



The Rainbow Journal

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Contents

TO OUR READERS.....	2
OUR BODIES AND US	2
THE TWO CHURCHES	3
BEING A VICTIM	6
COINCIDENCE AND ATTRACTION	7
SAYING GRACE	8
CHRIST IN YOU – CHAPTER 26	9
FROM HERE AND THERE	10
LETTERS	10
LAUGHTER – THE BEST MEDICINE	11
OUR CLOSING THOUGHT	11

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FROM THE EDITOR

There is a saying that one learns by teaching and in my case that seems to be true because over the last few years I have learnt so much by producing the Rainbow Journal. Not that the articles in the Journal are there to teach you readers but are more about sharing for as thoughts are shared they seem to grow and mature. I believe I have always been

a sceptic and although I may accept things at face value I will be careful not to put too much faith in anything unless in my heart I sincerely believe in its truth. Even when I do believe in certain concepts and principles I do not wish to impose them on anyone but rather share my reflections with like-minded people.
Brian Alderson ΩΩΩ

OUR BODIES AND US

While we may intellectually accept that we are spiritual beings and our bodies are only sheaths or garments we put on during our life in the physical world we cannot ignore the fact that our bodies impact on the way we think and act.

Our bodies come from the animal kingdom and with them we inherit a number of animal instincts. The two greatest of these instincts are those of survival and of reproduction, both designed to ensure the continued existence of the human species. Dominant in our instinct for survival is the need for nourishment which is why we humans give so much attention to food and eating. Where we run into complications is when we associate ourselves as *being* the body with the result that rather than eating for the express purpose of providing the required nutrition for the maintenance and well-being of our bodies, we eat for many reasons unrelated to our physical needs. These reasons include: eating for the sheer pleasure of it, eating as a remedy against boredom, eating as a reward, 'a treat that we deserve', eating as a consolation for loss, eating as a remedy against stress and frustration and even eating because of the simple reason that food is available and perhaps

we feel we do not wish to 'waste' it even if the eating of it may not be in the bodies best interest. In our affluent western societies we can acquire as much food as we want in an attempt to satisfy these appetites.

We can also deprive ourselves of necessary nutrition, again for purposes unrelated to our well-being. Sometimes we will deprive ourselves of food as a means of chastening ourselves for perceived sins or because we have a very poor self-image, which can cause of mental disorders such as bulimia and anorexia that results in punishing the body.

So when we eat, or deprive ourselves of sustenance for any reasons other than for the health of our bodies we are not seeing our bodies in the correct light, that is we are equating ourselves with our bodies.

As an analogy imagine treating our cars in the same way we treat our bodies. If we feel good we may reward our cars by topping up the oil (even when it did not require the extra oil) or buying some unnecessary accessory to attach to the car which will only add to the weight of the vehicle adding to stress to the engine and higher fuel consumption. On the other hand if we got upset we may put as much oil in the car as it can possibly take

causing the engine to choke and emit smoke. In anger we may even give the car body a few kicks, and when we have calmed down we would either go to the expense of repairing the damage or be stuck with a car suffering from mutilations of our own doing.

The result of our wrong attitude towards our bodies is clearly evident in most of the developed world. In 2005, 54% of the adult population in Australia were classified as overweight or obese. There are a number of present day diseases in which obesity is considered as the major contributor. These diseases include diabetes, certain cancers, heart disease, liver disease, sleep apnoea and osteoarthritis. People are obviously aware of being overweight because the diet industry is booming however all the money spent on this industry seems to have little effect on the obesity problem, probably for the simple reason that we view our bodies wrongly.

Because we are so emotionally tied to our bodies we can find it difficult to realise the underlying cause of weight problems. Those of us who have studied the Edgar Cayce readings would have come across the often repeated statement "Mind is the builder the physical is the result." How does this apply to our body weight? The statement suggests that the body we now have is the result of our previous thoughts which are the precursors to our actions that have resulted in the body we have today.

