



The Rainbow Journal

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FROM THE EDITOR

In this, first issue of the New Year we have offered a variety of topics and included a second article on Cayce remedies. The editor recently came across the article "We Are All Hypocrites" and found it relevant at this time when we are experiencing the effects of man-made climate change. We are so dependant on

fossil fuels to supply our ever growing energy needs but unless we switch to alternative sources of energy in the very near future our grandchildren may not live long enough to grow old. So how do we deal with this man-made dilemma?
Brian Alderson ΩΩΩ

WE ARE ALL HYPOCRITES

"Do I contradict myself? Very well then I contradict myself, (I am large, I contain multitudes.)"

The 'I' in this passage from the poem Song of Myself by Walt Whitman -- stands as a reference to the erratic and self-contradictory ways in which people think and act out our lives.

Whitman is drawing attention to an everyday experience that defines the human condition - people do not, and cannot, live pure and ascetic lives. In saying "I contain multitudes," what Whitman is really highlighting is that we all contain multitudes, a mess of perspectives and sentiments that leave us in a state of perpetual hypocrisy.

The truth is - we are all hypocrites.

The way in which we think, act, feel and live is wrought with self-denial, contradiction and inconsistency. Our various logical fallacies work as psychological flaws that twist and distort our decision-making abilities, making it virtually impossible for someone to make a truly unbiased and impartial choice about anything.

What is more, because so much of our thought processes are subconscious, our internal contradictions and irregularities rarely register at a more conscious level. And thus our unwillingness to realize this means we tend to think everyone is a hypocrite but us.

According to *Why Everyone (Else) Is A Hypocrite*, by evolutionary

psychologist Robert Kurzban, the reason we seem unwilling to make an effort to realize our inherent irrationalities is because in Western society, a flattering self-image is directly correlated with personal rewards such as greater senses of emotional stability, motivation and perseverance.

So instead of a more self-reflexive populace that understands everyone - including oneself - is full of contradictions, and more importantly, that it's entirely natural to have some analytical imperfections, we've become a society of self-denial, where a person's opinions can be easily discredited unless they practice an impossibly monastic lifestyle.

These beliefs create a delusional world. A world where the status quo can never really change because people are expected to actively practice everything they preach, even though, as Kurzban notes, the human mind - my mind, your mind - is modular, and as such, consists of a large number of specialized parts, each of which, because they are separated from one another, can simultaneously hold mutually contradictory views.

Take environmentalism. Challenging fracking practices, protesting a pipeline, objecting to further developments in the oil sands - like clockwork, activists who take these kinds

of actions are immediately levelled with accusations of hypocrisy based on the tenuous notion that an environmentalists' own reliance on fossil fuels means their protests against the practices of the oil and gas industries are akin to the tired old idiom of the pot calling the kettle black.

After all, as political economist Robert Reich stresses in his book *Supercapitalism*, trying to live the perfect green lifestyle in an economic system that is structurally designed to produce waste, overconsumption and fossil fuel dependence as predictably as it produces inequality, job insecurity and unrequited exploitation, is an indisputably impossible task.

As such, the notion that environmentalists have no right to criticize oil sands developments, pipelines or fracking because they "choose" to heat their homes and drive cars is downright nonsensical. By the empty rhetoric of this argument, not a single citizen could legitimately engage in any form of critical public discourse because to an extent, we all benefit from the system we are criticizing.

We live in a society where it is impossible to live a functional lifestyle and not consume products made from petro-chemicals every single day - electronics, fabrics, painkillers, food additives, cosmetics, cleaning supplies, building materials, the list goes on.

More than ever, it is precisely because it is incredibly difficult to survive outside of our wasteful, exploitative and fossil fuel-obsessed system that we need environmentalists and other activists - yes, even if they own a cellphone and wear cheaply manufactured clothing - advocating for alternative means of production and modes of consumption.

Because if the prerequisite for a legitimate criticism is a complete and utter distancing from the object of which we are criticizing, then fossil fuels, the

economy and politics are all off limits. Moreover, students can't confront the administration of their university because it determines their grades. Workers can't question the management of their company because it signs their pay cheques. Christians can't challenge interpretations of the Bible because they ascribe to the religion. Married people can't oppose sexism because marriage was originally an institution of patriarchy and female subordination.

But many of us do these things anyway, don't we?

Many of us question the very government that provides us with healthcare, the very economic system that fills the supermarket, the companies that pay us, the universities that grade us, the religions that save us, the patriarchies that subjugate us, and yes, the very fossil fuels that provide us with the countless resources society needs to function.

Due to our very nature and the inescapable realities of the market, our political system and our reliance on fossil fuels, speaking up is always hypocritical. And as such, we need to be mindful of the fact that more often than not, charges of 'hypocrisy' brought against those trying to think beyond our current system tend to be nothing but attempts by those in power *to keep us from challenging their ascendancy*.

