



The Rainbow Journal

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FROM THE EDITOR

There is a sign on the billboard at one of our local churches which reads "Introducing God." One may wonder what sort of God will be introduced in that church. In the last few Journals I have submitted a number of articles on what may be the nature or description of God, trying to describe something that is practically impossible to describe.

Nevertheless we are driven to "Search for God" and it can be a life time Quest. Perhaps in searching inwards in an attempt to know ourselves we may at the same time get to know God for God is in us and we in God. Therefore to truly know one we may get to know the other.
Brian Alderson ΩΩΩ

LIFE AND GOD

"Life has no shape, no form and no gender. It has no colour, no fragrance and no size. Life is in fact all shapes, all forms, all colours, fragrances and sizes. Life is both genders as well as that which is genderless. Life is the all, everything and life is the No Thing from which everything has emerged and is to emerge.

"There is nothing life creates that is not life itself. All that we see, and everything around us is life expressing itself. Life is everything. Life runs in and *through* everything.

"You are life expressed. And life is you, expressing itself as you. Everybody else is life expressed. There is no one, not a single human being, who is not an expression of life. Even those who you consider the most evil, the worst among you are expressions of life."

Although the grammatical correctness of the above statement may be improved it is doubtful if the above statement would cause controversy. People of all the major religions would probably agree with the statement of what comprises life.

Now read the following:

"God has no shape, no form and no gender. God has no colour, no fragrance and no size. God is in fact all shapes, all forms, all colours, fragrances and sizes. God is both genders as well as that which is genderless. God is the all, everything and it is the No Thing from which everything has emerged and is to emerge.

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The above begs the question: Are not God and life one and the same? (*Based on text in the book Tomorrow's God by Neale Walsh.*) ΩΩΩ

GETTING UNDERSTANDING

For years I have been pondering over the question as to why intelligent people brought up in the same environment and with similar backgrounds and education end up

embracing such different beliefs. People tend to be either conservative or liberal in their convictions and this conservatism or liberalism seems to run

across the spectrum of their views on politics, religion and morals.

In politics, a reason given for people being either right wing or left wing is that their standpoint is based on their economic situation. Wealthy people are customarily politically conservative. On the other hand poorer people are normally liberal. Right wing people tend to be associated more with 'conservative' values desiring to maintain the status quo and traditional values. They tend to be tougher on law and order than the left, and are promoters of free trade and low taxation policies. Right wing people tend to favour a nominal government role in society and minimal regulation, holding the belief in letting 'market forces' prevail. Right wing belief is that each individual is responsible for his or her own life and we are not "our brothers' keeper".

The left wing, on the other hand, is associated much more with what may be termed 'liberal' values, the role of society, and the community as a whole. Law and order policies tend to be more relaxed, while taxation tends to creep higher under left wing governments with more expenditure focussed on social services such as health care and social welfare aimed, at supporting the less affluent members of society.

However while the economic situation of individuals is one explanation for people political leanings it is not the whole answer for the simple reason that there are far more poor people in our societies than wealthy people, therefore in a democratic society one would expect that left wing parties, supported by the poor, would always hold political power, which is not the case. In fact the division between liberals and conservatives in our societies seems to be roughly equal. It would appear that there is a hard core of voters in the two

opposing camps each representing around 30% to 40% of the voters. The remainder of voters either being aligned with smaller, minority parties or are 'swing voters' whose votes seem to sway between the to main parties and ultimately determine which party gains power.

There are extremes in both wings with farthest right wing leading to fascism and left wing to communism. While most of us are not extreme in our convictions there is still a wide gap between left and right wing beliefs. Furthermore people with right and left wing political beliefs also seem to hold similar beliefs when it comes to religion and morals. For example right wing people tend to lean towards fundamental religious beliefs, being 'pro-life', anti gay marriage and support the death penalty and the right to bear arms. On the other hand left wing people are more open with religious beliefs, are pro-choice regarding abortion, support gay marriage and are opposed to the death penalty while seeking greater control of gun ownership.

