



The Rainbow Journal

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FROM THE EDITOR

It is now just over eight years since the first issue of the Rainbow Journal which was sent to less than a dozen readers. It was never meant to instruct readers in any way but rather as way of sharing the thoughts of the editor and other authors, mostly on religious and spiritual matters. It means a lot to me to get your comments and feedback whether positive or negative because it is in sharing that we learn from each other.

Judging by the response from readers the article in the January issue of the Journal "The Religious Experience" was particularly well received. The article

quoted a few experiences of a spiritual nature which, in a couple of cases, came 'out of the blue' while the others were the result of near death experiences where the writers were clinically dead for a short period of time. To read these wonderful experiences of meeting departed loves one and being surrounded by the presence on overwhelming unconditional love is worth more than a thousand lessons on spiritual matters. Because of your response a few more stories of these experiences are in this issue. Thank you for your feedback which is always welcomed. *BDA ΩΩΩ*

OUR REFLECTION

As we travel along the path of spiritual development we can become acutely aware of our shortcomings, particularly with respect to our relationships with those close to us. How we conduct our relationships are expressions of ourselves and are an indication of how much we understand ourselves. These shortcomings are not bad portions of our character but rather show our lack of understanding. If we had a complete understanding of ourselves we would never act in ways that are ultimately detrimental, not only to those we relate to, but also to us.

The Edgar Cayce readings, as well as teachings from numerous spiritual teachers, have pointed out that the faults and shortcomings we see in others are in fact a reflection of what is within ourselves.

Lesson 127 of the A Course in Miracles Manual discusses how we picture the world: *"Your picture of the world can only mirror what is within. The source of neither light nor darkness can be found without. Grievances darken your mind, and you look out on a darkened world. Forgiveness lifts the darkness, reasserts your will, and lets*

you look upon a world of light. We have repeatedly emphasized that the barrier of grievances is easily passed, and cannot stand between you and your salvation. The reason is very simple. Do you really want to be in hell? Do you really want to weep and suffer and die?"

An example of this negative condition is selfishness. A generous person is one who is constantly giving and in doing so will not become aware of the selfishness of those he gives to, for the thought of meanness does not enter his mind. On the other hand a selfish person is one who is reluctant to give and is constantly on the lookout for what he can get from others. He will therefore be quick to notice the meanness of those who are not giving.

This is the same with all of our attributes, both positive and negative. They are reflected in others just as if we were looking in a mirror. When certain characteristics in someone's personality trigger a negative reaction from us, there is something within us that is coming up because it is seeking to be healed. Sometimes it represents issues from our past that have gone unresolved. An example of this would be constantly

attracting people who betray us in close relationships because we have not dealt with a parental abandonment issue from our past. What we are seeing is a manifestation of our belief that we cannot trust anyone with our feelings.

If we find that when we are in conversations we constantly need to prove to others that what we say is right, then we may find that we seem to attract people who strongly disagree with us because they also have the need to convince others to see life from their perspective. Perhaps every person we meet in life is showing up at the right time in our lives to reflect something we need to heal within ourselves. The people with whom we interact are showing us who we are and ultimately providing we with an opportunity to love ourselves. Since one of our missions here is to discover what we don't love and learn to love it, the people who get on our nerves the most are among our greatest teachers.

When we find certain reactions in ourselves being triggered by a person or situation, we may take a second to ask ourselves: What is causing this reaction? What is this person teaching me that I need to learn to become more whole? Do I behave like this now? Did I behave like this in the past?

Forgiving ourselves is the most effective way to disengage from negative interactions with people. We can only love and accept others to the degree that we love and accept ourselves. When we make it a habit to learn from our relationships, eventually we will discover that we can observe negative traits within others without judgment and without getting hooked into someone else's drama. If we discover that we are in a relationship with someone who habitually abuses us in some way, it is sometimes healthy to limit our exposure to that person or to avoid their company completely. This serves us well only after we have embraced the lessons that we have seen reflected to us through the relationship, followed by choosing to forgive ourselves and the other party.