If we understand hypocrisy as the inevitable consequence of questioning practices and policies so dominant that it's nearly impossible to function without participating in them, then hypo-critical thought is vital if society is to move beyond the status quo. After all, how, for instance, can we begin to imagine a future beyond fossil fuels if each attempt to question their primacy invokes cries of hypocrisy from the titans of the resource industry?

The answer is simple: we can't -- and that's just the way Big Oil wants it to

stay.

So the next time someone accuses you of being a hypocrite for criticizing the inescapable structures of society from within, remember every government reformed, social injustice abolished, inequality rebalanced and

environmentally destructive practice eradicated has been made possible by people who were willing to act on thoughts that were at one time deemed contradictory to the status quo.

- Adam Kingsmith, *DeSmog Canada*.
ΩΩΩ

ROSS PETERSON ON THE CAUSE OF SICKNESS

The following is taken from a psychic reading given by a contemporary of Edgar Cayce - Ross Peterson which was recorded in Michigan, U.S.A. in 1977.

Questioner: The questions we have basically pertain to ill health and its causes; and are designed to be available to the general public in aiding the greatest number of people toward the furthering of their soul development. Please adapt your answers to the fulfilment of this objective, and phrase your answers to the comprehension level of the layman rather than to the specialist.

Q. What is the cause of physical disease?

RP. Whether it is understood or not, or whether it is accepted or not, all illnesses of any entity are the end result of sin. Sin for what? Sin first, in that of the thoughts, for..thoughts are real, as real as anything you might know.

Man, is on the brink of developing mechanical contrivances that will eventually be able to measure the length of wave that is contained within a single thought. When this is consummated, then you will find that of the records that man knows as the Akashic Records will be available to all by employing mechanical means. Then man will be able to explore specific causes of illness with specific individuals.

However, for that that would be most helpful now. The sins, and there are many misconceptions of what is sinful and what is not; is that that ultimately causes a disruption within the physical form.

In order to more easily understand this, we would have to discuss the subject

of matter, as man knows matter; density, or the lack of that of the same. Now if you would take any physical body, or any object that you know as matter, you would find that it is composed basically of what man knows as atoms. Now, if you would explore the structure of an atom and go inward into that of an atom, you would find within the atom many mini atoms. For you could go inward, and inward, and inward, and inward forever. Yet you would never truly touch upon that that man knows as matter. For in actuality, density is nothing more than the end result of a gathering or conglomeration of thought. This is the creative force of God expressed in its simplest terms. For all things are of God and of the force of God. If man but knew of the powers of his mind, then man could create a world in an instant, as God is capable of doing so.

However, in order to more easily understand life in it is best to look to the mind. For mind is the builder. Mind is the master. Mind is the direct link to the creative forces.

Now the thought of mind is transmitted to every atom of a physical body. For this atom is in a constant state of vibration, and can be honestly considered a universe within itself; and contained within this universe might be a planet, and contained within that planet might be universes, within universes, within universes. All are vibration. All are a portion. or an extension of the thinking

process. For that that is held in the mind in the form of thoughts ultimately must always be produced within that of the physical form.

Now, if any entity so chooses and it is within the providence of any that do so choose, they can duplicate, they can emulate, they can copy so to speak, that of the tenant that was laid down by he who was the master - Jesus who obtained the Christ Consciousness. This entity, and many others, have fulfilled their purpose in this dimension; by so knowing the law, an understanding the law, that they became the law, and when they do, they radiate perfect health. Now, is this to say that these masters never wearied of flesh? Never felt tired? Never felt listless or despondent? Nay. This is not that is indicated. For the master, and the other masters, were weary to their very bones at times. Were tired, and occasionally there were those who imbibed in a little too much of the food and drink, and did suffer the consequences; but nonetheless, they would radiate what might be known as perfect health in this dimension.

Now understand first of all, the physical body itself is an expression of selfishness, and the sin of self must be answered. If there would be a mind that would be filled with peace and tranquillity, one who would not condemn, one who would not hate, one who would not envy, one who would not judge, then we would find that the average lifetime of that entity in that of the flesh would be roughly between one hundred and twenty and one hundred and forty years as you count time. Any entity who lives not in this physical age, has committed the greater number of sin. There are exceptions to every rule, and this depends upon the purpose of the entering in of the soul itself. But you can safely say for sure, that the earlier the demise of the physical body, the greater the amount of sinful thinking.

Hold your mind upon that of your ideal. Your aspiration, which should be first and foremost, is the attainment of the Godhead itself. Learn the one Law, the only Law, the Law of Love, and any physical illness within any physical body may be cured. There are no incurable diseases. No incurable illnesses. Only incurable attitudes of mind. Modify the attitudes and then you begin the healing process. For what is it that heals? Is it the lotion? Is it the potion? Is it the massage? Is it certain forces of surgery? All of these things might be helpful, but it is the natural state of the physical body to be healthy. When it is not, then the body is racked with disease.

