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THE BRAIN AND THE MIND

The mind of man is capable of anything – because everything is in it, all the past as well as the future. ~Joseph Conrad, Heart of Darkness

Most people think of the brain and the mind as being one and the same thing. Doctors, scientists and other highly trained persons share this belief. People from all walks of life use the words “brain” and “mind” interchangeably.

In reality, they are two separate and distinct creations. The brain is a biochemical organ – a part of the human body. The mind, on the other hand, is a psychic organ that is attached to the human soul. Both the soul and the mind are connected to the Creator and the heavenly realms.

As human beings we are dual in nature, possessing both a physical body and a psychic body. Within the physical body are physical organs and glands. The psychic body – which is contained within the physical form – has its own set of psychic organs. In other words, a person possesses a physical heart as well as a psychic heart. This is the same situation in regards to the brain and the mind, the brain being the physical organ and the mind being the psychic one.

The mind, a part of the human soul, has a profound influence upon the brain, the nervous system, the body, and all organs and glands. It is the mind that gives all of us the sense of cognition and a sense of beingness. The physical and the psychic are linked so closely together that one does not function without the other. The physical organs and the psychic organs work together in a harmonious relationship. There is a Divine Intelligence from above that orchestrates all of this. This intelligence is part of the Creator or God source.

On a physical level, the human brain consists of four principal parts: the brain stem, diencephalons (consisting of the thalamus and hypothalamus), cerebrum, and cerebellum. Although all

four are important, we'll be discussing the cerebrum. Found in the upper area directly beneath the top of the skull, the cerebrum is the largest part of the brain. The surface area of the cerebrum is known as the cerebral cortex or neo-cortex. Billions of neurons are contained in the neo-cortex. On an evolutionary scale, this is the most recently evolved or developed area of the human brain.

On a psychic and spiritual level, the crown chakra – one of the seven major chakras or energy centers – is positioned over the top of the head and the cerebrum. It is through the crown chakra that the Divine Intelligence above directs energy downwards. This energy – known as chi universal energy or god force – flows from the crown and into the top of the head.

A spiritually awakened or enlightened person can work with this energy. Through meditation and other techniques such as tai chi and dancing, the individual can sometimes feel this universal energy on the top of the head as a warm pleasant feeling. This means that the crown chakra or energy center has “opened up.” As the universal energy expands downwards into the brain itself, tingling sensations will be felt all over the head and within. This is an indication that the chi or universal energy (which is also known as divine light) has stimulated the neo-cortex causing many neurons to “fire.” These firing neurons send electrical energy to other parts of the brain, in particular the rest of the cerebrum. The divine light also travels to these areas of the brain during this event.

The cerebrum is considered the seat of intelligence where higher processes of human thought exist. The abilities to read, write, speak, and make calculations exist in this important part of the human brain. The creation of

music, works of art, and philosophical thought originate from the cerebrum. In other words, some of our creative abilities are stored here. Always remember that it is the mind, as part of our eternal soul connected to the energy of the Creator above that directs and allows those abilities to manifest on the physical level via the cerebrum.

As electrical energy and divine light enter these areas of the neo-cortex and cerebrum, brain cells that have lain dormant for a long time are stimulated. These cells become active and start to perform their designated functions or tasks. As a human being we only use about 10% of our potential brain capacity. When the neurons fire and these cells become activated, we start to use more of our mental or brain capacity. Thus, instead of using 10%, we increase our capacity to 20% or even 30%.

There are parts of the brain that contain psychic abilities such as precognition, déjà vu, past life recall, clairaudience, and clairvoyance. As mentioned earlier, the cerebrum and the neo-cortex make up the majority of the brain. It is here that many of our psychic abilities are contained and merely lie dormant. The brain cells within these areas, when activated, will awaken these psychic abilities and gifts. This is partly why spiritual enlightenment and divine inspiration occur when the crown chakra is opened and activated. Divine light and

wisdom enter into the crown energy center as well as energizing these areas of the brain.

As we become more spiritually awakened or enlightened, we begin to reach our full potential as a human being. Not only will we use a greater portion of our brain capacity and increase our IQ level, we will also use many of our psychic and spiritual abilities. This is the goal that a person on a spiritual path strives to attain.

An additional benefit is that the power of the mind becomes greater. Many enlightened individuals use this enhanced power in a very positive way. The ability to manifest or create beneficial things in one's life increases. We develop the potential to direct or control more of our own life and our own destiny. Think of this example: Consider our life as a ship upon the sea of destiny. Instead of being a person aboard a wind tossed ship on a rough sea, we are a captain and pilot directing our ship to our desired destination.

