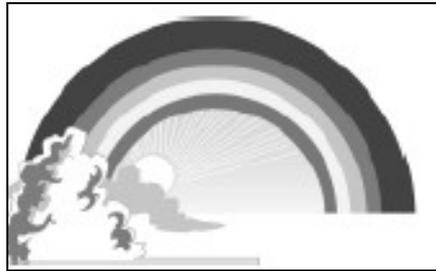


Journal on Personal and Spiritual Development



The Rainbow Journal

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From The Editor

There has been a very positive response to the suggestion in our last journal that we include a "Readers' Forum" in future issues, with the first topic being that of dreams. Obviously our dreams is something of interest and concern to many readers as we have received a few emails with dreams for interpretation and a number of offers to act as interpreters. If replies to the forum grow, because file size may cause

problems with distribution and uploading, it may be worth while considering having a separate Journal devoted to the forum. This would allow much more input etc. Your advice on this would be welcomed. While we have the interpreters ready we will need your dreams so please send them to the above email address.

Brian Alderson ΩΩΩ

The Vision of Holiness

We are nearing Palm Sunday, which is the the celebration of victory and the acceptance of the truth. Let us not spend this holy week brooding on the crucifixion of God's Son, but happily in the celebration of his release. For Easter is the sign of peace, not pain. A slain Christ has no meaning. But a risen Christ becomes the symbol of the Son of God's forgiveness on himself; the sign he looks upon himself as healed and whole.

This week begins with palms and ends with lilies, the white and holy sign the Son of God is innocent. Let no dark sign of crucifixion intervene between the journey and its purpose; between the acceptance of the truth and its expression. This week we celebrate life, not death. And we honor the perfect purity of the Son of God, and not his sins. Offer your brother the gift of lilies, not the crown of thorns; the gift of love and not the "gift" of fear. You stand beside your brother, thorns in one hand and lilies in the other, uncertain which to give. Join now with me and throw away the thorns, offering the lilies to replace them. This Easter I would have the gift of your forgiveness offered by you to me, and returned by me to you. We cannot be united in crucifixion and

in death. Nor can the resurrection be complete till your forgiveness rests on Christ, along with mine.

A week is short, and yet this holy week is the symbol of the whole journey the Son of God has undertaken. He started with the sign of victory, the promise of the resurrection, already given him. Let him not wander into the temptation of crucifixion, and delay him there. Help him to go in peace beyond it, with the light of his own innocence lighting his way to his redemption and release. Hold him not back with thorns and nails when his redemption is so near. But let the whiteness of your shining gift of lilies speed him on his way to resurrection.

If you see glimpses of the face of Christ behind the veil, looking between the snow-white petals of the lilies you have received and given as your gift, you will behold your brother's face and recognize it. I was a stranger and you took me in, not knowing who I was. Yet for your gift of lilies you will know. In your forgiveness of this stranger, alien to you and yet your ancient Friend, lies his release and your redemption with him. The time of Easter is a time of joy, and not of mourning. Look on your risen

Friend, and celebrate his holiness along with me. For Easter is the time of your salvation, along with mine. - From: *A Course in Miracles* ΩΩΩ

The School of Life

One of the analogies that often comes to mind when I think about our journey through this life on earth is that of being in a school. We are all here to learn the lessons that only this life on earth can give us. As in a school we are all at various levels in our learning process. Some of us are in the primary classes – still learning the basics – while a few have progressed through all stages so that they are now at the 'post-graduates' level. These are people who have learnt most of what there is to know from their earth sojourns, but are staying on for a while to learn that little bit extra and to give help to others.

One of the main differences between the analogy and earth's schools is that in the spiritual school all the pupils. No matter what level they are on, they all look to be the same age. This means that we cannot tell whether they are first-year students or in the higher levels of education. Furthermore the pupils' outward appearances give no indications of the levels of advancement. Some are dressed in expensive garb suggesting great material wealth or that they are holding positions of great power while others may be wearing shabby clothes suggesting a life of poverty and may be 'classed' as being at the bottom of the social structure. As in India in times past, people would find themselves in to be in one of the various castes. So one would be born Brahmin and enjoy a life as a teacher, scholar or priest, while another may be of the warrior or merchant class while many would fall into the lowest class, referred to as the 'untouchables'. Yet these

outward guises are no indication of the pupils' spiritual attainment. Consequently the office cleaner working alone cleaning the office toilets may be in a much higher class, spiritually outrank, the CEO sitting in a palatial office surrounded by underlings.

