



The Rainbow Journal

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FROM THE EDITOR

As this, the tenth year of the Rainbow Journal, comes to a close I would like to thank readers for your support and special thanks to those who have offered me encouragement, which has provided the motivation to continue producing the Journal. I take this opportunity of to extend to you all the wishes that your Christmas be full of wonder and light, happiness, love and joy! It is a time of loving and forgiving, to feel the Joy and happiness of being loved.

- Brian Alderson ΩΩΩ

THE MESSAGE OF CHRISTMAS

From the Edgar Cayce readings

In giving to these...those conditions as surrounded that you call the first Christmas... While to you it may be a first Christmas, if it were the first then there would be a last... For time never was when there was not a Christ and not a Christ mass.

But in giving that interpretation of what this Season means—that birth of Jesus as became the Christ—to this world much has been recorded by the writers of the Gospel, especially by Luke; but little perfect concept may be gathered except you seek to experience what such an advent meant or means to your life as an individual.

For knowledge and the wisdom that is presented in that happening are two different things. What you hear you may believe, but you will rarely act as if you believed it unless you have experienced and do experience that “God so loved the world as to give His Son” to enter into flesh, that flesh, that man, might know there is an advocate with the Father; and that—as you in your material experience see—Life coming from out of nowhere to enter into materiality, to become a living expression of those promptings of the heart.

That is the purpose for which it has entered - to give the more perfect concept of the relationships of man to the Creator.

Such we find as that happening in Bethlehem of Judea ages and years ago, when that channel had so dedicated itself

to the service of her Maker as to become mother, wherein the whole world is shown that this must come to pass in the experience of those who would make themselves channels through which the Holy Spirit of God may manifest; that the world may know that He, God the Father, keeps His promises with the children of men!

And the hour approaches and His Star appeared - and the angels' choir, and the voices of those that give the Great Message!

Who heard these, my children? Those that were seeking for the satisfying of their own desires or for the laudation of their own personality? Rather those close to nature, to the hours of meditation and prayer, and those that had given expression, “No room in the Inn!” For no inn, no room, could contain that as was being given in a manifested form.

Only then, to those that sought could such a message come, or could there be heard the songs of the angels, or that music of the spheres that sang, “Peace on Earth - goodwill to men!”

For this, then, is in every birth - the possibilities, the glories, the actuating of that influence of that entrance again of god-man into the earth that man might know the way.

Thus this comes at this time to bring to the hearts and minds of those of that Glad period the fact that not only 2,000 years ago but today, He may be

born into your own consciousness, your own understanding; He comes unto His own!

Are you His? Have you claimed Him? Have you put on the Christ, even as was and is exemplified in that life, that birth, that death of Jesus, the Christ?

For He is your Elder Brother, He is the babe in your heart, in your life; to be...nourished in the heart, in body, in mind. And indeed do His words become more and more then of meaning, "As you do it unto the least of these, your brethren, you do it unto me!"

For as you behold the face of your friend, of your neighbour, of your foe, yes your enemy, you behold the image of your Saviour.

For you are all His, bought not only with the birth of the God-Child into flesh but with the death - that you might know that He is the Way to the Father in this material plane.

For as He chose to enter, so you have entered. As He chose to live, so may you live. As He chose to give of Himself that there might be a greater understanding, a greater knowledge; yes, the showing forth of the wisdom of God that God is love, poured forth upon the children of men in this experience.

And as these changes come and as you make known that as has been the raising of that consciousness of His Presence in your experience, by your dealings with, by your conversation with, by your life with your fellow man, so may

you hasten the day when He, Christ, may come into your own heart, unto His own peoples, to reign; yes, in the hearts and lives!

Then indeed should each of you at this Glad Season make the hearts of others Merry by your own happiness in the birth, the life, the death of your Jesus, your Christ!

Know this had no beginning in the 2,000 years ago, but again and again and again! And it may be today, He may be born into your consciousness; not as a physical birth - but each moment that a physical birth is experienced in the earth is an opportunity for the Christ-entrance again!

