creators. This strong belief is called "Faith." We must have a strong belief, or a strong faith that we are indeed creators and that we can indeed create forms and outcomes. When we know this we can proceed to consciously create a world we want! A world that works! A world of love and peace! We have choices in every moment.

The natural Law of creation is available to all of us and whether we are aware of it or not the law is in operation continuously without fail.

If all of this is difficult for you to believe or to comprehend, then please intentionally suspend your disbelief for just a moment. Then "act as if" you believe. Proceed as if you knew deep in your heart, deep in your consciousness that you are an aware creator and then allow your manifestations and creations to prove to you how this process works. Keep at it consciously.

To help us understand the creative process even better, think of those times when your prayers were answered, when

what you were strongly thinking about happened or what you verbalized over and over or were obsessed about came into being.

To help us explore this creation/manifestation process more deeply, let's review the well-known scientific facts about the generation of electricity. You don't have to be scientific to consider this analogy. Electricity - a substance or energy we all use everyday but cannot see and must accept on faith - is essentially created out of "thin air." No one knows what electricity is, but the laws of using electricity are well known. These well-known laws of electricity are analogous to the well-known (but previously hidden) law of creation. These laws work, they exist, they are "there," but their why is still a deep mystery.

Electricity as many of us already know is created by moving two magnetic fields close to or within each other. The act of moving those magnets generates or creates electricity out of thin air. Its that simple! The specific electrical laws of the universe have been discovered over a hundred years or more and are well known. Again, however, to amplify, no one knows why electricity works! But we surely know that it does work. We don't give electricity a second thought yet it is exactly analogous to spiritual creation, which we are exploring here. The Law of creation is likewise well-known.

To complete this analogy, let's look at radio and the early days of television - or satellite television today. By broadcasting electrical energy through the "ethers," a program produced in one place is invisibly transmitted to another place where there is a receiver, which recreates the program. We still do not know why this happens, even though we do understand the hows and the laws involved. We don't give a second thought to why we can listen to a radio or see a television picture broadcast through thin air.

The law of the energy of spirit works the very same way. - Peter and Esther Fisher ΩΩΩ

THE JOY OF GIVING

There is something about the joy of giving that makes us feel good. Haven't we all felt that lingering, quiet happiness after doing something good for someone, for no reason other than to do good for goodness' sake?

There are two broad ways of giving. The first is the giving of money or material things and the second is the giving of our time and attention. When we give money or goods we can usually replace what we have given whereas the time we give is from a finite source - the time we have on earth. Therefore the giving of time is giving something that cannot be replaced and consequently may be seen as more valuable. When we have the choice of giving time in service of giving money to support that service the preferred option, particularly to those of us who are more wealthy, is to give money. It is much easier for a business man to write a cheque for a \$1000 as a donation to a local sports club than to give two hours of his time each week to coaching a kids sports team.

Anyone who has done volunteer work, that is work which involves serving others and the community in one way or another without payment, knows that there is a special feeling of joy in that work. The strange thing is that, when asked how we feel about the work, most of us say that we get much more out of it than we put into it.

The reasons why people take up volunteer work are numerous. Some, particularly retired people, are just looking for something to occupy their time. Young, jobless people are looking for a little job experience while they search for gainful employment. Others have a feeling of need to be of service in some way but are not sure on how to go about it. It does not seem to matter so

much what was the original motive behind volunteering because it is difficult *not* to be affected once we start giving.

Volunteering works on the principle put forward in the Edgar Cayce readings and the Course in Miracles that we get by giving. The book 'Christ in You' reminds us that selfishness is a divine instinct rather than a fault however it is the way we direct this selfishness that determines the right or wrong of it. *"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."*¹

If we give our time, energy and knowledge in the service of others what do we get in return? When it comes to volunteering in church or community groups and organisation the rewards are surprisingly many. Firstly there is the social rewards. Unpaid volunteers are often the glue that holds our community together. Volunteering allows us to connect to our community and make it a better place. Dedicating our time as a volunteer helps us make new friends, expand our network, and boost our social skills.

When I first joined our local community advice center I had very little self confidence particularly when it came to speaking in front of people. During my volunteer work having to listen to and talk to people from all walks of life gradually improved my self esteem. I became a committee member moved onto the district governance board and

¹ Christ in You, Part II, Chapter 6

for a time served as chairman of the board which entailed giving a speech in front of a large group of people. Something I could never have done before becoming a volunteer.

