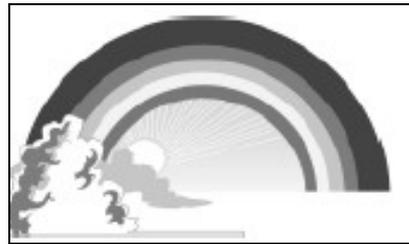


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FROM THE EDITOR

In response to requests we will continue including in the Journal chapters of the book 'Christ in You' starting again from chapter one. Your comments and feedback is always appreciated. *Brian Alderson ΩΩΩ*

THE NEEDS OF THE SOUL

We are reminded many times in the Cayce readings that we are made up of body, mind and soul. Each element distinct yet intricately woven together to form the individuals we are in this life. We are also reminded that our current bodies are temporary vehicles to use on this Earth plane while our souls are eternal: *"For while the body changes, for it - too - must be purified, the soul remains ever as one. For it is in the image of the Creator and has its birthright in Him."* 1243-1

All of us can probably accept that although we are tied to our bodies they are not us. Our bodies change over time yet there is a part of us separate from our bodies that seems to be changeless. Most of the time we are completely unaware of our bodies. It is only when our senses relay certain feelings to our brains that we become conscious of the very existence of our bodies. Even when limbs are lost we still feel whole and in fact that when a limb is amputated amputees can still feel the 'phantom limb.' As reported in Wikipedia *"Approximately 60 to 80% of individuals with an amputation experience phantom sensations in their amputated limb."* This indicates that the sensations are in fact in our minds which is separate from the body. When we dream we seem to be very much alive, conscious, yet in this dream state our bodies are absent from our consciousness. This further suggests that we can exist apart from our bodies.

Cayce described mind as the builder, the creative part of us. The mind

is not to be confused with the brain which is physical but is the place through which the mind communicates. Mind is the link between our spirits and our bodies. *"Spirit is the First Cause. Mind is an effect, or an active force that partakes of spiritual as well as material import. Mind is an essence or a flow between Spirit and that which is made manifest materially."* 262-123

Everybody would agree that we are made up of body and mind, or body and the thinking part of us but how many people believe we have a soul, the part of us which Cayce described as being made *"in the image of your Maker - not your body, not your mind, but your soul was in the image of your Creator"* 1243-1? Great numbers of people do not acknowledge the existence of the soul and many believe that this life on earth is all there is for us. Even those of us who intellectually accept the existence of the soul are not aware of and do not experience its existence. We believe it is there somewhere inside of us but we cannot find it. I suppose this is where faith comes in, for we must have faith that we are primarily eternal souls, just as we are to have faith that God exists and that our souls are part of God within us.

If we do acknowledge that we are in fact eternal souls what do we do about it? We know that our bodies have needs to live and thrive but do our souls have needs? It is for us to determine what those needs are and try to address them. Because the soul is embedded deep

within us its needs must be addressed internally. Contact is therefore by way of seeking within to listen to what the Bible called the 'still small voice.' As described in the Psalms we are to *"be still and know than I am God."*¹

An object in life is to be one with the soul - to act in accord with the needs of the soul rather than the transient needs of the flesh. In other words we are to be 'one with Christ.' where *" . . . there is neither Jew nor Gentile, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus."*²

What the soul needs more than anything else is love. We need to receive love and we must give it. It is through the giving that we receive more love. When we turn our backs on love and replace it with violence, killing and destruction we are turning our backs on the God within us. We are 'sinning' and must pay the consequences of having a sick soul. A great examples of sick souls are war veterans returning from combat. They have gone against the nature of the soul and killed and maimed those who were classed as their enemies, yet, as Cayce said "We are all one." So in destroying our enemies we have destroyed a part of ourselves.

