



# The Rainbow Journal

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## FROM THE EDITOR

As quoted from the “Conversations With God Book 2” in the short editorials in a previous issue: “Listen to your soul. Hear yourself. Even when I present you with an option, an idea, a point of view, you are under no obligation to accept that as your own. If you disagree, then disagree. That is the whole point of these writings. The idea was to cause you to think. To think for yourself.” - *Brian Alderson* ΩΩΩ

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## RELIGION AND LAW

If we are to believe the Holy Bible, in the beginning of our existence on earth God gave man only one commandment—“Don’t eat apples from that tree!” But man could not even obey this single instruction and, succumbing to temptation, ate the forbidden fruit with the consequence that all humanity has been made to suffer ever since. Of the world’s three largest religions, two—Christianity and Judaism—have taught their followers across the centuries various doctrines declaring that all human souls are subject to death as a punishment for this “ancestral,” “inherited,” or “original” sin of the first human.

Our search for answers to suffering and the basic questions of life have been going on ever since our ancestor ate the fruit from the tree – the fruit that opened our eyes to the knowledge of good and evil. History suggests that at various times in the past in all civilisations spiritual giants appeared and attempted to provide us with answers to these questions. Their lives and teachings became the foundations of the world's great religions. These prophets and seers seemed to have tapped into a source of knowledge far beyond the grasp of the average person. Many of them claimed to have direct communications with God who used them as channels to deliver His messages to His people. Their teachings were meant to offer codes of moral conduct in our relationship to God and our fellow man. However in time the guidelines gradually evolved into laid down laws to which the followers of the religions were expected to follow.

One of the most important documents in Judaism is the Torah, or law, which is also the first five books of the Old Testament. It is revered in the three Abrahamic religions - Islam, Judaism and Christianity - as the inspired word of God, traditionally said to have been revealed to Moses. The five books include a complete ordered system of laws, 613 distinct 'commandments', including the best known of the laws – the Ten Commandments.

These commandments became the standards, or rules of behaviour that guided the conduct of the Jews but as time passed following the introduction of the commandments disputes arose as to their interpretation so a class of religious lawyers arose to interpret and clarify them. In an effort to resolve these disputes the lawyers began drafting by-laws to be used in conjunction with the original commandments. A good example of these by-laws is in relation to the commandment “*Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work.*” Disagreements arose as to what would be considered as 'work' and as a consequence the lawyers came up with 39 principle 'categories of activities' that were to be avoided. Moreover the lawyers further defined what came under these 'categories of activities.' For example two categories were 'winnowing' and 'selecting'. While winnowing usually referred exclusively to the separation of chaff from grain,

and selecting referred exclusively to the separation of debris from grain, the lawyers concluded that the avoidances included any separation of intermixed materials which renders edible that which was inedible. Thus, filtering undrinkable water to make it drinkable falls under this category, as does picking small bones from fish.

From the above we can get an idea of how teachings, initially offering general guidelines, could gradually be transformed into fixed written laws which, by their nature, are always open to interpretation. One result of this crystallising of guiding principles was the creation of the legal and judicial fraternities - those whose main purpose was to interpret the laws and judge alleged transgressors.

For laws to be effective there must be penalties for breaches of the them, as was the case with much of the Laws of Moses where the penalties were written at the same time as the laws themselves were written. The punishments included the death penalty for approximately a dozen particular offences, many of which, in the greater part of the modern world, are today not even considered as criminal offences. The Old Testament does, however, only record a few instances of capital punishment actually being administered for breaches of the commandments. One case is recorded in Numbers when a man was stoned to death for gathering firewood on the Sabbath. A further case of stoning was in the Book of Joshua when Achan was caught looting. In this case the penalty was imposed, not for the looting, but because Achan disobeyed orders purportedly given specifically by God. In the New Testament, it is recorded that Jesus stopped the stoning of an adulteress about to be carried out under Jewish law. The only other case in the New Testament of death by stoning under Jewish law was against Stephen, an early Christian convert, for blasphemy.

When examining the events surrounding the beginnings of Christianity we are to remember first of all that Jesus was a Jew. He inherited the Jewish culture and while he disagreed with the Jewish leaders on many matters of theology he embraced the Jewish religion and the principles of Mosaic Law. "Don't think that I came to destroy the law or the prophets. I didn't come to destroy, but to fulfil..." It does however make one wonder what sort of world we would have today if Jesus had been born into a different culture, say in Egypt or China.

Jesus attempted to get His followers to revert to the spirit of the law rather than following the letter. An illustration of this attempt is recorded in the Sermon on the Mount when He said "You have heard that it was said 'You shall not commit adultery;' but I tell you that everyone who gazes at a woman to lust after her has committed adultery with her already in his heart." No law can stop people from thinking sinful thoughts but Jesus claimed that dwelling on these improper thoughts made the thinker just as guilty in the eyes of God as the person who carried out the sinful acts.

