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FROM THE EDITOR

Over the past six months a small group of us have been undertaking the workbook portion of A Course in Miracles which involves doing one of the 365 lessons each day. As the number suggests the course is designed to be completed in one year which is quite intensive as there are no breaks except for periods of review.

Those of us who have been in Edgar Cayce Search for God groups will

find the Course very different as it is not designed for groups and the terminology used in the lessons often makes the lessons not easy to follow. However I suspect that what I have ingested from the lessons may have influence on some of the articles for the Journal. As mentioned many times before any feedback would be welcomed.

Brian Alderson ΩΩΩ

MANY PATHS

Although we may believe in the basic equality of humanity one thing we no doubt all agree on is that we are all different. We are all built differently. Our unique genetic codes, together with the karma we bring with us from past lives, have a enormous bearing on our individual behaviour, our likes and our dislikes and our strengths and weaknesses. Therefore when undertaking spiritual practice it is important to bear in mind that each individual is different and so what works for one person may not work for another. When climbing a mountain each climber thinks his way is the only way. But when he reaches the top of the mountain, he realizes that there were an infinite number of ways that could have taken him to the top. This is why over time the designers of the ancient art of yoga, designed with spiritual enlightenment in mind, developed different pathways that we can follow to achieve this enlightenment.

While we may not be interested in following ancient yoga practices, having an understanding of what some of the main paths were will enable us to better choose the course of action that will most suit us and not be concerned that we are not adhering to any particular orthodox religious or spiritual practices.

The main form of yoga which most of us are familiar with is called hartha

yoga. Nowadays in the West hartha yoga is mainly practised for health and vitality. It primarily involves a number of postures, stretching and breathing exercises followed by a short period of complete relaxation. The results of even just a few weeks of hartha yoga can be quite startling. Long term practice, coupled with a healthy diet, can strengthen the immune system, increase life expectancy and produce a consistent feeling of overall well-being.

Not only will the dedicated practice of hartha yoga benefit a practitioner physically but it will also result in clearer thinking, improve concentration and greatly reduce the stress of modern day living. So even if one is not spiritually minded the regular practice of hartha yoga will improve the quality of life.

While hartha yoga may be describes as the mastering of the body raja yoga is concerned with the mastery of the mind. Thus hartha yoga may be more suited for extroverted people raja yoga may appeal to introverts. Meditation is one of the main raja yoga practices and also includes mental disciplines by controlling one's thoughts, speech and actions as well as breath control. If one's aim is to gain spiritual enlightenment practitioners often combine and the hartha and raja yoga practices.

Bhakti yoga, or devotional yoga, is the most natural path for those who are dominantly seeking emotional fulfilment and well being. In Bhakti yoga, everything is but a manifestation of the divine and all else is meaningless, including the ego. Ancient seers regarded Bhakti Yoga as the most direct method to merge in cosmic consciousness. It is based on the doctrine "Love is God and God is Love". Examples of those people who follow this practice to the extreme are monks and nuns who live their lives in monasteries devoting their whole beings to the worship of God.

One of the less common forms of yoga is called mantra yoga. Mantras are words, phrases, or syllables which are chanted thoughtfully and with growing attention. Since the mind wanders so much, the music of a mantra easily rescues the mind and brings it back to the object of one's meditation. Both the rhythm of it and the meaning of it combine to guide the mind safely back to the point of meditation — the higher consciousness or the specific spiritual focus. One is reminded of this form of yoga with the Hare Krishna followers who would stand on the street corner and repeat the same words over and over again.

A meaning of 'karma' is action so karma yoga may be defined as the yoga of action or more correctly the yoga of selfless service. We may see this type of yoga all around us as we witness people serving others in a selfless manner. People drawn to this form of yoga are often found as teachers working on low salaries, or working in the medical profession as doctors and nurses, and those serving in unpaid volunteer work around the world. Many people who live a life of service have no religious leanings and spend little time on reflecting inwardly for they are too busy serving God through serving others.