Another difference between our physical schools and the spiritual schools of life is at the beginning of the school year (when we are born) an individual curriculum is set for each of us which is tailored to our individual needs. The curriculum is designed to get us to overcome weaknesses in our character and to ultimately bring us back to the awareness of the source of our being from which we have strayed greatly in the past. In the lower classes the lessons may be simply learning how to deal with the physical world that we live in. As we progress the subjects in our curriculum keep expanding and can cover such diverse topics as art, sport, war, science, chivalry, courage, compassion, religion, the environment, the animal, plant and mineral kingdom and so on.

However right through the different classes there are constant tests on our progress which are based on how we conduct our relationships with our classmates. This is because the way we treat our neighbours is evidence of what we have learnt from our classes, our experiences show how far we have progressed through the school.

Another peculiarity of the school of life is that it is up to us how diligently we do our school work. We have complete freedom of choice as to

whether of not we study our lesson or 'play hooky' and spend our days doing things that may give us pleasure and entertainment for the moment but do nothing towards progress on the spiritual level. Worse still we can involve ourselves in activities that are in opposition to the standards which the school sets. In particular the manner we conduct our human relationships is so important in the grading of the end of year exams. If we have shown no progress we will be obliged to do the same class course over again, and many times over if necessary until we have learnt what needs to be learnt. If, through greed, selfishness or self-aggrandisement we have caused others to suffer then we may even be 'put back a class' and find ourselves in a worse situation than in the previous school year. As the Edgar Cayce readings would have said it "The entity lost in this experience."

On the other hand those of us who have taken our schooling seriously and undertaken our lessons with diligence and perseverance and at the same time helped our fellow pupils, by working together to mutually progress, are assured of a pass at year's end and close the school year with the knowledge that our good works during the school year will result in promotion to higher classes. While offering greater challenges the senior classes will also offer great spiritual rewards. In Edgar Cayce's words "The entity gained in this experience."

FROM THE READINGS

For each entity in the earth is what it is because of what it has been! And each moment is dependent upon

another moment. So a sojourn in the earth, as indicated, is as a lesson in the school of life and experience. Just as it may be illustrated in that each entity, each soul-entity, is as a corpuscle in the body of God - if such an entity has applied itself in such a manner as to be a helpful force and not a rebellious force. 2823-3

(The entity) lost through that as came from aggrandizement of selfish motives. 993-1

The entity lost through this experience, to the detriment of self, to the low dreg that of taking life in the way to satisfy self; not in defense of principle or of self, country or position; yet in the early portion of the life giving much to many in many ways. 369-3

The entity lost through this experience ... Lost through aggrandizing the power to which the entity arose; for while suffering may bring understanding, causing to suffer to satisfy one's own self brings reproach. 204-1

The entity gained through that experience, for the entity - while in fear and in service - gave much to those that came about the entity, in the teachings - not so much of precept but of well living. 31-1

...the entity gained through the better portion of sojourn, for the entity became the aid to many that sought refuge here; not only in the philosophies, but the tenets of the life in material, physical, and moral manner. 2659-1 BDA ΩΩΩ

Living in the Now

Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. (Math 6:34 ESV)

But Lot's wife looked back, and she became a pillar of salt. (Gen 19:26 NIV)

Of all our negative emotions guilt and fear must rank amongst the most serious.

Guilt is the feeling that we have done something wrong, made a grave mistake or committed a 'sin', in the past, either of commission or omission. We can appreciate that we have a conscience, the purpose of which is to tell us in no uncertain terms that we have done something wrong. The object of our conscience then is an attempt to get us to avoid repeating mistakes and improve our behaviour in the future. However constantly allowing feelings of guilt to dominate our thoughts can have consequences that have nothing to do with any act, omission, mistake or 'sin' committed in the past. Nor do these guilt feelings necessarily stop us from continuing bad behaviour. Feelings of guilt can lead to the destruction of self-esteem and feelings of worthlessness.

These negative feelings have an impact on our natural creativity and self-development.

Guilt does not arise from the memory of the event causing the guilt but rather to thoughts that are related to the act. For example if a mother, in anger hits her child she may feel guilt over this action. The thoughts related to it may take the form of: "what will my child think of me" or "what if someone saw me hitting the child and reported it?" or "I must be a bad mother" or "why do I get angry so easily?" Note that these are not memories recalled of the act but thoughts surrounding it.