The disciples of Jesus and his early followers were also all Jews who still observed Jewish law while at the same time embracing the teachings of Jesus. As the number of adherents to Christianity grew the lack of conformity to the intended spirit behind the teachings of Jesus resulted in the necessary for the Christian leaders to rely more on the the written law, in particular the Mosaic Law. That resulted in the gradual change in the nature of the Church from relying on a guiding set of principles, as narrated by Jesus, by which one could have a holy relationship with God to fixed, defined rules of conduct. This was the very situation that Jesus

faced when He began His ministry – the reliance on the letter of the law rather than the spirit.

For a time the early church relied on the teachings of Jesus and the disciples as their source of authority but gradually the authority was transferred to the leaders of the church. As the popularity of the Christian religion grew so did the power of its leaders. This is particularly true in much of Europe, the Middle East and in countries that were at some time colonies of European countries. In Europe, from the time Rome adopted Christianity the Church had great power over the rulers of Europe with the consequence that the laws in these European countries were based on those set down by the Church. When the Roman Empire adopted Christianity as the official state religion in 380 it not only blurred the distinction between church and state, in a lot of ways it erased it. In some areas of the empire the Church took power over government to the point where the church became mainly a political entity and not a religious or spiritual one.

It has been said that power corrupts and it appears that many leaders of the Church became corrupt as they came under the spell of power. The power of the papacy reached its zenith around 1200 after which schisms over church leadership and later the period of the reformation which brought about Protestantism saw this power decline.

In the early days after the crucifixion the followers of Jesus suffered terrible persecution but once the Church gained popularity and power it began to persecute those who expounded tenets other than those officially proclaimed by the Church. The usual charge for this was heresy, which was considered as any challenge to the doctrines of the Church. The penalty for heresy was very severe, often burning at the stake.

The period of the breakup on the Roman Catholic Church, generally referred to as the Reformation, started with devout Catholics attempting to reform the Church from within. These early attempts were met with little success and many of the early reformers became martyrs, charged with heresy and executed. Real change began with the rise of the popularity and power of Martin Luther in Germany, resulting in the creation of the first protestant church – the Lutherans. The period following the death of Martin Luther was the most terrible in the history of the Christian Church. For a time the hierarchy of the Church attempted to maintain its power and its response to the spread of 'heretical' doctrines was the Inquisition when many thousands suffered death or torture. One of the worst atrocities during this time occurred in France and is known as the St Bartholomew's Day Massacre when in a period of a few days up to 100,000 people were massacred.

Eventually after bitter wars and retaliatory persecutions, the protestants gained ascendancy and power in many of the European countries. However splits arose over beliefs and doctrines with the result that break away groups – Christian sects – began forming. What originally was the movement to reform the Roman Catholic Church became the Lutherans, Calvinists, Anglicans, Presbyterians, Baptists, Adventists, Methodists, Quakers and many more, each with its own particular interpretation of scriptures.

Over this long period from the foundations of Christianity to the early settlement of the North America the dominant Christian church of the various countries were intrinsically entwined with the governments of those countries so that

religious law was part of the various countries laws. Change came gradually, particularly during the Age of Reason, when science began to question some of the long held beliefs of the church. People thirsted for freedom from religious domination and oppression, calling for the separation of church and state. In much of the world this separation has been accomplished although there are still some vestiges of religious law lingering in the statutes of many Western countries to this very day.

From the days of Moses until a century ago most of countries in the world where Judaism, Mohammedanism and Christianity were the predominant religions the societies were patriarchal in that men dominated. An example of the low status of women was in marriage when the wife's family name is changed to that of the husband while the husband's name is unchanged (a custom still practised today). Children were given the name of the father as were slaves given the family name of their owners. Women had no say in government and their roles were always subservient to those of males.

It is therefore not surprising that this patriarchal culture was carried through into the religious beliefs. One does not need to look deep into the Bible to read the striking evidence of this. The following is a short list of some of the central figures in the Bible:

- When referring to God the male pronoun He was always used.
- The first human on earth 'man' was male – referred to as 'he'.
- Eve was formed out of a male – from his rib.
- The founding father of the Jewish religion was male – Abraham.
- All the early prophets were male
- The only child of God was male.
- All the Apostles of Jesus were male.

The relaxing of discriminatory laws against women came about mostly after the Second World War, a period, because of the circumstances at the time, which opened the way for women to take on many roles that were previously reserved for men. Women proved that they could do any work that men did. Over time laws have been introduced prohibiting sexual discrimination and women are gradually earning some of the most senior roles in both government and business.

Religion has for millenniums had a major influence over laws, and even today some of our laws have a distinctly religious basis. Some laws founded by religious leaders would most likely have been introduced even if religion was not involved. These are laws concerned with our moral behaviour in the way we treat our fellow citizens and our rights and responsibilities over property ownership. Some laws, still in force, are purely based on religion such as the observance of certain religious holidays.