Then what are you doing about it in your daily life, your daily conversation? For not by might nor in power, but in the still small voice that speaks within, you may know as He has given so often - "Peace - it is I! Be not afraid, it is I," your Saviour, your Christ; yes, yourself meeting that babe in your own inner self that may grow even as He to be a channel of blessings to others!

For as you do it unto others you do it unto Him.

May the Peace, the Joy of His Consciousness, His Presence, His Joy be yours this day; even all your days in the earth! For He is close to you, He is in your midst! Praise the Lord that gave, then, His Son; that you might know Him!
- 262-103 ΩΩΩ

IDEAS AND IDEALS

The words 'idea' and 'ideal' are usually spoken to express commonplace things in everyday conversations. For instance we might say "I have an idea how to fix the car" or "This is ideal weather to go fishing." However both these words have special meanings in the spiritual context.

Beginning with the spiritual

concept of ideas, and where can we find a better place to start than in the story of creation as found in the first book of the Bible. According to the book 'Christ in You' the seven days of creation described in Genesis were God's expression of His ideas. To quote from the book:

"The seven creative days are experiences within yourself. God speaks

the word of power when he says, 'Let there be light, and the light shines from within.' The dividing of the waters is the separation of the divine and the human, the firmament symbolising the Heavenly-Divine, and the seas the Earthly-Human. The separation of the seas and land means the first state of receptivity, to express clearly that land (mind) is free and awaiting God's manifestation. And God said, Let the earth (mind) bring forth, and God says within you, to your soul: bring forth, manifest, express My thought.

"Then you read: God gave the two lights, the greater and the lesser. These symbolise the lights of the two understandings – human and divine. The seas are fruitful on the fifth day, thus proving the creativeness of mind and the birth of **ideas**. Then we read of larger growth, larger **ideas**, until we come finally to ourselves – man in the image of God, **God's idea**."

So even God, when He wanted to create, first needed ideas, and we are the result of one of his ideas. And so it is with us. We need ideas before we can create because ideas are the forerunner of creation. Here we should remember that ideas come from the mind and that the brain is not the mind. As Cayce put it: "Your brain is not your mind, it is that which is used by your mind!" 826-11 The mind is a function of the soul and uses the brain to express itself. First, the eternal mind; secondly, the thought; thirdly and lastly, the outcome of both is the idea, that which is to become manifest in the physical plane. We are all the results of our own ideas.

A dictionary description of an ideal is "a person or something conceived as embodying a standard of perfection, and taken as a model for imitation." To many Christians that standard or ideal would be Jesus and Cayce many times stated Him to be the ideal which we should

follow: "Study then to show yourself approved in your own conscience, to your own ideal. And know that ideal is in HIM - Jesus; who became the Christ by overcoming the world!" 1608-1.

To get an understanding of ideals one only needs to see what larger organisations and corporations in what they call a 'Mission Statement.' This is a brief declaration, often consisting of only one sentence, setting down the core reason for the existence of the establishment. For example the mission statement of Google is "Organise the world's information and make it universally accessible and useful" while for Microsoft it is "A computer on every desktop and in every home, running Microsoft software." With Facebook it is "... to give people the power to share and make the world more open and connected."

The reason why these companies have adopted mission statements is to provide a guiding principle to encourage support and loyalty and to remind executives and employees in the organisation of the overall purpose they are expected to pursue.

Once this mission statement is set down an organisations can then proceed with what is called 'Strategic Planning.' This planning usually is made up of three steps. The first step is to review the current state of affairs of the organisation and examine its strengths and weaknesses. The next step is to set down goals and objectives to achieve the 'ideal state' of the establishment and finally work out ways and means of obtaining the goals and objectives. Usually these strategic plans cover a reasonably long period of say, between five to twenty years - planning well into the future. Once the strategic plan has been adopted then annual detailed plans are drawn up each year to set particular targets and goals for the following year.

The mission statement is like a compass which is a steady guide to point the general direction in which the organisation should be heading while the strategic planning sets down the particular goals and ideas on how they are to be achieved along the way.

