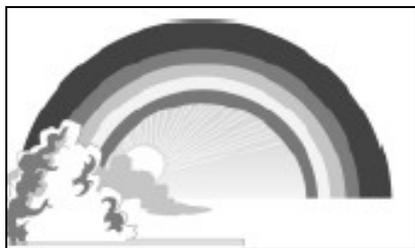


Journal on Personal and Spiritual Development



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FROM THE EDITOR

Welcome to the 53th edition of the Rainbow Journal. The years of writing articles for the Journal has been a great learning exercise for me for I have found that, while it seems a simple process to think over things in one's mind, it is a

different matter to sit and write them down on paper - or type them into the computer. As stated a number of times, the articles are not meant to teach but rather to supply food for thought, so that you can draw your own conclusions. **ΩΩ**

THE STILL, SMALL VOICE

Call on me in prayer and I will answer you. Jeremiah 33:3

There are a number of statements in the Bible which state that if we pray to God He will answer us. If we pray with a request what happens next? Will there be a voice like on the telephone advising that our message has been received and an answer will follow? How does God speak? Does he speak only English or is he fluent in every language? Does the reply come immediately or is there usually a delay, and if so how long must we wait for the reply?

We may ask questions like the above because we do not really know God and our expectations will depend very much on our perception of Him. If this perception is something like the painting of God on the ceiling of the Sistine Chapel in Italy then we would expect a voice of an elderly gentleman, perhaps having an Italian accent.

However when we recollect one of Edgar Cayce's descriptions of God is *love*, which is a very difficult perception of Him for us to grasp. Another description of God is *life* itself. Both love and life have no physical form so how would this formless being communicate with us?

In nature, which is life expressed, we witness many forms of communications between creatures which are by means other than sound and physical gestures. Not only do creatures communicate amongst

themselves but different species also communicate with each other.

An example of non-physical communication is telepathy. The word 'telepathy' has been derived from the words 'tele' meaning 'distance' and 'pathy' meaning 'feeling' or 'experience.' So telepathy actually means getting feelings or experiences originating from some distant source. We nowadays usually interpret telepathy to mean the communication between two minds, separated over a distance, without the use of the five known senses. Many of us will have experienced a form of telepathy which we put down to coincidence, as in the case of when we think of someone only to have the phone ring with that person calling us.

Nor is telepathy limited to human communication as can be experienced in our association with animals. My sister tells of when she would decide to give her dog a bath only to have the dog immediately dart under a bed or other place to hide. In one documented case of telepathy a dog's owner found that as soon as he thought about taking his dog for a walk the dog would get excited and head towards the door to be let out. With help from the local university the owner then conducted controlled experiments when the dog would be put into a separate room with an observer and then the owner would direct his thoughts at

taking the dog for a walk. As soon as the owner did this the dog, despite being physically separated from its owner, would show signs of excitement and begin anxiously pacing the room.

Many controlled experiments have proven that we can communicate telepathically and we may assume that we may communicate with God by some form of this telepathy, rather than through our senses. Furthermore we are reminded many times that this communication from God comes by way of the 'still small voice' from within. However the word 'voice' may be misleading for it suggests that we may hear an internal voice giving us verbal instructions. As mentioned earlier the word 'telepathy' was originally defined as receiving *feelings* and *experiences* from a distance. So when we pray to God the answer may well come by way of our having feelings of what the answer is or it may come in an experience that follows the prayer.

An example of this happened many years ago when I was the intermediary in giving God's answer to a co-worker's prayer. One day over morning tea, for some unknown reason I blurted out to my co-worker, Colin, "I have a book which I feel you will like." And that evening I loaned him a copy of the book 'Many Mansions' by Gina Cerminara. It was only some time later that he confessed to me that the night before the particular morning tea session he had felt so depressed that he got on his knees and prayed to God to show him a way out of his internal darkness. My loaning him a book a short time later was God's answer.