The main difference between religious law and other law introduced by man is that religious law is purported to have originally come either directly from God, through His emissaries, or from religious leaders who purportedly had the authority from God to make those laws.

However rather than be concerned over obeying the many laws, commandments, doctrines, creeds and tenets, we are reminded that “. . . *the whole law can be summed up in this one command: 'Love your neighbour as yourself.'*” (*Galatians 5:14*). - BDA **ΩΩΩ**

## WE CREATE OUR OWN REALITY

A dramatic example of this is the case of Vittorio Michelli. In 1962 he was admitted to the Military Hospital of Verona, Italy with a large tumour on his left hip. The doctors knew that they could not help him, so his case was deemed hopeless and he was sent home without treatment, and after about 10 months his left hip bone had completely disintegrated. As a last resort, he travelled to Lourdes, France and bathed himself in the spring there, which is a Christian holy site famous for producing miracles.

Immediately he started feeling better, he regained his appetite, and bathed himself in the spring a few more times before he left. After a few months of being home he felt such a powerful sense of well-being that he urged the doctors to x-ray him again, and they were astonished to find that his tumour had shrunk. Over the next several months they kept a close watch on him, and his X-rays showed that his tumour kept on shrinking, until it was gone. And once his tumour disappeared *his hipbone started regenerating*.

After two months he was walking again, and several years later his hip bone had completely regenerated. The Vatican's Medical Commission, in their official report said: "A remarkable reconstruction of the iliac bone and cavity has taken place. The X-rays made in 1964, 1965, 1968, and 1969 confirm categorically and without doubt that an unforeseen and even overwhelming bone reconstruction has taken place of a type unknown in the annals of world medicine."

Ordinarily this would be deemed miraculous, and indeed it truly is. But it is miraculous in the sense of the true power of human intention and belief that it displays. Moreover, this is powerful evidence that suggests that there is an energetic structure which our 'material bodies' align with, because that is one of the only logical explanations for how Vittorio Michelli's hip bone knew exactly which shape to grow back into *unless* there was some sort of energetic blueprint (Ed: "the spirit is the life, mind is the builder") which was instructing its growth, which as the Vatican's Medical Commission clearly stated, was "unknown in the annals of world medicine."

In medicine, maybe this was unknown, but the same cannot be said for physics. At the atomic level atoms bond with one another to form molecules which have specific geometric structures as if there is an energetic blueprint which they are adhering to which dictates the shapes they maintain together. - *Waking Times April 2014 ΩΩΩ*

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## SUCCESS AND HAPPINESS

*In the race to success it is the guy that dies with the biggest bank account that is the winner.- Anon*

Some people equate being successful with being a celebrity or being famous, and on that basis believe that if they too could somehow become famous they would live happily ever after. However one only has to study the lives of celebrities to find that many of them live miserable lives despite their fame and fortune. Many become drug addicts or alcoholics, particularly those in the entertainment industry and a surprising number ended their lives by committing suicide. So much for success!

Another belief is that wealth is a source of happiness. While it is true that severe poverty can cause much suffering, wealth brings with it its own problems. Ask someone who has a mansion of a house, more than one car, a swimming pool, a boat

and a holiday home by the sea how much time and money is spent on maintaining these possessions and guarding them against theft. Possessions as such, at best, only bring short term pleasure. How often have we deeply desired something material only to find that once we have it the joy of possession quickly disappears?

Another belief is that that success will be achieved when when one reaches a particular goal. The question then is: what happens after the goal is reached? In a fairy tale one gets married and lives 'happily ever after', but real life is not a fairy tale. Some people devote much of their time and energy in saving for retirement assuming that somehow reaching retirement age with a pot of gold is the ultimate success. Many people who retire find themselves in a vacuum, when they discover they are no longer needed nor have any purpose in carrying on living. Retirement then should be seen as a change in vocation. Before retirement, due to financial needs, we are very often duty-bound to engage in work we did not enjoy. The advantage of retirement with financial independence is that we can stop doing the work we dislike and engage in doing work we enjoys since money is no longer the prime motivator.

Life is a journey and real happiness is found in the journey itself rather than a goal at the end of it. The actual receiving of a winners gold medal at the end of a long training period and the triumphant race only lasts a very short time. This may be described as 'normal happiness'. Generally, when we say we are happy we mean we are satisfied with our life and that we are experiencing a preponderance of 'pleasant' emotions, such as contentment, pleasure, joy, enthusiasm and delight (and relatively few 'unpleasant' emotions).