Fear can also relate to our sense of guilt and the consequences of our past actions. What if our transgressions are

discovered? What would be the consequences and punishment? Again these are not memories of our past acts but thoughts surrounding those acts. Sometimes when we dwell on some past error through our thoughts we built up a whole scenario of what could be a possible outcome in the future. The more we dwell on these errors the more we repeat the same negative thoughts and scenarios, creating other negative emotions mentioned earlier.

Note that while guilt is all about the past, fear is all about the future. The purpose of fear is on the basis of 'once bitten twice shy.' This means that unpleasant experiences are stored as memories in our brains so that when we encounter similar situation in the future we may attempt to avoid the unpleasant experience. In the days when we lived by the law of the jungle this emotion of fear may have worked very well in protecting us from dangers. However nowadays our environment is very complicated as we are bombarded with all sorts of information from so many sources. Whereas in the cavemen days threats to ourselves were physical threats picked up by our senses, nowadays perceived threats come from many directions.

Often fear comes from the words of others. This can take the form of gloomy reports in the media and by advertisements reminding us of the many risks to our health and safety. While we may be living in a city in the 21st century we are beset with warnings that "it's a jungle out there!"; that we are not safe.

What we are alluding to here is that a greater part of our thinking is on

the past and on the future, with little time left for focussing on the here and now. While we may have heard the statement many times that we are “co-creators with God”, any creation must be in done NOW. It cannot be done in the future or past, for neither exist. As stated in the book *A Course in Miracles*: “The one wholly true thought one can hold about the past is that it is not here.” The book further states: “Remember that the past cannot be changed, no matter how you feel about it. It has gone and is no more. Excessive guilt will neither alter the past nor make you a better person.”

Some of us may have noticed items in the news involving interviews with victims of some catastrophic crime, accident or illness. The victims, obviously suffering acutely, are asked how they cope with such an awful situation. The answer given is often the same. “I take one day at a time.” or “I just live day by day.” These victims are saying that they cope because they try to live in the present as much as possible, avoiding dwelling on what happened in the past and on what may happen as a consequence in the future.

So how do we stop our feelings of guilt and fear? Firstly, quoting again from *A Course in Miracles* we are advised that: “You may believe that you are responsible for what you do, but not for what you think. The truth is that you are responsible for what you think, because it is only at this level that you can exercise choice.”

The answer then, in our endeavours to eliminate emotions of guilt and fear is to control our thoughts. That is of course easier said than done. When we step aside and observe our thoughts we will notice that they just keep popping up in our minds, seemingly having a will of their own.

Many, many books have been written on mind control for there is no doubt that those who can become complete masters of their own thoughts can control their own environments and wield great powers. However most of us have neither the time nor the inclination to devote much of our lives to reading many books on the subject and undertaking lengthy courses and training.

There is, however, a simple, well proven method of gaining some control over our thoughts, so that while we may not become masters in mind control we will end up with the ability to exercise some control over our thoughts so that we can dismiss negative ones as they arise. This is through *meditation*. Just a few minutes devoted each day to being still and clearing our minds can have many long term benefits, not the least of which is the ability to dismiss unwelcome thoughts as they arise.

The ultimate object of exercising control over our thoughts is so that we may spend more and more time in the now, rather than in the past and in the future, for the **now** is where we can be co-creators and find real happiness.

From the Readings

Be not overcome with remorse nor anxiety, nor be overzealous; but be joyous in the praise of your Father through His Son, the Christ. 272-8

For, remorse and regret causes a great deal of self-condemnation, and this no entity should do. 3135-1

When fear of the future occurs, or fear of the past, or fear of what others will say, - put all such away with this prayer, - not merely by mouth, not merely by thought, but in body, in mind and in soul say: "Here am I, Lord - thine! keep me in the way Thou would have me go, rather than in that I might choose." 2540-1 BDA ΩΩΩ

Genetic Engineering

A few months ago I wrote an article on the possible risks of Genetic Engineering. As the subject had faded from public interest I shelved the article, however over the last two weeks there was aired a documentary on ABC TV concerning toxic water in rivers and a bay in Tasmania where mussels were cultivated. A local GP had noticed an unexplainable increase in certain rare cancers while the mussel farming industry had been noticing the shrinking of the number, size and quality of mussels in the farms over the past decade or so. A marine biologist was brought in to investigate and together with the GP discovered that the water in the streams in the area was toxic. As the state government and health department showed no interest in the concerns of these two, the pair, at their own expense continued research into the reason for the toxic water and found that it originated in a substance in leaves of plantation trees in the surrounding areas. When comparing the plantation trees with trees of the same species outside the plantations they found that the naturally grown trees did not produce this toxicity. Furthermore it was found that the plantation trees had been genetically engineered.