So how do these prayers work? To be honest I do not know. However I do believe that God works through laws rather than interceding in a case-by-case basis, depending on whether God

considers us worthy enough and our prayers are sufficiently sincere.

The first thing to keep in mind is that God is within and a part of us. So that when we pray we are raising our consciousness to that God part of us. This is the attunement to God, the first step in prayer. Another ingredient is the first law of God which is that of oneness. All life is one. We are all one. Love connects all life and in this we may understand that God is life and love.

Having God within us enables us to be co-creators with God and therefore potentially incredibly powerful. Our reality is what we have created. When we let our lower consciousness rule our lives we create our own egos which results in our being controlled by our external environment and physical needs and wants which makes us vulnerable. When we attune to God through our higher consciousness we are in touch with the creative forces that can produce, what we call miracles. It is this creative energy from God that becomes the answers to our prayers.

So God does answer our prayers, working through the still small voice within.

FROM THE EDGAR CAYCE READINGS

For, know - as He has been given - "Lo, I am with you always, even unto the end." This is not a mere saying, but an awareness which one may find through that attuning through meditation, through prayer, through the opening of self for direction by Him. 69-4

Where have you sought to meet your Maker, your God? In the hearts and minds of others, in different places that might bring to you those things of the material earth? Or have you turned to the still small voice as from within? For His promises throughout the ages

have been, "Subdue the earth," subdue the earth that is within your own self. But your counsel with your Maker shall be within the holy mount from within your self. Not "Who shall descend from heaven, or who shall come from over the seas, nor who shall come from the uttermost parts of the earth," for the Lord your God meets you within your own self, your own judgements. 689-1

Depend more upon the intuitive forces from within and not harken so much to that of outside influences - but learn to listen to that still small voice from within, remembering as the lesson as was given, not in the storm, the lightning, nor in any of the loud noises as are made to attract man, but rather in the still small voice from within does the impelling influence come to life in an individual that gives for that which must be the basis of human endeavour; for without the ability to constantly hold before self the ideal as is attempted to be accomplished, man becomes one as

adrift, pulled hither and yon by the various calls and cries of those who would give of this world's pleasure in fame, fortune, or what not. Let these be the outcome of a life spent in listening to the divine from within, and not the purpose of the life. 239-1

Here again may be said that as has been given, study to show yourself approved unto God, not to man. Let not worldly wisdom confound you nor confuse you. For it is not in the storm, nor in the lightning, nor in the great noises, but the still small voice. For remember, He is the Prince of Peace and harmony and hope. You will not find this in discussion, confusion, turmoil or strife. 254-95

For He is the good shepherd, and He understands the needs of His sheep, and you know His Voice. Have you listened to the still small voice within? For it warns you, it will direct you, if you will but harken. 281-27 BDA ΩΩΩ

WHAT MAKES US HAPPY?

Science has found that different parts of our brain are responsible for how we behave, manage to control our emotions, causes us to experience pleasure and suffering and causes us to suffer from addiction. The problem with most of us is that all these centers are not properly integrated. The result is that we have competing drives, motivations, beliefs, and habits causing conflict and unhappiness.

Furthermore if we are asked what makes us happy and gives meaning to our lives, there is a tendency for us to answer from the head rather than the heart. Because our brain is not integrated the answer we give ourselves and others is different from what we unconsciously

desire for our happiness so there is a conflict between our conscious thoughts and our unconscious desires.

Not being integrated means that we are fragmented - composed of many competing drives, motivations, beliefs, and habits. The various parts of the brain compete with each other, as when we find ourselves, blowing a diet by eating a large bowl of ice cream, or when we find ourselves reluctant to meditate. At these times the mind is like a group of people in an argument, where there is no harmony. Our ice cream tastes delicious but it's not satisfying because some of these people are deriding us for our lack of willpower. The time we want to enjoy activities rather than meditating doesn't

feel right because someone is telling us that we're letting ourselves down.

