



The Rainbow Journal

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FROM THE EDITOR

In reading the first three articles in this issue you will witness that I recently have been re-reading 'Conversation With God' books. In them I find a wealth of insights onto human behaviour and how we can change our thinking to face these troubling times. - BDA ΩΩΩ

ARE YOU SAVED?

One of the things I like about 'Conversations With God' is that it challenges some of our long held Christian beliefs. The following extract concerns Christian obsession with sin and the only way we can be saved from it.

The religionists would have you believe that I created you as less than Who I Am so that you could have the chance to become as Who I Am, working against all odds—and, I might add, against every natural tendency I am supposed to have given you.

Among these so-called natural tendencies is the tendency to sin. You are taught that you were born in sin, that you will die in sin, and that to sin is your nature.

One of your religions even teaches you that you can do nothing about this. Your own actions are irrelevant and meaningless. It is arrogant to think that by some action of yours you can “get to heaven.” There is only one way to heaven (salvation) and that is through no undertaking of your own, but through the grace granted you by God through acceptance of His Son as your intermediary.

Once this is done you are “saved.” Until it is done, nothing that you do— not the life you live, not the choices you make, not anything you undertake of your own will in an effort to improve yourself or render you worthy—has any effect, bears any influence. You are

incapable of rendering yourself worthy, because you are inherently unworthy. You were created that way.

Why? God only knows. Perhaps He made a mistake. Perhaps He didn't get it right. Maybe He wishes He could have it all to do over again. But there it is. What to do...

Thus you are making mock of Me. You are saying that I, God, made inherently imperfect beings, then have demanded of them to be perfect, or face damnation.

You are saying then that, somewhere several thousand years into the world's experience, I relented, saying that from then on you didn't necessarily have to be good, you simply had to feel bad when you were not being good, and accept as your saviour the One Being who could always be perfect, thus satisfying My hunger for perfection. You are saying that My Son—who you call the One Perfect One—has saved you from your own imperfection—the imperfection I gave you.

In other words, God's Son has saved you from what His Father did. - CWG Book 1 Chapter 8 - ΩΩΩ



WHO DECIDES?

'Conversations With God' asks that when we make a decision on matters of importance what are our decisions founded on.

What forms the basis of your decision? Your own experience! No. In most cases, you've chosen to accept someone else's decision. Someone who came before you and, presumably, knows better. Very few of your daily decisions about what is "right" and "wrong" are being made by you, based on your understanding.

This is especially true on important matters. In fact, the more important the matter, the less likely are you to listen to your own experience, and the more ready you seem to be to make someone else's ideas your own.

This explains why you've given up virtually total control over certain areas of your life, and certain questions that arise within the human experience.

These areas and questions very often include the subjects most vital to your soul: the nature of God; the nature of true morality; the question of ultimate reality; the issues of life and death surrounding war, medicine, abortion, euthanasia, the whole sum and substance of personal values, structures, judgements. These most of you have abrogated, assigned to others. You don't want to make your own decisions about them.

"Someone else decide! I'll go along, I'll go along!" you shout. "Someone else just tell me what's right and wrong!"

This is why, by the way, human religions are so popular. It almost doesn't matter what the belief system is, as long as it's firm, consistent, clear in its expectation of the follower, and rigid. Given those characteristics, you can find people who believe in almost anything. The strangest behaviour and belief can be—has been—attributed to God. It's God's way, they say. God's word.

And there are those who will accept

that. Gladly. Because, you see, it eliminates the need to think.

Now, let's think about killing. Can there ever be a justifiable reason for killing anything? Think about it. You'll find you need no outside authority to give you direction, no higher source to supply you with answers. If you think about it, if you look to see what you feel about it, the answers will be obvious to you, and you will act accordingly. This is called acting on your own authority.

It is when you act on the authority of others that you get yourself into trouble. Should states and nations use killing to achieve their political objectives? Should religions use killing to enforce their theological imperatives? Should societies use killing as a response to those who violate behavioural codes?

Is killing an appropriate political remedy, spiritual convincer, or societal problem solver?

Now, is killing something you can do if someone is trying to kill you? Would you use killing force to defend the life of a loved one? Someone you didn't even know? Is killing a proper form of defence against those who would kill if they are not in some other way stopped? Is there a difference between killing and murder?