Another benefit of this work is the development of people skills. Just because volunteer work is unpaid does not mean the skills we learn are basic. Many volunteering opportunities provide extensive training. During my training for the community advice center we were given lectures by legal people on consumer, tenancy, and employment law and talks from counsellors and members of other community organisations that gave of a broader view of what was going on in our community and where help could be found for those in need.

Helping others kindles happiness, as many studies have demonstrated. One study conducted by the London School of Economics examined the relationship between volunteering and measures of happiness in a large group of American adults found that the more people volunteered, the happier they were. Compared with people who never volunteered, the odds of being "very happy" rose 7% among those who volunteer monthly and 12% for people who volunteer every two to four weeks. Among weekly volunteers, 16% felt very happy—a hike in happiness comparable to having an income of \$75,000–\$100,000 versus \$20,000, say the

researchers.

Of course many people just do not have the time to devote to volunteer work as they may be working long hours earning money to support their families. However the opportunity to service others can be found in any of life's situations. While one may be working purely for remuneration one can still adopt an attitude of service, doing that extra bit, going that extra yard, in supporting their bosses, workmates and customers alike. In the workplace it is very much a case of attitude. We are paid to do a certain job and give our time for financial rewards but it need not end there. We can perform our work grudgingly or we can adopt an attitude of cooperation and goodwill to all we come in contact with so that we at least make the work place a more pleasant place to spend our working life.

Perhaps the best gifts we can give others, because all of us have limited amounts of it on earth irrespective of our financial circumstances, are time and attention. We can not only spend time supporting others but also paying attention to what they are trying to communicate to us.

As the author Mary Anne Radmacher put it: "As we work to create light for others, we naturally light our own way." *BDA ΩΩΩ*

THE WORLD OF ILLUSION

Anyone who has studied either the text or the workbook in *A Course in Miracles* will find that there is considerable emphasis on the idea that we are living in a world of illusion. The Course confirms what the Bible suggests that the Kingdom of Heaven is within us. However the Course goes further to say that 'everything outside the kingdom is illusion.' This can cause problems for us students of the Edgar Cayce material to

understand and reconcile. This is because Cayce never referred to the world as illusionary and all his readings were very much 'down to earth.'

Perhaps the inability to reconcile the Course with Cayce material on this matter may be in our understanding of what is illusion. A good way to start our investigation is in a dictionary where we can get clarity on what we are discussing. The principle definition of illusion is

“something that deceives by producing a false or misleading impression of reality.” Note that an illusion is not a belief in something that *does not exist* but rather that we have the *false perception of what exists* which is different from reality. So we can say that the world and all that is in it does exist but we do not see in for what it is.

We humans have always relied on our five senses to relate to the world believing that what our senses appear to convey to us is the truth. Not too long ago our limited senses were the only tools we had to investigate the world. We saw the earth as flat with the sun revolved around the earth. In biblical times religious leaders believed that sickness was due to evil spirits who were the executioners of divine vengeance. If they could not account for a disease, they said that it was a blow from the avenging hand of God. In later years some people developed what is called the 'miasmatic theory' when it was held that diseases such as cholera and the Black Death were caused by a *miasma* (ancient Greek: "pollution"), a noxious form of 'bad air'. Up until a century or so ago people believed in the solidity of matter and that the earth consisted of five elements - earth, water, air, fire and sky/ether.

It was only with the invention of devices that extended the range of our senses that our perception of the world began to expand. The earth was now seen as round and revolved around the sun. A new world of microscopic creatures were discovered, which were the cause of many of our diseases. With the help of atomic microscopes man has seen inside the atom to what is now believed to be the smallest things in existence - particles. Perhaps one day we will look even beyond particles. We now know that there is no such thing as solid matter even though this solidity is suggested by our senses.

Our five senses, with the help of

tools to enhance these senses, have served us well in becoming close to masters of the physical environment we live in. What these senses cannot do is go beyond the physical. For example, assuming we have a soul and that soul leaves the body when we die, none of our five senses can contact that soul.