Normal happiness is very much connected to what is going on in our life. If our relationships are going well, we have money in the bank, our health is good and we are successful at what we do, the chances are we will experience normal happiness. The clue that it's normal happiness is that it is conditional upon certain things being the way we want them to be. If we are made redundant unexpectedly or our partner is upset with us and our sense of happiness and well-being disappears, we know that the happiness we were experiencing was normal. The other hallmark of this type of 'normal' happiness is that when we pursue it we often focus on short-term gains at the long-term expense of our health, relationships and personal growth; for example, working round the clock in pursuit of success and money, but neglecting out health and intimate relationships. The pursuit of normal happiness is grounded in the belief that the means to happiness exist outside of us.

On the other hand True Happiness is worlds apart from 'normal' happiness. True happiness describes a deep sense of inner well-being, peace and vitality that is with us most of the time in most circumstances. People, who experience true happiness, feel a deep sense of gratitude for simply being alive. Unlike normal happiness which comes and goes and is dependent on certain things happening, true happiness is independent of our life situation. This doesn't mean we do not feel anger, or sadness or fear, in fact the opposite is often the case. Truly happy people have the ability to feel those emotions deeply and fully, but we do not lose sight of ourselves as we can do, but we remain aware and present to our thoughts and emotions without getting caught up in them.

But is experiencing true happiness simply a case of changing our thoughts, practising gratitude, being kind and living mindfully as some experts suggest? Yes, they are all important and all have a part to play, but alone they simply are not

enough to experience True Happiness. For True Happiness we need to fundamentally change our way of being in the world and change the way we live our life. It's about shifting from fighting reality to living in alignment with reality, being limited by our beliefs to being empowered by our beliefs, looking for love to giving love, getting for me to giving for the greater good overcomplicating our life to simplifying our life, and putting it another way – it's about waking up.

Waking up is about living with greater present moment awareness and acceptance and discovering and embodying the true Self and bringing forth its gifts, talents and potentials into the world in a way that enriches and enhances the world. Being in alignment with the true Self enables us to access our deepest creativity, experience a deep sense of inner well-being, peace and vitality and to actualise our personal and professional potential. This is the master key to True Happiness.

#### FROM THE EDGAR CAYCE READINGS

*Let the ways of the earth pass over you and do not reckon them by the spiritual truths you have seen. Rather magnify in your life, in your labours, in your dealings with others, the love, the patience, the joy, the HAPPINESS you find in service to a living God - even when others speak unkindly, even when there is that which is the least in man's knowledge – the lack of appreciation of the service one does. Know that you do not look to the earth for your reward. For only One can give, does give, that peace that brings joy and Happiness in your experience. This is only accomplished in doing that your hands find to do in His service day by day.*  
262-109

*Our Father, our God, in my own consciousness let me find happiness in the love of thee, the love I bear toward my fellow man. Let my life, my words, my deeds, bring the joy and happiness of the Lord in Jesus to each I meet day by day.*  
262-106 - BDA ΩΩΩ

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## WAR CRIMES

Every now and again we read stories of certain individuals being prosecuted for 'war crimes' yet, to me at least, this is senseless because war itself is a crime against humanity. So the prosecutors of these 'war criminals' are contending that, while the accused was committing a crime against humanity, which apparently is acceptable and legal, he or she was committing the crime in a way that was considered illegal. War is all about death and destruction, this is its whole purpose – to kill certain groups of people and destroy the environment where they live. Bombs do this adequately, and the bigger the bombs and the greater the quantity used the more effective they are in their objectives of causing death and destruction.

Wikipedia describes a war crime as “. . . an act that constitutes a serious violation of the law of war that gives rise to individual criminal responsibility. Examples of war crimes include intentionally killing civilians or prisoners, torture, destroying civilian property, taking hostages, perfidy, rape, using child soldiers, pillaging, declaring that no quarter will be given, and using weapons that cause superfluous injury or unnecessary suffering.” Under this definition the using of bombs in war could be considered a war crime as they are regularly used knowing that the cause 'superfluous injury' and in many cases the majority of those killed by bombs are civilians. Classic examples of bombings primarily aimed at civilians were the bombing of London and Dresden, the dropping of atomic bombs on two

Japanese cities towards the end of World War 11 and the mass bombings of North Vietnam and Cambodia where in each case the vast majority of those killed were civilians. Political spin doctors have a polite term for this killing – 'collateral damage.'

Over the last century the nature of war has changed. No longer is war a matter of armies from two opposing forces facing each other, as in the case of trench warfare during World War I with battle lines clearly defined. In these past wars they were fought nation against nation with defined war zones. Nowadays with terrorism and drone warfare there is no place in the world where we can be considered truly safe from being targeted. Active participants may no longer be those dressed in military uniforms but men – and women – with bomb belts strapped around their waists or civilians, such as CIA agents, sitting safely in front of computers directly drones to drop bombs on targets all over the world.

Who are the heroes and villains in these conflicts depends on which side one is on. However there is no doubt that most of us just cannot understand what would drive a person to become a suicide bomber, go into crowded area full of civilians and blow themselves up together with as many of those innocent civilians as possible.

So how we react to this modern form of warfare?