The state would have you believe that killing to complete a purely political agenda is perfectly defensible. In fact, the state needs you to take its word on this in order to exist as an entity of power.

Religions would have you believe that killing to spread and maintain knowledge of, and adherence to, their particular truth is perfectly defensible. In fact, religions require you to take their word on this in order to exist as an entity of power.

Society would have you believe that killing to punish those who commit

certain offences (these have changed through the years) is perfectly defensible. In fact, society must have you take its word for it in order to exist as an entity of power.

Do you believe these positions are correct? Have you taken another's word

for it? What does your Self have to say? There is no "right" or "wrong" in these matters.

But by your decisions you paint a portrait of Who You Are. - *CWG Book 1 Chapter 9.* - ΩΩΩ

MONEY AND GOD

For many of us, especially those of us having a Christian background, the subject of money is a taboo subject, after all does not the Bible say that "money is the root of all evil" and calls it "filthy lucre?" The follow is what CWG has to say about money:

You carry a thought around that money is bad. You also carry a thought around that God is good. Bless you! Therefore, in your thought system, God and money do not mix.

This makes things interesting, because this then makes it difficult for you to take money for any good thing. I mean, if a thing is judged very "good" by you, you value it less in terms of money. So the "better" something is (i.e., the more worthwhile), the less money it's worth.

You are not alone in this. Your whole society believes this. So your teachers make a pittance and your stripteasers, a fortune. Your leaders make so little compared to sports figures that they feel they have to steal to make up the difference. Your priests and your rabbis live on bread and water while you throw coins at entertainers.

Think about it. Everything on which you place a high intrinsic value, you insist must come cheaply. The lonely research scientist seeking a cure for AIDS goes begging for money, while the

woman who writes a book on a hundred new ways to have sex and creates tapes and weekend seminars to go with it... makes a fortune.

This having-it-all-backwards is a propensity with you, and it stems from wrong thought.

The wrong thought is your idea about money. You love it, and yet you say it is the root of all evil. You adore it, and yet you call it "filthy lucre." You say that a person is "filthy rich." And if a person does become wealthy doing "good" things, you immediately become suspect. You make that "wrong."

So, a doctor had better not make too much money, or had better learn to be discreet about it. And a minister— whoa! She'd really better not make lots of money (assuming you'll even let a "she" be a minister), or there'll surely be trouble.

You see, in your mind, a person who chooses the highest calling should get the lowest pay.... *CWG Book 1 Chapter 11.* - ΩΩΩ



THE BEAUTY OF THE EDGAR CAYCE READINGS

The recorded readings given by Edgar Cayce in his hypnotic sleep are unique in a number of respects. They are the most complete and extensive records ever kept of a psychic's communications with some external source of information, which Cayce referred to as the 'akashic records.'

Unlike the communications of other psychics who claimed to be in contact with spirit forms that relayed messages through the mediums, Cayce claimed that he had direct access to books or records which were located in the "Hall of Records." As Cayce himself described it when he entered the hypnotic state: "The houses are left behind, ahead there is only a blending of sound and colour. Quite suddenly I come upon a hall of records. It is a hall without walls, without ceiling, but I am conscious of seeing an old man who hands me a large book, a record of the individual for whom I seek information."

The period in which Cayce gave these readings, all recorded, was over an expanse of 30 years, which makes it difficult for even the most ardent critic to claim that it was all an elaborate scam. While there are many sceptics who discredit the readings no one has ever exposed them as fraudulent.

The readings, together with relative reports and letters, consist of some 30,000 individual documents so that it would be impractical to attempt to read them from beginning to end.

A number of scholars have dedicated a great deal of their time examining the records related to the particular subject they were researching and have published their findings. Consequently, for the general inquirer, it is more practical to read these publications rather than attempt to extract information directly from the readings. However now that the entire

readings are available on a disc this CD can be a very useful tool in exploring a particular topic.

New books dealing with the Cayce material are still being published. Current estimates indicate that there have been around a dozen biographies and more than 400 titles have been published dealing with the various aspects of Cayce's life and works, mostly through the A.R.E., although many of them are now out of print.