FROM THE EDGAR CAYCE READINGS

"For just as hate and animosity and hard sayings create poisons in the body, so do they weaken and wreck the mind of those who indulge in same. And then they begin to wonder why this or that has befallen them. As you may well remember, - as the psalmist of old gave, "That which I hated has fallen upon me." 1315-10

"For, in the application of love is love begotten. In the application of hate is hate begotten. 347-2

"You may meet your Maker in your own self. Hence it is necessary that what we hate in ourselves or our associates become that we see in the experiences of life, which will make for each an understanding." 288-37

*"The souls **is** the Entity! The entity is the soul and the mind and the body of same, see?" 1494-1*

"Mind is represented in the Godhead as the Christ, the Son, the Way. The Father is represented in the earth as the body. The soul is all of those attributes that manifest in the body." 4083-1

"As we have the Father, the Son, the Holy Spirit, we have - in the awareness in materiality - Body, Mind, Soul. The soul is the real self, the continuous self. The mind is the builder, continuous to the extent that it is constructive, taking hold upon spirituality in such a manner and way as to become constructive - and that which is constructive and good is continuous." 1620-1

"The greater soul development that may be for any soul is to be less and less of self, less and less with material desire, but more and more in accord with the Christ, the Holy One, the Life, the Manifestation of all those things that have been said to be so impractical as related to materiality; yet they are the real, the true things in the experiences of every soul." 410-2 BDA ΩΩΩ

¹ Psalms 46:10
² Galatians 3:28

AGNOSTICS AND GNOSTICS

All of us at one time or another have come across the word *agnostic* and might have either felt that you are one or have met people who claim they are agnostics. These are people who believe that the existence of God as an ultimate cause is unknowable, can never be proven, and that human knowledge is only gained through experience and learning. They follow the scientific line of demanding proof before anything is accepted. The philosopher T.H. Huxley described agnosticism not as a creed but rather as a method of sceptical, evidence-based inquiry. This is how he summed it up:

“Agnosticism, in fact, is not a creed, but a method, the essence of which lies in the rigorous application of a single principle. That principle is of great antiquity; it is as old as Socrates; as old as the writer who said, 'Try all things, hold fast by that which is good'; it is the foundation of the Reformation, which simply illustrated the axiom that every man should be able to give a reason for the faith that is in him, it is the great principle of Descartes; it is the fundamental axiom of modern science. Positively the principle may be expressed: In matters of the intellect, follow your reason as far as it will take you, without regard to any other consideration. And negatively: In matters of the intellect, do not pretend that conclusions are certain which are not demonstrated or demonstrable. That I take to be the agnostic faith, which if a man keep whole and undefiled, he shall not be ashamed to look the universe in the face, whatever the future may have in store for him.”

Atheists are people who deny and disbelieve the very existence in any supreme being. The atheist views a lack

of empirical evidence as proof that God does not exist. As those that believe in God will tell you, absence of evidence is not evidence of absence. Thus the atheist doesn't know that God does not exist, but he believes it. While atheists deny the existence of God and what we call theists believe God exists and agnostics are more or less fence sitters. They have no convictions either way unless they have proof.

While agnostics are sceptical doubters of anything that cannot be proven 'beyond reasonable doubt', what may be called their opposites are *gnostics*. The two words *agnostics* and *gnostics* come from the same Greek word *gnōsis*, which means 'knowledge.' As mentioned agnostics are those whose beliefs are based on evidence based enquiry whereas gnostics believe we can acquire occult or special knowledge, secrets that could bring about salvation, by revelation or from some inner source.

Although gnosticism is usually defined in a Christian context, some scholars have claimed that gnosticism predates Christianity because it is found in pre-Christian religious beliefs and spiritual practices argued to be common to early Christianity, Hellenistic Judaism, Greco-Roman and mystery religions. The early Christian church did much to discredit gnosticism and excluded from the New Testament gospels and literature that had any reference to it.

One of the great questions argued in Christianity from early times to this day is whether salvation is based on faith or works. The dispute over this question is a cause of the Reformation and the split between the Protestant churches and Catholic Church. Is salvation by faith alone, or by works or by faith plus works? Am I saved just by believing in Jesus, or

do I have to believe in Jesus and do certain things?