At this stage there is no evidence to relate the GE with the leaf toxicity nor the toxicity to the increases in cancers (to the local Tasmanian devils as well as to humans) and to the diseased mussels. However it does raise questions such as whether the GE related to introducing genes into the trees that were toxic to certain insects, and whether and tests were done on the GE trees to see if there were any adverse effects on the environment by planting vast areas of forests with the GE trees.

This article therefore seems relevant at this time - Editor

The safety and long term effects of genetic engineering food crops for a time was a highly contentious issue as more and more Genetically Engineered (GE) products appear on our supermarket shelves. Unfortunately, due to other pressing issues, GE has faded from the

limelight, which is a pity because the harm GE may be causing is still going on.

Creditable scientists have put forward convincing arguments both for and against the practice of GE. On the one hand we have biotech companies investing great effort and capital in expanding GE of foods and on the other we have growing resistance by consumers to genetically modified food. So what is the average consumer to think?

Firstly we will consider some of the arguments put forward by the advocates for GE. They claim that by the use of GE foods crop yields can be dramatically increased and the nutritional value of foods can be improved (for example researchers have succeeded in genetically modifying rice to enhance its vitamin A and iron content). GE is seen as a natural extension of traditional breeding. Whereas conventional breeding allows us to combine valuable traits within closely related species, genetic engineering allows scientists to access genes from a broader range of organisms to produce more valuable and productive crops and livestock. So while natural breeding is an imprecise and uncontrolled combination of thousands of genes, genetic engineering is a precise technological process that allows scientists to select the specific gene and then insert it in the target organism.

On the question of safety proponents claim that GE foods are usually very similar to other foods, with no increased risk to human health, so that there is no real need for the lengthy and expensive human testing. Despite this they claim that GE foods have all been thoroughly tested and

demonstrated to be safe before being released into the marketplace. In the United States in particular GE foods have been sold for several years with no evidence of any harmful effects on the consumers.

Over the long term it is claimed that the use of GE in agriculture will increase crop productivity, thereby reducing the demand for agricultural land. It will also reduce the use of herbicides and pesticides, thereby reducing the damage done to the environment by the use of modern agricultural farming technologies.

Because GE produces specific and identifiable changes in the structure of living organisms to produce unique new life forms, the production and sale of them can be protected through patent and the revenues produced will supply capital for new and better food sources (and potentially phenomenal dividends to investors).

Those opposed to GE will dispute many of the claims put forward by its proponents. Of greatest concern is the possibility of unexpected side effects as more and more plants are altered and cross-species GE becomes more extreme. While plants have been modified for centuries (such as in the production of hybrid plants through cross-breeding different varieties of the same species) GE crosses natural reproductive barriers, combining genes from different species that would not happen in the natural environment.

A recent TV documentary traced the testing process of a GE grain. The modified grain was fed to successive generations of a fast breeding rodent with each generation of the rodents being checked for any side effects. After fifteen generations no negative effects were found from the consumption of the GE grain. The conclusion which viewers

were expected to arrive at was that these tests proved the safety of genetic engineering. This was not quite the case for all it did was prove that the engineering of *a particular gene of a particular grain* fed to *a particular mammal* confirmed no exhibited negative effects on the mammal. On the basis of the documentary it was assumed that viewers would concluded that most GE has will proven to be safe. However it does not follow that *any* gene form *any* source, engineered into plants will have have *no* negative effects on *all* animals..

Over and over again new products, particularly in the pharmaceutical field, have been introduced into the market, after claimed "rigorous testing" has declared them safe for human consumption. However the use of these products were found to have, sometimes horrific, side effects. The following are just a few of the drugs withdrawn in recent years following the discovery of serious side effects:

- *Thalidomide*, introduced on to the market in 1957, was prescribed to pregnant women to combat symptoms associated with morning sickness. When taken during the first trimester of pregnancy, it prevented the proper growth of the foetus resulting in horrific birth defects in thousands of children around the world.
- The weight-loss drug *rimonabant* was withdrawn after it was associated with troubling psychiatric side effects.
- *Vioxx* was prescribed to treat osteoarthritis, menstrual cramps and adult pain. Later withdrawn after revelations that there was a significant increase in the risk of heart attacks and strokes. Since the manufacturer of *vioxx*, Merck, recalled the drug from the US market in September 2004,

allegations have started to circulate, claiming that Merck knew about this potentially fatal viox side effects before the drug was even approved by the Food and Drugs Administration (FDA), and yet they went ahead and marketed the drug as a safe and reliable one.