One would imagine that if a person believed that he or she was overweight it would be a simple matter of making some corrections to the person's diet and perhaps make some minor changes to

one's life style, such as by exercising more or investing in a diet program or a machine that will supposedly lose pounds by using the machine 'just three minutes a day.' But obviously these don't work otherwise the population of much of the world would be thinner.

So is there a sure way to make our bodies slimmer and healthier? Perhaps a way to tackle the problem is to look at the reasons we eat, as suggested earlier. If we eat because we are bored, stressed, frustrated, or even to 'reward' ourselves then it would appear that we should deal with these causes first. After all if we eat because we are bored no diet book will solve this problem.

A possible way of dealing with a weight problem, not mentioned in any diet book, is to spend some time reflecting inwards, asking ourselves such questions as who we are and what we really want. These 'quiet times', no matter how short, will help relieve stress and over time help us to improve our self image. Once we have come to accept that our bodies are in fact a possession we may begin to love it and treat it with the respect that it deserves after which a healthier body and an improved self-image will emerge.

Practical advice for those with minor weight problems is suggested in an Edgar Cayce reading: *"And for those activities which will reduce the tendency for obesity, take three ounces of grape juice with one ounce of plain water four times each day, thirty minutes before each meal and before retiring, and not too great a quantity of foods but a well balanced diet."* 5304-1 BDA ΩΩΩ

THE TWO CHURCHES

One of the difficulties in our ability to communicate to one another correctly

is in the fact that when we use a spoken language the words we use are only symbols that represent thoughts and ideas. Confusion and misunderstanding can arise because the same word can carry with it a number of different meanings depending on the context in which it is used and also a word can mean different things to different people.

Take the word 'church'. A person has said "The church is corrupt." Another has said "The church is my life." What is this church they are referring to? Is it the same thing for both these people?

An on-line dictionary offers 14 different definitions for the word 'church' and even this list is not complete when we consider the many ways in which the word is used.

In the Bible the first time the word 'church' was employed (actually the translation from what Jesus purportedly said, most likely spoken in Aramaic, later translated into Greek, then Latin and English) was in Matthew 16:18;

"And I say also to you that you are Peter, and upon this rock I will build my church..."

One may wonder what Jesus originally meant by 'church' or the Greek *ekklesia* in an early translation, meaning 'congregation' in English. Was it the group of followers of Jesus that formed this congregation, suggesting that only those in his congregation are included? Or was it something else to which *all* of use could belong to even if we do not hold allegiance to any religion or religious organisation?

In one of the Edgar Cayce readings a question on the meaning of church was put to him:

Q. "What is the holy church?"

A. "*That which makes for the awareness in the heart of the individual. It is as He that was set as the head of the Church is the church. The Church is never a body,*

never an assembly. An individual soul becomes aware that it has taken that Head, that Son, that Man even, to be the intermedator. that is the Church; that is what is spoken of as the Holy Church..... What church? The Holy Church? Who is the head? That One upon whom the conditions had been set by that question asked. For here you may find the answer again to many of those questions sought concerning the Spirit, the Church, the Holy Force that manifests by the attuning of the individual; though it may be for a moment."

The reading further quotes on what Jesus said "*Flesh and blood - flesh and blood - has not revealed this to you, but my Father which is in heaven. Heaven? Where? Within the hearts, the minds; the place where Truth is made manifest! Wherever Truth is made manifest it gives place to that which is heaven for those that seek and love truth!"* 262-87

In another reading: "*For, the true church is within you, as the Master, as the Christ gave himself: 'I to you am the bridegroom - I to you am the church. The kingdom is within you!'"* 452-7

Note that there is nothing in this reading to suggest any special congregation or body of followers, and in fact the reading specifically denies this. It further states that the church is within us and its head is the Christ. Also the church alter is within us. "*... come to the altar of truth within thine own self. There He through His promise, in His promise, will meet you, and it shall be shown you that which is the way"* (262-77). Another reading reminds us what is the temple and altar: "*Keep your heart, your mind, your purposes, attuned to that voice within; knowing that your body is indeed the temple of the living God. There is your altar."*

The Course in Miracles (purportedly narrated by Jesus) has this to say about the church within: "There is no choice in this, because only you can be the foundation of God's church. A church is where an altar is, and the presence of the altar is what makes the church holy. A church that does not inspire love has a hidden altar that is not serving the purpose for which God intended it. I must find His church on you, because those who accept me as a model are literally my disciples."