Despite the limits our five senses impose on us man has always believed that there was something intangible beyond the physical. Something that had a great influence on the natural world but which we could not communicate with through our physical senses. Throughout history their have been exceptional people who have managed to break the five sense barrier and made contact with beings that had no physical existence. In ancient days these gifted people were called 'prophets' while in the modern world we refer to them as 'psychics.' Some of these people spoke of beings who had lived on earth, have died and now live in a spiritual dimension. Others could see into the future or the past or see things and events that were a great distance away and far being the reach of our eyes. Furthermore some have claimed to be able to tap into the source of all knowledge.

These psychics and prophets not only delivered messages from what they claimed was the creator of the universe but asserted that the Creator was in all life which includes us. Furthermore we could contact this Creator by means of prayer and meditation or by raising our level of consciousness to become in tune with the Infinite. These spiritual messengers stated that we are in fact spiritual beings, a part of the Godhead who have come to live on earth in physical bodies for a specific purpose. As the spirit of the book "Christ in You" stated: "*The physical plane, or plane of the sense, is a shadow, a faint imitation of the spiritual and only real. Your work is to show forth higher laws, to live and*

breathe entirely from the plane of the spirit, to create anew from the very centre of all life, to make one the kingdom of earth and the kingdom of heaven. You are not to think of yourself and the universe now visible to you as real."

The spirit then tells us: "Heaven is not a place, but a consciousness of God. God cannot be thought of as a personality, since God is all in all. The absolute is above and beyond the

conception of finite mind, yet infinitely meek and lowly, filling all space. As you emerge into this all-pervading love, the true life becomes manifest and is always the answer to the deepest and highest aspirations of the soul. It is love fulfilling itself. . . Learn first and thoroughly that you have been, and will be, forever. Your present condition is an opportunity for advancement. Make the most and the best of your life now." BDA
ΩΩΩ

HEAL AND FORGIVE

All of us have no doubt read or seen on TV the horrific murder of an off-duty soldier in London a few weeks ago when the victim was stabbed and decapitated in front of bystanders. With the help of modern day cellphones, and at the request of one of the perpetrators some of the horror was even captured on video.

The saturation world wide news coverage of this event created outrage, protests and even attacks on mosques. No doubt the emotions evoked by the publicity, which included pictures and interviews with the grieving family of the victim caused these outbursts and perhaps we can understand the feeling for the need to revenge this killing in some way provoked. One sometimes even wonders if this extensive media coverage was fashioned to cause such a reaction from viewers and readers.

Before we, as searchers on the path to God and who look to Jesus as a model to guide us, allow ourselves to get caught up in such media frenzy, it is a good idea to ask ourselves: What would Jesus do in this situation? Would he join the mob who stoned the mosques, considering all Muslims to be culpable to some extent? And what would he do if he confronted the perpetrators? Would he say: "You are condemned for murder, and because of the law of an eye for an eye you surely

must be put to death?" Or would he take a different approach?

Two of the powers attributed to Jesus was his ability to heal the sick and forgive sins. He never condemned anyone. In the New Testament stories it appears that Jesus saw sickness and sin as being much the same thing. The Edgar Cayce readings are quite specific when it stated: "For, as has often been given, all illness is sin." 3341-1. As to Jesus equating sickness with sin one may recall the New Testament story of an invalid man being lowered to Jesus through the roof of a house where Jesus was visiting. When questioned by teachers of the law over his actions Jesus replied "Which is easier to say to this paralysed man, 'Your sins are forgiven,' or to say, 'Get up, take your mat and walk?'"

The equating of sin with sickness can also be stated the other way round as "All sin is sickness." We generally equate reference to illness to physical illnesses however there are also mental diseases and sicknesses of the soul that affect a great deal of us. Some mental illnesses are very apparent while others are less obvious so are not diagnosed as such. For example as reported in *ScienceDaily* in November 2012: "By some estimates, 1 in 5 veterans returning from Iraq and Afghanistan experience symptoms of Post Traumatic Stress

Disorder or major depression . . . untreated, PTSD and depression can lead to drug use, marital problems, unemployment and even suicide.” These returning soldiers were suffering from a sickness of the soul where, even though they were merely carrying out orders, they killed their fellow men in contradiction to spiritual laws and they became sick as a result.

My guess is that if Jesus were to confront the terrorists he would look deep into their eyes - into their souls - where he would see the hate, anger and pain that caused these people to commit such a vile act. He would say either “your sickness is healed” or your “your sins are forgiven” which, as mentioned, to Jesus are the same thing. By such an act Jesus would have the men forgive themselves and others for the terrible crime they committed.