The good news is that the desirable behaviours we see in others is also a reflection of ourselves. When we predominantly choose thoughts of love, we live in a reality of love. In other words, as we focus on our light within, we bring out the light within others.

We came to this earth to return to the remembrance that we are ONE. Everyone we meet has come into our path to help us to remember this. BDA
ΩΩΩ

LOVING OUR ENEMIES

You have heard that it was said, 'Love your neighbour and hate your enemy.' But I tell you, love your enemies and pray for those who persecute you. - Matthew 5:43-44

The commandment that we love our enemies was one of a very few that Jesus ever gave. We, if we want to follow Jesus and call ourselves 'Christians', are to love our enemies. Yet we are either ignoring this commandment or it does not make sense. To prove the point, make a list of people you love, another list of all your enemies and then a third

list of enemies that you love. Most of us will have quite a few names in the first list. For purpose of this exercise an enemy may be described as from a dictionary "a person who feels hatred for, fosters harmful designs against, or engages in antagonistic activities against another; an adversary or opponent." There may be people who have harmed us, or harmed someone close to us, in one way or another to a point where we would regard them as enemies so we could put these people on the second list. When it comes to the third list, we may

find it difficult to find names to place on it. If we end up with names on the second list which are not on the third this means we are not obeying the commandment of Jesus.

If however we have the same names on both the second and third lists we are most likely not being honest with ourselves because how can we love someone and at the same time consider that person an enemy? That is virtually impossible. We may find we hate what the person we love is doing or has done, but that is not the same as having that person as our own enemy. Do we hate that person or wish him ill? If so we obviously do not love him.

Perhaps enemies could be divided into two lots. Those that are personal enemies and those that we may call national or political enemies. Personal enemies, as the name suggest are those people we have some grudge against sufficient enough for us to class them as our enemies. On the other hand political or national enemies are people we may never have met or had any contact with but because of their political views or because our politicians have declared them enemies we, being patriotic, accept them as being our enemies too.

What do we do about our enemies? If we follow the lead of our politicians and our entertainment industry it appears that the way to deal with them is to get rid of them. Is that not what the hero does in our action movies? On this basis we may assume that once all our enemies are dead then the world will be a wonderful place. We would have won all the wars and killed all the violent criminals, and perhaps the leaders of our opposition political parties as well. Yet we know by simple logic that this policy will never work for after all aren't the enemies of our enemies us? If they in turn kill their enemies would not the population of the world be wiped out?

When Jesus said that we are to

love our enemies he means that we are to respond to them with unconditional love, no matter who they are. Whatever they are they are our brothers and as the Course in miracles states "Christ stands before you each time you look upon your brother." And as Jesus stated on behalf of his Father "Most certainly I tell you, inasmuch as you did it to one of the least of these my brothers, you did it to Me." So according to these statements if you have an enemy then God is also your enemy.

A good example of how love can break down the greatest of barriers is in the relationship between the the retired U.S. basketball player, Dennis Rodman and the military leader of North Korea, Kim Jong-un. It appears that they both have a passion for basketball and it is through this mutual interest that they met and became friends. Close enough that they even hugged each other, an act that even the most loyal high-ranking North Korean citizen would be fearful of ever attempting to do. Of course critics - politicians around the western world in particular - have condemned this act of fraternising with the enemy, which they consider to be unpatriotic. We are to avoid our enemies unless for the purposes of attack. The recent news that, no doubt on the instructions of Kim Jong-un, the whole family of a member of the North Korea's elite have been summarily executed seems to prove that Kim is a brutal and inhumane dictator and therefore should be dealt with.

Little is known of Kim's childhood and his education appears to be mostly around military schools, where one can imagine the concept of love would not be on the curriculum. One can imagine that there would have been little love and affection in his life and to have a stranger from a country seen as his arch enemy visit him, embrace him and not criticise him or bring up political matters must be like a breath of fresh air to him. Someone

who just accepted him as a fellow human being with common interests.

Perhaps then, rather than condemning Kim and planning ways of disposing of him may it not be worthwhile to follow Dennis Rodman and offer an olive branch of friendship with the motive of the type of love than Jesus was talking about? Perhaps such an act by world leaders may soften the

man's heart and pave the way for a more peaceful relationship between North Korea and the rest of the world. Would it not be worth a try rather than face the prospect of another bloody war?