Sometimes an opposing force in the mind appear in our thoughts and daydreams, as an enemy with whom we argue. We imagine ourselves locked in arguments with some disapproving figure, perhaps a spouse, friend, or colleague, and have a full-fledged debate within the confines of our minds. These confrontations can be heated, with one part of the mind trying to force its will upon another. At other times the competition can be more entrenched, to the point that we are living a life other than what we unconsciously desire. We tell ourselves, that our family is the most important thing in our lives, and yet we find that we're so busy working long hours and performing other activities that we don't have the time to really enjoy being with our loved ones. We don't even notice the discrepancy because head and heart have become so separated from one another.

Another example of this conflict is when what we believe is the correct conduct yet do not follow these beliefs. For example, we believe that helping others is important yet cannot recall any recent instances of doing this, so then there is a significant gap between the beliefs held consciously and the unconscious ones that are running our lives.

Why is this so? The answer most likely that we have not established our ideals, or that if we have we are not following them. This brings discontent and unhappiness. Ideals are the things most important to us spiritually, mentally and physically. Ideals are like standards we use as a guide in directing our thoughts and activities. As stated in the Search for God book: "An ideal is something beyond and above us toward which we build. Our ideals are ever

present; they are the bases for the motivating forces in our lives."

It is the lack of the centralised, motivating force that allows the various parts of our brains to compete with each other as various thoughts, desires and situations arise. The answer to our unhappy state then is to set our ideals and once we have them we should practice what the Buddhists call the art of mindfulness. That is being mindful of our actions and whether they are in accord with our ideals. By doing this we start the process of becoming more integrated. By this practice we become more consciously aware of our ideals, bearing them in mind at all times, and using our awareness of those values when making moment-by-moment decisions regarding how we spend our time and energy. Our ideals become like a compass to be consulted at almost every step of a journey. We stay in touch with the heart's deeper longings for completeness and compassionate connection with others and, the compass of our values in hand, we find ourselves becoming more able to make conscious and more meaningful decisions.

Conflicts still arise, of course, but instead of simply choosing sides on the whim of the moment we recall our ideals and decide what to do on the basis of these ideals. We accept that we have desires and cravings which do not coincide with our ideals and see for what they are - just temporary emotions which will pass. We accept that we love ice cream but we also accept that our bodies are temples and must be treated with respect. As we reflect we notice we find that the craving loses its power. Perhaps we find that behind our desire was a feeling of lack and somehow the ice cream will make up for that lack but what we really wanted was a sense of being loved and cared about.

With mindfulness and keeping focussed on our ideals we find that the competition within lessens. We become more in harmony with ourselves and the various parts of the mind. We become more integrated. And when we look at our actions and what we profess to believe, we find that they are more in accord with each other with happiness as a result.

FROM THE EDGAR CAYCE READINGS

Hence the entity . . . is one that would make an excellent psychiatrist, or psychoanalyst, or one who might aid individuals in making for themselves those determinate forces that may be ideals in their lives; yet the entity must be idealistic and have its own ideal, and be governed and directed by same - or measure its experiences and its standards for others by that ideal. This, then, is an influence that may be used for good or for bad, dependent upon that which is the ideal. If this is made that which gives continuity of life itself, of the spiritual aspect rather than of the

mental or material aspect, then it may be used for good. 5569-1

The basis of the individuality of an entity must come from its ideal spiritually. For all is born first in spirit, then in mind, then it may become manifested in the material plane. For God moved and the heavens and the earth came into being. God is spirit. Man with his soul, that may be a companion to the Creative Forces, is of that same source. Thus to grow in grace and knowledge, one applies, one has, one uses one's spiritual self. And with what spirit we apply, we grow also in mind and in body. 3424-1

In giving an interpretation of the records here many are the abilities of the entity. These directed with and through an ideal, and self and selfishness eliminated through the desires and purposes to be used as a channel of blessings, will bring real peace and happiness to this particular entity. 3212-1 BDA ΩΩΩ

ATTITUDE WHEN READING THE BIBLE

Over the years there has been a number of articles in the Journal related to the Bible. Some articles pointed out errors and offered different interpretations on what has been written.