This is not to say that the terrorists would ultimately have to face the consequences of their actions for pragmatism would demand that the terrorists should be removed from public exposure until such time they were no longer posed a threat to the community. However such action would not be by way of revenge or punishment but rather carried out with respect for our fellow men, no matter how despicable were their actions.

It is not by fighting evil with evil

that we conquer evil but by fighting evil with love and compassion that love will ultimately prevail. This is the message Jesus gave to all, even when he was being nailed to the cross.

FROM THE EDGAR CAYCE READINGS

“As has been given, “Is it easier, Son, your sins be forgiven, or to say Arise, take up thy bed and walk? but that you may know that the Son has power to forgive” [Mat. 9:5--6] - meaning to forget the weakness and give strength to those that falter. Even so, in overcoming antagonistic feelings, forgive as you would be forgiven, remembering them no more. This overcomes antagonism and antagonistic influences; for as self was, is, an influence in dispersing feelings in hearts and souls of peoples, the thoughts held create the currents upon which the wings of experience must pass, and then - as these are made in positive contacts - so does antagonism be overcome, love made manifest, glorying in your own ability in Him; not in self, in Him!” 538-30

“Father of mercy and grace! Let love be the directing purpose in my life experience. Let me put away all thoughts of hatred, of lust, of only material desire; and more and more look to thee for the hope that is set in the promises through the Christ-life.” 281-39 BDA ΩΩΩ

SEARCH FOR GOD STUDY GROUPS

The Edgar Cayce readings suggest three elements needed for spiritual growth.

The first is the setting of ones ideals. These are standards by which we set for ourselves. They give us a sense of stability, guidance and orientation, as well as a criterion for judgements. Ideals are not goals but are motivational standard by which to evaluate our goals and our reasons for pursuing them.

The second is attunement. This can

be achieved through meditation which Cayce describes as “. . . the attuning of the mental body and the physical body to the spiritual source . . . it is the attuning of thy physical and mental attributes seeking to know the relationships to the Maker. That is true meditation.” 281-41

The third is application. “. . . know, as should each soul, that all that may be interpreted in your mind, in your body, as to truth or metaphysics is

only what you apply in your daily life. One can only know by experience.”
5733-1

It is in the application of what we know and living up to our ideals that the Search for God study groups are of great assistance.

The first study group was formed in 1931 following the instructions from Cayce readings. It was known as Group #1 and had as one of the desired objectives, to become channels of truth and light "to a waiting world". They were told that if they applied the principles sincerely and with proper intent, that they could manifest the 'fruits of the Spirit' as Jesus once did. Group #1 compiled the lessons of the readings into A Search for God books I & II. These books have become the main source material for Study groups around the world today. They guide the Study group through periods of prayer for others, meditation, reading and discussion on topics such as cooperation, ideals, faith, fellowship, patience and a closer attunement to God and our neighbour.

How does one become part of study group? The ideal group is one where members physically meet at regular intervals to study and discuss the lessons together. Most of us will not be able to be part of such a group simply because we are unable to connect with

people of similar interests in our own neighbourhoods.

An alternative way is to join an on-line group where distance between members is no barrier. (A group I belonged to some year ago had members from Russia, United Kingdom, U.S.A. and Europe.) Information on how to join such a group can be found on the A.R.E. Website:

[http://www.edgarcayce.org/are/study-spiritual Growth groups.aspx?id=2835](http://www.edgarcayce.org/are/study-spiritual%20Growth%20groups.aspx?id=2835)
or you can send an email expressing interest in joining a group to: studygps@edgarcayce.org.

A further option is to participate in a message-board style on-line group where there are no members and participants can read the lessons and comments online and post comment, anonymously if you wish. This site is: www.improvetransform.proboards.com.

The search for God is as old as humanity and working with a study group is as challenging as it is rewarding. Over time a rapport develops within the group, while individuals gains insights and understanding. Thus the application of the Search for God information can be life changing, as it requires us to examine our cherished belief systems, habit patterns, and attitudes towards ourselves and others and life in general. *BDA*
ΩΩΩ

CHRIST IN YOU

Part 1

Lesson Five

THE TRUTH IN BEING

There is nothing in life you need fear. You will become sure that you are safe at all times and in every place. This realisation will reveal to you how much you have understood of the truth of being. Nothing can effect your real individuality. We want these lessons to help you to enter into your own now. It is wrong to hope and expect grace only at

some future time.