- Cholesterol reducing drug *Baycol* withdrawn because of fatal side effects
- *Cisapride* (Prepulsid) has been withdrawn from the UK market because it has been associated with serious cardiovascular side effects.

The following are some of other arguments put forward against GE:

1. While drugs found to be unsafe may be speedily withdrawn from the market, once GE plants have been released into the environment it may be extremely difficult, if not impossible to completely eradicate them.

2. The choice of which gene to insert is indeed precise. But the insertion of this gene into a living cell is highly imprecise, with no control over where in the DNA the new gene is inserted. This unnatural process can disrupt the natural genetic information encoded in the DNA, as well as the regulation of gene expression, in ways that are uncontrolled and unpredictable.

3. This testing is typically conducted only on rats and other animals, by the companies involved. Very little of this research has been reviewed by independent scientists and then published in scientific journals, and the FDA does not review the research methodology. Such a process is considered only preliminary with, for example, food additives and pharmaceutical drugs.

4. The unpredictable disruptions in normal DNA functioning caused by genetic engineering can produce unanticipated and unknown side effects for human health, including unknown

and ***unpredictable toxins*** and allergens, and these possibilities can only be definitively assessed through human testing.

5. There is also no evidence that genetically engineered foods are safe for human health. The reason is the same in both cases: no human studies have been conducted. There is no objective way to determine if any of these foods have long-term effects that negatively impact human health.

6. Certain genetically engineered potatoes and corn produce their own Bt, a pesticide that protects the crop from insects, thus decreasing costs by less chemical usage and increasing yield. However when Bt is sold as a pesticide, people are warned not to swallow it, breathe it, or get it in cuts. Yet potatoes and corn that produce their own Bt are sold with no human testing.

7. Genetic engineering itself damages organic farming; genetically engineered corn, for example, outcrosses with organic corn in nearby fields and contaminates the crop; genetically engineered corn and potatoes containing the Bt toxin will produce insects resistant to Bt, making Bt spray ineffective for non-GE farming.

8. There is in fact little evidence to show that in the long run genetic engineering increases crop yield and reduces overall costs of producing crops. No genetically modified food has yet been subject to long term environmental impact study.

9. Historically, farmers have created the world's crop varieties through natural breeding. To allow large corporations to use small genetic changes to take control of these collectively produced resources, as well as the evolutionary process itself, is to risk that these corporations will take control of agricultural output worldwide. Indeed, if a few large biotech businesses in Western nations have

control of the seed used around the world, serious questions will arise about the independence and national sovereignty of all other nations.

The above are just a few of the arguments put forward by both camps. There are probably more reasons the GE industry can put forward to support the industry but the fact remains that GE is a comparatively new science, so we have no idea of what the long term effects may be. Furthermore more and more people are developing modern-day diseases such as various forms of cancer, asthma, autism, allergies etc. Yet the causes of these diseases are generally not known. However there is mounting suspicion that air pollution, chemical food additives and now GE could be

involved.

Possibly the greatest argument against the use of cross-species genes for GE is the scientific evidence which strongly suggests that the origin of one of the most deadly modern day diseases – HIV or Aids was cross-species contamination “chimpanzees, contaminated with numerous viruses, were used to produce hundreds of hepatitis B vaccine doses administered to central African Blacks along with homosexual men in New York City *at precisely the time* the origin of HIV 'punctuated event' occurred.” (*Emerging Viruses: AIDS & Ebola -- Nature, Accident or Intentional?* (Tetrahedron Press) . BDA ΩΩΩ

Christ in You

Seventeenth Lesson

Imagination

The body is the covering and the garment of spirit, and you are learning that spirit is ruler. At first you may not see results, but the work begins the instant you function from the spiritual plane. Do not be discouraged – as I was – at not seeing results. I see now that the work of healing was going on, even when things seemed at their worst. You will thank God for the darkness and the struggle; you will prove their real friendliness. Christ's work in you is to proclaim liberty to captive souls, the opening of prison doors to them that are bound. Your body will be the beautiful garment of spirit, for salvation is not in part but wholly.

You ask “What is thought?” Perhaps you have missed the true understanding. Thought is the creative process behind all phenomena. It is not a mental concept, though it finds its

avenue through the mentality. The thought is never separated from the thinker. The worlds with all their myriad forms in nature are thoughts expressed by the Absolute. You are God's thought, and so you also manifest love.