Despite much research, science has found human personality too complex to define, principally because it does not recognise the true source of our personalities. Science has sought answers to the questions as to what causes the differences between individual personalities. Are the differences caused by nature or nurture? Is the makeup of personalities hereditary, inherent in our genes and DNA, or are there other factors to consider? Mainstream scientific research on this is constrained because it does not support the concept of reincarnation – the fact that we have lived many lives and the consequences of our past life behaviour is reflected in who we are today.

In this respect it is Edgar Cayce, through his psychic readings, who has opened up a whole new field of investigation and understanding as to why we are made up as we are in this life. In his many life readings, Cayce described his clients' present physical, emotional and mental condition in terms of their past life experience. While the Cayce readings gave explanations behind the physical and emotional makeup in the life readings, the readings did not go into detailed explanation as to what was behind the clients' present personality traits with regard to their beliefs.

As mentioned I have pondered this question of our differing beliefs for ages and sure enough, as the saying goes, 'seek and you will find,' the answer eventually came to me through the book titled *"Instruction – Living the Life Your Soul Intended"* written by Ainslie MacLeod.¹ The author claims to be psychic, in regular contact with his spiritual guides, who supplied him with the material for his book.

As Macleod explains, "while some of us have embraced the general concept of reincarnation most of us still live under the illusion that what we see is all there is, and life begins and ends on the physical plane. Because of our mistaken belief we are inclined to ignore our soul's guidance which prevents us from experiencing everything our souls want us to in this lifetime."

It is the gradual casting aside of this illusion over many lifetimes, overcoming fear and self-interest that we progress to understanding what unites us all. According to the book, these guides concurred with Edgar Cayce in the concept of reincarnation - that we

have all lived many lives on earth. However the guides claimed that there are a number of levels, ten in all, of what the book called 'spiritual ages' which we pass through as we evolve spiritually during our numerous lives on earth. The level we find ourselves in this lifetime is dependant on how we have progressed through the various levels in our previous lives.

"Your soul's evolutionary path takes the soul from a state of fear to one of love, from acting out of self-interest to altruism. On its journey, its understanding of the world is in a state of constant flux. One lifetime might, for example, teach your soul what it's like to be unfairly imprisoned. From then on, it will have a greater sense of injustice. Another life might be spent as a government official, learning about power and authority. In this way, every lifetime builds upon the last to create multiple layers of awareness." says MacLeod.

With the help of his spiritual guides Ainslie MacLeod describes the characteristics of each soul's level. The youngest souls, those that are termed 'Level 1', are those that live simple lives, deliberately avoiding the complexities of the modern world. They general live in small communities with simple cultures who are easily overwhelmed by technology and complexity.

Level 2 souls are less fearful of the world around them, being more assertive. "They create strict laws, usually wrapped up in religious language, to help them on the straight and narrow. Only their God is the true God, and everyone else will perish in hell or be refused entrance to the next life."

A particular trait of a Level 2 male is misogyny – and there is plenty of evidence of this trait in the world around us today. "Depending on how much

¹ *"Instruction – Living the Life Your Soul Intended"*
written by Ainslie MacLeod. Sounds True Inc
press.

they're wrapped up in the illusion and the kind of society in which they live, younger soul-men will find different ways of expressing their fear of woman by subjugating them. They jail prostitutes, stone adulteresses, mandate female circumcision, refuse girls an education, and deny contraception or the opportunity to terminate a pregnancy. In many societies, level 2 women assist in their own subjugation because of their belief that they should be subservient to men."

At Level 3, souls are inclined to act emotionally rather than rationally. "These souls want to belong, whether it's a part of the family or the nation." They can be very nationalistic "Few things enrage Level 3 souls more than a protester ... burning the Stars and Stripes. They see it as a sign of utmost contempt.... Their country is the greatest nation on earth. And since they identify with their country, which they see as a reflection of themselves, its strength is their strength. Level 3 souls believe that certain individual souls are innately superior to others."