Realise that spirit is omnipotent, omnipresent, omniscient. What is there to wait for? Let me state here – spirit cannot be less than the greatest. You have been trying to make statements from without. Let all your affirmations come from within, suggested only by the inward voice. Let every other sound and

sense be silent before it. Let this spiritual highest YOU take possession of your mortal body. The only things that really helped you to a higher knowledge of God have come from within. You must be faithful and true to the Word that speaks. Thoughts are the outbreathings of this Word, the first cause of all. We can only help you to help yourself. Remember all through these lessons that nothing helps from without unless it receives recognition from within. The spirit is always revealing Christ, the whole and complete Saviour in you, the hope of glory and gloriousness. Your entire will, thought, and brain and led by this holy, invisible guide into knowledge of all truth.

The moments of healing and growth have been when all the unquiet voices of the senses were hushed and silenced, when all personalities had ceased to touch you, when you had learnt to be still. Then God spoke in His Holy Temple. Oh, that you would rest from your false thinking and BE!

Your present phrase is a training ground, and you can do there what would be out of place and difficult here – just as it would be difficult for you to learn the lessons of childhood when you are adult.

Many loved ones who dwelt with you in the flesh have entered into the larger sphere to watch and pray with you. Listen to Christ Jesus and divine Man, and you will understand that His words are for you and have new meanings. That you may have life in all its fullness, that your bodies may be perfectly whole, that you may be safe from harm and accident, that the worst enemy may be conquered, even death itself, before you reach the thin veil which divides us: all this and more will be revealed to you, for all the works of God are “very good.”

Tonight, when you rest, do not allow the senses to suggest weakness or weariness; instead, allow your spiritual atmosphere within and without to enfold and invigorate you, until you are conscious of spiritual conquest before you sleep. Your whole body will be renewed by this holy baptism, and your awakening in the morning will be a triumph and a joy. The effect of this is a sweet cleansing of mind and body. So much is done during the hours of sleep and darkness. We pray that you may truly say: “Awake or asleep, I am still with Thee.” Cease from worry. **ΩΩΩ**

NOTES IN PASSING

The reality of life is body waste happens! We will face accidents, sickness, death of loved ones, loss of things we value, natural disasters, and even unprovoked assaults from others. These events are all part of life on earth, so if we can't avoid them we must adopt the right attitudes to deal with them.

An example the power of defensiveness is the great attraction of puppies, kittens, chicks and other baby animals. The attraction of these baby animals is their defencelessness. excrement

The body is the prisoner, and not the mind. The body thinks no thoughts.

It has no power to learn, to pardon, nor enslave. It gives no orders that the mind need serve, nor sets conditions that it must obey. It holds in prison only the willing mind that would abide in it. - *From A Course in Miracles Text*

In her book “The 12 Steps to Compassion” Karen Armstrong states that the eleventh step is recognition of others suffering. The best way I can describe this recognition is looking into someone's eyes and recognising the pain and suffering that the person has gone through which accounts for the situation that person now finds himself or herself. I can only say I experienced this

recognition once when I was dropping off my granddaughter at school. As I stopped at the school one girl about ten or twelve years old looked across to me, our eyes caught for an instant and I immediately felt as if was looking into her soul and felt the pain that was behind that girl's eyes. I have never forgotten that brief encounter.

Most of our living is in our minds. It is what we think of things – not what they intrinsically are – that determines our state of mind, our happiness or sadness, our feelings of success or failure. That is what is meant by free will: our response to events rather than the events themselves. - ΩΩΩ

LAUGHTER THE BEST MEDICINE

Adam was returning home late one night. When Eve confronted him. "You are seeing another woman, aren't you?" she accused. "Don't be silly," he replied. "You are the only woman on earth." Later that night Adam woke up feeling a tickle on his chest. "What the hell are you doing?" he asked Eve. "What do you think?" she asked. "I'm counting your ribs."

I'm convinced that God put me here to accomplish a certain number of things. Right now, I'm so far behind, I don't think I'll ever die.

When I was a kid, I used to pray every night for a new bike. Then I realised, the Lord doesn't work that way. So I just stole one and asked Him to forgive me ... and I got it!

What if God's a woman? Not only am I going to hell, I'll never know why!
ΩΩΩ

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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