Certain religious sects claim the Bible is the infallible word of God and therefore should be taken literally and have used passages from certain portions of the Bible to promote their own agendas - while at the same time ignoring other passages which would seem to contradict their doctrines. So one may ask how we should approach the Bible. The following is an extract from the book entitled 'The Fellowship Primer' on Paul Solomon's readings:

Inherent in the question you ask— Is the Bible the verbally inspired, faithfully reproduced and infallible word of God?—are actually several questions. First of all, we would correct your wording in this manner: The word of God is not written on paper. Consult your own Scripture. It is written, "The word became flesh and dwelt among us." There then is the inspired, infallible word of God. His name was Christ. That you have is the record of him, of his life, of those things of him which were from the beginning, and those things of his Apostles who walked upon this plane. As to whether it is verbally inspired, faithfully reproduced and infallible, we

would answer thus: Verbally inspired in the original manuscripts, which are coming to you from not infallible soul entities who knew Christ and knew God and were inspired of them. Because these manuscripts came through these channels, there are errors - and also because your Bible has been translated, and re-translated, and portions lost, and portions added, as you would see it materialistically on your plane.

If you would see your Bible without God, it is fallible. That is, it is sown throughout with mistakes, and errors, and untruths. However, no man of God, no man in contact with God, no man with God living in his heart, would see the Bible in such a manner.

What then are we saying? That you have, taken alone, is simply a book. It is reproduced by commercial

companies for commercial purposes. Can it then be Holy? Inherently Holy in itself? That record that it carries is the record of a Holy One. It is preserved, protected, brought to you by the Father himself.

Then when and how does your Bible become verbally inspired and infallible? We would answer thus. The Bible you take in your hands to read immediately becomes verbally inspired and infallible as you open your heart to God and read through his eyes. It is not the book that you read but he who lives in your heart that is infallible.

Then seek knowledge from your Bible in this manner. And in this manner, it will be infallible, regardless of words written and mis-produced in translations, and reprintings, and other acts of men. All knowledge is of God. **Ω**

EDGAR CAYCE, PAUL SOLOMON AND PROPHECIES

Some readers have commented on the remarks concerning the validity of Edgar Cayce readings in the article *Become a Sceptic* in the June Journal.

The point I was making in the statement was that, like the Bible, the readings of Edgar Cayce are not infallible. One of the reasons why certain church leaders in particular have accused Cayce of being a false prophet is that a number of the prophesies of Cayce have not come about, at least in the year that Cayce stated they would. So were his prophesies false or was he just mistaken in what he said?

The main purpose of prophesies is to warn people of what will happen if there is no change in the direction we are heading because of the way we are behaving. In many cases if we change our ways these prophesies can be avoided.

One example, not so much a prophesy as a scientific evaluation of

facts, is the prediction of global warming and the catastrophic consequences to the peoples of the earth if we do not cease the polluting of our atmosphere through the burning of fossil fuels. To date these warnings have been all but ignored, as evidenced in the fact that this pollution is not decreasing but increasing, and we are now beginning to suffer the effects of climate change.

In 1976 the psychic Paul Solomon was asked why certain predictions of Edgar Cayce did not occur. In the answer to the question Solomon gave a most unusual answer stating that if the prophesies of Cayce had been entirely accurate people may have turned away from God and formed a cult around Cayce.

The following is the full reading given by Solomon:

Question: Certain earth changes predicted by Cayce have not yet occurred.

Why? And what is the significance to the U.S.?