By the time they reach Level 4 souls become more expansive. It is a difficult stage because they can be very hypocritical. "Behind them, they have the morality of younger souls, and ahead of them is the unabashed materialism of Level 5. As they try awkwardly to straddle both God and mammon, they often fall into the risk of hypocrisy. They'll rail at others for their moral failings, but will later be found to have a gambling problem, drug addiction, or an illegitimate child... 'I used to be a sinner but now I am born again.'"

By the time they have reached level 5, souls are ... "dynamic, and always striving to push things forward. If it weren't for them we would probably be still be travelling by horse and cart."

They are the most materialistic at this level. "The grip of illusion is at its strongest at this level. Genuine spiritual awakening may still be possible, but it will take great effort to achieve. For many, the Spiritual Plane is as real as the Neverland." Level 5 souls are exploitive and "take what they want regardless of the consequences."

"When it comes to war, they find it a great way to express their power. Their leaders send mighty armies to battle the mighty armies of other Level 5 leaders in the belief that the answer to violence is more violence. And because the opposite of strength is weakness, and they fear being seen as weak, they feel it's important to act tough.... After the U.S. shot down an Iranian plane, killing 290 civilians, level 5 former president George H.W. Bush said, 'I will never apologise for the United States, ever. I don't care what the facts are.' His comments reflect the level 5 soul's strength of conviction and fear of weakness, and also a lack of connection that comes from being fully immersed in illusion."

After passing level 5, souls become 'Old Souls'. "At the point souls evolve from young to old, they undergo a 180-degree flip as their focus shifts from exploring outward to exploring inward. This search for the meaning of life is called the Quest (In Cayce's terms 'the Search for God'- Editor) and will last from the beginning of Level 6 until their final lifetime on earth at the end of Level 10." "This quest is the pursuit of self-knowledge. It begins with the desire to understand the purpose of life and gradually transforms into a desire to understand the purpose of one particular life: your own."

The next four levels are the gradual awakening of awareness dealing with innovation, reciprocity and self-improvement until the final stage of

Level 10 is reached which is describes as the 'level of compassion'. "Level 10 souls usually don't stand out as being anything unusual. More than any other souls, they are likely to ignore prevailing fashions and go their own way. Altruism is at its peak at level 10. With lifetimes of experience behind them, these souls see another persons suffering and remember when they, too, were in that same position. As each lifetime takes them closer to returning to the Universal Consciousness, the illusion becomes increasingly easy to overcome. They have, to some degree, the awareness that all of humanity is connected and deserving of respect. They can see the folly of war, the shallowness of unbridled materialism, and the dangers of unregulated power."

While McLeod's book is designed to offer instructions on how the readers may change their lives, it also has answered my question raised at the beginning of this article as to why people believe the things that they do. If one is to accept as true what McLeod's spiritual guides have stated, what we call our personality is in fact the sum total of our past life experiences expressed in our outlook on life and in our beliefs, talents and personal traits. So being a conservative or a liberal has less to do

with our current economic circumstances and more to do with our spiritual age. With this understanding one can appreciate that there is little point in arguing with a person with opposing political beliefs or of differing religious convictions. We may understand that some men are misogynists because they are most likely have a Level 2 spiritual age with a fear of the opposite sex expressed by attempting to subjugate women. We may understand that some people are flag waving nationalists, happy to resort to war at the slightest provocation because they are at a soul age when they fear being seen as weak so act aggressively.

There is no right or wrong in these people's behaviour which is consistent with their level of awareness and spiritual evolution. We are therefore not to sit in judgement of others but with the right understanding we will have the compassion to accept others for what they are. "By investigating the different soul ages, you learnt that we all see the world differently because of our varying degrees of experience. If you can bear that in mind next time you feel like dismissing someone's point of view because it contradicts your own, you'll be acting from the soul." **BDA ΩΩΩ**

THE ROAD TO HAPPINESS AND ENLIGHTENMENT

Most people pursue physical pleasures or various forms of psychological gratification because they believe that those things will make them happy or free them from a feeling of fear or lack. Happiness may be perceived as a heightened sense of aliveness attained through physical pleasure, or a more secure and more complete sense of self attained through some form of

psychological gratification. This is the search for salvation from a state of unsatisfactoriness or insufficiency. Invariably, any satisfaction that they obtain is short-lived, so the condition of satisfaction or fulfilment is usually projected once again onto an imaginary point away from the here and now. "When I obtain *this* or am free of *that* — then I will be okay." This is the

unconscious mind-set that creates the illusion of salvation in the future.