Take the word itself. The "dis" means without, and the "ease" is certainly self-explanatory. When a mind is without ease, they body becomes "diseased". See.

Q. Would you please give us some illustrations of the diseases that are linked to particular mental attitudes?

RP. We can give you some, although you know the causes would be legion. You may take an individual that experiences deformity in a part of the body, and we might enumerate anywhere from a million to three million different specific causes. The question cannot be encompassed within that of the finite scope of man's mind. For in reality that that was the sin or cause of the disruption existing within that physical force, can do on into the infinite.

However there are certain generalities that we may speak of. If you would find those that would be stiff and unyielding in their thinking, those who would be narrow, opinionated and ultraconservative, so who would be defined as most judgmental, then you may rest assured that their body, at some time, will become rigid as is their thinking. If it sounds too simple to you, you could say that and know it is true. If

any entity would let too many things or actions of others gall them, then you will find there would be a disruption within the gallbladder.

If you find an individual that cannot express their feelings, they could be compared to a boiler with no safety valve, and as the spirit or forces of emotion continue to fill the boiler, eventually there must be an explosion.

This is usually manifested in physical as what is known as a stroke, or cerebral haemorrhage. For others, it might erupt in that of a heart attack or failure in this respect. But understand, that each individual body has certain portions of it that are very strong and certain portions of it that are weak. This is genetic within our bodies. ΩΩΩ

RIGHT AND RIGHTEOUSNESS

A problem with getting understanding from Bible scripture when we see it as a source of authority in matters related to God is in our definition of the words used in scripture. Many words have a number of meanings and which meaning that the writer wishes to convey is often not clear and therefore open to misinterpretation. Consequently one person or group of people will give a scripture word a certain meaning while another person or group will apply an alternative, different meaning. The result is often beliefs that differ, as we witness in the disseminating of Christianity into the various sects that exist today.

One such word that can and has caused divisiveness is *righteous* which together with righteousness is used over 600 times in the Bible. When we turn to the online dictionary to define righteous we find two distinct meanings. One is *acting in an upright, moral way; virtuous* and the other is *morally right or justifiable*. The first definition is all about one's honest and exemplary behaviour while the other is about one's considering that his or her behaviour is right - true and appropriate.

An example how the second definition can lead to belief that the Bible is the literal truth about God and the single authority on matters related to Him is found in the following Christian commentary: "Righteousness, in its very basic definition, is the act of doing that

which is right and moral in accordance with a set standard. The standard by which all righteousness is to be judged is, of course, the Bible. Paul testifies to this in 2 Timothy 3:16 when he wrote, 'All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness.' And again we read in Psalms 119:160, 'Thy word is true from the beginning; and every one of thy righteous judgements endures for ever.' Therefore, to see what the Lord deems as righteous we will have to confer with our final authority on the matter, the KJV 1611 Bible."¹

Note that anyone can be righteous by living in an *an upright, moral way and virtuous* way irrespective of one's religions beliefs or whether or not one believes in the existence of God, but to be to be righteous by being *morally right or justified* one must base our actions and beliefs purely on the authority of the Bible (and the Kings James version in particular).

The Edgar Cayce readings use the words righteous and righteousness many times suggesting it is to do with how we judge our behaviour, whether or not it is virtuous and therefore can be counted as righteousness:

"Who, then, has learned to be truly cooperative one with another? Who has

¹ <http://www.learnthebible.org/gods-demand-of-righteousness.html>

discerned self sufficient to know wherein self stands as in relationship with its fellow man? Who has set the ideal wholly in Him? Who magnifies the faith in the Father, in the Son, that it may be counted to them for righteousness? Who has virtue and understanding, that they may magnify in their lives that fellowship which brings patience in the knowing of self to be growing in grace, in nurture and admonition of the Lord day by day? He, then, it is that opens the door that He may come in and sup with him!" 262-28

However in the readings during the studies of the first Search for God group, on the lesson 'Righteousness versus Sin' Cayce sees these as opposite ends of a spectrum:

"In the studies of this subject, - Righteousness Versus Sin, - we will find that in the minds of many there will be quite a controversy as to what constitutes righteousness, in or under this or that circumstance, and as to what constitutes sin. To be sure, the commonly accepted terms are light and darkness; that which walks in the light as righteousness, and that which is in opposition to God's will as error or sin." 262-124

In the lesson Cayce suggests what

we consider right or wrong, righteousness or sin, is not what is dictated to us from outside sources but what we know to be right or wrong from within our own consciousness.

"For, righteousness and sin - as in the minds of most individuals - are the extremes of an awareness in the consciousness of an individual. Thus it becomes a personal condition to be reckoned with by the individual. Not that there are not laws, nor that there are not metes and bounds about either of the terms intended to be expressed in the very words righteousness and sin. Yet, as we have given, what may be righteousness to one may be sin to another; or what is sin to one might not be considered at all by another as a deviation from a righteous path.