For gnostics a person is not saved just by having faith in Christ or doing good works. Rather a person is saved by knowing the truth – the truth about the world we live in, about who the true God is, and especially about who we ourselves are. In other words this is largely self-knowledge; knowledge of where we came from, how we got here, and how we can return to our heavenly home. According to gnosticism this material world is not our home. For those gnostics who were also Christian (many gnostics were not), it is Christ himself who brings this secret knowledge from above. He reveals the truth to his intimate followers, and it is the truth that can set them free. Gnostics, like spiritual mystics realised that spiritual truths cannot be written down in words so that they can be conveyed through language. They must be experienced within.

It is to be noted that knowledge by itself is not enough. Knowledge should bring us awareness of who we are and the relationship we have to each other and the world we live in. Hopefully this knowledge will bring us understanding and the outcrop of understanding is application. Perhaps to obtain salvation we need the three ingredients, knowledge *and* faith *and* works. Edgar Cayce particularly stressed the third ingredient.

FROM THE EDGAR CAYCE READINGS

(Q) Is Gnosticism the closest type of Christianity to that which is given through this source?

(A) This is a parallel, and was the commonly accepted one until there began to be set rules in which there were the attempts to take short cuts. And there are none in Christianity! 5749-14

From a reading to the Search for God study group:

Do not allow these (lessons) to become other than supplementary aids to individuals in their preparation for service in their own selected manner; that is, do not become a cism, an ism, laying down laws as to the morals or as to any set rules. For those as have been set have ONE - the Christ! Let those, those manners be, then, so that - whether these be the Parthenians, the Jews, the Catholics, the Protestants, the atheists or the agnostics - all will be seekers for truth, and seeking to know the individual relationship to Father-God and the relationship to the fellow man. These should be the burdens and these then find only those activities that correlate denominations, correlate the cisms, correlate the thoughts for a greater service for the fellow man; for in same, as has been the theme throughout the lessons, "As ye do it unto the least of thy brethren, ye do it unto thy Maker." 262-100.BDA ΩΩΩ

OLD AND NEW TESTAMENT GODS

One of the most exciting recent discoveries of ancient documents related to Jesus the Christ is the *Gospel of Judas* which lay hidden for over 1600 years. It was first discovered by farmers in 1970 but it was not until 2001 that it finally found its way into the hands of a team of experts who painstakingly reassembled

and restored it. They translated the text from the original Coptic and published the translation together with commentary in 2006 in a book of the same name.

From the day Jesus died on the cross until today there has been no greater perceived villain than Judas. The

very word Judas has become synonymous with treachery and betrayal. Yet now we have a gospel that painted a very different picture of Judas Iscariot. In this radical reinterpretation of the events leading up to the crucifixion we find that rather than Judas betraying the saviour for a reward, Jesus actually asked Judas to betray him and Judas reluctantly complied. In contrast to the New Testament Gospels Judas Iscariot is presented as a role model for all those who wish to be disciples of Jesus. According to the text Judas was the only disciple who truly understood Jesus and consequently Jesus revealed to Judas much that was hidden from the other disciples.

One of the most startling claims in this gospel is that the Jesus portrayed the Jewish creator of the world as not the one True God with Jesus expounding privately to Judas that the Jewish god was an inferior deity who created this 'bloody, senseless material world.' This is in contrast to New Testament gospels suggesting there is only one God and the Edgar Cayce readings constantly emphasised the oneness of all life with the one God. So one must question whether the Judas gospel was false and misleading.

For Bible students one of the greatest dilemmas facing us is reconciling the God of the Old Testament with the God of love as portrayed by Jesus. How could the God of Moses call his own creation His enemies? How could He dislike them so much that he would arrange to have them all killed? He said to Noah: "I will destroy man whom I have created from the surface of the ground; man, along with animals, creeping things, and birds of the sky; for I am sorry that I have

made them."³

This is not the only case of what nowadays would be called genocide that the God of the Old Testament committed. The following are a few other examples:

- ▲ God heeded the prayers of the Jews and helped the Jews to "utterly destroy" the Canaanites, "even the women and children; there was not a single survivor." (Numbers, Chapter 21; and Deuteronomy, Chapters 2 and 3.)
- ▲ God instructed the Jews that when they invaded the territory that God had granted to them, as for the inhabitants, "you must utterly annihilate them. Make no covenant with them nor show them compassion!" (Deuteronomy, Chapter 7.)
- ▲ When invading Jericho, as instructed by God, the Jews "annihilated with the sword everything that breathed in the city, including men and women, young and old, as well cattle, sheep, and donkeys." (Joshua, Chapter 6.)
- ▲ "No city made peace with the Israelites (except the Hivites living in Gibeon); they had to conquer all of them. . . for the Lord determined to make them obstinate so they would attack Israel. He wanted Israel to annihilate them without mercy, as he had instructed Moses." (Joshua, Chapter 11.)