It is not by might and force that we overcome our enemies but by love. *Omnia vincit amor - Love Conquers All.*
BDA ΩΩΩ

THE STILL, SMALL, VOICE

“When we listen and hear the small, still voice within our hearts, we can access our greatest potential joy and desire. This is the heart’s vision—the personal dream that will allow the individual to accomplish the things that bring happiness and fulfillment.

“When we hear the heart’s voice and fling our deepest longings and desires toward that heart vision, the body and senses merely follow the heartstrings that are made from our faith.

“This is the magic of personal creation and manifestation that marks the wholehearted seeker who knows that miracles are real.

“This individual creates the miracle of cooperation through the faith and willingness to be a partner with the Great Mystery, allowing personal desire to manifest in its own way.” ~ Jamie Sim

There seems to be different opinions on what we believe to be the role of Holy Spirit. It is mentioned many times in the Edgar Cayce readings, but the text gives no definition of what it is or what role it plays for is used in the context of 'the Father, the Son and the Holy Spirit are one.' Jesus described The Holy Spirit as 'the Comforter': *“But the Comforter, the Holy Spirit whom the Father will send in my name, will teach you all things and will remind you of*

everything I have said to you.” (John 14:25-26). This suggests that the Holy Spirit will be our personal teacher.

The Course in Miracle text goes to some length to describe the function of the Holy Spirit, although like much of Text it must be read carefully and perhaps a few times before the meaning will sink in. We may find that the answer to the Holy Spirit's purpose is in 'spirit' as in the 'spirit of giving.'

The ACIM Text Chapter 29 refers to the Holy Spirit as the Guest who came at our invitation. *“Your Guest has come. You asked Him, and He came. You did not hear Him enter, for you did not wholly welcome Him. And yet His gifts came with Him. He has laid them at your feet, and asks you now that you will look on them and take them for your own. He needs your help in giving them to all who walk apart, believing they are separate and alone. They will be healed when you accept your gifts, because your Guest will welcome everyone whose feet have touched the holy ground whereon you stand, and where His gifts for them are laid.”*

In Chapter 5 under the heading “The Invitation to the Holy Spirit” there is more description of the role of this Spirit:

“It asks that you may think as I thought, joining with me in Christ thinking. The Holy Spirit is the only part

of the Holy Trinity that has a symbolic function. He is referred to as the Healer, the Comforter and the Guide. He is also described as something "separate," apart from the Father and from the Son. I myself said, "If I go I will send you another Comforter and he will abide with you." His symbolic function makes the Holy Spirit difficult to understand, because symbolism is open to different interpretations. As a man and also one of God's creations, my right thinking, which came from the Holy Spirit or the Universal Inspiration, taught me first and foremost that this Inspiration is for all. I could not have It myself without knowing this. The word "know" is proper in this context, because the Holy Spirit is so close to knowledge that he calls it forth; or better, allows it to come. I have spoken before of the higher or "true" perception, which is so near to truth that God himself can flow across the little gap. Knowledge is always ready to flow everywhere, but it cannot oppose. Therefore you can obstruct it, although you can never lose it.

"The Holy Spirit is the Christ Mind which is aware of the knowledge that lies beyond perception. He came into being with the separation as a protection, inspiring the Atonement principle at the same time. Before that there was no need for healing, for no one was comfortless. The voice of the Holy Spirit is the Call to Atonement, or the restoration of the integrity of the mind. When the Atonement is complete and the whole Sonship is healed there will be no Call to return. But what God creates is eternal. The Holy Spirit will remain with the Sons of God, to bless

their creations and keep them in the light of joy.

"The Holy Spirit is the idea of healing. Being thought, the idea gains as it is shared. Being the Call for God, it is also the idea of God. Since you are part of God it is also the idea of yourself, as well as of all his creations. The idea of the Holy Spirit shares the property of other ideas because it follows the laws of the universe of which it is a part. It is strengthened by being given away. It increases in you as you give it to your brother. Your brother does not have to be aware of the Holy Spirit in himself or in you for this miracle to occur. He may have dissociated the Call for God, just as you have. This dissociation is healed in both of you as you become aware of the Call for God in him, and thus acknowledge Its being.