I cannot come up with an answer but I realise that of all the kinds of violence, religion based terrorism is the most dangerous. One may be able to reason with a person who is fighting for anything else, but when a man believes he is fighting for his God, there is no reasoning with him. When people are fighting for money, property, or something else, it is possible to negotiate with them because they are life-oriented; but those who think they are fighting for God, or working for God or doing God's work are only too eager to die and take as many of us as possible with them.

During my studies and meditation one thing I have learnt is that if a thing we are doing is not getting the result we are hoping for we should discontinue doing it and look for a better solution. Continue invading countries that harbour extremists and terrorists and rather than see terrorism being wiped out we see it steadily increasing. Is more violence really the answer to violence?

*“Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius – and a lot of courage to move in the opposite direction.” - Ernst F. Schumacher - BDA ΩΩΩ*

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## AN ESSAY ON VIOLENCE

Since the fourth grade, I have been an advocate for Anti-Bullying due to my having been bullied and physically harmed. Up until my freshman year I had always thought that Non-Violence and Anti-Bullying went hand in hand, and thus many terrible things evaded my sight and my outreach to others. I never realized the severe onslaught of other types of violence other than just physical violence from one person to another. Listening to stories of fellow classmates at my first Breaking Down the Walls assembly in the ninth grade, I lost my innocence of what I thought was the “violent world” to an even darker world where bad things weren't so black and white anymore. Stories of self-harm, self-defamation, verbal abuse, substance abuse, were all shared with me; the list went on. I realized that violence in itself did not refer to the act of physical oppression, but that violence was something more,

something worse. When my first year of Safe-School-Ambassador training came during my sophomore year, those stories that had festered in the back of my mind came back to focus.

I made the connection that the reason violence was worse than just physical oppression was that violence wasn't just an act, but a desperate solution. The thought haunted me. I had always thought that violence was just an after effect of some kind of character flaw or insecurity within a person, but this was not so. The use of violence stems from its nature in that it is destructive; when faced with a question to which there is no apparent answer, the next easiest thing to do is to get rid of the question, or the one asking it which is done by means of destruction and violence.

I hear it said on occasion that our world is "violent", but I don't believe that these people really know how grave the problem is. Shootings, Rape, Murders, Wars, Genocides form most peoples view of the violent world we live in. But, what about Suicide, Cutting, Overdosing, Abuse, Defamation, etc.? If we as individuals or a society are to achieve any kinds of civil resolutions for anything then we cannot do so by simply laying down our weapons . We will always remain at war with ourselves chugging toxins of hate. Since conflicts that involve violence are not necessarily physical acts, then non-violent solutions can't simply be physical solutions either.

Although teaching pacifism and peace mindedness are great and should always be taught, praised and followed, those are not necessarily the answer to shifting from violence to non-violence. The real solution to both ending violence and attaining a substantial resolution to any conflict whether internal or external is education. If violence comes as a corrupt, easy answer to the unknown, then instead of focusing on taking that desperate answer away, education and wisdom should be sought after, for it provides answers to questions which will replace violence.

Through enlightenment or the search of wisdom, one will find that any method of harm to oneself or another is never the answer and that through proper education, any problem can be solved. Education is at the core of peace and harmony, and through it, anything can be overcome. By practising religion or expanding on philosophy and challenging the mind and soul, we can all find solutions to any kinds of conflicts that we have with others or within ourselves. The reason education is so crucial is that there is no one specific method to solving problems except by using your brain to figure out the answer which is different for every problem. - *Unfortunately the author of this excellent essay is unknown. - ΩΩΩ*

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## **NEAR DEATH EXPERIENCES**

A Near Death Experience (NDE) is one when a person, for a time, has been deemed clinically dead but later recovers and reports his or her experience during that time. Clinical death is the medical term for cessation of blood circulation and breathing, the two necessary criteria to sustain human life. In the past there were very few reports of these experiences mainly because there were very few who survived a period of clinical death. With the advances in modern medicine resuscitation rates have been dramatically improved to a point where a NDE has become quite a common experience. Below are just a few reports of these experiences recorded in the past month or so.

*Boy aged 10 following a roller skating accident:*

I got down on my knees to beg, 'Please, please let me in! Please!' I begged so hard that he half-reluctantly agreed to see if it was possible for me to stay. He said, 'Wait' and then he went to his left. Then I noticed that in the dark there were maybe 3, 4, or 5 other light figures some 10 to 15 meters diagonally from us. He went to them. I could not hear any sound but could see them arguing, moving their arms in wide gestures, trying to convince each other. After some 10 seconds the arms came down. They were still talking but I could feel some form of agreement had been reached. Five seconds later, he came back and said, 'I'm really sorry, it is not possible. It is just not your time. Some people still depend of you on Earth.' I started to plead again but before I could finish my first word, I was \*poof\* gone from there.