Answer: *Understand that which is set in motion by the prophecy itself, even as occurred in the olden time as Jonah made the prediction concerning Nineveh and her fall. For there was not great expectation in his heart that men would change, nor that people would turn to God, nor the prophecy be averted, nor even in your time has there been that expectation. Yet, even in the mentioning of these things, there is set in motion the creative power within man, and determination. Sheer determination can avert much of that has been predicted, has been quoted. The concerns of those in those areas, refusing to accept, refusing to resign themselves to these things, will allow that they continue a little while longer.*

Then understand this, as well. That group, that Cloud of Witnesses--- you know as the Great White Brotherhood is a potent force, a force having great influence and great ability, both in the affairs of man and the reactions of nature and of the universe for their attunement with the laws of the Divine.

Now it was not meant that man should turn to the Father, or to the words of a prophet, or to a sect or a cult, because of the potency of a revelation or a prophecy. Had those predictions been fulfilled exactly as spoken, Edgar Cayce would have become even greater than has been a cult, and in doing so would have become in itself a diversion from God, rather than a leading to Him.

Think it never a tragedy when such has not occurred exactly as described, for it is not meant that he should be elevated to such a position that he would become worshipped among you. These were not mistakes, not errors on the part of the prophet, but rather given that they might have impact upon the minds of men, that men might consider these things. For the prophecies, in themselves, are accurate, the times dependent upon the will and the actions, the reactions, the thoughts, the purposes, of man. The prophecy itself, then, caused a reaction in the creativity of man who then, by his own will, has to this point averted the change.

The timetable, then, depends as well, upon response. For these will not occur until the leader comes, until the Initiate opens the Hall of Records. For he himself will not, in greatest way, realize his own identity until he discovers it in that Hall of Records.

Then, as there is set a Light among you, has He not Himself said, "The Way is not known even to Him who would come. The time is not set, but by the believer."

The actions, the reaction, of those upon this plane will set the time for His coming and the conditions of it. The changes are upon you, have begun, often not recognized.

Know this, as well, that the time of prophecy is based upon the patterns, not upon the result. That which will cause the earth to change happens exactly as prophesied. ΩΩΩ



WHY DO WE EAT?

At first thought the above may seem to be a silly question because we all know that we have to eat to survive. That is true but can we say that that is the *only* reason? Is it not true that we eat for a multitude of reasons and to provide necessary nourishment for the body would be near the bottom of our list? The fact that between 60 and 70% of adults in many of the developed countries are overweight, of which around 20 to 40% are considered obese, suggests that the majority of us eat much more food than necessary. So why do we eat so much?

Scientific studies show that the reason why we eat has to do with the way various parts of our brain affect our behaviour. A very powerful system in our brains is the reward system. This system is essential for our survival as we get rewards of pleasure by eating, drinking and sex. The reward system links the brains pleasure center with our brains emotional memory center so that it creates powerful memories which drive us to repeat rewarding behaviours. So we eat, not because of the necessity of eating, but because *it gives us pleasure*.

Not only do we eat because the pleasure it gives us but we also eat for reasons nothing to do with food or nutrition. The follow are some of the reasons:

- Sometimes we eat simply because we are bored and looking for something to do, so eating takes up some of the boring time.
- Sometimes we use food as a substitute for things we desire but can't get, such as sex and love. Eating becomes a source of comfort or consolation.
- Sometimes eating is an attempt to relieve stress or because we are frustrated and grab a bite to eat for

relief.

- Food is used as a reward. (Ads for some sugar and fat laden confectioneries state that we deserve to eat them, yet its so poor nutritionally they should be given to criminals as a form of punishment.)

The food industry knows these facts which is why most advertising surrounding foods is based on how the food and drinks being advertised will give us pleasure rather than provide nutrition for our bodies. In supermarkets whole aisles are devoted to snack foods such as biscuits, potato chips, and sugar laden drinks which have the minimum of nutritional value but are tasty and are enjoyable to eat. Note how much advertising is devoted to these, high mark-up, junk-food products compared to nutritional foods such as fruits and vegetables.