Truly gifted teachers, counsellors, and healers are enlightened or awakened. They use more of their brain capacity and the power of their minds. They can influence people in a loving and beneficial way. These enlightened people use the infinite power of the human mind to help humanity. - *by Douglas De Long*
ΩΩΩ

THE PSYCHIC HEART

The psychic heart is not a physical organ. It is that great mystic center we all feel radiating from our chest. This psychic center engages our behaviour and is concerned with the *quality* of our life. Its impulses guide us in mysticism, culture, creative business achievements, the arts, science, and all that makes us prime examples of fine human beings.

The recent findings about the physical heart have made the mystic even

more aware of its limitations and the distinction between the physical pump heart and the psychic heart. Replacing the physical heart with the heart of another does not replace the soul personality of the recipient. No matter what or whose physical heart is in me, I'm still me, and most importantly I still retain all those endearing associations I have with my psychic heart. I will always radiate the same love from my

irremovable psychic heart, for the psychic heart is part of our whole psychic makeup - it is not removable nor replaceable.

One of the best stories I know about a psychic heart is an old African tale from Uganda. It seems the highest god, Kabezya-Mpungu, had four children - the sun, the moon, the darkness, and the rain. There was no earth or sky, nor were there any animals or human beings.

Then one day Kabezya-Mpungu created the earth and the sky. He created the many animals, and he created man and woman. Man was much like the animals, except that he was endowed with reason.

Kabezya-Mpungu called his four children together to tell them that he was about to leave them, and he cautioned them to be temperate while he was gone. He wanted no harm to come to man and the animals. But while he was gone, he would send down to earth, in his place, *Mutima* or *heart* - a piece of himself to look after his creations.

Kabezya-Mpungu then left. All that remained of him on earth was *Mutima* or *heart*, a piece of God no bigger than a hand. However, it was not long before *Mutima* grew lonely for Kabezya-

Mpungu.

"Where is Kabezya-Mpungu our Father?" *Mutima* asked Sun, Moon, Darkness, and Rain.

All they could say was, "Father is gone and we do not know where."

Mutima cried, "Oh, how great is my desire to commune with him fully again."

Then *Mutima* looked at his charges, man and woman--the ones Kabezya-Mpungu had endowed with reason and intellect. *Mutima* made a decision. "I will enter them," he said, "and through their reasoning powers I will seek my return to God from generation to generation." And this is exactly what *Mutima* did. Ever since that time man has had in his chest *Mutima* or *heart*, a piece of God. And, now, with *Mutima* in them, all human beings have a longing for God and keep looking for ways to find God.

As mystics it would seem we all have a larger than normal piece of *Mutima* or *heart*. For a mystic is driven, more than others, to seek God. The mystic knows that love and the seeds of creation flow from the heart, the psychic heart. - *by Dr. John Palo. ΩΩΩ*

HABITS – WHERE DO THEY LEAD US?

It is well known that we humans are creatures of habit. Practically everything we do, and much of our thinking, is the result of habits we have formed in the past. Even our skills and abilities are acquired through repetition of actions and thoughts which form habits. Habits are so easily formed that we can acquire them without realising we have done so. Even such things as checking our hair every time we pass a mirror or getting annoyed after waiting two minutes in a checkout queue are habitual responses rather than conscious reactions to the current event. A recent study in the U.S. found that over 90

percent of what people do in a day follows a routine, which is another word for a set of habits.

The fact that we do most things by habit is understandable, and in fact it is very necessary. Habits reside in our subconscious, which means that we do not need to give any conscious thought to routine actions to carry them out effectively. A good example of this is our regular activity of driving a car. As we get into the drivers seat we give little thought to inserting the ignition key and starting the car. One foot goes automatically on the accelerator pedal as one hand puts the car into the correct gear. We drive off

smoothly with no thought to the amount of pressure needed on the accelerator. And as we drive along our minds wonder in various directions with little thought over the actual operations of the car. Compare that to the days when we learnt to drive when it seemed nearly impossible to coordinate all the hand and foot movements required to get the car moving! Without this ability to transfer learned actions to our subconscious, life would be unbearable because our mind would be continually racing to think of all the coordinated movements required to perform a task. Multitasking would be near impossible.