Far from being the god who would go out of his way to save a single lost sheep the stories in the Old Testament describe the creator as a god who considered a great portion of his own creation as his enemies, who experienced

³ Genesis 6:7

anger, had no compassion, showed no mercy, was vengeful and had no qualms in having these perceived enemies destroyed, “men, woman and children.” How can this Old Testament god be explained? Perhaps Judas was right in stating that the creator god of the Jews was not the True God.

There have been many apologists for the actions of the Old Testament god, but none have come up with any answers that can satisfactorily resolve the question of the different personalities between the god of the Old Testament and the one as described by Jesus and his disciples.

Perhaps we can get an inkling of what Judas was inferring when he suggested that when the other disciples worshipped their god, they do not worship the True God, referred to by Jesus - the God that was who was “above all else, all powerful, entirely spirit, and completely removed from this transient world of pain and suffering created by a rebel and a fool.”

The answer to this dilemma of this cruel god of the Old Testament and the God of love described by Jesus may be found when we realise that the world we see is a world of *our own creation* and is consequently created by a 'rebel and a fool.' It is a world of illusion created by our thoughts with the help of our five senses. This world of illusion we see and think about not only applies to me and you but also applied to the writers of the Old Testament. The god that these writers saw and wrote about was not the True God but a god they had conjured up in their own minds. It was a god that was a reflection of themselves. They had created god in their own image, consequently he was a a rebel, a fool, angry, dispassionate, unmerciful and vengeful. To some this same god exists today.

Fortunately however man in general is evolving spiritually so that many of us are now beginning to see the world differently. A world where the God of Jesus is the *loving God*. Edgar Cayce described God as *love itself*.

FROM THE EDGAR CAYCE READINGS

“For, God is love; hence occupies a space, place, condition, and is the Force that permeates all activity. 5749-4

“It is true that God is love. Is it true that He is to each as a father? Is it true that He is to each as law? Is it true that we each know that influence, that law, that love, as a personal thing in our own experience; and thus a personal God, - not a personality but as a God that is known of self, that may be demonstrated in the life of the individual from that which is the accepted word of God, given through those that were raised or edified by their close walk with Him, as individuals qualified by Him to give their interpretation of Him in man's experience, - love is qualified as an attribute of that force, power or influence known as God.” 262-130

“In Him, the Christ, as manifested in Jesus, you find this - the first, the greatest commandment - 'Thou shall love the Lord thy God (that as manifested in self as life itself), and your neighbour as yourself.' That which brings these both in awareness is that so well and yet so badly named LOVE. God is love. An individual entity, each soul, each entity, each body, finds the need of expressing that called love in the material experience; from its first awareness until its last call through God's other door, - the need of love, expressed, manifested, by self and from others.” 2174-2 BDA ΩΩΩ

WHAT IS FREEDOM?

*Stone walls do not a prison make,
Nor iron bars a cage;
Minds innocent and quiet take
That for an hermitage.
- Richard Lovelace*

We, living in the western world in countries like New Zealand and Australia, more or less take freedom for granted because we consider we live in free countries. But when we are asked what is freedom we may have to pause before we can come up with a definition. Perhaps a typical answer is that freedom is the ability to do and say what we want to without restrictions imposed on us by others. That would of course be within certain boundaries because, for instance, we do not expect to be free to kill our next door neighbour because we do not like him.

Like many words freedom is an ambiguous term which means very different things to different people in various times and places. Freedom may be classed under two categories: freedom *of* . . . , and freedom *from* . . .