True salvation is fulfilment, peace, life in all its fullness. It is to be who you are, to feel within you the good that has no opposite, the joy of Being that depends on nothing outside itself. It is felt not as a passing experience but as an abiding presence. In theistic language, it is to "know God" — not as something outside you but as your own innermost essence. True salvation is to know yourself as an inseparable part of the timeless and formless One Life from which all that exists derives its being. True salvation is a state of freedom — from fear, from suffering, from a perceived state of lack and insufficiency and therefore from all wanting, needing, grasping, and clinging. It is freedom from compulsive thinking, from negativity, and above all from past and future as a psychological need. Your mind is telling you that you cannot get there from here. Something needs to happen, or you need to become this or that before you can be free and fulfilled. It is saying, in fact, that you need time — that you need to find, sort out, do, achieve, acquire, become, or understand something before you can be free or

complete. You see time as the means to salvation, whereas in truth it is the greatest obstacle to salvation. You think that you can't get there from where and who you are at this moment because you are not yet complete or good enough, but the truth is that here and now is the only point from where you *can* get there. You 'get' there by realizing that you *are* there already. You find God the moment you realize that you don't need to seek God. So there is no only way to salvation: Any condition can be used, but no particular condition is needed. However, there is only one point of access: the Now: There can be no salvation away from this moment.

There is nothing you can ever do or attain that will get you closer to salvation than it is at this moment. This may be hard to grasp for a mind accustomed to thinking that everything worthwhile is in the future. Nor can let anything that you ever did or that was done to you in the past prevent you from saying yes to what is and taking your attention deeply into the Now. You cannot do this in the future. You do it now or not at all.

From The Power of Now – Eckhart Tolle
ΩΩΩ

WHY DO WE STRUGGLE?

So, why do we struggle and perpetuate this insanity of doing the same things over and over, hoping for different results, yet not really getting anything to substantially change? How is that we, perfectly intelligent human beings, continue to struggle and suffer? It just doesn't make any sense. We should be happy, shouldn't we?

The paradoxical thing is that we say we are committed to being happy. Yet we continue to tolerate life and circumstances that are certainly not workable or optimum, and we continue

to be unfulfilled, struggle and suffer. Dan Millman, who wrote *The Way of the Peaceful Warrior*, says "Life is not suffering. It's just that we will suffer as long as we hold on to our attachments, instead of letting go and just going for the ride."

We always win what we are truly committed to, even if we haven't declared what we are committed to. We need to consider that at a subconscious level, we are committed to struggling and suffering. In fact, we are attached to struggling and suffering. It's not a

conscious act. No one in their right mind would do so. But we do it none the less.

Then what gets us past the struggle and suffering, and into the life we say we're committed to? One of my old teachers, Jim Rohn, said that what finally motivates us to create the life that we say we want is one of two things. Either it's an intense and powerful desire, or it's an intense and powerful amount of pain. Since most of us don't operate from desire, what usually has to happen is an intense amount of pain. This isn't fun at all, yet it's what generally happens for most of us unless we choose powerfully.

But to choose powerfully, one must be able to get to being at choice. This requires completing the past and getting to nothing. The practices of acceptance, apology, forgiveness, gratitude and acknowledgment are powerful in this regard. Once this work is completed, true choice becomes an option.

Choosing to be happy requires three things:

1. Powerfully accepting and dealing with what's so. This means accepting circumstances and people just the way they are, right now. No hopes, projections, anticipation, or dreams. Just accepting the way things are is the way that they are. It may not be the way you

want it to be. It may not be workable for you. It may not be fulfilling for you. It may be tolerable, but then it's fundamentally inauthentic. You don't get to be your true self. Breaking free of this requires being brutally honest with yourself and being in integrity with your higher self.