So the good news is that our brains have sent all our learnt habits to the subconscious so that the greater part of our daily activities is left to, and controlled by, the subconscious. The bad news is, as one cynical philosopher put it, that most of us have become mere robots. The Russian philosopher, P.D. Ouspensky, claimed that we are asleep most of the time and are 'mechanical' beings in that we are motivated and controlled from without by external circumstances, reacting from subconscious habits, instead of from our inner center.

Not only are our physical actions controlled by habits but also much of our thinking. How often, when we think of someone with whom we have emotional ties (either good or bad) do we re-run a mental movie of some past incident that affected our relationship? How often, when we see a certain personality or politician on TV do we repeat the same thoughts about the person that we thought so many times before? In other words these thoughts were merely mental re-runs of previous thoughts sitting in our subconscious.

What determines most of our thoughts today is what we thought and did yesterday or in the past. These thoughts have slipped into our

subconscious so we no longer think before reacting but just repeat what we thought before. Ouspensky said that the result of this subconscious thinking as 'mechanical' beings is that we become judgmental, opinionated, self-assertive and easily offended.

As has been pointed out by many psychologists the subconscious is not judgmental and it does not differentiate between good and evil thoughts. This means that we can develop bad, negative and destructive habits just as easily as we can develop good, positive and constructive habits. The subconscious will unquestioningly accept them all. It therefore follows that having negative thoughts and dwelling on them can have very damaging consequences. Thus if one allows oneself to think of and carry out an illegal or selfish or hurtful act it may have lasting detrimental consequences. The person has slipped a conscious standard allowing a new neural pathway to develop in the brain (the beginning of a habit). The next time the person encounters similar circumstances which led to the earlier act the negative choice of action will be easier to make for the pathway has already been laid. The more times the act is carried out the deeper the pathway becomes to a point where the act becomes 'mechanical.' As the Bible puts it the perpetrators have become 'slaves to sin' or in legal parlance 'habitual criminals.'

The Edgar Cayce readings suggest an awareness of how habits are formed and how they can control us. The readings stated that our thoughts and actions today will help in determining how we think and act tomorrow: *"For remember what you do today reflects in what may happen tomorrow and, to be sure, bears fruit in its regular season."* 257-234.

As mentioned, our habits can be good or bad, they can work for us or against us. Thus if we wish to develop

spiritually we need to identify and weed out our bad habits by replacing them with positive ones. How can we do this? Here we can again look to the readings for guidance. They repeated over and over that we must first set our ideals which are to be the standards with which we measure our thoughts and actions.

(Q) Have I any habits, or do I indulge in any actions that retard my spiritual development?

(A) *“Who is to say as to what is wrong, or sin, for anyone? As we have indicated, this may be only answered in self. What is your standard? Do you measure up to it day by day? According to your own self-analysis, in accordance with your ideal or standard, so may the judgement be. The doing or not doing may be an error to one, and to another merely a question. But what is your ideal?”* 2271-6

The readings state that we should meditate daily for guidance.

(Q) Give suggestions for overcoming these. (Sinful habits)

(A) *“None better than choosing an hour, an half hour, a twenty minutes of meditation, and seeking to be shown the way. Not just any way, but His way!”* 282-5

(Q) How can good and strong habits be built up, so as to eliminate mistakes and weaknesses?

(A) *“Let that mind be in you as was in Him, - that you will go about doing good, but not as one that is other than equal to the highest, yet in the lowliest manner. For, “He that would be the greatest among you will be the servant of all.”* 282-9

We are also reminded many times that it is the little things that count. So it is the little acts of kindness we perform, which develop into habits that are so important. So we should develop habits of always speaking kindly, even when it is hard to do so! Always make a habit of giving a smile to those you come in

contact with, whether they be loves ones, your boss or fellow workers, or the person behind the counter.

Speak gently. Smile often. Let the love of the Father through the blessings in Him shine in your life day by day. 1129-2

... a handclasp or a smile often changes the whole trend of a day, a week, a year - even, a life. 2917-1

Smile often. Speak gently. Speak kindly. Go out of the way to do a kind deed, and you will find that He will walk closer with you, and your life, your purpose will become a glorious thing in this experience. 3376-2

In your ways keep the understanding that the little things day by day make the joyousness of the walking with Him. For, your understanding, your power and might is in keeping the light that you know day by day. As you use what is in hand, so is the knowledge and, the power and the understanding given you for the greater things. Do not be ashamed to do the little kindnesses, for these are the ones that are of the spirit of truth and there is no law against such; hopefulness, faith, kindness, love, mercy, justice. 397-1

These the entity visions, these the entity feels; yet to make manifest in the little things day by day, in its dealings with its fellow men, in sowing the seeds of the spirit of truth, is the manner in which you manifest patience and thus possess your soul, - as in brotherly love, in kindness. As you show yourself friendly, you have friends. 2073-2

So we should constantly work on replacing our negative habits with constructive ones. Replace them with simple habits such as the habit of smiling, of saying kind words, of doing simple acts of kindness and being friendly.