What then (you may ask) is the awareness or the consciousness that makes for the producing of that as may be called righteous in the experience of the individual? To be in an at-onement - in purpose, in will, in desire - with the ideal is to the individual a righteous state. Then to be conscious of deviating from that ideal, whether consciously or unconsciously, is a sin to the entity." 262-126 BDA ΩΩΩ

THE GOLDEN RULE

The great Golden Rule of Christianity was given by Jesus as quoted in Matthew 7:12 "Therefore all things whatsoever as you would have men do to you, do even so to them: for this is the law of the prophets." We may consider this as a especially Christian rule yet this same rule, only differing in the way it is worded, exists in all the worlds major religions:

Buddhism: In five ways should a clansman minister to his friends and families - by generosity, courtesy and benevolence, by treating them as he treats

himself, and by being as good as his word.
Confucianism: Do not unto others what you would not they should do unto you.

Islam: No one of you is a believer until he loves for his brother what he loves for himself.

Hinduism: Do not unto others which, if done to you would cause you pain.

Jainism: In happiness and suffering, in joy and grief, we should regard all creatures as we regard our own self.

Judaism: What is hurtful to yourself, do not to your fellow man.

Sikhism: As you deem yourself, so deem

others. Then shall you become a partner in heaven.

Taoism: Regard your neighbour's gain as your own gain, and regard your

neighbour's loss as your own loss.

Zoroastrianism: That nature is only good when it shall not do unto another whatsoever is not good for the self. ΩΩΩ

UNDERSTANDING THE LORD'S PRAYER

For Christians the most often recited prayer would be that as given by Jesus and quoted in both the Gospels of Matthew and Luke and known as the "Lord's Prayer". Perhaps it is recited every day in our morning prayers, and we may have done so ever since we can remember. But as we recite the prayer do we really understand what we are saying? Are the words truly an expression of our feelings of what we want to say in our communication with the source of our being, or are they simply repeated words as part of a ritual?

In the King James version of the prayer the opening words are a call to our source with the words "Our Father." This is a title we have given our creator and perhaps the best we know. The next words are "who art in heaven." The use of the word 'art' is archaic meaning 'is', so why not simply say "who is in heaven." It is of course up to us where we envision the place 'heaven' is. Many devout Christians still believe that heaven is a place beyond the earth where all the good Christians go when they die. Others may be aware that Heaven is not a place to which we go, for did not Jesus say "The kingdom of heaven is within you"? That being the case would it not be better to pray "who is within me."?

The next phrase is "Hallowed be thy name." Hallowed is another rarely used archaic word meaning sacred or holy. Also in this phrase the word 'be', means to 'treat' or 'recognise' so this phrase could be revised to read "Let your name be holy." But knowing that God is already holy suggests that we have not yet got to the correct meaning Jesus intended. Perhaps then for us to treat God as holy

must be expressed in ourselves living in a holy manner. The catholic catechism puts it this way "Asking the father that His name be holy draws us into His plan of loving kindness for the fullness of time." So we are asking God to help *us* be holy.

Many Christians believe that the coming of the kingdom refers to the 'second coming' when Jesus the Christ will return to rule over the world. Christianity has been waiting 2000 years for this and it could wait another 2000. When Jesus said "Thy kingdom come" he was referring to the Kingdom of God which he himself said is inside us, not an external physical kingdom. So when we pray for His kingdom to come we are asking God to awaken ourselves to the presence of God within us and as a consequence we pray that His will and ours will be matched - "Thy will be done." We will express this will by our actions and behaviour on earth, so we say "On earth as it is in Heaven."

When we pray for our 'daily bread' it is no only about food to eat but more than that, it is spiritual food that fulfils our spiritual needs. He is the bread that satisfies our spiritual hunger. He sustains our hearts. When we ask God for our daily bread, we are humbly acknowledging Him as the supplier of all we need.

'Trespases' is another archaic word nowadays almost exclusively used to mean entering an owner's land or property without permission. Modern versions of the Bible replace the word with 'debts' which is possible more appropriate in these days when many of us are drowning in debt. One may wonder why the word 'sin' is not used here, but that may be because the Church decided

that only priests, as supposed agents of Jesus and the apostles, were the ones we must go to for forgiveness of sins, so it would be wrong to go direct to the Head and bypass priests, hence we only ask for forgiveness for no more than 'trespasses' and/or 'debts.'

If we believe that what the Course of Miracles claims that there is no sin only mistakes then we could pray that our mistakes be forgotten as we forgive and forget the mistakes of others when we are affected by them.

The next two clauses could be translated in modern English to mean : "Be our guide in times of trouble, turmoil and temptation." and "Lead us away from negative thoughts."

The last clause "For Thine is the Kingdom, the power and the glory, forever." Was not in the original text of the Bible but added later by the Church.