Another form of yoga is called

jnana yoga, which is considered as the yoga of true knowledge. It is based on the Hindu philosophy of non-dualism. A similar non-dualistic view of reality is held by many branches of Buddhism, including Zen, Taoism, Islamic Sufism, as well as by some branches of Christianity that follow the Gospel of Thomas. Jnana yoga looks into the truth about who we are and what we are experiencing. This reminds us of gnosticism which, among other things holds that enlightenment comes through some form of special knowledge.

There are many more branches of yoga, mostly involving particular forms of meditation which we will not go into here. What we are suggesting is that there are many pathways to a closer union with God and the fulfilment of the purpose for we are here in this life. So we do not need to fear being a non-conformist but follow our own inner voice and intuition.

FROM THE EDGAR CAYCE READINGS

In keeping the ways open, in listening to the voice from within, as you meet in the temple of your own body - which is but the temple of the living God, as He may commune with you and your spirit bears witness with His Spirit, may you be shown the truths and the paths and the ways of life that lead to understanding. Walk in them. Study to show yourself approved; for he that knocks, to him will it be opened, and He will pour a blessing upon those that walk with their fellow man in saving those things that are of the spirit and not of the flesh alone. - 705-1

First know yourself, and make your paths and your life conform to the will of the Giver of all good and perfect gifts. - 257-14

BAHA'I FAITH. GLEANINGS FROM THE WRITINGS OF BAHA'U'LLAH

There can be no doubt that whatever the peoples of the world, of whatever race or religion, derive their

inspiration from one heavenly Source, and are the subjects of one God. The difference between the ordinances under which they abide should be attributed to the varying requirements and exigencies of the age in which they were

revealed. All of them, except for a few which are the outcome of human perversity, were ordained of God, and are a reflection of His Will and Purpose. BDA ΩΩΩ

THE TEN LEVELS IN SPIRITUAL DEVELOPMENT

For years I have been pondering over the question as to why intelligent people brought up in the same environment and with similar backgrounds and education end up embracing such different beliefs. People tend to be either conservative or liberal in their convictions and this conservatism or liberalism seems to run across the spectrum of their views on politics, religion and morals.

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

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

"Your soul's evolutionary path takes the soul from a state of fear to one of love, from acting out of self-interest to altruism. On its journey, its understanding of the world is in a state of constant flux. One lifetime might, for example, teach your soul what it's like to be unfairly imprisoned. From then on, it will have a greater sense of injustice. Another life might be spent as a

government official, learning about power and authority. In this way, every lifetime builds upon the last to create multiple layers of awareness." says MacLeod.

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

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

A particular trait of a Level 2 male is misogyny – and there is plenty of evidence of this trait in the world around us today. "Depending on how much they're wrapped up in the illusion and the kind of society in which they live, younger soul-men will find different ways of expressing their fear of woman by subjugating them. They jail prostitutes, stone adulteresses, mandate female circumcision, refuse girls an education, and deny contraception or the opportunity to terminate a pregnancy. In many societies, level 2 women assist in their own subjugation because of their belief that they should be subservient to men."

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

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

By the time they have reached level 5, souls are ... "dynamic, and always striving to push things forward. If it weren't for them we would probably be still be travelling by horse and cart." They are the most materialistic at this level. "The grip of illusion is at its strongest at this level. Genuine spiritual awakening may still be possible, but it will take great effort to achieve. For many, the Spiritual Plane is as real as the Neverland." Level 5 souls are exploitive and "take what they want regardless of the consequences."

"When it comes to war, they find it a great way to express their power. Their leaders send mighty armies to battle the mighty armies of other Level 5 leaders in the belief that the answer to violence is more violence. And because the opposite of strength is weakness, and they fear

being seen as weak, they feel it's important to act tough.... After the U.S. shot down an Iranian plane, killing 290 civilians, level 5 former president George H.W. Bush said, 'I will never apologise for the United States, ever. I don't care what the facts are.' His comments reflect the level 5 soul's strength of conviction and fear of weakness, and also a lack of connection that comes from being fully immersed in illusion."