The freedom *of* is what we hear about quite a lot. This freedom includes the freedom of expression which may be also seen as the freedom of speech, of the press, of association, of assembly and petition. Then there is the freedom of religion which is the freedom of an individuals or communities, to follow their own religions and beliefs. A further freedom is that of choice. This is a limited freedom simply because for a society to live together harmoniously there must be certain limitations to an individuals behaviour. For example if we had freedom to choose which side of the road we drove our cars on there would be traffic chaos.

A most basic freedom is the freedom *from* extreme poverty, which is poverty to the point that our basic needs of food, clothing and shelter cannot be met. For those who are not free from this poverty other freedoms, such as freedom of expression, have no relevance.

Another freedom is the freedom *from* bondage or slavery. Most of us would say we have this freedom but very few of us can say we are free from debt, which is seen as a form of bondage, as stated in the Bible: *The rich rule over the poor and the borrower is servant to the lender (Proverbs 22:7)*. Our present day monetary system is based on borrowing for that is how today's money is created. When banks lend money they create money out of nothing and then charge interest on the money that cost the banks nothing.⁴ Because this is such an easy way to make money without having to work for it banks encourage borrowing and because of the power that they wield have persuaded governments to go along with them. Consequently we nowadays start going into debt at an early age when we take out loans for our higher education. Young students will be encouraged to use credit cards to incur further debt. As they get older they may be fortunate enough to qualify for home mortgages which will take them the greater part of their adult lives to repay. Many of us will be lucky to experience

⁴ If you don't believe this check Youtube:
<http://www.youtube.com/watch?v=99DYh8Zpkpw>

freedom from debt during our entire lifetimes.

Another freedom is the freedom from tyranny. We are told that we live in a democracy are therefore have political freedom. It is true that in New Zealand our government is reasonably transparent and relatively free from corruption. We may believe that we are a sovereign nation at that, as a nation we are in control of our own destiny. Being our country we have a sense of freedom. Nevertheless one may compare national sovereignty with home ownership. When a person owns his own homes he becomes 'the king of his castle' which is quite a different feeling from living in a rented home when we are answerable to a landlord. The suffix 'lord' in 'landlord' suggests a person who has authority, control, or power over others. It is the same with a nation. Nearly all our banks, our largest corporations and much of our prime land is owned by foreigners which makes us feel that we have lost at least some of the control of our own destinies. It is a very different feeling working in a business where the owner of the business is in an office in the same building as against a business where the majority shareholders are on the other side of the world, who have no interest in the business apart from the bottom line. We may thus see this foreign ownership as a threat to our freedom.

The above freedoms are related to the external world. There are other freedoms which are purely individual, one of which is the freedom from addiction. Anyone who has been in close contact with a drug addict an alcoholic or a person who is addicted to gambling or other activities knows what a dreadful form of slavery these addictions can be. They can consume the addict's life, destroy relationships, cause a complete loss of self esteem and often lead the

addicts into committing criminal acts.

According to Buddhism happiness is gained by the freedom of attachment because it is believed that attachment is the cause of all our suffering. Recently I read a book written by a man who, at the time of writing at least, was the only American who became a Tibetan monk. One of the conditions of monk-hood was that he relinquished all possessions apart from his robes and food bowl. He said that it was a difficult to give up all he called his own but the experience left him with a sense of total freedom.

Of all forms of freedom perhaps the most desirable is the freedom from fear. So many of us have battled fear all our lives. Life can be so complicated and full of so many unknowns and uncertainties that the perceived enemy can literally set up a playground of fear in our thought lives. Things like terrorist threats, sicknesses and the economy are all areas in which we can open a door to the spirit of fear to rule in our lives. Fear is actually believing that in some way our worrying will aid in changing our circumstances. It is believing that God isn't in control. By harbouring fear, we're actually building a fortress or a stronghold in our thoughts for the spirit of fear to control us. It is often said that fear is the opposite of love. One can witness the absence when young animals of different species, often predator and prey, are found together before they have learnt fear. They will show innate love for each other.

As we can see from the above there are many potential freedoms that we may desire. Perhaps most of all we just want to experience happiness and a way to gain this is to ever seek the truth and live by it. As Jesus said: "You will know the truth, and the truth will make you free."