For general research purposes the majority of the 14,000 readings have customarily been divided into five categories:

1. Physical or health readings. By far the majority of the readings come under this category and were in response to requests for help in seeking treatment for a wide range of health issues.
2. Life readings. In these reading Cayce described the client's present physical, emotional and mental condition in terms of their relationship to the client's past life experience. Often Cayce would describe the client's life in long gone civilisations such as ancient Egypt and Atlantis.
3. Dreams and dream interpretation. Edgar Cayce encouraged everyone to interpret and use his or her own dreams in day-to-day life. He claimed that in dreams people could receive valuable insight into their own lives and that the insight was always of use to the dreamer.
4. Philosophy, reincarnation and spiritual development. Probably the most fascinating of all the readings. These covered such subjects as reincarnation, karma, the origin and destiny of humanity, meditation, prayer and universal laws.
5. Miscellaneous. Other Readings are miscellaneous subject matter that does not fit into an above category.

The subject matter included everything from missing persons, buried treasure, readings given to a spiritual development group, psychic abilities, auras, prophecy, structure of reality, crystals to name just a few.

For those of us who do not have a Christian background or hold other than Christian beliefs the readings on spiritual development appear to be focused on Christianity rather than encompassing religion in general. There is however a reasonable explanation for this.

Cayce was brought up in a religious environment. From the age of ten he read the Bible from cover to cover once each year. The Bible he was reading would have been the King James version, published in 1611, and couched in the language of the day using such words as 'thy', 'ye', 'thou' and 'thine'. These words were not in common use during Cayce's lifetime but they must have become imbedded in Cayce's subconscious as he read the Bible over and over. Consequently when responding to questions in his hypnotic state the answers were filtered through his subconscious and came out in the language used in the Bible.

If Cayce had been brought up in a different culture with a different religion no doubt the terminology he used would be quite different although the basic messages he gave would be the same. Cayce's references to the Christ, the Christ consciousness and the Mind of Christ have little to do with the personality known as Jesus. Cayce revealed that Jesus became the Christ - a full manifestation of the Christ

consciousness. However this is only one of the many names given to the superconscious mind for it is called by many names in the many different religions. Some of these names are: Buddha consciousness, Christ consciousness, the Collective Mind, the Universal Mind, the Collective Unconsciousness, the Holy Spirit, Brahman, God, the Clear White Light, Allah, Higher Self, etc.

To me, the beauty of the Cayce readings lies in the simplicity of his instructions on how we are to conduct our lives. He did not advise us to go out and preach to the world or to try to change it. Rather he consistently stated that we should formulate our ideals and then try to live up to them. He warned that our greatest enemy is our own selfishness. He said that it was the simple things we did that counted - giving a smile and doing acts of kindness, always keeping in mind to treat others as we wish to be treated by them.

From the Edgar Cayce Readings:

For it is line upon line, precept upon precept, here a little, there a little, not some great deed to be done, some great thing to be performed, but you grow in grace, in knowledge, in understanding. You grow in making yourself a good husband, a good father, a good citizen. Not that you become one suddenly because you've reached a certain age, position or place, because of your financial or social position. But they are the way, even as He, your ideal; your Master is the way, the truth and the light, the word. These you attain by practice. 3902-2 - BDA ΩΩΩ



THE FOUR ELEMENTS

In our Search for God journey there are four elements that are required to progress along the way.

The first element is knowledge, and we are reminded here that God planted in the Garden of Eden (our minds) the tree of knowledge. So we already possess knowledge within us however it is usually only through seeking guidance from outside of us, by study, research and the reading inspirational works of others, that this knowledge is revealed to our consciousness. Not only are we to gain knowledge of the world around us but we must get to know ourselves and the best method to accomplish this is by seeking within ourselves – by meditation

When I look back at the early years of my life I am quite shocked at my behaviour at times and when I reflect on why I acted as I did I find that at those times I was unaware of the impact of this behaviour and the negative effect it had on myself and those I interacted with. I was *ignorant* of my impact my behaviour had on others. It was only after I read certain books, like 'Many Mansions', that I saw the error in my ways and attempted to change my behaviour accordingly.

Being conscious of the knowledge of ourselves and our relationship to one another leads to *awareness*. We may have knowledge but unless we are consciously aware of this knowledge it cannot be applied. My actions in my younger days continued for a time because I did not reflect on what I was doing; there was little thought behind my actions apart from what I wanted to gain at the moment, so I was not *aware* of the longer term effects.