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

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

materialism, and the dangers of unregulated power.”

While McLeod’s book is designed to offer instructions on how the readers may change their lives, it also has answered my question raised at the beginning of this article as to why people believe the things that they do. If one is to accept as true what McLeod’s spiritual guides have stated, what we call our personality is in fact the sum total of our past life experiences expressed in our outlook on life and in our beliefs, talents and personal traits. So being a conservative or a liberal has less to do with our current economic circumstances and more to do with our spiritual age. With this understanding one can appreciate that there is little point in arguing with a person with opposing political beliefs or of differing religious convictions. We may understand that some men are misogynists because they are most likely have a level 2 spiritual age

with a fear of the opposite sex expressed by attempting to subjugate women. We may understand that some people are flag waving nationalists, happy to resort to war at the slightest provocation because they are at a soul age when they fear being seen as weak so act aggressively.

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

TWO TO ONE

One of the central themes of the Edgar Cayce readings as well as the Course in Miracles is that of *oneness*. Both these publications refer to our illusion of our being separate entities from God. This sense of separation started in the Garden of Eden when, by eating the forbidden fruit of the tree of knowledge, our eyes were opened to what we perceive as a duality with the sense that we were separate from God, so the first duality was created - God and us. This sense of duality has since extended to the world around us and everything in it.

Following our seeing ourselves as separate from God the next great separation was the dividing of ourselves into two so we became male and female. This created our first field of conflict - the attempt of one side of us (usually the male side) to dominate the other side. Soon we saw things as either being good

or evil and to explain this we came up with an opposite of God - the devil. We envisaged a battle going on between the forces of good and the forces of evil, despite there being only one force, one source of all, which is God. So that, even though we saw God as the creator of the universe and all that is in it, by our ego's distorted logic, we believed in a separate powerful entity that was opposed to God.

This belief in duality has extended to our relationship with one another, our justice system, our politics, our economic system and our culture in general.

In our relationships we see people as being either friends or foe, allies and enemies, citizens and aliens and in general terms 'us' and 'them.' We have created separate countries with borders and even physical walls to separate ourselves from our neighbours.

In our criminal courts, rather than the main object being to seek the truth,

they have become a battleground where two opposing groups face each other - the prosecution and defence - and only one side will win. People are considered either guilty or innocent, yet as Mahatma Ghandi pointed out while he was in jail and was asked why he fraternised with fellow inmates: "The only difference between my cell-mates and those on the outside is that those on the outside have not yet been caught."

Our political system, in the West in particular, has two main parties broadly considers either 'left' and 'right' wing and commonly termed as Labour and National, Conservative and Labour, Republican and Democratic, etc. When these parties meet in parliaments and legislative assemblies they spend most of their energies on fighting each other to the detriment of democracy and the good of the people they claim to represent.

Even our economies of the world have evolved into seemingly opposing systems named capitalism and communism/socialism. We term this belief in either one of opposites as 'ideology' and accept that only one can be wholly true and the other totally false, with no middle way. Yet both systems if allowed to go unchecked to the extreme will result in tyranny with power and wealth ending up in the hands of a very few.

When we consider religion we find that there are two main religions in the world today having the most adherents. Both claim to worship the one god yet each claim that their god is the 'true' god and the god of the other is 'false' - suggesting the existence of two gods rather than one. A typical example of what George Orwell, in his book '1984' describes as 'doublethink' which is the act of simultaneously accepting two mutually contradictory beliefs as correct.

We may ask ourselves: how do we as single individuals change this world which seems to consist of constant strife,

war, hostility and human conflict? The answer is that we, as individuals must return to our original state which is of oneness with our creator. That may be easier said than done, but we can work on it.