2. Being of service. When you are being in integrity with your higher self, you are doing what you are meant to do. You follow the passion of your heart and your energy resonates at a higher vibration. You are fully alive. In this state, it becomes natural to be a contribution to others - you have more to share and can make a difference. Everyone in your life is contributed to by you being in integrity with your higher self, because you are being authentic. Even if some people don't get what they want from you, you are contributing to them because you are being real.

3. Engaging in ongoing growth and development. Being true to yourself and being of service naturally leads to ongoing growth and development. This is the spiritual path of continuing to discover one's gifts and then finding ways to give them to the world. It is only by continuing to grow that we continue to give.

Ruben J Guzman, 2009 ΩΩΩ

FIRST KNOW YOURSELF

First Know Yourself, that you would choose to do as being a channel of, a representative of that which you have set, you do set, as your Ideal; in the many ways and manners that same may be depicted in the experiences of man that make for the subtle yet definite manner of the thought of the Creative Influence in the experiences of others may make for not only harmony but beauty, grace

and joy in the activities in the earth.

First, know yourself. Analyze yourself. Find your ideals, mentally, materially.

(Q) Is there any advice for greater development of character?

(A) Study to know yourself in relationship to that you choose as your ideal. And let that ideal be set in Him, who is the way, the truth and the light.

Study first, then, to know yourself

and your relationships with your Maker and your relationships with your fellow man. For, as was given thee, "As you do it unto your brethren you do it unto me."

As has been given from time immemorial, seek to know yourself. Not as an egotist but the ego within self, the I AM consciousness; but not for the gratifying of self's own ego. And he that would find the God in self must believe that He is, and proceed from that premise.

Know yourself first. Look within your own heart. What is it you would purpose to do? Satisfy your own appetites? Satisfy your own desire for power or glory, for fame or fortune? These, as you have experienced and as

you know within your deeper self, easily take wings and fly away. Only those things that are just, those things that are beautiful, those things that are harmonious, that arise from brotherly kindness, brotherly love, patience, hope and graciousness, LIVE. These are the fruits of those UNSEEN forces that you recognize as being the powers that rule this universe, - yea, this heterogeneous mass of human emotions and human souls; that power which arises from GOOD, - not from hate nor malice nor greed nor covetousness. For these take hold upon the gates of hell and are the torments to man's soul!

From the Edgar Cayce Readings

FROM HERE AND THERE

"Freedom and love go together. Love is not a reaction. If I love you because you love me, that is mere trade, a thing to be bought in the market; it is not love. To love is not to ask anything in return, not even to feel that you are giving something- and it is only such love that can know freedom." - Krishnamurti

"Each morning when I open my eyes I say to myself: I, not events, have the power to make me happy or unhappy today. I can choose which it shall be.

Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it." - Groucho Marx

"I long to accomplish a great and noble task, but it is my chief duty to accomplish humble tasks as though they were great and noble. The world is moved along not only by the mighty shoves of its heroes but also by the aggregate of the tiny pushes of each honest worker." - Helen Keller

CHRIST IN YOU

Twenty-First Lesson

Matter and its Relation to Spirit

There is always a moment in life when we differentiate between the material and the spiritual. It happens in a variety of ways. Thomas dropped the false belief immediately, when he saw the truth; material beliefs dropped entirely away and never ruled him afterwards. Pilate knew, when face to face with Christ, that he could never touch the real life, although he delivered Jesus over to

the people. He had seen the eternal Christ when alone with Him. The whole of truth is beyond your present comprehension. No man can touch truth or stay the new vision now opening up to the eyes of men.

One of the great hindrances to understanding is fast slipping away – the old belief in the solidity of matter. There is no such thing as solidity in or on the

planet. Spirit is substance, and not subservient to natural law. Perpetual motion is the key to the attraction of atoms. The whole planetary system is a vortex of convolutions, orderly and continuous. True, man's body is formed from the dust of the earth, though with eternal wisdom and harmonious wholeness. Your body holds in its material form an infinitesimal atom or grain of every part of the globe. You cannot behold anything in that material world of which you are not a part. You are a part of three kingdoms – mineral, vegetable and animal. Thus man in the natural world has rule over all. This is not so of any other earth life, as each animal is distinctly and only an animal, but man in the process of the ages has come up through all, that he may possess and have rule over all.