So now we may come up with a prayer that may have more meaning for us rather than just a little understood affirmation. Our personal prayer could be something like:

"Our Father, who is the essence of our being,

May we display Your holiness.

Your kingdom be made manifest,

So that our wills be united,

In our daily lives,

As is the way in heaven.

We thank You for supplying all our needs.

May You help us forget our mistakes,

As we forgive and forget the mistakes of others.

Be our guide in troubles and temptations,

And lead us away from unworthy thoughts."

Of course the above is only one man's rendering of this great prayer and it is up to each and every one of us to choose what words we use in our

communication with our Source, but may the words come from our hearts.

If we go by the Cayce readings the Lord's Prayer is designed to be a lot more than a supplication, but rather to be spoken when we have reached a higher state of consciousness during prayer and meditation for the purpose of a closer communion with our Creator. John Van Auken in his A.R.E article on Prayer and Meditation states: "Assuming that our ideals, purposes and hearts are in the right place, that we have crucified our selfish desires, conceived of our ideal, and drawn on the power and protection of the Christ, "love of God-Consciousness" - let's begin with prayer-words for the seven chakras. These words vary with different practices, but the Cayce readings teach that one reason the Master created the Lord's Prayer was for this purpose."

FROM THE EDGAR CAYCE READINGS

(Q) Is the Lord's Prayer as recorded in the Bible correct? If not, would appreciate it as was given by the Master to the disciples.

(A) *This may be given, but rather should the seeker use that which is given - as the Lord calls on all to do. Make its purpose and its intent a portion of yourself. For, there are many misinterpretations, poor translations, but to find fault with what you have and not use it is to make excuses that you haven't it used what was given. Are you on speaking terms with your Lord? If not, why not? Rather have what He would give you, than from any other source!*

Because He gave, "As you seek in my name, that you may have if you believe," then act that way. He will draw near to you if you will draw near to Him.

Let your prayer be that He will ever show you, direct you, lead you. 281-20

(Q) Does the outline of the Lord's Prayer as placed on our chart (of the seven

churches of the Revelations being our seven spiritual centers or chakras) have any bearing on the opening of the centers?

(A) *Here is indicated the manner in which it was given as to the purpose for which it was given; not as an only way but as a way that would answer for those that sought to be - as others - seekers for A way, an understanding, to the relationships to the Creative Forces. It bears in relationships to this, then, the proper place. 281-29*

(Q) How should the Lord's Prayer be used in this connection? (Referring to the opening of the seven spiritual centers)

(A) *As in feeling, as it were, the flow of the meanings of each portion of same throughout the body-physical. For as there is the response to the mental representations of all of these in the mental body, it may build into the*

physical body in the manner as He, your Lord, your Brother, so well expressed in, "I have bread you know not of." 281-29

Let not the material things so blind you that they become a stumbling block in your experience. Give praise to your Maker in the name of Him that taught you to pray:

Our father who art in heaven, hallowed be thy name.

Thy kingdom come. Thy will be done; as in heaven, so in earth.

Give us for tomorrow the needs of the body.

Forget those trespasses as we forgive those that have trespassed and do trespass against us.

Be Thou the guide in the time of trouble, turmoil and temptation.

Lead us in paths of righteousness for Thy Name's sake. 378-44 BDA ΩΩΩ

Q & A

Q. Please advise the body how best he may gain control of himself and utilize his abilities to an advantage?

A. *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 the lesson as was given: not in the storm, the lightening, nor in any of the loud noises as are made to attract men, 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 as one 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

Q. What would be the safest way for me to protect my surplus money?

A. *This depends upon what it is protected for! This depends upon what is your purpose, for what is your aim, what is your desire . . . look within yourself and see. Know that money, as name, may take wings and fly away - unless used or applied in that which gives reverence, and shows appreciation . . . of those sources from which it came. The earth is the Lord's, and the silver and the gold are His, as are the cattle on the hills. 1965-1*

Q. Had I known my husband before?

A. *Known him several times before, some to good, some to bad. That's why those misunderstandings, and yet*

that is what holds you two together!
1620-2

Q. What is meditation?

A. *It is not musing, not daydreaming; but as you find that your bodies are made up of the physical, mental and spiritual, it is the attuning of the mental body to its spiritual source.*
281-41

Q. How may I develop a spiritual consciousness, so as to make emotionally mine the belief that the so-called dead are alive; that my love ones are near, loving me and ready to help me?

A. *As has been given, know your ideal, in what you have believed; and then act in that manner, ministering to others. For perfect love casts our fear, and fear can only be from the material things that soon must fade away. And thus hold to the higher thought of eternity. For life is a continual experience including your loved ones, yes those you have loved. For what draws you near to others, to do a kindly deed; to pass a kindly word to those that are disconsolate, those that are in sorrow? It makes for a bond of sympathy, a bond of love that surpasses all joy of an earthly nature.* 1175-1 ΩΩΩ

FROM HERE AND THERE

THE FALL WAS NOT A FALL?