From the above and the readings we can see that the church of Jesus is an invisible church. It is found within each one of us and it is there when we turn within that we can communicate with the head of the church.

So what then of the other churches? The buildings, the congregations, the organisations, the different denominations? Are they superfluous? We are here reminded of and often quoted statement in the readings: *"The mind is the builder and the physical is the result."* So that while we may communicate with the head of the church in solitude we express ourselves in the physical world and we can achieve much when we cooperate with each other and work together. From another reading:

(Q) *Is group action more effective than individual, and if so why?*

(A) *"Where two or three are gathered in my name, I am in the midst of them.' These words were spoken by Life, Light, Immortality, and are based on a law. For, in union is strength. Why? Because as there is oneness of purpose, oneness of desire, it becomes motivative within the active forces or influences of a body. The multiplicity of ideas may make confusion, but added cords of strength in one become of the nature as to*

increase the ability and influence in every expression of such a law."

From this we can see the benefit of a congregation of people working together in loving harmony with a common purpose. While we can justly criticise the many terrible acts done in the name of the organised church we should also remind ourselves of all the good that is done in the world under the banner of Christian organisations. Church groups are serving humanity with a broad range of activities and amenities including food banks, schools, hospitals, counselling, crisis and supportive accommodation, addiction services (drug, alcohol and problem gambling), emergency services, youth work, city missions, just to name a few.

Sometimes when one enters a church building one can feel a certain air of holiness and peace which can be quite difficult to describe, yet makes us feel that God makes His presence felt. People attending church services can get comfort and inspiration from the ritual, the music and hymns and fellowship provided through these services.

For those of us who do not belong to any particular congregation and wonder if we should join a group or what denomination is the best the readings had this to say:

(Q) *With what church would it be well for me to seek affiliation at this time?*

(A) *"The better is the church within self, not by name or place. For the church is the living Christ. Make association first with that, and whether it is in this, that or the other name, you serve Christ and not a church!"* 823-3.

Also: *"Render unto the church that which is the church, whether in creed or in organization, but render unto God, unto Christ, the service that is His in whatever field of activity you pursue."* 556-1

So we can deduce that there are two specific churches – the church within us which is of the spirit and the church outside of us which belongs to the physical world. Distinct but each serving a particular purpose. *BDA ΩΩΩ*

BEING A VICTIM

The scenario as seen on the TV evening news: Outside a courthouse after the sentencing of a man convicted of manslaughter for killing a teenage girl in a road accident while under the influence of alcohol. The perpetrator was given a two year gaol sentence. A news reporter is interviewing the parents of the deceased girl. The father makes a statement: “Justice has not been done. The killer has only a two year sentence after which he will be free, while we, the victims, have been given a life sentence of suffering because our daughter has been taken away from us.”

Anyone who regularly watches the TV news must have viewed scenes similar to the above. What is noticeable about the father’s statement is that he regarded himself as a victim of the accident.

In an Oxford Dictionary we find two main definitions for the word 'victim'. The first is 'a person injured or destroyed' while the second is 'a person who has come to feel helpless and passive in the face of misfortune.' The on-line dictionary, (dictionary.com) has this definition: *a person who suffers from a destructive or injurious action or agency, e.g. a victim of an automobile accident.*

Note that while the definitions suggest that the person directly involved in the action would be regarded as the only victim the words *person who suffers from a destructive or injurious action* would suggest anyone who experiences suffering, either mental or physical as a result of an action.

From this we can perhaps describe

victims in two categories. The first being the person or persons directly involved in the action causing harm e.g. the person injured or killed in an accident. The second category can involve a very broad range of people who, in some way or other, are connected to the first category of victims and therefore regard themselves as victims as well because they have suffered, usually in the form of grief.