*Susan when aged four due to apparent febrile illness:*

I then heard God say telepathically that I had to go back because I had work to do which was to lead my mother to salvation and to help her. I knew without a shadow of doubt that's what I had to do and never questioned it. The music was extremely loud with so many different kinds of harmonies that I have never heard on Earth, and yet it wasn't disturbing. It all made sense and came together beautifully. It seemed to me that when I was in spirit form that it never sounds too loud, only peaceful and very joyful.

*Sharon following an operation:*

I started to search for something and found myself at the warehouse where my husband had worked for over 10 years. Now I was on a mission. I saw a door with an EXIT sign and was feeling that what I wanted was on the other side of that door. As I reached to push the door open, I heard my daughter calling me from behind. She was yelling 'Mom! Mom! Just as I started to turn towards her voice, I was slammed back into my body.

*Gary during a suicide attempt aged 15:*

I remember floating above my hospital bed as the nurses tried to wake me up. While floating over the bed, I saw a tunnel and a light. I heard a non-auditory voice telling me I had to choose between life or going to the light. I feel I was there for some time trying to make up my mind. The light was comforting, full of unconditional love and peace. I'd look down and see the IV hook-up. I heard the nurses talking about 'ICU' and knew without ever having heard the term before that it meant Intensive Care Unit. I made the choice to stay in this life.

*William following suffocation:*

The guides had two books with them for me to read. The first book was about my life. I could flick through the pages and look at different events and they helped me to judge if they were good or bad. Good decisions were celebrated by the people on the other side of the bridge. The pages were more like films and I could see how my decisions affected everyone around me. I was shocked to find out that a day I had worked really hard at the hospice and done my best to help everyone, yet this was celebrated the least by my guides. The day I helped a spider out of the door was

celebrated because I had done it with a feeling of real empathy for the spider despite being afraid of spiders. There was no reward from people knowing what I had done. The message was do everything with love, which is much tougher than I thought.

*Sonia due to virus infection and induced coma*

I remember going through a tunnel with lights. The tunnel brought me to a place with a huge screen and many people waiting for, what it seemed to me, a movie that was about to start. As I look at the huge crowd of people I notice that I knew them all or they seem familiar. The light on the screen turn on and there I am as a child about 10 years old. I'm walking into a department store with a friend. We end up stealing a hat and, OMG, that was shown to everyone there. When I looked at the crowd, that friend and the cops involved as I got caught were all there watching the movie too. I was saying in my mind, 'What is this? Where am I?' The screen kept showing scenes one after another, to all of this crowd. The crowd ended up being everyone who was a part of my life or who I've ever met. The screen kept showing all my sins I've ever done from my teenage years until I was age 33. I was so embarrassed. Those were the secrets I thought no one would ever know, yet it was shown to all those that I ever knew. I felt humiliated, embarrassed and it did not stop until I said, 'I am sorry. I repent for all sins I have ever committed.' ΩΩΩ

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## **AN INSPIRING STORY ABOUT KEEPING POSITIVE**

My friend Jerry was one of the most positive people I had ever known. He was always in a good mood and always had something encouraging to say. He was a manager at a restaurant. If his employee had a bad day, Jerry always helped him to look on the positive side of the situation.

Jerry's attitude truly amazed me. So one day I asked him: "How can you be so positive all the time?" He replied: "You see, every morning I tell myself, that I have two choices for that day – to be in a good mood or in a bad. I choose the good one. And when something wrong happens, I can be sad and angry or I can learn from it instead. I choose to learn. Thus I choose the positive side of life". I said: "It is not that easy." He replied: "Yes it is. Life is all about choices. You can choose how people or situation will affect your mood, your life."

One morning Jerry left the restaurant's back door open and was held up at gunpoint by three armed robbers. He tried to open the safe, but his hands shook due to nervousness and he slipped off the combination. So the robbers shot him. Fortunately, Jerry was quickly found and brought to the nearest hospital. After many hours of surgery and long intensive care, Jerry was released home.

When I met him, I asked what his thoughts were during the robbery. "I thought that I should have locked the back door", he replied. "Then, when I was lying on the floor, I remembered about my choices in this case: a choice to live and a choice to die. I chose to live."

I asked, if he was scared. Jerry continued: "When they wheeled me into emergency room and I looked at the faces of doctors, I got truly scared. I knew that I need to do something. So when the nurse asked me, if I was allergic to anything, I replied "Yes". Doctors and nurses stopped working as waited for my answer. I took a deep breath and yelled "Bullets!" They started laughing and I said: "My choice is to

live, treat me as I am alive, not dead.”

Now Jerry is alive owing to skills of his doctors, however his amazing attitude played an important role too. I learned from him, that every day we should choose to live fully no matter what. - *Anonymous*. ΩΩΩ

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## QUEERS

I would never use the word 'queer' to describe anyone as it is usually used in a derogatory way. However the people I am referring to here fit one definition of the word, which is “strange or odd from a conventional viewpoint; unusually different; singular”. 'Queers' are generally used in referring to people's sexual orientation but it is sometimes used to define people who do not conform to their physical gender and are more correctly termed as 'transgender'. It is this group of people that will be briefly considered in this article.