What has been described as the fall of Adam was actually his uplifting — the greatest single event in the history of humankind. For without it, the world of relativity would not exist. The act of Adam and Eve was not original sin, but, in truth, first blessing. You should thank them from the bottom of your hearts—for in being the first to make a “wrong” choice, Adam and Eve produced the possibility of *making any choice at all.* -
CWG Book 1

FEAR AND RELIGION

“Religion is based primarily upon fear. It is partly the terror of the unknown and partly as the wish to feel that you have a kind of elder brother who will stand by you in all your troubles and disputes. Fear of the mysterious, fear of defeat, fear of death. Fear is the parent of cruelty, and therefore it is no wonder if cruelty and religion have gone hand in hand. It is because fear is at the basis of those two things. In this world we can now begin a little to understand things, and a little to master them by help of science, which has forced its way step by step against the opposition of all the old

precepts. Science can help us to get over this craven fear in which mankind has lived for so many generations. Science can teach us, and I think our own hearts can teach us, no longer to look around for imaginary supports, no longer to invent allies in the sky, but rather to look to our own efforts here below to make this world a fit place to live in, instead of the place that the churches in all these centuries have made it.” — *Bertrand Russell, Why I Am Not a Christian and Other Essays on Religion and Related Subjects*

Although Bertrand Russell claimed that religion is based on fear, and there is much evidence to support his argument, the founder of Christianity never showed fear, never taught fear, and never gave anyone a cause to fear him, even though it appears many people in his time did fear Jesus because of the effect his radical teachings were having on the populous. He taught and showed nothing but love and love was his central message. In fact, while he gave many instructions there was only one actual *commandment* that he gave his disciples and followers. “A new commandment I give to you, that you love one another: just as I have loved you,

you also are to love one another.” So we may argue that the Christian religions have failed their founder in teaching fear rather than love. - *BDA*

WHEN YOU SPEAK -

Speak humbly of yourself, lest someone mistake your Highest Truth for a boast. Speak softly, lest someone think you are merely calling for attention.

Speak gently, that all might know of Love. Speak openly, lest anyone think you have something to hide.

Speak candidly, so you cannot be mistaken.

Speak respectfully, that no one be dishonoured.

Speak lovingly, that every syllable may heal. Speak of Me with every utterance. - *CWG B 2*

CASTOR OIL CURES

While castor oil has been recommended a great deal in the Edgar Cayce readings for a host of ailments, a report on one of the most unusual outcomes following the use of this oil can be found in an old issue of the *A.R.E Journal*:

“An alcoholic for more than 20 years is the description one of our correspondents gave herself in a research report which she submitted recently. But she used castor oil for a very different reason four years ago. It seemed that she had developed a severe abdominal pain. She did not consult her doctor, so her own diagnosis of “probably an intestinal disorder” will have to suffice, no matter how inadequate. She reports that her pain lessened a little each day, as she applied the packs on a twice daily routine. An apparent constipation was thoroughly corrected the second day. But she continued the packs for a period of two weeks.

“The most remarkable results of her little adventure in consciousness, is the real point of the story. She adds as a postscript to her report that 'Since the day I first used the oil packs, I have not touched a drop of liquor - nor have I had a desire to do so. I was an alcoholic for more than 20 years. I used to drink myself to sleep every single night.'

“My question is: What is it that happens to people that makes a simple act of healing turn the lives into a new

channel of living? Why should the applications of castor oil packs rival Alcohol Anonymous in this particular event in time and space? Life offers us a multitude of questions, doesn't it?” - *The A.R.E Journal V.X No. 6 November 1975.*

A CURE FOR WARTS?

It seems that the medical uses for castor oil are never ending. A few days after I transcribed the above I noticed a wart on my arm so thought I would look up warts in the readings and, sure enough, a main medication was castor oil! The following are three readings recommending castor oil:

(Q) What is the best way to remove warts?

(A) *Put equal portions of Castor Oil and Soda on the finger tip, massage this, it'll make it sore but it'll take it away also. - 308-13*

(Q) What will eliminate the warts from the hand and body?

(A) *Massage them with Castor Oil.*

(Q) How often?

(A) *Every evening.*

(Q) When should we see results from this treatment for the warts?

(A) *In two to three weeks. - 759-10*

(Q) How can [1179] get rid of her warts?

(A) *Apply a paste of baking soda with Castor Oil. Mix together and apply of*

evenings. Just the proportions so it makes almost a gum; not as dough but more as gum, see? A pinch between the fingers with three to four drops in the palm of the hand, and this worked together and then placed on - bound on.