When I joined a local community advisory organisation some twenty-odd years ago I was obliged to undergo a training course for volunteers. The principle aim of the organisation was to provide people with information

(knowledge) so that they became empowered and *aware* of their rights and responsibilities in the community. The course brought home the importance of awareness and thus avoid suffering through ignorance.

With this knowledge and awareness comes understanding. Understanding not only of ones own shortcomings but understanding of it in others which brings about a certain amount of compassion. One can be more forgiving, both of ourselves and others, when one understands why we have behaved as we have and react in certain, often negative, ways.

This fourth element is by far the most important and it is *application*, because without application of the other three elements no progress will be made. One can become a scholar or an expert on religions and devote years to the study of ancient scriptures or one can attend church without fail year after year but without the application of what we know and have learnt these efforts are worthless.

One writer has called this wasted effort 'The disease of the Spiritually Blind.' For it is though: “.. millions of people suffering from a painful disease were to gather together to hear someone read a textbook on medical treatment in which the means necessary to cure their diseases were carefully spelled out. It is though they were all to take comfort in that book and in what they heard, going through their lives knowing that their disease could be cured, quoting passages to their friends, preaching the wonders of the book, and returning to the congregation from time to time to hear more on the inspiring diagnosis and treatment read to them. Meanwhile, of course, the disease worsens and they eventually die of it, smiling in grateful hope as on their deathbed someone reads

to them yet another passage from the text. Perhaps for some a troubling thought possesses their minds as their eyes close for the last time: 'Haven't I forgotten something? Something important? Haven't I forgotten to undergo treatment?'"

Is not this disease in many of us? We may read book after book on spiritual matters and marvel at what has been revealed but forget to apply the truths that are revealed to us. Just as some people try one self-improvement course after another, never following any one course to the end and consequently never reaching any goal. Application is the all important factor on our spiritual journey; and a reason why the message at the end on each issue of the Rainbow Journal is a continual reminder to practice what we have learnt.

Over and over again the readings of Edgar Cayce stressed this need to apply what we know, what we preach in our everyday lives.

FROM THE EDGAR CAYCE READINGS

For it is, as He has given, not the knowledge alone but the practical application - in your daily experience with your fellow man -that counts. 92-1

For you grow grace, in knowledge and in understanding as you make application, as you practice what you would preach in your daily life. 792-1

Then, in making the material application in the daily toils, in the daily activities and the associations with those through whom there may come the worldly things necessary for meeting the daily obligations that arise in the experience of every individual, know that man - in whatever position he may occupy - may be turned by the influence of the spirit of truth into a channel to bring blessings, experiences, conditions worth while in the lives of those whom the Lord doth succor, and through such channels meet those needs necessary.

333-3

(Q) I try to keep in tune with the Great I AM all the time. What can I do to get closer to I AM, how can I get clearer guidance, how can I work closer with the great Within as directed by my previous reading?

(A) As given, and as in the activity of every individual, the way is open - ever. That is a natural heritage of each soul. Then, the practice of same, the application of same in the daily dealings, in the daily relationships - these bring within themselves that consciousness and that attunement wherein there may be the greater awareness of the I AM and the directing of self and self's abilities, and self's clarifying self in those directions. See? 877-6

How gave He? "If your brother attacks you, turn the other cheek. If your brother seeks or takes away your coat, give him the other also. If he forces you to go one mile, go with him two." Are these but sayings? Are these but things not understood? Do you say in your heart and your mind, "Yes, but He was the Son of the Father and thus had the strength that is not in me"? But you are foolish! For not only are you sons and daughters of the Father but have the strength in the promises of Him who is Life and Light and the Way and the Water and the Understanding! Then the practical application of the Christ-life in your daily experience is Wisdom indeed. This then is not a thing afar off. Not that you would say as of old, who will bring down from heaven a message that we may know Wisdom, or who will come from over the sea that we may hear and understand; for Lo, it is in your own heart; it is within your own power, yes within your own capacity! It is the application of that you know to do in the light of the Pattern as set in the Christ. That is Applied Wisdom! 262-104 -ΩΩΩ

THE PURPOSE OF LIFE - HAPPINESS

Since time immemorial man has been asking the basic questions about our life on earth. Why we are here? What is a meaning in life? Why is there so much suffering in the world? It is in pursuit of the answers to these questions that form the basis of many religions. Perhaps more than any other religion, Buddhism is associated with happiness. The current Dalai Lama recently stated "I believe the very purpose of our life is to seek happiness." He said that in order to be a good person and a happy person, it is not necessary to practice Buddhism, or for that matter any religion, because neither is needed for virtuous states of mind such as kindness, love, respect for others and a desire to help them on their personal journeys.