While businesses and other organisations have benefited greatly from having mission statements and strategic plans few people as individuals have their own clearly defined goals let alone 'mission statements.' It could be argued that it is easy for a business to set down what it does, as for an example a store which is there to 'sell goods at a profit.' We humans are a much more complex organism and cannot be compared to organisations. Very few of us have any understanding of either why we came here in the first place or the reason for our existence so how can we develop a mission statement without this knowledge? Even if we cannot answer these profound questions we all have our particular traits, characteristics and qualities. We also have the ability to choose. We can choose what we hold as special; we can choose what virtues we consider we would like to exhibit; we can choose to emulate someone we revere.

Perhaps one may not see the necessity of having set goals, but how many times have we said or heard the statement "I never seem to be getting anywhere." The answer of course is simple, for unless one is going somewhere we can never expect to get there! We need goals then for a sense of direction and to help motivate us.

An ideal is something we aim for but unlike a goal it is a concept or a standard of perfection or excellence that we would work towards or a person embodying such a concept or standard for us to adopt as a model to imitate. "Ideals are like stars: you will not succeed in touching them with your hands, but

like the seafaring man on the desert of waters, you choose them as your guides, and following them you reach your destiny." - Carl Schurz. As a concept or standard, an ideal may never be achieved but as with an organisation's mission statement it is like a guiding compass to which we can measure the correctness of our thoughts and actions.

The goals that we choose must then conform to our ideals for we cannot set a goal which would conflict with our ideals as this would be like trying to go in two directions at once.

How then can we set ideals and goals especially if we are not sure of what we really want or what we would want to achieve? Here are some suggestions in this regard:

1. Spend some time looking at our present situation and contemplate what is currently motivating our lives. We should ask ourselves questions such as: What do I enjoy doing that leaves me satisfied afterwards? What makes me happy? What makes me enthusiastic? We should also ask ourselves what changes we would like to make in the way we behave and in our environment.

2. Having spent some time exploring where we are, the next step is to make decisions as to where we want to go, to decide on what changes we would like to make to give us greater fulfilment in this life's journey. We should consider what qualities are most important to us and what sort of relationships we would like with our families, our friends, workmates and all those we come in contact with.

3. From this we may come up with our spiritual ideal. We are to decide on what quality or person we would like to emulate. It may be a human quality of love, or kindness or it may be a person such as Jesus or Mahatma Gandhi or whoever we hold in great esteem and awe.

4. Cayce suggested that as well as spiritual ideals we should set down our mental and physical ideals. Our mental ideals could be those attitudes and way of thinking we would like to adopt taking into account our spiritual ideal and our physical ideal could be our ideal physical body. For example we may set down love as our spiritual ideal, a positive mental attitude in all circumstances and our mental ideal and a healthy body being a fit temple for our soul as our physical ideal.

5. Once we have chosen our ideals we can then start planning our goals. These can be long term aim or can be minor objectives for the short term. Many people have reported great success after writing down precise details of targets together with a specific timeline for achievement. Once they have been written they can be put away and forgotten and it is quite amazing how people have come across these recorded goals much later to find that what has been written has been achieved.

It can also be helpful every morning to list down minor jobs and things one wishes to achieve in the day ahead.

FROM THE EDGAR CAYCE READINGS

Study to show yourself approved

unto God, taking the whole truth, and keeping yourself unspotted from the world. That's a very large field, but is covered in every phase of one's experience. Do not accept or take any one idea and think that is the whole, for every expression is a manifestation of the Creative Forces as are manifest, and have their part in the Whole. Then, as given, study to show yourself approved unto God; not unto any individual, not unto an idea, but unto an ideal. 5481-1

As to the activities in the earth, these as indicated indeed are quite varied, yet these are presented as a pattern. While all are not given, these may be a pattern for the entity, and may be applied or used in the ways and manner in which the entity may find peace and harmony, as from the spiritual source. Remember, the mind and the body and the soul must coordinate as one, for harmony. These necessitate, then, that ideals be attained or set, and that there be the attempt to attain such ideals; not that these will ever be reached, but an ideal must be set towards which it is able to keep working or to answer whatever questionable experiences may arise in the experience of the entity. 5040-1. BDA ΩΩΩ

THE FORBIDDEN WORD

The response to the leaders in my country and apparently many other countries to the bombings and shootings in Paris, and more recently the insane killing spree in the U.S., is to tell us to be fearful. Although the word 'fear' is not used directly in these messages, the intent is quite clear. "Be watchful and vigilant." "Be wary of travelling abroad." "Look for suspicious behaviour in your neighbourhood." "In particular be wary of anyone you know to be a Muslim or of north African origin."