"The voice of the Holy Spirit is weak in you. That is why you must share It. It must be increased in strength before you can hear It. It is impossible to hear It in yourself while It is so weak in your mind. It is not weak in Itself, but It is limited by your unwillingness to hear It. If you make the mistake of looking for the Holy Spirit in yourself alone your thoughts will frighten you because, by adopting the ego's viewpoint, you are undertaking an ego-alien journey with the ego as guide. This is bound to produce fear.

"You must be included in It, because It is everything. Unless you take your place in It and fulfil your function as part of It, the Holy Trinity is as bereft as you are. No part of It can be imprisoned if Its truth is to be known."
ΩΩΩ

HOW TO MEET WITH GOD

Would it not be wonderful if we could stand in the presence of God and ask questions so he can explain to us what life is all about? According to the Bible and the Edgar Cayce readings we

can! We are however reminded here that God is spirit and although we may see His handiwork with our physical eyes we need to open our spiritual eyes to see spiritual things. Furthermore it is not

taking a journey to a place, like a church, where He resides to find Him. Where we meet God is inside ourselves, in the 'temple of the Soul' which is the place referred to in many ways such as the 'Holy of Holies', 'the Throne of Grace', 'the Inner Sanctuary'.

So how do we get to this place and how do we become to be in the presence of God? How we can meet God is described in this Edgar Cayce reading:

“There is that access, then, that way, to the Throne of grace, of mercy, of peace, of understanding, within your own self. For He has promised to meet you in your own temple, in your own body, through your own mind. And as He has given of old, as He has made manifest in the flesh, as He has spoken to you and to your fellow man again and again, consecrate your mind, your body; purge same in a manner that to you in your own consciousness has made and does make you as receiving your Lord, your God! And then enter into the holy of holies, within your own consciousness; turn within; see what

has prompted you. And He has promised to meet you there. And there shall it be told you from within the steps you should take day by day, step by step. Not that some great exploit, some great manner of change should come within your body, your mind, but line upon line, precept upon precept, here a little, there a little. For it is, as He has given, not the knowledge alone but the practical application – in your daily experience with your fellow man – that counts. Not that one seeks out this, that or the other manner, or the other channel; for lo, He is within your own self – yet without, that He may guide, guard, direct your ways day by day! It is just in living those things in the material manner that are the fruits of the Spirit, that bring with them their reward – which makes for the understanding within you: Love one another; show forth gentleness, kindness; speak softly, even to those that are harsh; upbraid not; condemn not; be long-suffering.” 922-1 ΩΩΩ

WHAT ARE OUR IDOLS?

Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth.

Exodus 20:4

The second commandment as given by Moses in the Ten Commandments tells us that we are not to make for ourselves any idols nor are we to bow down and worship them. With the commandment is a warning that if we do so there will be dire consequences. The problem with much of the text in the Bible is our interpretation. One mistake is to believe that the text refers to the physical world when often it is talking about our intellectual and spiritual worlds.

Because of this misinterpretation many people believed the commandment concerning idol worshipping refers to statues and other physical objects that we

may pray in front of rather than the things we create in our own minds. What then are the idols that the Bible refers to? Perhaps the simplest definition would be: “An idols is anything that we put between our relationships with God and our fellow men.” It is anything that goes against the two commandments that Jesus gave us: “*Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.*” The second is: “*Love your neighbour as yourself.*” These can be one or more of a myriad of things that we may regard as important to us but are barriers in relationships.

In his book 'The Riddle of Life',

Johan Herman Bavinck describes three areas in which we commonly create idols for ourselves: money, honour, and pleasure.

“Money,” Bavinck says, “has a romantic glow about it”. Money gives such great possibilities - of a better life, of finer things, of more dazzling places - and great security in the face of a changing world. Even beyond that, “money is not merely something that you have, but something that you are”. When these things come to characterize our attitude towards money, we have fallen into what Bavinck describes as a “narrow desire” for money - an idolatrous desire - as opposed to a “broad desire” for money - the simple desire to have what is needful to feed one’s family and take care of the responsibilities that God has given us.