Although hunger may be considered as a prime reason for eating, because people eat so regularly nowadays – usually the typical three meals a day plus snacks in between - we rarely get hungry enough to create an appetite. Consequently we produce gourmet meals, with exotic flavours, textures and scents, in an attempt to stimulate our appetites. These days there seem to be never ending TV programs on cooking. I have just looked at the local TV guide and on one of our main channels this afternoon there are no less that five different programs devoted to food and cooking. In between these food promoting programs, as if to be a sort of counterbalance we have programs on diet and weight loss.

With this constant bombardment of food advertising coupled with the

seemingly unlimited variety of foods displayed in our supermarkets it can be difficult to confine our food intake to simple, nutritious meals. One way to accomplish good eating habits is to establish, and live by physical ideals. The Cayce readings stress our need to have ideals for each of the three areas of our lives, namely, spiritual, mental and physical.

Our spiritual ideals come first as we strive to be closer to God. We are to understand that our bodies are God's temples so we are to keep them healthy and holy. It is in this holy place inside our bodies that we approach Him.

From the Source readings of Paul Solomon:

“Understand, children, that there is a God so holy that you must transcend all that is physical to stand in his presence. Then begin doing so. Begin respecting your physical body as a temple of the Holy Spirit, so sacred, so sanctified, that upon entering the chapel that you have prepared for worship, you would set aside the world and enter there with reverence—such holiness that the character of the place where you worship would be changed, the nature of the vibrations would be different.”

So the temple must be worthy to perform this sacred duty. For the physical the ideal would be to maintain a healthy, holy body which would be by way of keeping the body fit and having a nutritional diet. There is much in the Cayce readings concerning diet but in general the rule is as has given by nutritionists for the last century - plenty of variety with most of our food intake

coming from fresh fruit and vegetables with minimal consumption of high-fat high-sugar items.

FROM THE EDGAR CAYCE READINGS

Because most of the Cayce readings giving recommendations as to diet were given to individuals suffering from various ailments the diets were given specifically for those individuals so one should be careful when considering them as general diet guides.

In general the readings stated that foods to avoid or eat in minimal quantities were white bread, pork and sugar (stating sweets should be obtained from natural sources like fruits, grapes, honey),

Highly recommended were fresh vegetables such as cabbage, celery, lettuce, carrots, watercress, onions, saying that one meal every day should be composed of fresh if not raw vegetables.

The readings claimed that fresh food energies decrease in as little as an hour after being picked so advised that vegetables in particular should be as fresh as possible. On a number of occasions they stated that local foodstuffs were better. No reason was given for this, but presumably one of them would that they would be more fresh, so of course the ideal would be vegetables picked fresh from our gardens.

Do not eat like a canary and expect to do manual labour. Do not eat like a rail splitter and expect to do the work of a mind reader or a university professor ... Just as great a sin to over eat as to over drink. 341-35 BDA ΩΩΩ



QUOTES

FROM ALBERT EINSTEIN:

- *Insanity - doing the same thing over and over again and expecting a different result.*
- *Heroism on command, senseless violence, and all the loathsome nonsense that goes by the name of patriotism - how passionately I hate them!*
- *Any man who can drive safely while kissing a pretty girl is simply not giving the kiss the attention it deserves.*
- *Common sense is the collection of prejudices acquired by age eighteen.*
- *Force always attracts men of low morality.*
- *God does not play dice.*
- *God may be subtle, but he isn't plain mean*
- *Nothing will end war unless the people themselves refuse to go to war. ΩΩΩ*

MORNING PRAYERS

I speak this morning to the highest, the holiest and the good in me. I speak to that in me that is capable of unconditional love, that in me that is capable of giving life. I say to you:

Please, please, you are the most Godlike seed of expression within me. Please, will you become activated and grow within me. And will you grow to such an extent that there is pushed out of me all energies that are not you, the good in me. Please grow in me until everything that I don't feel good about in myself, everything that is not divine, everything that is not loving and kind and creative, everything that is a misuse of my energy and a seed of dis-ease, everything that is of the nature of fear, falls away. Will you grow in me until I am filled with your presence, the presence of life and love, the presence of all that contributes to joy, laughter and wellness?