At the very heart of life, both universal and individual, is the well-spring of growth, from which all true life evolves. It is the only One, the first cause of all, never outside Its own creation, but self-existent, inseparable from Itself; ever making for perfection and peace. This self of life is sending our rays of intelligence through its many channels, outpouring itself in infinite variety, but always One. The great outer enemy, the senses, would pervert, making separation even of the expressed Being, until as a result of ages of ignorance, man has dared to think of himself as a complete and separate identity, looking

on the suffering of humanity as something outside himself, looking on God as afar off.

God requires outflow from the great central life. This is a law steadily working itself out in the tiniest detail of your earth life. Your planet holds within itself fire, water, and minerals of untold wealth, but it also holds a great invisible interior spiritual force, creative, reconstructive. This is thought, the outcome of the one life, breathing through stone, rock, and densest matter. Man limits himself by his mental process, and hinders the upspring of divine thought. (We see from our side.) Man gets a glimpse of a truth; he immediately begins to make it concise, gives it a form, clothes it by the mental process called reasoning; thus himself closing the avenue by separation from the whole. No truth is a part; there is but one truth. No man can hold all the truth. This is a work for all time.

You would do well to unfold the capacities for receiving by clearing the mind of limitations, beliefs have become bondage, and becoming even as a little child. Otherwise you cannot enter the kingdom. We see so much spiritual force imprisoned behind the closed mental doors of humanity. The spirit of God quickens the intellect, for it becomes enlightened by the true light. Open out to this hidden spiritual life, as the flower is nourished into full bloom by its own hidden forces.

Consider well the flowers of the field; they do not toil in order to blossom forth. You will become calm

and steadfast, and the effect in the end will be a great peace both in your body and in your environment. It is God that works in you to will and to do. Man's mentality is not the place of thought. While the holy seed is unfolding, the work of creation begins in you, as at the beginning of all things. God's thought was your planet. When the life upsprings within you, it requires a place of action to manifest.

That which you call imagination is the ground for the expression of God's thought. You will learn to keep the imagination pure and holy, free from the contamination of the senses; for that which is imagined, afterwards becomes.

Your Scriptures unfold the importance of this, when they describe false imaginings, and speak of imagining mischief. A pure imagination is sometimes called "genius." It is the mirror of God. Let the Christ have full control of this, that you may awake in His likeness. It will reveal God's meaning to your understanding. Your imagination is God's best gift. The heart and the imagination are closely related – they act and re-act. The heart and the imagination should be pure. This involves real effort, but you will be richly rewarded. You will have the thoughts of God, your mind will reflect them, and enriched and illuminated by the Eternal, you will be conscious of ever fresh unfoldment. You will see, hear, and know only God. This lesson will unfold within you as you read. God is the only reality for all time. ΩΩΩ

Love Thy Neighbour



Dream Forum

Note: *Due to limited space all responses to dreams submitted have not been included. However dreamers have been sent the responses. -Editor*

HELP IN UNDERSTANDING DREAMS

I wish to share what was passed on to me and what has helped me to understand dreams and hopefully be of some assistance to others:

The dreamer always knows what the dream means but may need a little knowledge in how to go about understanding them. Also the dreamer is always the best interpreter of their dreams.

One method often used is playing associative word games just as you wake from the dream. This has assisted me at times in accessing probable meanings of what is presented, especially if it is symbolic or if there are objects I do not understand why are there. As most dream messages travel through the subconscious we use what is stored in the pathway it takes to get the message across. For example, if I am dreaming of a tray as I wake up - I might start saying bray, pray, dray, may etc..... and my intuition lets me know the correct choice by making the right meaning of the symbol sound louder, make me tingle or suddenly flip me into a waking dream for greater understanding.

Also everything in the dream can be understood as an aspect of the self, so role reversing with all people and objects in the dream and asking, for example, as clothes what am I representing, doing or saying here?

Some dreams are messages from the soul and need to be acted upon within three days, and if the message is really important it will be repeated...in three days usually, if you are not listening. Though there are many kinds of dreams; the “emptying of the days

psychic and image rubbish collection” type of dream becomes minimal if you are a practising meditator, though make sure that your foot chakra is not blocked (this is the route thought forms and reactions to environmental experiences take when leaving our energetic system).

Coloured dreams (deep change is occurring) and repetitive dreams are your soul telling you something important and indicates either you are not listening - or are further on in the process, especially if some weeks or months have elapsed between the dreams; or you can only handle the message in chunks so take notice of the details that have changed or been added – for there is something you need to understand to further you healing and integration of events in your life etc.