The people in the first category have little choice over the matter, they have become victims (as the dictionary describes the word) however if they have survived the event, they themselves may decide not to consider themselves as victims by accepting what has happened and by getting on with life. The people in the second category definitely have a choice because they can decide whether or not to regard grief or mental anguish as grounds for becoming a victim. Of course they may suffer immensely from the the loss of a loved one but that alone does not make a victim because we all suffer from loss at some time or other and we don't all regard ourselves as victims.

The Course in Miracles describes people who have perceived themselves as victims as people who have decided to send themselves to prison. The reasoning behind this is that deciding that one is a victim is a personal choice, not a forgone conclusion. Once people have perceived themselves as victims they will suffer as long as they maintain this mental attitude. We may ask: Why would a person want to see him or herself as a victim? This is a good question which

needs to be answered. The main reason for identifying oneself as a victim is so that one can blame someone or something else for one's situation, or how one feels. As a consequence one can feel relieved of any blame or responsibility for his or her situation or feelings

We would have all heard the sayings that bad things and accidents happen. This is part of life on earth. It was never meant to be a smooth ride when we just sit back in peace, safety, security with no harm in any form ever coming our way. It is inevitable that accidents and unexpected calamities will indeed confront us. As we get older more and more of those close to us will succumb to accidents, disease and death.

Some people seem to attract more bad experiences than others, but it is not the experiences themselves that count but how we react to them. When we become victims we relinquished control over some part of our lives to outside influences. It is these outside events that will decide how we will feel and whether or not we will have prolonged periods of suffering.

In the Course in Miracles there is a

statement that "there are no victims." Probably few of us would agree with the statement which initially seems rather harsh and uncaring but by accepting its validity we will free ourselves from a self-imposed gaol sentence. Holding such a belief does require letting go of judgement of others – the supposedly cause of our suffering – and realising that we alone are responsible for our own contentment.

Getting back to the court case where a girl was killed by a drunk driver the girl's father has passed his own judgement over the accused when he said "The killer has only a two year sentence." Did the father know the mind of the killer to a point where he can say that the punishment will only last two years? Did he realise that the killer will carry the guilt of having killed an innocent person for the rest of his life? Is not the killer the greater 'victim' of the accident for, by definition, he is a *person who suffers from a destructive or injurious action*, even if it is his own action?

So being a victim is more about attitude and judgement than anything else. *BDA ΩΩΩ*

COINCIDENCE AND ATTRACTION

All of us at one time or another have come across references to the Law of Attraction and have experienced a series of events that may be seen as coincidences but seem to have causes other than mere chance. The Law of Attraction became well publicized through the best-selling book 'The Secret' by Rhonda Byrne but even if one has not heard of this book we will all have come across such sayings as 'like attracts like' and 'birds of a feather flock together.'

The theory behind the Law of

Attraction is that we create our own realities. We will attract what we focus and dwell on. In my case I have found this law working in my studies. When I am concentrating on a certain subject matter, material relating to that subject seems to pop up out of nowhere.

The most recent example of this law at work and so-called coincidence happened only yesterday. Even though I was in a hurry when I visited a local library to return a book, I took the time to browse through the 100 category

section on philosophy and psychology. A small book titled 'Divine Magic' caught my eye so I went ahead and borrowed it. When I got home and began to read the book I found that the book was about an ancient metaphysical philosophy called *Kybalion* which is what the book's editor, Doreen Virtue, described as "a practical teaching manual for understanding and utilizing your divinely magical abilities." Virtue goes on to say that the Kybalion teaches "how to put hermetic (a term derived from Hermes, the name of the philosophy's originator) principles into action."