According to Buddhist thinking, happiness and sorrow are our own responsibility – and completely within our control. True, long term happiness can be achieved through training the mind. Buddhism teaches that the way to happiness is to pursue the activities that lead towards happiness and avoid the practices that cause suffering. A very important doctrine in Buddhism related to this is in the inter-connectedness of all human beings, similar to the principle of one-ness as expressed in the Edgar Cayce readings. Because of this inter-connectedness we are all affected by each others actions so that we must be careful and take into account the effect our activities have on others to ensure that the actions not only bring happiness to ourselves but also to others. We cannot achieve personal happiness if our activities cause others to suffer.

There are many components to the understanding of the source of happiness and the avoidance of suffering. In particular the searcher is required to develop compassion, which is a fundamental virtue in the Buddhist

religion. Other virtues that are required are kindness, tolerance and forgiveness. One is to avoid anger and hatred if lasting happiness is to be achieved. By developing these inner virtues and the avoidance of negative emotions inner happiness can be sustained despite negative conditions surrounding us.

Christians may hold that our purpose in life is to serve God by obeying His commandments. It is through the love of God we experience the Christian version of happiness - 'Christian Joy.' The 15th century mystic, Julian of Norwich wrote, "The greatest honour that you can give to Almighty God, greater than all your penances and sacrifices and mortifications, is to live joyfully because of the knowledge of his love." This joy was said to be the by-product of a deep faith and trust in God. Pope Benedict said "the mystery of Bethlehem reveals the God-with-us, the God who is close to us, not only in a spatial and temporal sense... Christian joy therefore arises from this certainty."

In his readings Edgar Cayce stated "*...the pursuit of happiness, - not of indulgence or of aggrandizement of the desires of appetites, but happiness in the freedom of serving a living God according to the dictates of the own conscience.*" 1977-1.

Cayce referred to the difference between transient pleasure and true happiness "*think ... on the difference between Pleasure and Happiness. It is like the spiritual and the material...*" 262-111

He gave a number of readings to the Virginia beach first study group on the subject of happiness. They are all in the readings numbered 262 and the following are some extracts:

Only when one has lost sight of self, in the appreciation of the love, beauty and hope in the Creative Forces

and their activity, may one indeed know Happiness. 262-11

To illustrate: The road to Gethsemane, to the minds of those who look upon their own Gethsemane, was as a road of thorns; the perspiration, the sweat of blood and all appear anything but Happiness - yet the kind words spoken, even on the way to Calvary, were indeed those that brought Happiness. And as there were the words from the Cross, these - though filled with all of the horrors of spite, fear, by the very activities of others - were such as to bring Happiness into the hearts and minds of those who seek to know His Way.

Happiness, then, is of love divine; manifesting in the experiences as one gives a cup of water in His name, that

may bring much greater Happiness than to he that takes a city, or to he that rules even a nation. You each are endowed, to be sure, with power only from one source, but to know Happiness - then - is to do the biddings of the Father; or as He gave, "If you love me, keep my commandments - they are not grievous - " 262- 11

Happiness is abiding in the Infinite love. Then to each individual here there comes the necessity of making Infinite love compatible with the material surroundings day by day.

Happiness then is knowing, being in touch with, manifesting in the daily life, divine love.

For it is only those who know divine love that know Happiness. 262-109 - ΩΩΩ

OUR MIRROR IMAGE

Even as He, the Master gave, the faults you find in others are reflected in your own mirror of life. 3395-2

A number of maxims found in writings on spiritual matters seem to imply the opposite of what we believe as true for these maxims appear to defy logic, such as in the Edgar Cayce statement "only that you have given do you possess" where logic would tell us that when we give we no longer possess, however the contrary can be true.

Another often written axiom is "the faults we see in others are our own." It would be logical to assume that we find faults in others because they express these faults in their behaviours and in the words they say so we can observe them. The faults we see may take many forms, from their physical appearance, the way they behave and their negative qualities such as meanness, lack of respect, unreliability, childishness, being demanding, just to name a few. So where does the assertion come from that states that these faults in others are in fact our

own?