For with what measure you mete, it will indeed be measured to you again. 2073-2 **BDA ΩΩΩ**

PRACTICAL COUNSELS

While Edgar Cayce may be considered one of the greatest psychics in modern times, the main reason for this is that all his extraordinary work has been recorded over a long period of over 30 years. There have been innumerable other psychics who performed in a similar manner to Cayce in that, under hypnosis or a higher state of consciousness, they were able to tap into the Universal Consciousness and reveal what is 'beyond the veil.' One such psychic was Mary Bruce Wallace who has been attributed as being the author of "Christ in You", chapters of which have been reprinted in this journal over the past few years. Her other major work is titled "The Thinning of the Veil" written at the end of the First World War, around 1918. In the book she records her psychic experiences and dictations from her spiritual guides. The following is a reprint of the chapter under the heading "Practical Counsels":

"In any emergency of the outer life the first intuition of the soul as to what to do is usually the correct one. This is an impulse received from either the Higher Self or an outward heavenly source. Reason is often inclined to overrule the intuition of the soul; but it is intuition that guides one most unerringly in all the vicissitudes of life.... What clouds of useless anxiety and care we see in most people's lives, using up brain and nervous energy, weakening physical health, and casting despairing shadows on those with whom the soul is associated! The listening ear is what we are eager to cultivate in every individual who is willing to learn. I should like you to give this message when possible to the world, as we feel it to be a most vital one - one that will be of great value in the time of reconstruction.

"The only road to success is through the attainment of a calm and

joyous mind. A calm and joyous mind, free from worry and care, is the golden key that unlocks the doors of infinite possibilities.

"There will be many opportunities when the war is over, but few people to make the most of them. Urge all you can reach, who understand the message, to get ready for service. Much can be done by way of preparation that will be found of inestimable value for the Race when the time comes for outer work. By the very intensity of their anguish many souls will be impelled to an earnestness of purpose that they would not otherwise have felt, and in this way the war will bring forth a blessing. From beyond the shadows will come the sunshine. But we must have workers when the time comes for the reconstruction of the world.... If you can help people to prepare, and get ready yourself, it will be of immense value....

"Keep serene. Tranquillity of soul is a great spiritual asset and a mark of concealed power. Still waters flow deep. Yours are at present too turbulent. Keep calm. Keep peace and restfulness in your own hearts. That is the best attitude of mind to help mankind at the present time. One soul with sufficient light and knowledge can do more to help the world than a hundred without it, battling in the darkness.

"Have no trace of doubt or fear, but follow this high guidance confidently, for it comes from Heavenly Teachers far beyond me in wisdom and vision. They have told me all that they told you, and it will be an immense joy and privilege to me to be the means of approach between you at needed moments. I am able myself, whilst my soul-body is in trance, to rest in the inner spaces and there obtain fresh illumination for my own path. I am as a child beside these high Presences, and their dazzling auras

sometimes almost blind me....

“I need only turn my thoughts toward my Teacher to get inspiration from him, but it must be a 'demanding' thought. The same with you, if you strongly demand and at the same time are calmly receptive. Nothing must come in between these two states of mind, no confusion of earthly thoughts. Wait patiently for the full answer.

“I want to tell you a little about the true use of prayer. The usual kinds of prayer are almost valueless because they are petitions instead of demands. 'Knock, and it shall be opened unto you.' It means a good hard knock too, as we soon learn on this side, to win an answer. The vast, eternal supply of Divine Power is all around us, but it needs both concentration of will, and faith, to be able to tap it, or to make the door open - if you prefer Jesus' simile. You folk down there, or out there, are so feeble in your prayers, or else so selfish; and both these attitudes of mind are negative, not positive.

“If you would only practice steadily the right kind of prayer, you would soon see wonderful results. The matter of the universe is plastic to the power of thought, and responds at once to power, not to weakness, or vacillation of purpose. At the same time there are many interior forces working in different

directions through the web of people's lives. If your prayer for another soul would interfere with the pattern being woven by Heavenly Powers in that particular soul's life, your prayer force will be thrust aside by these Powers and used in a general way to cheer and strengthen. In any case the force is wisely directed and controlled, never lost or wasted.