You are not matter. You cannot become material, and you must not be deceived by material appearances. Although the value of matter in relation to your spiritual evolution is great, yet I would have you know that spiritual laws are supreme. Your body should be perfect, for is it not a magnificent vehicle for the spiritual form? While in the flesh, you learn to use spiritual weapons. When you enter the interior and spiritual world, you will know that faith was made real to you. While in the flesh you should reach out for that which is behind the visible. Faith, the strongest principle, is made your own by your simple trust, though you know nothing of the reality.

Oh! The greatness of faith, the power and might of it! Have faith, for only by it can you reach spiritual heights, and your earth experience is the best, nay, the only means of revealing you to yourself. Have faith in God, faith in man, faith in all good. We on this side in very truth have found that faith can remove mountains. It is literally true that the

whole landscape before your eyes can be obliterated by faith. This is a law; I will explain. You see now only in part that the things before you, houses, churches etc., are the outcome of man's limited thought. He has been dimly working out a spiritual idea. The spiritual idea is the only fact, and not the bricks and mortar. There is really only the spiritual conception of a home, a church, a road, and with the eye of faith you could see the real only, for I assure you again that the spiritual is the only real.

In many circumstances the real is utterly unlike the appearance. It is so much more beautiful, for man is always working out the idea of God. Now you have the understanding, you can sympathise with an artist who says "This building or picture is only the faintest conception of the idea." If he could only have the eye of faith he would see before him the complete spiritual thought expressed, and he would be overcome with gladness and delight. Thus at present you see through a glass darkly, ever reaching beyond the seen and the felt, that you may unfold the spiritual perception through mist and cloud, ever cheered by the hope of realisation. It is a wonderful time for you now. You are growing wings and preparing the spiritual body for its real existence.

Now, for your body I would have you use the eye of faith, that you may bring into operation the higher spiritual law. Your thought and idea become an outward manifestation. You become your own idea, but remember, it is you yourselves who open to the higher laws. It is for you to say, "Thy will be done in me"; it is no longer for the senses, but the Christ in you, to will and to do. Creation is God manifest in the flesh. God is with you. *From the book "Christ in You" – Anonymous. ΩΩΩ*

LAUGHTER – THE BEST MEDICINE

CHURCH CANDLES

A mother took her three-year-old daughter to church for the first time. The church lights were lowered, and then the choir came down the aisle, carrying lighted candles. All was quiet until the little one started singing in a loud voice, "Happy Birthday to you, happy birthday to you..."

CREATION OF MAN AND WOMAN

At Sunday School they were teaching how God created everything including human beings. Little Billy seemed especially intent when they told him how Eve was created out of one of Adam's ribs. Later in the week his mother noticed him lying down as though he were ill, and said, "Billy, what is the matter?" Little Billy responded, "I have pain in my side. I think I'm going to have a wife."

SCHOOL LUNCH

The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun had posted a note on the apple tray: "Take only ONE. God is watching." Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies. A child had written a note, "Take all you want. God is watching the apples."

A PRAYER FOR THE DAY

Dear God, so far today, I've done all right. I haven't gossiped, and I haven't lost my temper. I haven't been grumpy, nasty or selfish, and I'm really glad of that! But in a few minutes, God, I'm going to get out of bed, and from then on, I'm probably going to need a lot of help. Thank you! Amen. **ΩΩΩ**

OUR CLOSING THOUGHT

"What is it all about then? 'You shall love the Lord your God with all your heart, your soul, your mind, your body, and your neighbour as yourself.' The rest of all the theories that may be concocted by man are nothing, if these are just lived. Love your neighbour as yourself in the associations day by day, preferring as did the Christ who died on the cross rather than preferring the world be his without a struggle. Know, then, that as He had His cross, so have you. May you take it with a smile. You can, if you will let Him bear it with you. Do it!" 3976-29 **ΩΩΩ**

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