So dreams can be an exciting adventure of personal development, self discovery and learning new languages, the language of you're unconscious, the language of symbols, the language of the body and the language of the soul.

Note: Messages from spiritual guides are just that and are always known as that and have a very different energetic quality to them, you will have no doubt when this happens.

-Ilse

DREAMS SUBMITTED AND INTERPRETATIONS

Dream 1

I needed to cross a gushing stream, not very wide but the water was shoulder high. My two companions (unknown) just crossed the stream fully clothed but I did not want to get my clothes wet so stripped to my

underwear, put my clothes in a tray and flouted them as I crossed the river.

Interpretation (1.1)

I offer for consideration, a series of questions to consider in understanding your dream. Breakdown of the dream:

I needed to cross a gushing stream, not very wide but the water was shoulder high.

Dreams relating to water as a stream often represent the stream of life, does it represent your life? Could this represent reaching into the deeper emotional levels within you? Is your current life very comfortable? Would crossing the stream or changing sides, be emotionally challenging? Would it change your life? What is over the other side that you need to get there?

My two companions (unknown) just crossed the stream fully clothed

Re the 2 companions - This is a good element for role reversing. Are they guides? Other aspects of the self?

Friends of like mind? What gender are they? Did they dress the same? Have they been in your dreams before? Did they get their clothes wet?

but I did not want to get my clothes wet

What do the clothes mean to you? The element of not wanting to get wet – what could this mean? How will water affect your ‘dress’? Did it affect the two companions dress? How?

so stripped to my underwear,

This aspect of the dream indicates courage and willingness to get down to essentials, a willingness to be vulnerable?

put my clothes in a tray and flouted them as I crossed the river.

Mentioned earlier

-- Isle

Interpretation (1.2)

It is possible that the dreamer is feeling they need to change his/her behaviour or current way of being or thinking in order to experience the deep and strong feelings that they are needing to experience? However there is an element of choosing not to totally discard those beliefs as the dreamer chooses to carry them across the river, untainted by the emotional experience he or she has chosen to step into. The two companions represent the good and the bad of choosing to relinquish our current beliefs to step into the flow of life and the heart, remaining clothed, they offer the opportunity to let go of our current ‘self’ and be fully open to change in the river of life.

-Adelle

Interpretation (1.3)

The water of spiritual life can be deep but not as hard to cross as we think therefore the width easier to accommodate. The taking off of the clothes may represent a baring of oneself to the vulnerabilities of the plunge, yet keeping safe the clothing for protection once across the river. The companions may represent people in the dreamers life or indeed those on the other side who watch over us, showing us the way, that it is safe. Does the dreamer have some questions about plunging into the spiritual stream of consciousness, or perhaps to a more spiritual way of living? Are they contemplating how to keep the outer life (clothing) safe while taking steps into the deep?

-Marg

Dream 2

I am sitting at a table out in the open with three other people (I do not know who they are) in the center of the table is a rare coin and we are all looking at

it. That's all.

Interpretation (2.1)

The dreamer appears to have rare and valuable gifts, represented by the coin, gifts which are plain for all to see and which currently lie before them. The three symbolises the trinity of body, mind and spirit in unity, a possible reward for efforts in this and past lives.

– Adelle

Interpretation (2.2)

The simplicity of dream two gave me a sense of someone who is straight forward and comfortable with openness. The “three” representing strength as in the trinity, are the three there to give strength to something the dreamer wants to do? The table can represent so much usually the gathering of people who care about each other for friendship and sharing of food but instead there is a rare coin. A table can be about strength too, it brings people together, it holds so many things for us, it can help organise us, somewhere to store things. The table is outside though, not inside, does this mean it is there for others to participate in something the dreamer wants to do? As coins represent money usually and money can represent security is there something the dreamer wants to do for a living that may be rare or unusual and are the three people there saying “let’s look at this together?” Is there a question of do you want to go for this? As they are not doing anything, are they saying “this has to be your choice”. Does the rare coin represent a rare skill or attribute the dreamer has in their life they are not utilising yet? While they are all looking at it, does it represent a pondering the dreamer is currently going through regarding some new life choices?