It may make for irritation after the second or third application, but leave it off for one evening and then apply the next - and it will be disappearing! 1179-4
BDA ΩΩΩ

A SEARCH FOR GOD - PATIENCE

This is the seventh of articles submitted to the Journal summarising the Edgar Cayce 'A Search for God' series lessons

AFFIRMATION

How gracious is Thy Presence in the Earth, O Lord! Be Thou the Guide, that we with Patience may run the race which is set before us, looking to Thee, the Author, the Giver of Light. 262-24

Ye have taken upon yourselves that as is worthy of the calling as set in Him. "Ye have chosen me even as I have chosen you." Be faithful and patient that ye may enter in. 262-25

WHAT IS PATIENCE?

Patience is meekness in action, pureness in heart, which enables us to become more aware of our Soul's expansion with the Creative Energies in the activities of our spiritual life. As we use the spiritual forces we then self-reflect whether the attributes that we expressed are of the Christ life in our daily walks in life. So let us manifest love in every word, act, thought and experience what Jesus Christ did.

Patience is a necessary activity of the mind so that we may know whether we have the proper attitude in cooperation, knowing ourselves, in our ideals, the works of our faith, whether virtue leads to understanding, whether we are showing fellowship in our experiences. Patience is an active force rather than a passive one. It is necessary that patience be exercised so that we may know the hope, the faith, the knowledge, the understanding of His ways in the earth.

Patience is that by which one may judge in their own self the attributes they have set towards their ideal in their individual lives. That attribute may be virtue, purity, hope, faith, understanding, cooperation, brotherly love, loving-kindness, or patience itself. These are attributes of the soul, and are spiritual in their essence.

"In your patience possess ye your souls." - Luke 21:19

"What is the Master's definition of patience? Know that in patience you possess your soul! How does one possess their soul? In the loss of patience there is the entering of those influences that separate the Soul from the Maker. Hence in patience possess ye your souls!" 262-24

We all express "Possess ye your soul" in whatever action we do. That is a truth that we become aware of that possession that makes us one with the living God. Flesh and blood does not inherit the possessions with God. But the spirit makes alive that Soul that is aware of His consciousness in a material, a mental, or a spiritual plane. Therefore we all express "Possess ye your soul" in whatever actions we do. As to whether this or that individual is doing this in the correct manner to another would do so, this is to judge. Who is the judge? He that gives judgment! The individual Soul that is one with Him.

THE IMPORTANCE OF PATIENCE

In patience does the ability come to manifest His attributes in the relationships with others. For the kingdom is within. With patience does the knowledge and understanding of its attributes come to be known in thee. Let thine acts day by day be in keeping with that He has given. -262-26

As the trust, the hope, the faith is manifested by our patience day by day there will come in our inner consciousness that all is well with Him. Knowing that if the Lord is on our side, who may be against us? Trust and do what we know to do, act as the Holy Spirit moves us within. The lesson of Patience is the summing up of all that we will ever experience in what we can give to others. When we have successfully practised patience in our daily activities we may then enter into the Open Door (which is the Next Lesson).

HOW DO WE GAIN PATIENCE?

When we see Christ in the fault of others then we are beginning to have patience. When we remove ourselves far away from criticisms or finding faults in others then there will come Patience in our words, deeds and acts. Find first the fault in oneself and this will be the path that will lead to lighting the way for our own patience. Patience is gained by applying what we know day by day. The Holy Spirit does not call on anyone to live what they do not already know and understand. In the doing of what we know will come the knowledge, the understanding for the next step.

Today, now, is the accepted time! Those that will enter in the Open Door are the ones that trust in what they have through faith and with patience wait for the necessary activity for the next step. They use that in hand.

Not in submissiveness but in righteous wrath we must serve the

Living God. Be mad, but sin not! (262-24)

One that controls oneself in anger is beginning the first lessons or Laws of Experience. One that controls oneself in anger, that comes by the resentment in the speech of others, and disregards the words said, disliking the feeling that is produced within oneself, and yet able to love the Soul of the one that caused or produced such a state of feeling. This is patience, love, hope, meekness and pureness of heart.

The meek shall inherit the earth, said He. The pure in heart shall see God. They are promises! Do you Believe Him? Then to be angry and sin not is to know that these are promises for you!

IT TAKES PATIENCE TO OVERCOME EACH SITUATION

What has really happened to an individual that thinks their patience has completely worn out is that they have lost patience with themselves. Is your ideal one with the Christ? Are you in accordance the Christ ideals? Is your virtue and understanding in accordance with Him? Then with patience wait for that awakening which will make for an understanding of that necessary to overcome just as He did.

By taking stock of one-self, one may know whether it is patience, faith, virtue, knowledge, brotherly love, or what-not is lacking in oneself. Do not find the fault in the other, but rather clean your own mind, heart and soul. Hold the proper attitude toward whatever problem that presents itself in that manner of understanding and love that knows no fear, and be content in His praise, His love, His understanding. Use what you know, and with patience wait for the Light that comes with the knowledge of "I am using that Thou have given me."