“Prayer is too often set aside for fixed occasions, as at noon and eve, at religious services and so on, when in reality it should be the daily breath of the soul; its steady and unwavering demand for power and light. Prayer really should imply both the demand and the response. It is the attitude of the soul that, having drawn forth the underlying Divine power, now rests consciously upon it and accomplishes all tasks with a sense of inherent Divinity. Work then would be a joy instead of a labour, and would be done with ease instead of with strain. There is no sense of labour about the operations of nature. All is accomplished steadily and, with a few exceptions, restfully. It is only man who labours painfully. Some day he will learn the lesson, and girded consciously with Divine power and wisdom, will do wondrous work without difficulty.” *From the Book “The Thinning of the Veil” by Mary Bruce Wallace. ΩΩΩ*

WHAT'S IN A NAME?

One of the verses in the book of Genesis, describing part of the creation process, says that God gave the role of naming all creatures to man: “*Out of the ground Yahweh God formed every animal of the field, and every bird of the sky, and brought them to the man to see what he would call them. Whatever the man called every living creature, that was its name. The man gave names to all livestock, and to the birds of the sky,*

*and to every animal of the field . . .”*¹

By God giving the naming of creatures to man such prominence in the Bible makes one wonder what was so great about this task.

We now turn to a lesson 184 in the Course In Miracles workbook where the significance of naming is described. The first three paragraphs of this lesson is given in full:

“*You live by symbols. You have*

¹ Genesis 2:19-20

made up names for everything you see. Each one becomes a separate entity, identified by its own name. By this you carve it out of unity. By this you designate its special attributes, and set it off from other things by emphasizing space surrounding it. This space you lay between all things to which you give a different name; all happenings in terms of place and time; all bodies which are greeted by a name.

“This space you see as setting off all things from one another is the means by which the world's perception is achieved. You see something where nothing is, and see as well nothing where there is unity; a space between all things, between all things and you. Thus do you think that you have given life in separation. By this split you think you are established as a unity which functions with an independent will.

“What are these names by which the world becomes a series of discrete events, of things un-unified, of bodies kept apart and holding bits of mind as separate awarenesses? You gave these names to them, establishing perception as you wished to have perception be. The nameless things were given names, and thus reality was given them as well. For what is named is given meaning and will then be seen as meaningful; a cause of true effect, with consequence inherent in itself.”

What the lesson is suggesting is that we create our reality by creating names. If something does not have a name it does not exist whereas if it has a name it must exist, even if this existence is only in our minds. Naming, or labelling, is critical in the development of our language for without these symbols representing things visible and invisible we would have the greatest difficulty in communicating with each other. It is through this God given task of naming everything that all the information we have collected and the experiences we

have undergone can be passed on from generation to generation so that knowledge is increasing and technology advancing at an ever accelerating rate.

However because we see ourselves as separate from everyone and everything else we have created a whole list of names or labels to describe what we see as that which separates us. We have created positive names for friends and loved ones and negative names for those we dislike or see as our enemies. We cast judgement on other by the labels we attach to them. Negative attributes we attach to others exist because we can even picture them having these attributes yet we know that the attributes only exist within our minds and are in fact often are a reflection of what we see in ourselves. For example only a mean person can see others as mean.

How many times have we heard someone describe someone else as a thief and a liar, yet could that label just as easily be applied to us? Have we ever told a lie or taken some thing that does not belong to us? If we have committed these offences then we too, by definition, are thieves and liars.

By attaching a label to someone can be seen as justification to have them killed. During the Second World War people classed as *Germans* or *Japanese* were our enemies by their labels which was seen as sufficient justification to to have them killed. Today the labels *Taliban* and *terrorist* are justification for killing. At one time the labelling of a person a *witch* was justification for punishment and execution. The label *Jew* caused millions having that name to be gassed and burnt. In a number of countries in the world today to be a *Muslim* is to be ostracised while in some other countries to be a *Christian* is to risk of being assaulted and having ones home burnt to the ground.

Thus, while the task of naming everything has been a task bestowed on

us by God may be seen as a means of gaining mastery over the elements it has also been a means by which we have separated ourselves, not only from each other, but from God. Until we remove all the negative words from our vocabularies in respect of our fellow men we will always live in conflict and a state of separation. In judging others with the words we use we are judging ourselves for we are part of the same oneness.