The use of fear as a motivator is

nothing new. Nazi leader Hermann Göring knew how fear can manipulate people into doing things they would normally oppose: "The people don't want war, but they can always be brought to the bidding of the leaders. This is easy. All you have to do is tell them they are being attacked, and denounce the pacifists for lack of patriotism and for exposing the country to danger. It works the same in every country."

Former US National Security Advisor Zbigniew Brzezinski argued that the use of the term 'War on Terror' was

intended to generate a culture of fear deliberately because it: *“obscures reason, intensifies emotions and makes it easier for demagogic politicians to mobilize the public on behalf of the policies they want to pursue”*.

In Christianity what is often called the Great Commandment was what Jesus instructed his disciples in that we were to “love one another.” Because what Jesus delivered to his disciples was not just a suggestion but a *commandment* one would expect that it would be a word Christians would embrace and demonstrate in daily life, yet the word 'love' seems to be absent from Christian's vocabulary as if it was a forbidden word. One will never hear it used in any business or in economic, or political context. Even though we may be Christians we are educated to disregard this, apparently strange, concept of 'loving one another' and in particular 'loving our enemies'.

In two modern day revelatory literary works 'Conversations With God' and 'A Course in Miracles' a central theme is that love and fear are opposites. In ACIM the writer states that attacking is always a response to fear. Conversation With God states *“All human actions are motivated at their deepest level by one of two emotions—fear or love. In truth there are only two emotions—only two words in the language of the soul. These are the opposite ends of the great polarity which I created when I produced the universe, and your world, as you know it today.”*

The understanding of these two basic motivating forces is so important because: *“Every action taken by human beings is based in love or fear, not simply those dealing with relationships. Decisions affecting business, industry, politics, religion, the education of your young, the social agenda of your nations, the economic goals of your*

society, choices involving war, peace, attack, defence, aggression, submission; determinations to covet or give away, to save or to share, to unite or to divide—every single free choice you ever undertake arises out of one of the only two possible thoughts there are: a thought of love or a thought of fear.

“Fear is the energy which contracts, closes down, draws in, runs, hides, hoards, harms, causes conflict and war.

“Love is the energy which expands, opens up, sends out, stays, reveals, shares, heals, creates harmony and peace.”

Of course one may say that it is easy to talk about love when we have not been exposed to these recent evil events and we may think very differently when someone close to us is blown up or gunned down in a random act aimed at terrorising us. It is true that every death of a loved one causes grief and pain especially when the death has been violent and incomprehensible when the victim has been chosen at random. When this happens it is normal for us to at least want justice and seek revenge on the perpetrators. However let us not be induced into fear by the media and politicians through their spin doctors focusing on these particular events.

If we are to be guided by statistics rather than media hype we will realise that being killed by a terrorists should be the least of our fears. For example in the US in the last 13 years – including the 9/11 attack – a total of approximately 3,500 people were killed by terrorists (3,100 were in the 9/11 attack, leaving a balance of 400 in all the other events)) which is less than one per day compared with deaths from gun violence in the same period of approximately 440,000 – an average of 93 people being killed every day from gunshots with a further 96 being killed in road accidents. In fact,

gauging by statistics there is a greater chance of being killed by lightning strikes (considered an act of God) than by terrorists. So who or what should we fear most?

Getting back to love versus fear we may ask how love can play a part in dealing with terrorism? I do not believe there is a single answer but others are coming up with solutions based on love and compassion as against revenge and attack. For example Theo Padnos a journalist kidnapped in Syria and tortured for 22 months by the al-Nusra Front, when asked recently how the U.S. should respond to groups like al-Nusra, he replied:

"I think we should send them aid. We should send them chocolates and blankets and—I think we have to be nicer to them. We can keep killing these people, but more will come. I remember Stanley McChrystal's insurgent math—if you have 10, and you kill two, you don't get eight, you get 20. This is truer in Syria. The bombs, I think, spread the hatred. The bombs that were dropping now, the bombs that Putin is dropping now, they only spread the hatred and they create more."