His Presence with peace is the promise of those who with patience

endure the crosses that are set before thee day by day. -262-26

PERSONAL EXPERIENCES

Personal Experience 1

"I was called upon to pass through a great trial. My supply of patience and endurance seemed to become more and more depleted as the days went by. Beginning to realize, at last, that I was only an instrument - a channel through which God's will was being manifested - my strength and courage gradually returned until, without fear, I faced the issues at stake and came to a clearer and better understanding of the problem. It was worth all to have patiently waited and to have felt His presence."

Personal Experience 2

"When I have gained an understanding of true cooperation necessary for each activity and have lost sight of self in service, then I have the knowledge of His presence abiding within, and more and more I express patience - the patience that feeds my soul. I can walk and work and wait peacefully in Spirit and know all is well!"

PATIENCE IS THE ACCESS KEY TO THE OPEN DOOR

The activating force of patience makes us aware in our consciousness

whether we have named the Name or set an ideal. With patience we seek and through patience we accomplish. "For whom the Lord loves He chastened."

Should we find ourselves in that position where patience is not necessary in our experience, we are no longer then on a road to that kingdom and are no longer sons and daughters of Light.

In the activating force of patience then these should be the experiences that we should apply in our own experience whether we are worthy to enter in.

They who have gained the consciousness of the indwelling of the Holy Spirit that abides in those who seek to know His Face have the consciousness of: "This is the day and the time where I will seek to be patient one with another under all conditions and circumstances." We may then be one with Him who in patience endured all so that we may have access to the Father through the patience, the love, the consciousness, that He showed in the material plane.

THEN LET OUR PRAYER BE EXPRESSED IN THESE WORDS:

How gracious is Your presence in the earth, O Lord! Be the guide, that we with patience may run the race which is set before us, looking to You, the Author, the Giver of Light. 262-24

CHRIST IN YOU

Part 1 **Twenty-second Lesson - "My Thoughts are Towards You"**

I suppose if people only knew the true value of thought they would be amazed to find that every thought is as powerful as a deed, and in many cases far more effective than any word or weapon. Yes, it is your innermost and highest thought that makes you; always remembering that thought is the consciousness of the absolute will. You are judged by what you are, and not what you seem to be. The judgement bar is the

innermost of yourself. It is the judgement bar of God, and when our actions are tested there, the voice will cast into outer darkness that which is not of itself.

Thank God, you may enrich the kingdom of heaven, for many, many times the voice says, "Come, ye blessed of my Father." Yea, truly our thoughts do enter Heaven. You will find your treasure where your heart is - with God. In very truth a man's treasure is the continual

outpouring of God's thought, and I tell you that God is enriched by your co-operation. Let His thought be your thought, and say in the spirit of prayer; "The Father and I are one."

Do I seem to repeat platitudes? Hear them again in the moments of your sacred consecration, until the Christ within is the only voice, till all that is unreal and shadowy has passed away, even as the melted snow. I am glad to meet you on the spiritual plane. You need to thank God for this. In the very place where you are, if you could only see, you would find your own. I can voice your prayer – "Lord, that I may receive my sight." You know the answer. Jesus Christ left every detail to you, and to the spiritually-minded I say: His words are spirit. They are life. I would say to all: Pray without ceasing the life prayer. Live in God in the smallest detail. Do not think the results you see are the only results; there is not one good word that is fruitless. Believe this and have courage. The very desire to help, if really unselfish and pure, is immediate help.

I have come along your path, and I would help you to know the golden, the priceless boon of right and holy living. Pause! Consider well the command until it comes from your own heart. "Be ye holy, for I am holy." As you prayerfully express this, you will stand renewed, re-created, alive to the possibilities of God within. There are moments when we breathe the same air. You know them. Follow the spiritual understanding only. You now have victory over the less real,

through the Christ of God.

The human race is God's eternal son. I want you to reach the highest bliss possible to you on earth, and in the flesh; that is, to hear the voice from heaven say: "This is my beloved, in whom I am well pleased."

Study the life of Jesus, and the veil will be removed more and more, until the sublime sacrifice is revealed in all its greatness, the offering up of all to save all, and so to make the union of man with God complete. Do you not see the greatness of surrender? What you possess is of no value until it is given for the whole, for we are One in Him and not separate from the universal life; it is the basis or ground of all. You are maimed and hurt because of sin and suffering in your brother man, and again and again must the Son of Man be crucified until the great at-one-ment with God takes place.

Your work is to co-operate with God, existing only and drawing only from the real, the spiritual, that you may be trees of healing, that you may out-breathe God. Even as in the natural body you breathe to live, so also you must take deep breaths from the spiritual centre, that your whole being may be invigorated and revitalised. So much is in your own hands.

I must remind you that regret or sadness hinders the forgiveness of God. God blots out the sins of the past by a fresh inflow of everlasting love. He only asks for your need of Him that He may fill to overflowing with Himself.

Watch and pray. Again – watch.

ΩΩΩ



OUR CLOSING THOUGHT

"What is it all about then? 'You shall love the Lord your God with all your

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

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