We begin by seeing people close to us in a different light. No longer judging by outward appearances and behaviour but by looking at them through our spiritual eyes which we will see the spirit in them. *"They say the eyes are the windows to the soul and that if you look deep within you can see the person's sincerity and truth! What you're seeing is their inner-child within; as this is where ones inner-child resides and comes from a place of love. This is the space where your true identity dwells and allows others to see your light shining dim or bright. Have you heard the age old sayings ... her eyes were beaming with joy, or his eyes said it all?! Your eyes allow everyone to see your inner-child within that knows your truth of being!"*¹

As we begin to see the light in others the barriers between 'me and them' begin to tumble. We no longer see the physical differences between us and those of other ethnic groups as anything more than the beauty of variety, just as we see different colours and shapes in flowers, not considering one flower better or worse than another. We realise that the physical body they possess is the form they have chosen for this life on earth just as we have chosen our form for good reasons we may not understand.

Once this humans barrier is removed our other beliefs in duality begin to crumble. We see the only Son of God which is the whole of humanity in which we are a part. No longer do the differences in political and religious beliefs seen as impediments in our

¹ Dr. Stacey A. Maxwell-Krockenberger aka Twinkle Eyes, www.PeaceLoveWings.com

relationships with others. We realise that, as Jesus said, the whole of law is summed up in the words: *"You shall love the Lord your God with all your heart, with all your soul, and with all your mind." This is the first and great commandment. And there is a second like it: "You shall love your neighbour as yourself." The whole of the Law and the Prophets depends on these two commandments.*"

Following these two laws will result in our return to the oneness with

our Father.

FROM THE EDGAR CAYCE READINGS

" . . . for in losing self in service for others, that have only an inkling of the oneness of life, of time, or the all-creative energy, the Entity builds in self that of the oneness with self and that universal all creative force, and will gain the consciousness of being self, yet a portion of That All-Creative force, which is known or called by man 'God'"

105-2 BDA ΩΩΩ

ACTION AND DISCIPLINE

Theories are true for us only as they are useful to us. No matter how unimpeachable the source of the Cayce material, no matter how valid and trustworthy it may be, the material is of no value to us unless personal application helps us to live richer lives. As the readings suggest, we are in the earth plane to improve it:

" . . . unless each soul entity . . . makes the world better, that corner or place of the world a little better, a little bit more hopeful, a little bit more patient, showing a little more of brotherly love, a little more of kindness, a little more of longsuffering - by the very words and deeds of the entity, the life is a failure; especially so far as growth is concerned. Though you gain the whole world, how little you must think of yourself if you lose the purpose for which the soul entered this particular sojourn!" 3420-1

The short time we may spend each week in meditation or following a spiritual path is only a fraction of the time we spend awake each week. What we do or fail to do the rest of the week will determine how successful we are at finding and being ourselves. There is a computer term "GIGO" which stands for "garbage in, garbage out" inferring that the quality of what is fed into the

computer will determine the output. This also applies to us. It is difficult for us to escape neuroses if we persist in spending a great deal of our waking time wallowing in the the woes of millions of strangers through media which seems to consider only the horrors of humanity to be "newsworthy." Do we get absorbed in countless violent movies and gory TV series devoted to aggression and murder? In between these programs we may glue our eyes to the TV screen watching countless advertisements designed to arouse desires causing us to spend money we don't have on things we really don't want.

Are we allowing ourselves to become willing robots who react unthinkingly to the suggestions of publicists and spin doctors working for various interests? Do we challenge what is being portrayed and said, see through the deception by asking ourselves: "What do they really mean? How do they know?"

To escape this consistent bombardment of negative messages it is suggested we should carry out an exercise in disciple for at least a week and preferably a month:

Read no newspapers, listen to no radio news (unless of course there is some event taking place, such as a storm,

that will directly threaten your safety). Watch no TV no DVDs, and no movies, unless they are inspirational. If necessary this may mean secluding yourself in your room. For younger people who spend their days working and have little time left for idle entertainment this may not be a difficult exercise. But for stay-at-homes and retired people in particular this may seem to be cruel and unusual punishment. Yet we should consider that around the world communities spend their whole lives without such distractions and are happier because of it.