Transgenders are often incorrectly termed 'transsexual', however this is incorrect because transgender refers to ones gender, not sexuality. A small minority of people from the time they are very young – around two or three years old - identify themselves as having a gender identity that is different from the physical body they inhabit. Most transgender persons describe themselves as having a brain that identifies them as one gender yet they are trapped in a body of the other gender. They identify themselves as one gender but were born with sexual organs of the other gender. So from the moment they were born they were consider to be, and treated as if they were, the gender that their bodies portrayed.

In the past, transgender persons had a horrendously high suicide rate. Some research indicates that up to half of all transgender persons, because of the intense internal conflicts that they felt, committed suicide by the age of 30. In the past attempts were made to 'cure' these people of what was considered to be a mental disorder in the same vein as homosexuality with psychological treatment and/or prayer with negligible success.

Our society in general has been very harsh on gender-variant people. Some of these transgenders have lost their families, their jobs, their homes and their support. Transgender children may be subject to abuse at home, at school or in their communities. A lifetime of this can be very challenging and can cause anxiety disorders, depression and other psychological illnesses. These are not the root of their transgender identity; rather, they are the side effects of society's intolerance of transgender people.

We read from studies of the workings of the brain that males and females have small yet specific and identifiable structures in the brain that are different in size and proportion. When the brains of transgender persons are analysed they almost always match the brain structure of their adopted gender, not their birth sex. Male to female transgenders have female brain structures. Researchers believe these changes to be caused by hormonal or chemical imbalances that result in the wrong hormones to be expressed by the mother prenatally. In these studies the sample sizes have been small due to the low number of transgender persons brains available for medical study after death so the results are not particularly reliable.

Apart from the above explanation, psychologists are unable to explain the phenomena of transgenders because, although the word 'psychologist' means 'a studier of the soul', practitioners will not acknowledge the existence of a soul let

alone the mind as things that exists apart from the body. Readers will recall the oft quoted phrase in the Edgar Cayce readings “The spirit (or soul) is the life, The mind is the builder, and the physical is the result.” Add to this the concepts of reincarnation and karma and we may begin to get a better understanding of the real cause of the transgender phenomena.

With the understanding that the soul, the real 'I', has no gender and that when one incarnates into physical bodies one with choose a gender and between incarnations may switch from one gender to the other where perhaps sometimes the mind not 'catching up' to this change we can see that one has ended up with a male body when the mind 'knows' that 'I am' a female. The result being a state of disharmony between soul, mind and body. Unless the person can come to terms with the situation and be accepted by family and society for who the person really is then the result can be a life of pain and misery, often ending in suicide.

Fortunately we, as a society, are beginning to understand and have compassion over what was once considered a disease and allow the transgender to thrive and blossom as the entity its mind believes it is. As with every situation we are to approach transgenders with love and compassion rather than judgement.

FROM THE EDGAR CAYCE READINGS

*How often has there been the expression heard, “Were I a man - “, or “Were I a woman - I would do so and so?” Then do it! What is constantly built in the mental being takes shape in the home of the soul, whether to build that of the man or woman in a material world; for man is so much a portion of the whole as to either be a co-worker, a co-builder with the oneness of the force called God, or a destroyer - and as these forces then are built, they take physical form through that experienced by the body of the entity, not the physical body, but the body of the entity – but the soul. The soul is that everlasting portion of a body that is either crowded into that being is known as man and woman, of small or great stature.*  
900-429

*“To express love in your activities to your neighbour is the greater service that a soul may give in this mundane sphere. Make many days brighter for others and in making them more and more in attune with love, patience, longsuffering, gentleness and kindness, you will make for yourself a surety in those things that take hold on peace, harmony and joy. These should always be a part of your experience.” - BDA ΩΩΩ*

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## WORDS OF WISDOM FROM C.W.G.

Every heart which earnestly asks, Which is the path to God? is shown. Each is given a heartfelt Truth. Come to Me along the path of your heart, not through a journey of your mind. You will never find Me in your mind.

Heaven—as you call it—is nowhere. Let’s just put some space between the w and the h in that word and you’ll see that heaven is now... here.

The point of life is not to get anywhere—it is to notice that you are, and have always been, already there. You are, always and forever, in the moment of pure creation. The point of life is therefore to create—who and what you are, and then to experience that.

One day, if you have a great deal of courage, you will experience a world where

making love is considered better than making war. On that day will you rejoice.