FROM THE EDGAR CAYCE READINGS

"Fear is the root of most of the ills

of mankind, whether of self, or of what others think of self, or what self will appear to others. To overcome fear is to fill the mental, spiritual being, with that which wholly casts out fear; that is, as the love that is manifest in the world through Him who gave Himself as a ransom for many. Such love, such faith, such understanding, casts out fear. Do not be fearful; for what you sow, that you must reap. Be more mindful of what is sown.” 5459-3

“For the mind is the builder. And if you would have life, you must give it. If you would have love, you must show yourself lovely. If you would have friends, you must show yourself friendly. If you would have peace and harmony, forget self and make for harmony and peace in your associations. So often is the ego so enrapt in self that it feels it will lose its importance, its place, its freedom. Yet to have freedom in self, give it. These are immutable laws!” 1650-1 BDA ΩΩΩ

THE SOUND OF MUSIC

In the opening words of the first chapter of the Bible, portraying day one of creation, “God said, “Let there be light,” and there was light. God saw the light, and saw that it was good.” The gospel of John describes the beginning in a different vein: “In the beginning was the Word, and the Word was with God, and the Word was God.”

If we were to take the meaning of ‘the Word’ to be sound then we have the descriptions of the beginnings as light and sound. These are the two ethereal energies that have no material substance in themselves, but are basically vibrations. One way to describe these two energies is life and movement because we humans depend on them for our very existence. Without light there is no life and without the vibrations of movement there is no sounds, no life. Our senses can only pick up a very limited range of the frequencies of these energies and within that range we have built up our material world. If our senses worked on different frequencies then we would be living in different worlds, perhaps different dimensions.

One of the main applications of sound in our animal kingdom is for communications. Animals omit sounds

through their voices or other means and fellow creatures pick up these sounds through their ears. The combinations and patterns of sounds used for communication is called language and we humans have the richest languages in the animal kingdom. Through the sophistication of our languages we have been able to disseminate knowledge throughout our species.

A different application for sound is to create music, but have we seriously thought about what is music? A broad definition of the mechanics of music may be “a series of sound vibrations that give pleasure.” But we know that music is far more than that, yet it is very difficult to explain. Have we also considered that it is virtually impossible to describe in words a piece of classical music? Listen to a piece of instrumental music and then try to describe it. The best one can do perhaps is to describe the mental pictures that come to mind as the music is playing.

My personal description of classical music is “God talking” for I imagine that if God spoke to us he would not use words of our day to day language, which are interpreted by the left, logical, side of our brains. He would

communicate to us through the right, intuitive, side. Music can have a deep effect and change our emotions. It can make us feel happy or sad, it can make us want to spring to action or join a march to war or help to put us to sleep. It can do far more than that because it has been demonstrated that it can effect the growth of plants and increase the volume of milk from cows being milked. For humans it is claimed that the right music can heal the body, strengthen the mind and unlock our creative spirit. In the book "The "Mozart Effect" by Don Campbell the following are some of the claimed beneficial effects of music:

- ◆ Stimulate learning and memory
- ◆ Plays a beneficial role in the treatment of strokes, dementia, head injuries and chronic pain.
- ◆ Reduce the number of seizures in those suffering from epilepsy.
- ◆ Help lower blood pressure.
- ◆ Successfully assists treatment in substance abuse, migraines, anxiety and dyslexia.
- ◆ Helps in the treatment of listening problems, autism, attention deficit disorder, learning disabilities and other sensory processing disorders.
- ◆ Strengthens concentration capabilities and boosts creativity among people of all ages.

Edgar Cayce also proclaimed the power of this cosmic energy "For it alone may span the distance between the sublime and the ridiculous, between spirit and body, mind and soul. Thus may it lift individuals in their hopes or it may be used to arouse the passions of the animal in the individual" 3253-2

FROM THE EDGAR CAYCE READINGS
Reading given to woman concerning her relationship to her music teacher (harp):

"The one aided the other and

turned her towards that which purified in the vibrations of music, or the harp, and thus brought not only harmony to the soul but peace to the mental forces of each." 275-40

Music should be a part of each soul's development. 2780-3

For music is of the soul, and one may become mind and soul-sick for music, or soul and mind-sick from certain kinds of music. 5401-1

(Q) Is it advisable for the body to study music, or any other subject, or would it tax her mind and strength so as to retard her improvement?