Shortly after the Paris attack Madonna, at a concert in Stockholm, made a speech in which she said: *"There are people who have no respect for human life, and there are people that do*

atrocious, degrading and unforgivable things to other human beings, but we will never ever, ever change this world that we live in if we do not change ourselves, if we do not change the way that we treat one another on a daily basis. We must start treating every human being with dignity and respect, and this the only thing that will change the world... Only love will change the world, but it's very hard to love unconditionally, and it's very hard to love that which we do not understand or that which is different than we are, but we have to or this (killing) will go on and on forever."

Perhaps then, if we are too embarrassed of being ridiculed if we use the word 'love' (that is, compassionate love) in our conversations then we can at least demonstrate our love in the way we live our daily lives.

FROM THE EDGAR CAYCE READINGS

" . . . when fear enters, then does one allow the doors of the temple to be broken up, and there enters in thoughts of the carnal forces that ever war with man, with man's good intent." 333-1

"When there comes fear or doubt, look to Him; arouse in yourself that consciousness of His presence abiding within, and He will quell the storm within your own life. He abides with you, will you keep Him, His precepts, "Love one another." 262-68

CREATING PEACE

A.R.E blog by Kevin J. Todeschi.

In the face of unspeakable acts of terrorism and almost unbelievable examples of man's inhumanity to man, are there any insights that can be found in the Edgar Cayce material in terms of how to respond individually and collectively? What are we to do in the face of war or terror? What are we to do when things happen on the other side of the world? What should be our response in

the face of fear?

During the early days of World War II when Europe was in the midst of war and the United States had galvanized much of society to deal with the threat of war, a remarkable reading was given in which those in attendance asked for practical and spiritual suggestions to assist them in bringing about World Peace. Cayce's surprising response

suggested that World Peace could be made possible by collectively creating peace in each of their individual lives:

You cannot pray "Peace - Peace" when there is no peace in your own heart and soul! but by knowing (for His spirit answers with your spirit) that each day, each person you meet is glad that you are alive! Glad that you have come in touch with them; for you have brought - and bring - hope to their lives, just in the passing!

This means, then, that you may so live the life as He emulated in the earth, that you radiate life, joy, peace! that which casts out fear - by living, by being, by doing unto others, for others, that you would like others to do unto you ... Only as you use that birthright, that purpose, that will within your own consciousness to do justice, to do right, to love good, to eschew evil, may you as individuals, as a group, as a nation, stand between the living and the dead - and stay the sin that makes man make war - of any nature - against his brother.

You are your brother's keeper! Act that in your own heart. Who is your brother? "Who is my mother? They that do the will of the Father, the same is my mother, my sister, my brother." ... In this you may build, here a little, there a little, line upon line, precept upon precept." (3976-27)

When the question was asked as to how an organization (such as your local church) could work together to stimulate peace, Cayce responded:

Then let each one, as a son, as a daughter of the living God, feed His lambs, feed His sheep. With what? The spirit of truth, the spirit of peace! Apply that new commandment as He gave, "Love one another." In all groups, all organizations, it is not what this or that name or group may do, but as ONE. For, the Lord your God is ONE! And the Christ, the Saviour, died for all - NOT

for one!"

And when asked about the issue of religious differences, Cayce replied:

"... more wars, more bloodshed have been shed over the racial and religious differences than over any other problem! These, too, must go the way of all others; and man must learn - if he will know the peace as promised by Him - that God loves those who love Him, whether they be called of this or that sect or schism or ism or cult! The Lord is ONE!"