When you lose sight of each other as sacred souls on a sacred journey, then you cannot see the purpose, the reason, behind all relationships. The soul has come to the body, and the body to life, for the purpose of evolution. You are evolving, you are becoming. And you are using your relationship with everything to decide what you are becoming. This is the job you came here to do. This is the joy of creating Self. Of knowing Self. Of becoming, consciously, what you wish to be. It is what is meant by being Self conscious.

You must first see your Self as worthy before you can see another as worthy. You must first see your Self as blessed before you can see another as blessed. You must first know your Self to be holy before you can acknowledge holiness in another.  
-ΩΩΩ

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## **THOUGHTS FROM HERE AND THERE**

### *HOW DO WE ACHIEVE PEACE?*

If you do a Google search on “How to Achieve Peace” you will find dozens of answers on what must be done so attain that goal. They answers are all different, each telling us what we and our governments should do. Not surprising, given what many of us believe, resulting in numerous solutions include going to war. War is the simpleton's solution to all conflicts. Like in the countless TV evening shows when the villain succeeds for a while but in the end he is killed by the show's hero. Get rid of the person causing the conflict and the problem is solved. In real life the consequence of using violence as a solution to violence is like the Greek mythical beast called Hydra. If one of its heads is cut off two will grow in its place.

### *SCIENCE AND RELIGION*

When it comes to science we realise that we do not have all the knowledge and new discoveries are constantly with us. Yet when it comes to religion it is considered that all there is to know is contained in very ancient manuscripts.

### *A CHRISTIAN DILEMMA*

If God has enemies, and he is the creator of everything and knows everything, then He must have created enemies knowing who they are. We can only assume from this that he created enemies as part of a game He is playing. Otherwise why would He created them only to tell us later to have them destroyed?

### *THE GREAT LEGACY OF EDGAR CAYCE*

The great legacy left behind by Edgar Cayce was the extraordinary wealth of information gathered from what he called 'the akashic records'. He did not set down any new degrees or dogma, but tried to propagate the spirit of Universal Law with the main one he stressed over and over again was that we are all one and all part of that one so that what we do unto others we do unto ourselves. -BDA ΩΩΩ



## **CHRIST IN YOU**

### **PART II EIGHT LESSON Unfoldment From Within**

The soul has entered your present body so that it may express God's meaning through this medium, also because the soul has need of certain experiences. The body, too, must be rightly valued, seeing it exists for a divine purpose; but it is only of value when it takes its true place in the divine order. The soul is the sheath of the spirit, the clothing of man, who is for a time veiled in flesh.

Man becomes God-like only through experience and discipline. This can be understood in your present period of life by the comparison between an innocent, happy child and a happy, ripe old age; the one is ignorantly happy and the other has matured and unfolded through knowledge and suffering. Both are happy, but the difference is very great. Your present earth experience is the most beneficial state for your present healthy development.

The mind functions from the soul. Before man awakes to self-knowledge the sense mind has ruled. All the cells of your body have their centre, their mind; the grey matter of the mind is not the only centre for the sensation of mind. When ruled by the Christ mind they are flooded by the great intelligence in every part, each doing its work perfectly. But the soul of man awakes in a body that has formed a kingdom of its own, and a warfare begins. This is the very period of your life at which I would help you; we call it the transitional, and it is a time when you need all your faith and hope, for the body is so frequently unable to respond to the new king, and seems for a while to fail. Have faith: believe me, it is true that once you have passed this stage you gain what you will never lose; you also rise into a higher cycle, and have opportunities for greater work.

It is at this very point that, from being a healthy, uncivilised man, you become the spiritually healthy God-Man. You fail perhaps to become your ideal at once, but you will surely win. Obey the highest within you, and never let the sense mind rule you. For this reason I say that you cannot believe in what you see; you are conscious that you are about to manifest all things anew. This is a slow process, since false thinking has brought about false conditions. As an illustration, melancholy or depression causes acidity in the blood, and can only be cast out by its opposite – joy and hope. Remedies from without can do good for a time only. The inner man should be daily renewed by spirit, the only reality. It is not meet that the last shall be first. Spirit rules. Love and harmony should prevail, not warfare and strife. Teach the body that its highest good is obedience to the Lord. Now you know enough to be able to say – Christ reigns in me.

Rise in harmony – spirit, soul, and body reaching the eternal consciousness, which is unchanging, holy. You have learnt that this is not the case with the lower self; the sense mind being changeful, evanescent, susceptible, to other influences, other minds. Now you are wholeness, true health and unchanging thought. This is the path to the unity of the two worlds. Christ in you, bringing life and immortality to light. You will receive the inner illumination. You are learning what a glorious thing your unfoldment is, warmed into growth by the inner sun. The soul has a real work to do in your body through the mind of Christ. Rejoice that you have burst the outer covering of the seed, that by an immutable law you must rise.

Sit in silence, and slowly repeat the Lord's Prayer. Its spiritual meaning will

arise in you. For thine is the kingdom, the power and the glory. Amen, Amen, Amen.  
- ΩΩΩ

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### **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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