-Marg

Dream 3

Three recurring dreams.

a. *One is I have parked my car somewhere, but cannot find it. It can be in a carpark, or on a street, but it is not there any more.*

b. *Another is that I am overseas, or on holiday somewhere, and have forgotten the address where I am staying and have no way of returning to it.*

c. *The other recurring dream is that my dog is either hurt, or about to be hurt, or dies.*

Interpretation (3.1)

a. This dream may represent the dreamer having lost their path or direction. The momentum that had been there was now gone and there is a sense of not knowing where to find it again.

b. This dream also relates to lost direction however this dream pertains to the dreamers knowledge of their inner self and needs. In both dreams it could be a message to look within and find answers of where you truly want to be and how to get there.

c. Dogs are often associated with loyalty, perhaps as it is your dog that it relates to how loyal you are being to yourself?

-Adelle

Interpretation (3.2)

One senses a worrier here. I had a friend who was chased by a menacing giant dog for years and years in recurring nightmares and finally he got sick of it and turned and faced it, and the dog turned into his father. Can this dreamer find a way to direct the dreams and turn the dream around and face the worry of what appears to be loss, maybe fear, and or confusion? Loss of a car can represent many things personal to the dreamer, but some dream interpreters say the car can represent the aspects of the body, is the dreamer feeling a loss of something to do with the body? Not remembering where one is staying on holidays if seen as humorous for the dreamer will be entirely different from

feeling lost and confused in a foreign place, is the dreamer feeling lost and confused about where they are currently living or working or wanting to go? Or a relationship? Or an unknown future choice? And the subconscious knowledge that there is "no way of returning to it". Is the dreamer spending time wanting something that they need to move on from? If the dog is a loved dog then the worry about it being hurt or dying may represent loss of some friendship or relationship in the person's life and a feeling of not being able to do anything about it.

-Marg

Interpretation (3.2)

I am sensing that the three dreams are related and are somehow related to the body physical and that you have disconnected yourself from it. Perhaps there is too much time spent on others or perhaps there is the sense if you keep busy enough you will not be embodied and looking at yourself and what your needs are. As I said, to me it seems that the physical body needs attention, diet? exercise or just a bit of plain old pandering. Cayce said that "spirit is the Life, Mind is the builder and the physical is the result, so there is possibly a bit going on with your mind emotions and spirit at this time also. Perhaps you could try standing in front of a mirror and reciting these dreams then let yourself go. It is surprising sometimes, what we come up with.

-Bel

Dream 4

Dreamt that I had bought a business which consisted of a desk in an office. I did not know the name of the business nor what it did. I looked through a pile of receipt stubs which were issued for

money received for some sort of festival. I women came into the office and demanded a refund for a driver's license. I said that we were not in the automotive business and she should try them. She said she had already been there so I said that it was the police who issued driving licenses and not us.

Interpretation 4

For me this dream signifies a spiritual question has been asked at some level by the dreamer - that the person is going about her spiritual work in a methodical manner and has reached some level of guiding others.

- Isle

Dream 5

Dream set in India. I was in a red light district where I rounded up the (forced) prostitutes and took them to a farm where they would have their freedom.

Interpretation 5

Either the dreamer has travelled to India or this is a past life dream that has at some level been resolved in this life, though there is probably several levels of personality elements related to this life to this dream as well.

Red Light = base chakra = reviewing and clearing out old past life memories

Dream 6

Dreamt that I was part of a team who were trying to steal something very valuable from a safety deposit box. We did not know what it was but it was the most valuable thing in the world. We wanted to clean up after the robbery to leave no evidence of it so that there would be some time before the theft was discovered and give us time to get away.

- Caroline ΩΩΩ

From Our Readers

February Journal

I do appreciate the alternate name for God being "Universal Consciousness". Pg.9.

We each have a spark of "God" in us, whatever religion, or name others have chosen. We hold this in our subconscious mind, which helps us with decisions, right or wrong. (My belief, anyway.) I enjoyed the Garbage Truck story. Pg. 10.

We need to have our priorities in order, in our minds. I readily accept this cab driver's theory. People have many times, wondered how I sail through life's stresses. It is because I know my stress will not harm anyone as much as myself. So I often just let major changes fly over my shoulders. If I bury them within myself, then I may as well bury myself,

because I will shorten my life. It is not the same as forgetting your troubles. But Stress kills. I do still get stressed, but over little, minute, silly things.

"It is far higher to help others to help themselves, leading them to the true source of all good". Pg. 10.

Yes, for sure this is a good theory. But, easier said than done. Some cling for help. It is easier for me to stand up to those I get paid for helping, than to those in my own family. As a Nurturer, I can easily become an enabler. I have to jerk myself to reality. The feeling isn't good at the moment, but the result is better, when you don't enable others, in certain circumstances.

Thanks for sharing.

Marg 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