I reflected upon some of the above a couple of months ago when a long time friend was condemning the violence in the Middle East and expressed his frustration that there was nothing he could do about it. Knowing this person fairly well, I also knew that he and his sister had essentially stopped speaking to one another over a family squabble more than 10 years ago. I decided to take the opportunity to suggest that the Edgar Cayce readings were adamant in their stance that he could do something about it by trying to heal his relationship with his sister. He brushed it aside as being unimportant and not worth the effort, and having absolutely nothing to do with the problems in the Middle East. I got a similar response when I mentioned to a co-worker the importance of trying to heal a long-standing, inharmonious relationship at work. The person had no interest in working on a healing.

What if Cayce is right? What if world peace is created an individual at a time? What if our collective "vibrations" of healing merge together to have an even greater impact upon the whole? What is going to occur if our continued response to world turmoil is simply turn the channel, while overlooking any attempt at peace and healing that needs to occur in our own lives? What if Peace on Earth and good will toward all truly resides within each and every one of us and is

simply waiting for us to take a baby step? Is it really that hard to call a sister we haven't spoken with or be the first to reach out to a co-worker we are challenged by?

I don't think the readings would encourage unconditional pacifism to a government or a president in the face of war or terror; however, most of us are not in a position to impact a military or a government response. However, what we can do as individuals is follow an admonition that exists in many places throughout the Cayce readings: "do what you know to do and the next step will be given."

On one occasion, Morton Blumenthal (the individual who built the Cayce hospital) asked for information on

Evolution and "survival of the fittest," Cayce suggested that evolution of the human creature was actually much more complicated. Cayce told Blumenthal: ...

"read history! Which has survived - the brute strength, or the development towards that of God? Which survives - the man that studies God and seeks to emulate His forces and powers, or the man that emulates the forces of earth or flesh? This answers itself!" (900-340)

In other words, this suggests that eventually we will have peace on earth and good will toward all. But perhaps it only comes as each of us does our part.

Do you really want to help heal the world? Cayce would say take a first step and heal a relationship and cultivate peace in your own life. - ΩΩΩ

HUMILITY

'Humility' is a widely misunderstood word. It is not one of those words we would take the time to look up its meaning. We may have a general idea of humility and to see it as one of those virtues we strive for; one we admire. No doubt most of us feel we know what it means to be humble. Demonstrating it however, is a whole other matter.

Humility is not what the monk said to a reporter about his fellow monks "One of our greatest virtues is our humility – and we are proud of it!" Nor is it present in response many of us older people give we are given advice: "I've tried that before, and it just doesn't work." Humility is being open-minded, and realizing that no matter how long we have been around, we could not possibly have experienced everything there is to experience.

"Do not imagine that if you meet a really humble man he will be what most people call 'humble' nowadays: he will not be a sort of greasy, smarmy person, who is always telling you that, of course,

he is nobody. Probably all you will think about him is that he seemed a cheerful, intelligent chap who took a real interest in what you said to him. If you do dislike him it will be because you feel a little envious of anyone who seems to enjoy life so easily. He will not be thinking about humility: he will not be thinking about himself at all."- C.S. Lewis, Mere Christianity.

In Judaism humility is an appreciation of oneself, one's talents, skills, and virtues. It is not meekness or self-deprecating thought, but the effacing of oneself to something higher. Humility is not to think lowly of oneself, but to appreciate the self one has received. In recognition of the mysteries and complexities of life, one becomes humbled to the awesomeness one is and what one can achieve. It is considered as to place others first; it is to appreciate others' worth as important. In recognizing our worth as people, and then looking into the zillions of stars in the sky, and in the length and history of time, realising, as objects in the universe,

you and I are insignificant.

It is not in denial of our talents and gifts but to recognize them and live up to our worth and something greater. It is in the service to others that is the greatest form of humility. As illustrated in the person of Moses, who leads the nation of Hebrews out of slavery in Egypt and to the 'Promised Land', humility is a sign of Godly strength and purpose, not weakness. Of this great leader, the Bible states, *"For Moses was a man exceeding meek above all men that dwelt upon earth."* (Numbers 12:3). Moses is venerated by Jews and Christians alike. Amongst the benefits of humility described in the Old Testament, that is shared by many faiths, are honour, wisdom, prosperity, the protection of the Lord and peace.