Cutting out these old habits will no doubt open up a great deal of time that must be spent somehow, so what are we to do to replace these negative mind desensitising activities? We can take the computer saying GIGO - "garbage in, garbage out" and replace it with PIPO - "positive in, positive out". We can replace the negative mental input from the media and TV with good books, inspiring music, and quality time spent with the family. When we are alone we can devote more time to physical exercise, stimulating reading and extra time devoted to meditation where rich rewards are assured. We can work on our ideals, firming them up and studying them, studying the relationships of our purposes, goals and standards to ourselves as whole persons - physical, mental and spiritual.

Even a period as short as one week when we consciously avoid all negative stimulus and instead devote all our spare time on self study and reading inspirational material can have long term effects and hopefully introduce new habits, improving our sense of worth and well-being.

FROM THE EDGAR CAYCE READINGS

"To gain first the purposes for which he has entered any given experience should be the desire and aim of every entity seeking to know its place,

and seeking to be a channel for the greatest manifestation of that the entity sets as its ideal. Let the entity then first determine in self, "What is my ideal - physical, mental, spiritual?" And know that unless it be founded in things spiritual it must eventually turn and rend you." 528-1

(Q) *In what way may I best attain my ideal?*

(A) *"Well that an individual know that in the attaining of an ideal of an earthly making is satisfaction, and if of spiritual making is obtained only in spiritual understanding - which gives contentment. Then be content with what you have, and use with honour, praise, glory to your ideal what you have, and more and more is given as there is proper use made of what is in hand; for, as was given by the Master of masters, "The kingdom is likened unto a man that making a journey called his servants. To one gave five talents, to another two talents, to another one talent. As they applied themselves, so did they obtain that not as favour, but as understanding - and so rewarded, as called to account for what was held in hand. So, obtaining the ideal is making use - spiritual use, first - for 'Seek first the kingdom and all these things are added unto you. . . In the applying of self day by day in every way, what you know, that makes a personal application of what you know to do, without questioning of the morrow; for the morrow has its evils and its goods, sufficient unto self. Today is! Use what you have in hand. So does the awakening come. Even as called by God to lead a peoples, as was Moses, a shepherd and the flocks in Moab. Use what you have in hand, for the ground whereon you stand is holy!" 263-13 (Based on the booklet "Edgar Cayce and Group Dynamics.") ΩΩΩ*

THOUGHTS ALONG THE WAY

UNDERSTANDING THE CAUSE OF ILLNESS

For those of us who are suffering from or have suffered serious illnesses we may accept that, as the Edgar Cayce readings maintain, there is a reason for the illnesses which is related to our past behaviour. But, as the biblical character Job cried out after suffering so much, we would like to know the reason for our suffering: "Teach me and I will hold my tongue and cause me to understand where I have erred."

THE LAW OF LOVE

Why does the law of love fulfil the law? Jesus fulfilled the law but he was still found guilty under Jewish law. And so it is with us. Which would you prefer to be? Guilty before the law of man and innocent before the law of God or guilty before the law of God and innocent before the law of man?

DEALING WITH ENEMIES

Broadly we could put our enemies into two groups. Those close to us, those living in our country, and those whom we have never met living in other countries. In our own countries the way we deal with, what may be called 'social enemies', those who have broken our countries laws, is by locking them up for various lengths of time so that hopefully after

their time in gaols they will become socially friendly. Unfortunately this strategy doesn't seem to work very well. Most of those that come out of gaol seem to return soon after. We now have overcrowded prisons and new prisons we build do not seem to be able to keep up with demand.

The way we deal with overseas enemies is to wage war on them and kill them. Overseas enemies never seem to reduce in numbers, despite how many we kill. As soon as we annihilate one lot another lot seems to pop up from nowhere. Like weeds in the garden, the more one pulls them out the more will appear to replace them.