(A) Study of music would assist, for there is much music in the make-up of the body, and those vibrations of music would assist the body in regaining sight and use of sound forces, which is seconded to the vision, see? 4531-2

So the entity may in the application of self in the present become as one who may write, as one who may direct, as one who may play the character of music (that is gradually coming into recognition) through which HEALING may be brought even to diseased as well as dis-eased bodies. There may be the vibrations by chords and characters of music in which there may be assistance brought not only to the mentally deficient, the mentally twisted, the mentally unbalanced, but to even those who have characters of natures of fevers - in which there are humors within the body itself! 949-12

"The entity was among those that were of the hill country about the land of Bethlehem when there were the shepherds that heard the voices, the halleluiahs proclaiming to them the birth of their King,In the experience there came that great overshadowing desire within the entity to become attuned, as it were, to the heavenly

song, the heavenly music, the vibrations as it were of the spheres when all nature proclaimed the joyous event into the experience of man!" 1487-1 BDA ΩΩΩ

CHRIST IN YOU

Part 1

First Lesson

A Voice from the Heights

I am obliged to use your words and modes of expression, but I must say at the beginning that they are wholly inadequate to convey spiritual truths. I long to help people who seem to be in the same mistaken conditions in which I once was, for man does not know himself.

We will consider together something of the truth of being, the most essential and the first of all things. You are not the outward and visible form; this is the feeblest and most distant likeness of your real self. I will explain by illustration.

When an artist paints a picture, he does not put on canvas reality; he gives you simply a copy of that which is within himself. The real picture is on the spiritual plane and exists there much more truly than on the canvas; the real picture remains forever, the canvas does not. No poet can give you his true poem. He does his best to convey something of its beauty, something of its life, but even then it is far removed from his ideal. That too is on the plane of reality.

There is a vast amount of creative energy working in and through the material plane. Like the picture and the poem, this energy is invisible to you. We want you to distinguish between reality and shadow. The physical plane, or plane of the sense, is a shadow, a faint imitation of the spiritual and only real. Your work is to show forth higher laws,

to live and breathe entirely from the plane of the spirit, to create anew from the very centre of all life, to make one the kingdom of earth and the kingdom of heaven. You are not to think of yourself and the universe now visible to you as real. It is this that constitutes the difference between us. We have entered into a larger consciousness of God, whereas you are content with the shadow of things. Just think how all your finest thoughts seem to vanish with the passing of great minds from your midst, yet this is not the case, as you will discover when you awake to the knowledge of a life that ever progresses from the unreal to the real. When this consciousness permeates the whole human race, you will be lifted to a higher human plane, for the growth is simply a larger consciousness.

Heaven is not a place, but a consciousness of God. God cannot be thought of as a personality, since God is all in all. The absolute is above and beyond the conception of finite mind, yet infinitely meek and lowly, filling all space. As you emerge into this all-pervading love, the true life becomes manifest and is always the answer to the deepest and highest aspirations of the soul. It is love fulfilling itself. Thank God for NOW. Learn first and thoroughly that you have been, and will be, forever. Your present condition is an opportunity for advancement. Make the most and the best of your life NOW. ΩΩΩ

LAUGHTER THE MEST MEDICINE

A man fell off a cliff and was hanging precariously from a tree branch. He cried out "Help! Help!" Then he heard a voice, "Let go of the branch and I will catch you." He called out again "Help! Help!" Again a voice answered. "Have faith my son, let go of the branch." The man, thought for a second and the cried out. "Help! Is there anyone else up there?"

There is a new Dial-A-Prayer for atheists. You make a call and it rings and

rings, but nobody answers.

There is a ring of the bell at the Pearly Gates. St. Peter goes to the gate but the bell ringer disappears. A short time later the bell rings again and St. Peter returns to the gate to see a man who quickly disappears. "Are you trying to play games with me? St. Peter calls out. "No," the man's distant voice anxiously replies. "They are trying to resuscitate me." ΩΩΩ

LOVE**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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