Gandhi interpreted the concept of humility broadly, where humility is an essential virtue that must exist in a person for other virtues to emerge. To Gandhi, truth can be cultivated, as well as

love, but humility cannot be cultivated, humility has to be one of the starting points. He claimed, *"Humility cannot be an observance by itself. For it does not lend itself to being practised. It is however an indispensable test of ahimsa (non-violence)."* Humility must not be confused with mere manners; a man may prostrate himself before another, but if his heart is full of bitterness for the other, it is not humility. Gandhi claimed humility is how one feels inside, a state of mind, and a humble person is not himself conscious of his humility.

"Let this mind be in you which was also in Christ Jesus, who, being in the form of God, did not consider it robbery to be equal with God, but made Himself of no reputation, taking the form of a servant, and coming in the likeness of men. And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross." - Philippians 2:5-8 - ΩΩΩ

FROM HERE AND THERE

WHAT BINDS US?

While holidaying in India a man was passing some elephants, when he suddenly stopped, confused by the fact that these huge creatures were being held by only a small rope tied to their front legs. No chains, no cages. It was obvious that the elephants could, at any time, break away from their bonds but for some reason, they did not.

He saw a trainer nearby and asked why these animals just stood there and made no attempt to get away. "Well," trainer said, "when they are very young and much smaller we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to

break free."

The man was amazed. These animals could at any time break free from their bonds but because they believed they couldn't, they were stuck right where they were. Like the elephants, how many of us go through life hanging onto a belief that we cannot do something, simply because we failed at it once before? Failure is part of learning; we should never give up the struggle in life. - *Anonymous*

ALL WE NEED IS LOVE

From the beginning of time, all that any of us ever wanted is to love and be loved. And from the beginning of time, all we have done as a society is make it virtually impossible to experience that.

We have created all manner of religious restrictions, tribal taboos, social strategies, group guidelines, neighbourhood norms, borderline barriers, laws, policies, rules, and regulations telling us who, when, how, and why we may love, and who, when, where, how and why we may not. Unfortunately the second list is longer than the first.

We have placed judgement before acceptance, condemnation before compassion, retribution before forgiveness, and limitation before freedom in the fashioning of the experience that we have called human love. In other words, we have made love conditional, and with that decision rendered it utterly bereft of meaning, a complete counterfeit, not real love at all. - *When God Steps In, N.D.W.*

A SECRET FOR FINDING HAPPINESS

If you want to feel happiness make another feel happy. If you want to feel companioned and not lonely, be a companion to another and make *them* feel not lonely. When you want to experience joy, cause another person o experience joy. In fact, no matter what you want to experience, the fastest way to do it is to cause another person to experience it. - - *When God Steps In, N.D.W.*

THE GREAT MESSAGE FROM JESUS

The grandest teachings of Jesus was not that you *shall* have everlasting life – but that you do; not that you *shall* have brotherhood in God, but that you do; not that you *shall* have whatever you request, but that you do. - *C.W.G. Book 1*
ΩΩΩ

CHRIST IN YOU

PART II FOURTH LESSON

Personality

Humanity shrinks, and rightly so, from any thought of strangeness and loss, and any thought that occasions shrinking or pain should be quietly and peacefully dropped, without strife or resistance. I can tell you for a certainty that you will retain your personality just as long as you need it, and you will need it much longer yet. I am allowed to tell you that the meeting with your loved ones will be sweetly familiar, a great deal better than you can imagine, for they and you will be enriched by the love between you. Your loss is always gain. You can help them by your love and prayer, and they help you; think often of them. Bless them and become conscious of unity, which is a blessed reality. There is nothing untoward or strange; you are here just what you have made yourselves, and they who love you would not have you with them until you have finished. In fact, you are near them now, but the veil or

covering is over you at present.

Love – Love – Love. This is a potent force. It would not meet the demands of your present nature to arrive suddenly at the end of being, since everything in God's plan is in perfect order. There must be gradual enfoldment and gentle awakening; even after the spirit ceases to need its personal form, it can always resume it at will. Paul, who was allowed to enter the interior realms, tells you that the inner man is renewed day by day in an identity peculiarly your own, and exactly resembling you as you appeared, except that you have added the spiritual qualities, refining and defining all the highest and best. This, too, is a covering or a resurrection body, and it is clothed in white raiment to appear before mortal eyes.