The second idol that Bavinck discusses is that of honour, the desire for praise from men. There’s a sense in which this is quite natural. We are made for relationships, for community, and encouraging words are an integral part of our relationships. Indeed, there are many honourable causes for us to work for in this life, and we want to do well in them. But Bavinck illustrates how easy it is to turn that desire from a desire that is ultimately aimed at the message, the mission, or the cause into a desire for approbation for ourselves.

The third idol that Bavinck mentions is that of pleasure, by which he means the enjoyment that we may receive from any number of activities in life. However, he makes a very perceptive note: in his day (the early to mid-20th century), work and pleasure were increasingly divorced from one another. Whereas at many times the enjoyment one received from work was a real pleasure, more and more pleasure has been conceived of as gratification from something into which we must put no effort (participation in sports being a

notable exception to this). The sad result of this is twofold. First, work is viewed as a horrible monotony with no real purpose, and secondly, pleasure, because it is divorced from what God has called us to do, can rarely be increased. “In the world of gratification,” Bavinck says, “1 plus 1 is never 2, but always less than two”. Pleasure is always limited and never satisfying, and yet it is a great idol of the human heart.

The Course in Miracles often refers to our idols and has this to say: *“What purpose has an idol, then? What is it for? This is the only question that has many answers, each depending on the one of whom the question has been asked. The world believes in idols. No one comes unless he worshipped them, and still attempts to seek for one that yet might offer him a gift reality does not contain. Each worshipper of idols harbours hope his special deities will give him more than other men possess. It must be more.”*

Once we have identified our idols, Bavinck offers some encouraging words on how to overcome idolatry:

“Struggling one, you can live only if you begin with a quiet trust that you are living in a meaningful universe which was conceived and made by the eternal Father. It is possible only if you repose yourself on the confidence that He has given you your existence, your talents and your abilities, and that you have nothing more to do in the place where He has put you than quietly to shine and to serve. If you thus believe that the Father is behind everything and in everything, then you no longer need these three - money, honour, pleasure. Then you can go on your way like a child. Then you have the only true and high ideal of life that is worth the trouble to live for, namely the purpose which the Father has granted you the capabilities to complete.” ΩΩΩ

STORIES OF NEAR-DEATH EXPERIENCES

Dr. Eben Alexander

As a neurosurgeon, I did not believe in the phenomenon of near-death experiences. In the fall of 2008, however, after seven days in a coma during which the human part of my brain, the neocortex, was inactivated, I experienced something so profound that it gave me a scientific reason to believe in consciousness after death. I had somehow contracted a very rare bacterial meningitis that mostly attacks newborns. *E. coli* bacteria had penetrated my cerebrospinal fluid and were eating my brain. For seven days I lay in a deep coma, my body unresponsive, my higher-order brain functions totally offline. While the neurons of my cortex were stunned to complete inactivity by the bacteria that had attacked them, my brain-free consciousness journeyed to another, larger dimension of the universe: the same one described by

countless subjects of near-death experiences and other mystical states—is there. It exists, and what I saw and learned there has placed me quite literally in a new world: a world where we are much more than our brains and bodies, and where death is not the end of consciousness but rather a chapter in a vast, and incalculably positive, journey. For most of my journey, someone else was with me. A woman. Without using any words, she spoke to me. The message went through me like a wind, and I instantly understood that it was true. I knew so in the same way that I knew that the world around us was real—was not some fantasy, passing and insubstantial. “You are loved and cherished, dearly, forever.” “You have nothing to fear.” “There is nothing you can do wrong.”