Surely there is another way of dealing with our enemies?

THE BIBLE

If we took the Bible for what it was meant to be – words of inspiration – there would be no conflict. The conflicts arise because we have taken the Bible to be the source of authority.

IMAGE

No matter how many times I look in the mirror I will never see myself as others see me. *BDA ΩΩΩ*

CHRIST IN YOU

Part 1

Lesson Three

PRAYER

Prayer to us is the breathing of the breath of life. It is the strongest spiritual element in all the worlds. I think we may discuss the subject of prayer – as I see you have used this powerful weapon to some extent ignorantly. You say to someone in trouble: "I will pray for you," or you wish to help someone, say, in Australia. You know your wish is one with God's will, and you desire to bless

with your whole being – but how do you send forth this God-energy? The prayer is often sent with the false idea of great separation, to a God afar off. It is never lost, but prayer of this kind enters into the vibrations most in accord with itself.

Although something is done in this way, the person you wanted to help is not helped to any great extent. Remember, Jesus spoke to the maid alone, when He

entered the room, saying, “Talitha Cumi,” and you too must be definite, clear, positive. Enter into your closet, the innermost of yourself, and there see the perfect will of God accomplished for your friend – this is simple faith – and never see or hear anything else. Restfully, and without strain, see victory in the name of Jesus Christ.

Now I will tell you what takes place when you speak from the God-centre of your being. In the strength of your calm assurance, the false conditions entirely disappear. There is neither darkness nor depth where God is not, and you bring the troubled spirit into touch with God instantly. We have seen this many times. You cannot estimate the power of true prayer. To us it seems as if you were like children set down in a great powerhouse, not knowing the importance of the switches and electric forces around you, waiting for knowledge yet oftentimes blind and deaf.

I use your language so that you may understand, but words fail to express spiritual realities. Your faith in God is your life and power. With true prayer you shall ask what you will, and remember, nothing is your unless you

take and possess. We have never known true prayer to fail. Do not cast your prayer upon an outside God and wait for results, God being within you, the answer is not distant from the desire. The spirit within is one with God and Christ; how then can God be afar off? I have given you this advice for those who have special need, but I would have you pray always: “thy Kingdom come” in every heart and life. For he who knows God in his own heart and in farthest space is at one with all nations, north, south, east, and west. In your love and prayer include them all. Live in the thought of love toward all, and your life will become one unceasing prayer, a constant going forth of God.

We would help to give you poise, that you may live always and only in the central life, dwelling on the plane of spirit, the only reality. Have done with shadow and illusion – enter into rest. Cease from time limitations. Remember our first lesson – You always are and you always will be. Try to realise this now. Rest from all anxieties and live in the eternal. The blessing of God is with you always and forever. **ΩΩΩ**

LAUGHTER THE BEST MEDICINE

I recently drove about 2000 miles on various U.S. highways. Along the side of the road there were many shrines marking where people had died in auto accidents. Almost all the shrines included a cross. I only saw a couple with Stars of David. The conclusion: Jews are better drivers than Christians.

There was a new family that had just moved into town. Their son came to Sunday School but seemed upset. His teacher asked him if anything was wrong. “No” the boy replied, “I was

going to go fishing but my dad told me that I needed to go to church instead.” The teacher was very impressed with the boy's parents and asked the boy if his father had explained to him why it was more important to go to church than to go fishing.

The boy replied, “Yes he did. My dad said that he didn't have enough bait for both of us.”

Definitions:

1. Coffee (n.), the person upon whom one coughs.
2. Flabbergasted (adj.), appalled over how much weight you have gained.

3. Abdicate (v.), to give up all hope of ever having a flat stomach. in which you absent-mindedly answer the door in your nightgown.
 4. Esplanade (v.), to attempt an explanation If kids refuse to sleep during nap time, are they guilty of resisting a rest? ΩΩΩ
 5. Negligent (adj.), describes a condition
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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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