The Kybalion divides these sacred hermetic teachings into seven interconnected principles, the first of which is called *Mentalism* which is summarised in the principle '*The All is Mind; The Universe is Mental.*' The following extract gives further description of this first principle:

"This principle explains that the entire universe (including yourself and your life) is composed of an all-encompassing Divine Mind, its thoughts and thought forms. The Kybalion refers to the creator as 'The All.' The all is Mind. Which means infinite and unerring intelligence, wisdom and creativity. Since the all is everywhere, Mind is everywhere. You live inside the omnipresent mind of The All. Your true mind (your higher self) is an extension and a creation of the Divine Mind."

Readers may have noticed in my recent articles that there has been a number of references to the Course in Miracles and this is because a few

months ago I started reading the course Text and conducting daily exercises from the Handbook for Students. For those of you who are not familiar with the Course in Miracles the following is a brief description of how it came about as described in Wikipedia:

"A Course in Miracles (also referred to as ACIM or the Course) is a self-study curriculum for spiritual transformation. The book describes a non-dualistic metaphysics with the concept of forgiveness given practical application in daily living. There is no author listed in the book but inside it Helen Schucman describes the process by which the material came to fruition. Schucman wrote the book with the help of William Thetford, based on an inner voice she identified as **Jesus.**"

After reading some of the chapters in the Course Handbook for Students and then the first principle of the Kybalion I could not help noticing their similarity and, apart from a few minor differences in terminology, I could believe that they both had the same author – and apparently **they were the same!**

The claimed founder of the Kybalion philosophy was Hermes, a very ancient Egyptian who, according to the Edgar Cayce readings was *an early incarnation of Jesus*. So in effect the Kybalion on which the book Divine magic is based, and the Course in Miracles had the same author!

As William Shatner quotes in the TV series of the same name: *Weird or What? BDA ΩΩΩ*

SAYING GRACE

Last week, I took my grandchildren to a restaurant.

My six-year-old grandson asked if he could say grace. As we bowed our

heads he said, "God is good, God is great. Thank you for the food, and I would even thank you more if Nana gets us ice cream for dessert. And liberty and justice for

all! Amen!"

Along with the laughter from the other customers nearby, I heard a woman remark, "That's what's wrong with this country. Kids today don't even know how to pray. Asking God for ice cream! Why, I never!"

Hearing this, my grand-son burst into tears and asked me, "Did I do it wrong? Is God mad at me?"

As I held him and assured him that he had done a terrific job, and God was certainly not mad at him, an elderly gentleman approached the table. He winked at my grandson and said, "I happen to know that God thought that was a great prayer."

"Really?" my grand-son asked.

"Cross my heart," the man replied. Then, in a theatrical whisper, he added (indicating the woman whose remark

had started this whole thing),

"Too bad she never asks God for ice cream. A little ice cream is good for the soul sometimes."

Naturally, I bought my grandchildren ice cream at the end of the meal. My grandson stared at his for a moment, and then did something I will remember the rest of my life.

He picked up his sundae and, without a word, walked over and placed it in front of the woman. With a big smile he told her:

"Here, this is for you. Ice cream is good for the soul sometimes; and my soul is good already."

The End

Sometimes, we all need some ice cream. I hope God sends you some ice cream today!

Submitted by Bill Nelson ΩΩΩ

CHRIST IN YOU

TWENTY-SIXTH LESSON

The Control of Self and Environment

The world around, or rather the visible world, as you know, full of wonderful possibilities, though yet imperfect, because unconquered; illusory and shadowy only because man has not reached the crown of being. As man evolves, the whole material plane is lifted into a higher condition. The seasons depend on God in man, and are according to the inner mind. The world is world and lawless in some regions, so much so that man is subject to the nature of world spirit. Misused energy and uncontrolled force call for lord and master, as the trees of old asked for a king to reign over them.

If you read this carefully, you will find much hidden truth. God made man to rule and to have all things subject to him. The world is gradually learning

some of these higher mysteries. If you had a tree or plant under your control, in time it would respond, and assume its highest possible form, on condition you became one with its higher laws, and you are meant to become this. I merely give you this simple truth to lead you higher.