Anita Moorjani

On February 2, 2006, I was in a coma. With my body riddled with cancer, doctors told my husband that my organs were shutting down and I likely would not make it beyond the next 36 hours. I was just so tired of fighting to try to stay alive. So I let go. The next morning, I didn't wake up. My husband rushed me to the hospital, where the family was told the bad news: I was in a coma and not expected to wake again. I can't put my finger on the exact minute that I left my body. I saw my husband standing next to my hospital bed. I could also hear conversations that took place between my husband and my doctors, far from my hospital room. I heard them discuss my pending death. "Your wife's heart might

be beating, but she's not really in there," a doctor told my husband. Hovering between life and death I was surrounded by people who loved me. My deceased best friend, Soni, was there. So was my father, who had died years earlier from heart failure. There were others there, too. I knew they loved me and cared for me. It was a feeling unlike anything I had ever felt. At first, I did not want to come back. Why would I want to come back into this sick body?. About 30 hours after being hospitalized, I awoke. Within days, my organs began to function again. Within weeks, doctors could find no evidence of cancer in my body.

Jake Finkbonner

For a parent, it was unthinkable and terrifying -- a simple split lip that

suddenly erupted into a disfiguring, life-threatening infection in a sweet-faced 5-

year-old boy. But while Jake Finkbonner's mother and father spent days fearing their son would die, Jake at one point found himself experiencing something he said was beautiful. "I was in heaven and I spoke to God," the boy, now 11, said. Doctors determined that Jake had been infected with a rare, flesh-eating bacteria -- necrotizing fasciitis - that had entered the cut on Jake's face and spread like wildfire, literally eating away at his face. Jake said that, at one point, his body felt so light that he could almost "lift off." It was then, he said, that he had a vision. "I was able to look down at the hospital. I saw my family. And then I went back to the house where I

saw my family," he said. "The only thing is, I didn't see myself." Jake said he spoke to God, who sat in a high chair and was very tall. "He wasn't the size of a normal person," he said. He said he was enjoying himself so much that he asked God if he could stay, "but he said that my family needed me ... and he sent me back down." Jake said that these days, he sometimes finds himself thinking about heaven before he goes to bed. He has advice for others facing life-threatening illnesses. "Don't be scared at all," he said. "Either way, it will be a good way. If you go to heaven, you'll be in a better place -- if you live, you'll be back with your family."

Dannion Brinkley

While the orderlies were preparing my body for the morgue, I was off and running on the most extraordinary adventure of my life. I wasn't really sure I was dead; I just knew I was ever so grateful for being out of that intense physical pain. And whatever this was that was happening to me was some really cool stuff. First I found myself surrounded and embraced by a tunnel through which I was moving effortlessly. All around me I could hear the beautiful sounds of seven distinct chimes. Ahead, I could see a light, and as I moved closer, the light became more brilliant.

The next thing I knew, I was standing in the Light as a powerful Being drew near. This great Being radiated an intensity of unconditional love and non-judgemental compassion I had never known. Suddenly, and for the first time, I had the sense of being pure spirit, without the heaviness of my physical body. I looked down at my hand and it appeared phosphorescent as the light danced through it. Looking above and below me, I witnessed the presence of other beings who looked just like me. Some were vibrating at higher vibrations, and some at lower ones. Yet, my

attention was quickly diverted when the powerful Being enveloped me and I began to relive my entire life, one incident at a time. In what I call the panoramic life review I watched my life from a second person point of view.

As I experienced this I was myself as well as every other person with whom I had ever interacted. When the panoramic life review ended, despite the many obvious mistakes I had made in my life, I experienced no retribution – no judgment and no punishment. I was the only judge presiding over my day in court! Given time to assimilate my life in retrospect, I was given the opportunity to know, first hand, both the happiness and the sorrow I had created through my actions. I came to the realization that, more often than not, I had lived in a devastatingly selfish manner. My heart was filled with shame and remorse. The impact of that emotional avalanche remains uppermost in my mind to this very day. However, after my time of reflection in the Heavens that day, the Being of Light telepathically conveyed these words: "Who you are is the difference that God makes, and the difference is love." As the Being moved

away from me I began to feel lighter. My pain and guilt lessened and I understood that I had been shown my deeds on Earth, not to harshly impugn me, but rather to lovingly instruct me.