“For what is named is given meaning and will then be seen as meaningful; a cause of true effect, with consequence inherent in itself.” - ACIM

“Whatever words we utter should be chosen with care for people will hear them and be influenced by them for good or ill.” - Buddha

“There exists, for everyone, a sentence - a series of words - that has

the power to destroy you. Another sentence exists, another series of words, that could heal you. If you're lucky you will get the second, but you can be certain of getting the first.” – Philip K. Dick, VALIS

“Words are weapons. They blast big bloody holes in the world. And words are bricks. Say something out loud and it starts turning solid. Say it loud enough and it becomes a wall you can't get through.”

– Richard Kadrey, Kill the Dead

*“When you don't cover up the world with words and labels, a sense of the miraculous returns to your life that was lost a long time ago when humanity, instead of using thought, became possessed by thought.” – Eckhart Tolle, A New Earth: Awakening to Your Life's Purpose. **BDA. ΩΩΩ***

CHRIST IN YOU

Part 1

Lesson Six

Already you are entering into a wider understanding. There are many who have gone on, yet in ignorance of much with which you are familiar. So far we have clearly stated the first fact – Who are we? Indestructible spiritual beings. The living knowledge of this alters your whole mental attitude towards sin, sickness and death. Now we approach with reverence and humility our next consideration – Why am I?

The whole answer is contained in one sentence: You are because God is; but as man is blinded by false sense, I will endeavour to speak from your own standpoint. In the place where you are, there is work of the highest importance to be done, and no one else can do your work. God has brought you to this time and place in order to carry our perfect laws. You may never be known to the world, but your work shall stand for ever. By your own indwelling spiritual forces you will spiritualise and make real the

GOD ALL IN ALL

plane of shadow and confusion. Working from the same spiritual standpoint, there will be no separation between us and you. In reality there is no division. Your world sense of fear is the only barrier between us. This is a falsity, and belongs to ignorance and chaos. You are just where you are for the doing of God's work. Hold an attitude of receptivity of heart and mind.

All the good around you exists forever, and can never change or be lost. It is spoiled to you, because your eyes have opened to good and bad. The good is the only real. The kingdom of heaven is like unto heaven, working from the very heart of God the Creator. Your work the angels might envy, for in so far as you are true to your unlimited and spiritual nature, you are creative. We earnestly watch and pray for the coming of the Kingdom of Heaven upon earth. It will be the awakening from shadow to substance, from confusion to order, from

weakness to power – but, above all else, to the wholeness or unity of life. Realise that your work is the highest, work that you have undertaken to do from the beginning. I would here recommend that you begin with your immediate circle, as the very next step must be the right one. See and know only the good in those nearest to you. Speak to them, recognising the highest self. Your trust shall beget in them new hope. In every detail of your life know only the good,

which in very truth is the only real. Do not be cast down by appearances, but rather maintain an attitude of steadfast hope to all who seem to be at a low stage of development, seeing always the goal to which they also shall attain; work with everything that makes for good. Your reason for being on the earth now is to help on this very work. There are helpers all around you. God is love incarnate. Peace in your hearts and lives now. Behold, I make all things new. **ΩΩΩ**

NOTES FROM HERE AND THERE

Have we ever asked ourselves why do we pay to be entertained by movies and TV shows depicting people killing and inflicting pain on each other - shows that emphasis death and destruction? Why do we enjoy contact sports more than others? Are we all aware that the Olympic games were originally designed to train soldiers to prepare them for battle? Why does the Media thrives on negative news?

Our modern society is 'death phobic' and we typically do not know how to talk about death - particularly to those grieving over a lost loved one. Perhaps that is due to our society which is constantly in wars – the killing of our fellow men – and our entertainment is predominantly focussed on violence and deaths – killing as a solution to a problem.

It would be much harder to prove the something does not exist that to

prove it does – for the existence may only be in our minds. The mere fact that we we give something a name suggests it exists.

Image being in bed and knowing that you only have a short time left on this earth – perhaps a few days at most. Now let us think of what things we possess that would still be important to us. Is it not true that we would find that none of our possessions seem relevant any more? Even the things we treasured seemed to have lost their attraction. Why is that?

If there is righteousness in the heart there will be beauty in the character. If there is beauty in the character there will be harmony in the home. When there is harmony in the home there will be order in the nation. When there is order in the nation there will be peace in the world. - Sai Baba **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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