As your scriptures tell you repeatedly, the continuity of life is no more broken when the breath leaves the

body than the continuity of child life broken by the incident of birth. It is the means by which life is liberated, becoming more intense. Memory exists, although we have learnt the power to dissolve into nothingness – this is true forgetfulness – all that is not of use. But I would have you know that you are greater than your form, that you have no limit, that you take limitations for purposes at present hidden from you, that true personality is not the fleshy form or a separate body, but, by reason of its greatness, is best manifested in part.

Paul, who had learnt the mystery, tells you that “the body is for the Lord, and the Lord for the body,” therefore it is quite clear that the body or form is only part of the great whole, the mystic body of Christ. Paul also had revealed to him the omnipresence of man, as he was present in spirit with the Church of Corinth while his body was visible in another place. Always bear in mind that to us there is neither time nor space.

I told you at the beginning that your Scriptures could reveal the highest, and you will find more and more that we only present to you in a new light the truth that which was from the beginning,

so you may see life from higher standpoints, with renewed vision, new hopes, and moving in loftier spheres of thought and experience.

Now you begin to see that the Lord Christ possesses the body of flesh, through which you choose to manifest; and there is no reason why it should not readily respond, unless you yield to the great enemy, the false belief in separateness. This enemy is symbolised in the story of the Garden of Eden, the separation from God. The lower self would become even as the gods, though in the words – “Hear, O Israel, the Lord your God is One Lord” – it was taught that we are one, that separate or outer forms never can finally overrule the one God. God requires perfection; therefore if we would rise to the consciousness we must begin with our lower self to bring it into obedience and subjection to the One Ruler; and as we do this we learn what our true personality is. We shall not accomplish this great purpose without constant watchfulness and wholeheartedness, giving all to gain all, ready at every turn to sacrifice the lower self, that we may become selfless and free. ΩΩΩ

LETTERS

It has been some time since I have published emails I receive from readers. The ones below recently received may be of general interest. - BDA

Dear Brian,
Thank you for your Journal which I always enjoy.

Following your frequent references to the Conversations With God books I have been reading book 1, which is a coincidence with your article on The Holy Trinity. On page 28 of the book it is written:

“In the absolute there is no experience, only knowing. Knowing is a divine state, yet the grandest joy is in being. Being is achieved only after experience. The

evolution is this: knowing, experiencing, being. This is the Holy Trinity—the Triune that is God. God the Father is knowing—the parent of all understandings, the begetter of all experience, for you cannot experience that which you do not know.

God the Son is experiencing—the embodiment, the acting out, of all that the Father knows of Itself, for you cannot be that which you have not experienced.

God the Holy Spirit is being—the disembodiment of all that the Son has

experienced of Itself; the simple, exquisite is-ness possible only through the memory of the knowing and experiencing. “

Keep up the good work,
Mary Boyle

Hi Brian,
Thanks for your article “Christian Intolerance Exposed” (October Issue). Us older folk can remember the bitter conflict an animosity which existed

between Christian and Protestant churches during our childhood. Fortunately over time this intolerance has mellowed as I has with attitudes towards sex out of marriage, divorce and homosexuality. The latest pope is bringing a breath of fresh air into the Catholic religion. We still have some way to go until we can completely follow the commandment of Jesus that we love one another.

Allen Macdonald ΩΩΩ

LAUGHTER – THE BEST MEDICINE

MARIJUANA AND MARRIAGE

For those who haven't heard, Washington State in the U.S. recently passed two laws. They legalized gay marriage and legalized marijuana. The fact that gay marriage and marijuana were legalized on the same day makes perfect Biblical sense.

Leviticus 20:13 says: "If a man lies with another man they should be stoned"

Apparently we just hadn't interpreted the Bible correctly before!

THE GOOD SAMARITAN

A Sunday school teacher was telling her class the story of the Good Samaritan. She asked the class, "If you saw a person lying on the roadside, all wounded and bleeding, what would you do?" A thoughtful little girl broke the hushed silence, "I think I'd throw up." 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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