Through the panoramic life review I had been given the knowledge of how to correct my life, and use my power of love to make a difference in the world. I was later told that human beings are powerful spiritual beings meant to create good on Earth, and that good starts with small acts of kindness. I had one more stop to make on my journey through the Heavens before I was to be sent back. The Being next took me to the Crystal City where I met 13 more Beings of Light who appeared much mightier than he. Each one of them emanated a special power or force. For example, it was as if one Being was the epitome of Wisdom, while another was the epitome of Strength. Standing before them all was most humbling. They stood in a line behind a crystal podium in what seemed to be a Great Hall of Knowledge.

One by one, the Beings of Light approached me. When they did, a small black box emerged from their chest and sailed toward my face. Before impact, the boxes would open to reveal pictures or what I now call visions, of the future. Initially, it was difficult to understand and make sense of everything I was shown that day. And through the years I have had to tweak my take on a lot of it. However, it is amazing to me still, how much of what I saw, the day I died in 1975, has come to pass over the years. After viewing over one hundred visions, the Beings of Light gave me one last assignment. I was told to create Centers for stress relief on Earth. And then I was told it was time to go back. But I did not want to leave this wondrous place of peace and love. I recall thinking how sad I was to be leaving.

Without time to even finish the thought, I was standing in the hospital

corridor with absolutely no clue as to how to get back into my body. I stood there pondering the dilemma for only a nanosecond before I found myself looking up at a white sheet that was covering my entire body. But I could not get up and tell anyone I was alive — I was completely paralysed. So, I began to blow on the sheet hoping someone would notice I was breathing again. And someone did. From that moment on, I was engaged in the fiercest battle of my life. I was so angry that I hadn't been allowed to stay in the loving paradise we call, the afterlife. And I was even more enraged that they had sent me back, with all this knowledge and a mission, into a body so racked with pain and damage that it took me two years to learn to walk and feed myself again.

When I could finally remember the names and faces of my loved ones, none of them wanted to hear about my journey to the Heavens. They just wanted the whole incident to go away. This strained all of my relationships, and destroyed my love affair with my Sandy. At that point, I thought I would lose my mind. My life had been stolen from me. Now, I just wanted to go Home - back to the Heavens. It was not until I met Dr. Raymond Moody in 1976 that I started to fit the pieces of the near-death puzzle together. Dr. Moody had been researching the phenomenon for several years when he read about my experience in a local newspaper. I believe that as surely as it was my destiny to be struck by the lightning, it was just as surely destiny that brought Raymond to me. For without him and his extensive research data, I most assuredly would have lived out my life in pain, confusion and resentment.

Armed with the knowledge Raymond had ascertained through the compilation of hundreds of near-death experiences, I was able to come to grips with my life and find a brand new way of

being of service to humanity. I knew there was no such thing as death, and I was ready to spread the word. Soon, Raymond and I were lecturing together

on the subject around the world to academic and spiritualistic audiences alike. Finally, I had a life again. ΩΩΩ

CHRIST IN YOU

Part 1

Lesson Eleven

SIN, SEPARATION

Truth is the eternal Word

There is nothing new, for truth has had no beginning. As you unfold you have clearer vision and wider spheres of action. You cannot see new truth; that is impossible. Whenever you enter the plane of spirit, prepare yourself by prayer and the consecration of your whole being to God. This is the only safeguard against false teachers. When there is a threefold cord it is not easily broken. Three souls in perfect unity can do great things for the cause of God and of all men. Let the spirit within you be your only guide. It is for this reason only that we come, that you may know yourselves. Our words can only help as they enable you to do this. Our love for your world is very great. Do not lean on any outside help, however high, however good. You have already learnt that it is impossible for the mind on man to affect Spirit in any way.

The work to be done in you is far more important than learning from any teacher. Jesus could not do His works of healing while the mind was thinking. There must be silence when God speaks. The Christ within you is the same yesterday, today, and forever. Wait in silence and repose, that Christ may speak, may write upon yourselves His thoughts, His purpose. His designs. Let this mind be in you until not I, but the Christ of God is your only reality. You have known this for many years, but let the old Word speak again, until you feel the thrill, the newness of life, the upspringing of the eternal Son of God.