Will you, seed of God in me, seed of holiness, of wholeness, of healing and health, of joy, allow me to want to be kind? Will you continue to grow and occupy my senses and every cell of my body, occupy every part of my being, until I am no longer me, but you, until I am you manifest, holiness and goodness, and there remains nothing of me that is unlike you."

I know that my intent for this day is to be pure and of the highest purpose. If after forming such intent and purpose, I make a mistake, so be it. I will accept that without condemnation of myself. I will learn from it and grow, but I will not feel guilty or condemn myself. I will not think myself less worthy. I will enter into each relationship and situation with gusto, with energy, with joy, with life itself. And I will enjoy all these things. - *Paul Solomon From the book "The Fellowship Primer"*

CHRIST IN YOU

FOURTH LESSON

"The Knowledge of God Shall Cover the Earth"

The day of the Lord is at hand, is here. Truly the Lord Christ has come in great glory. The signs are in earth and in sky. Lift up your heads. The King of

Glory has come in. This is the wonder, the silence of this new birth.

What does it mean for you? The consciousness of Christ is dawning in

every lowly heart. The supreme man Christ is on the throne, the darkness is under His feet. God tells this secret to the dwellers in the innermost, that they may carry the tidings to the very outermost. The Lord our God in One Lord, even Christ. There is something for you to do in this work, but all good, all knowledge is within yourself. The real need for help is great. We see souls imprisoned in limitations, thirsting for living waters. My people would die for lack of understanding. Man is divine, and God is ever in the midst.

Your true consciousness is that One and One only fills all space. When you silently think of this you will know that in this understanding, in this continual realisation, true freedom lies. You will cast off everything alien to this; nay, you will transmute the very sins and ignorances into pure gold and wealth of life. These must be the healing of the self by the Self, the forgiveness, the whole redemption from your Christ, your indwelling Lord. You are in all and through all, in every place, since hidden within yourself is the centre of all worlds.

As you write these words we are near you, and many would like to come back and tell you the glorious news, to open your eyes so that you may see in very truth – “There am I in the midst.” So far you have understood clearly the one Self of all, when you have looked within, but now we will try to look out upon seemingly separate personalities and still see the One only. To recognise the one Lord in all is to lift them into the consciousness of the Christ; and this is just what the spiritually taught are doing. You must each do your part where you are.

Help souls to cast out fear. Fear is one of your foes. In one way or another you allow this false condition to cloud your vision and drag down your spirits.

Get rid of fear for yourself and for others. There is absolutely nothing to fear. The indwelling Christ is Lord supreme.

Remind yourself constantly of your true nature. Declare that the light dispels darkness, and see this law in action. I no longer, but Christ the Lord God omnipotent reigneth. See what this little enemy fear has done, a very fox, spoiling the vine. In your immediate environment, the body, fear affects its circulation, digestion and gastric juices. I only use these words so we may swiftly ascend to a higher plane. Fear not. There is none other God but Me.

Once rid the race of fear; and love, joy, peace, will spring up. Now this must positively be done in each one of you. In fact, the universe has been conquered when *you* have won. Your own Christ has conquered sin and death.

Face life and circumstances with the certainty of the I AM with you in you. Only thus will you honour God. Try for a moment to forget the small you, false and shadowy, and cast it off forever. Here I would say that only love is Lord. You can fill the whole mentality with love thoughts, so making a rich soil for the growth of good. You have nothing to fear. You are in God and God is in you.

Cleanse your hearts, and not your garments. From within must the true forgiveness arise, and not from without. Be clean every whit, whole and perfect. Be positive; know that you must make your circumstances, and not wait for events and then act. You are blind and miserable till your inner eyes, “the eyes of the understanding,” are opened. “It is high time to awake out of sleep.” Use these God given powers for the good of everyone. There is nothing outside God. God and man are one. Confidence and trust are the antidotes for anxiety and fear. **ΩΩΩ**

LOVE



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OUR CLOSING THOUGHT

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

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