The physical world is governed by its own forces and passions, and not by the spiritual, the only real. For the teaching of this very lesson Jesus stilled the storm with the word "PEACE," since He had control over His own natural and physical self, and afterwards used the God-given right of dominion. You are the channels through which the divine will and energy manifests its one self. To effect this you must become selfless and at one, for the Lord thy God is one Lord and not many.

There are spiritual treasures hidden in your earth awaiting your appropriation. These wonders and glories are un-revealed to the physical or fallen man. Cain stands for the symbol of the spiritually blind; he speaks the truth when he says: "My punishment is greater than I can bear." Christ your Redeemer is leading you back to your own. You are alive to the truth of being – the omnipotence of God in man.

You are now learning that the natural and sense body can have no control, but shall manifest wholeness and love. There is a greater and glorious work to be done in your planet: the Christ work of healing – and this is possible to

all whom have physical control. WE urge you to do your part. God never fails, and victory is yours. You will know exactly how to act as the need arises. Take no thought – only in all things obey the spirit, and never for a moment allow the sense to suggest failure, fear, or doubt. On all occasions speak to the senses the word of power – "Get thee behind me Satan." God waits to pour Himself out. I say you can prove Him. He never fails or makes a mistake. Do you not see what a beautiful work awaits you? You receive by giving. The more you bless, the greater the power of blessing.

Love is the greatest of all healers, and finds its own way. ΩΩΩ

FROM HERE AND THERE

AN ANGRY GOD

The God of the Old testament is sometimes an angry God who teaches by fear. In Deuteronomy 9:8 Moses says to his people: "You provoked the Lord to wrath, and he was so angry with you that He was ready to destroy you." How many preachers and priests identify with this kind of divinity?" - *The Soul's religion, Thomas Moore*

CHANGING THE WORLD

As a man thinks, so does he perceive. Therefore, seek not to change the world, but choose to change your mind about the world. *A Course in Miracles*

CHANGING PEOPLE

The only way we can change people is by changing our attitudes towards them.

A Course in Miracles

KNOWING AND DOING

To know and not to do is not to know. - *Chinese Proverb*

COMPLAINING

Listen to what you complain about and you will know what you are called up to use your powers to rectify. *The Heroic Journey, Joseph Campbell*

WISDOM

It is easier to be wise for others than for ourselves. *Francois De La Rochefoucauld*

WORK

Work spares us from three evils: boredom, vice, and need. *Voltaire ΩΩΩ*

LETTERS

Following receipt of your latest issues of the Rainbow Journal here in Australia we were confronted with the strongest cyclone in living memory. While Australian politicians seem still to

be in denial of the basic cause one of our top scientists, Professor Ross Garnaut, had this to say "Extreme weather impacts such as Cyclone Yasi are just a taste of what's to come if climate change remains

unchecked.” He said that because the world is at the beginning of a global-warming phase, the worst could be yet to come. “The science says that without mitigation and with the sorts of emissions growth that my analysis shows will follow from the industrialisation of China and India and Indonesia, and the acceleration of economic growth in Africa, then that first degree of warming is just the beginning. And so, if we are

seeing an intensification of extreme weather events now, you ain't seen nothing yet.”

While scientists continue to attribute the extreme weather patterns to global warming, politicians are still in denial, principally because of economic reasons, yet the costs of cleaning up the mess and crop damages are becoming astronomical.

Greg Williams ΩΩΩ

LAUGHTER, THE BEST MEDICINE

These Newspaper Headlines Were Purportedly Collected In One Year:

- Include Your Children When Baking Cookies
- Something Went Wrong in Jet Crash, Experts Say
- Prostitutes Appeal to Pope
- Panda Mating Fails; Veterinarian Takes Over
- Miners Refuse to Work After Death
- Juvenile Court to Try Shooting Defendant
- Two Sisters Reunited after 18 Years in Checkout Counter
- War Dims Hope for Peace
- If Strike Isn't Settled Quickly, It May Last a While
- Couple Slain; Police Suspect Homicide
- New Study of Obesity Looks for Larger Test Group
- Astronaut Takes Blame for Gas in Space
- Typhoon Rips through Cemetery; Hundreds Dead

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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