That sin may be forgiven, there is needed a cleansing, a putting off the old, so that the tender, new realisation of

Christ may not be impeded by the opposite of good. Sin and evil must not be confused as they often are. Sin is that great falsity connected with our outer self of the senses; it belongs to separateness and chaos. It would dare to set up its king and make its kingdom in our midst; but the Christ, now consciously real to us, as an inward fact, is greater than we know, and must put all things under His feet. His very life in us is re-creating, making new, of filling with Himself, bringing the soul into unity with God; thus, as of old, driving out of His Father's temple the thieves and robbers by His own right of possession. There goes out from us a cry of need, a great want, a reaching out to the author of our being. The infinite love is all-sufficient, and from that heart of love comes the healing of forgiveness, such greatness of love, that all is blotted out; since One dwells within who has conquered sin and death.

Learn that sin forgiven is the end of that sin, but not the end of the results – the root is killed and the river of life flows on. The suffering and results of sin can be turned into good. We on this side see something of the compensation of life. The ways of God are perfect, and the soul that is conscious of the living Christ, lifted into unity with the Father, becomes one with the work of redemption, lifting the whole race.

Love is pressing through the very atmosphere round about us and you. Love requires readiness and obedience, and we are called to do its bidding. Are you willing to obey even unto the death of the cross? That cross is the place

of your sacrifice for all men. All must go to Calvary, there to become one with the Father. Greater love has no man that this. Love is the atmosphere wherein all that is highest is nourished and fed. Love dwells in every human life, however

degraded it may seem to you. Love much, and Christ shall do His work through you, for he loves your world, and will never cease until it has become the kingdom of heaven. ΩΩΩ

FROM HERE AND THERE

Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul. - *Samuel Ullma* Ω

This is one of the great mysteries of the universe, how, by losing our individual ego, we are more fully ourselves: we are at peace and enter into a river of spirit to bathe in love and joy." - *Finding the Path. Kelvin Cruikshank.* Ω

We are not to let ourselves be guided by what others say as to who are our friends and enemies. We are to decide on our own based on the inner guides of our own minds and hearts. - *J.R.Wiles* Ω

Worry is interest paid on trouble before it is due. - *Unknown* Ω

Trials are but lessons that you failed to learn presented once again, so where you made a faulty choice before you now can make a better one, and thus escape all pain that what you chose before has brought to you. In every difficulty, all distress, and each perplexity Christ calls to you and gently says, "My brother, choose again." - *ACIM Text* Ω

To be a teacher of God it is not necessary to be religious or even believe in God to any recognizable extent. It is necessary however to teach forgiveness rather than condemnation. - *ACIM Psychotherapy.* ΩΩΩ

LAUGHTER THE BEST MEDICINE

Mildred, the church gossip and self-appointed arbiter of the church's morals, kept sticking her nose in the other members' private lives. Church members were unappreciative of her activities, but feared her enough to maintain their silence.

She made a mistake, however, when she accused George, a new member, of being an alcoholic after she saw his pickup truck parked in front of the town's only bar one afternoon. She commented to George and others that everyone seeing it there would know what he was doing. George, a man of few words, stared at her for a moment and just walked away. He didn't explain, defend, or deny; he said nothing.

Later that evening, George quietly parked his pickup in front of Mildred's house... and left it there all night! Ω

A Sunday School teacher began her lesson with a question, "Boys and girls, what do we know about God?"

A hand shot up in the air. "He is an artist!" said the kindergarten boy.

"Really? How do you know?" the teacher asked.

"You know - Our Father, who does art in Heaven..." Ω

When Jesus was hanging on the cross he looked out into the crowd and saw Peter. He called out, "Peter. Peter. Come here." Peter tried to reach Jesus but the Roman soldiers around the foot of the cross pushed him back. He looked up and Jesus repeated, "Peter. Come here." So Peter tried again to reach the cross. This time the Roman soldiers knocked him down and kicked him a few times. Picking himself up, Peter heard

Jesus calling to him again, so he dashed "Yes, Lord. . . ." And Jesus said, between two Roman soldiers and went "Peter . . . I can see your house from right up to the foot of the cross, saying here!" 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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