When we use logic and come to a wrong conclusion it is because either the premises to which the logic is applied are wrong or we do not have sufficient information to reach the right logical conclusion.

We accept that 'seeing is believing' however our brains are not TV sets which faithfully display what has been projected from the TV studio. We interpret messages from our eyes and ears based just as much on memory as on what is actually being seen. When we see something we look for patterns that we can recognise. When we see people we actually put together certain patterns that make up a face just as in computer facial recognition software. In fact we are inclined to look for faces everywhere. Just gaze up in the sky on a cloudy day and it may not be long before one sees faces in the clouds. It has been clinically

proved that what we hear is affected by what we see and through our other senses such as touch and smell and then translated into pictures in our brains.

What affects what we see is based on what we believe, so *what we believe we see*. What we see must conform to our beliefs otherwise our belief systems would fall apart. Our brains will therefore manipulate the images we create to suit our beliefs. As stated in A Course in Miracles "It is impossible not to believe what you see, but it is equally impossible to see what you do not believe." Our thoughts and our beliefs either come from our spirits, which is the part of us that is one with the Universal Consciousness or from our egos which we have created through our false belief in separation from God.

When we let our thinking be controlled by our egos we will attempt to escape having to look at our own, sometimes troubling, behaviour by projecting our faults onto others. It is this projection that our minds see in others. Our attempt to judge other people is a clever avoidance technique used by the ego.

So that as long as we let our egos be in control we will see in others the very behaviours that we need to pay attention to in ourselves. The people in our lives – family and friends, neighbours, even the strangers at the supermarket or ahead of us in the traffic jam – are mirrors that reveal who we are. Our perception of them and reactions

show us what we need to work on in ourselves. As we release negative thoughts about others, looking for the good in them instead, we can then realise that the good we can see in them is also in us.

FROM THE EDGAR CAYCE READINGS
(Q) *How may I best attain to that ideal as is set in Him?*

(A) *Put into active, prayerful, working service, what you know to do day by day. See in others something as may be glorified by Him, and see in yourself that which you would consecrate to Him. Your daily acts, your words, your speech – these will bring that understanding, and the realization of the ideal being manifest in you, as well as in others. Look for the good in everyone. Speak neither evil, harsh, nor unkind words to anyone. 262-12*

(Q) *Why am I so often disappointed in friends who seemed to be so fine but turn out to be so terribly selfish and self-centered? Am I too intolerant, or have I no understanding of others?*

(A) *Are you not seeing the reflection of yourself, my daughter? As you judge, as you have disappointed, you become disappointed. For that you see in others is the reflection of yourself. Study to show yourself approved unto your ideal; keeping self unspotted from condemnation of the world. 2783-1*

Materially, see in others that you would like to have within yourself; and you will grow in grace, in knowledge, in understanding. 2986-1 BDA ΩΩΩ

FROM HERE AND THERE

EINSTEIN'S THEORY

In 1905 Albert Einstein published his Special Theory of Relativity which shattered all the principle concepts associated with Newtonian Physics. According to Einstein's theory of relativity, space is not three dimensional and time is neither a separate entity from

space, nor is it fixed. According to Einstein both space and time are intimately connected and form a four dimensional continuum of 'space-time'. Under such a paradigm the concept of a Universe comprising an aggregation of separate little parcels of subatomic

particles (Newtonian Theory) becomes meaningless.

Furthermore, there is no such thing as a universal flow of time meaning time is neither linear nor absolute. Space and time are relative to the observer and as such two observers will experience events in a different sequence or 'time' if they move with different velocities relative to the observed event. From the perspective of Relativity Theory, space and time simply become elements to describe phenomena and tend to support the esoteric concept of the Universe 'comprising' a multi-dimensional unbroken interconnected whole.

Space and time are so basic to the average human's day-to-day experiences that the concept of space and time not being 'fixed' or 'separate' is simply beyond our perception or understanding. For this reason most of us continue to relate to the Newtonian model of the universe based on a 'fixed' three dimensional universe made up of 'solid' particles operating under a linear space-time continuum (i.e. a fixed sequence of events; 'A' followed by 'B' followed by 'C'

etc.) despite the fact this theory was found to be manifestly inadequate nearly a hundred years ago.

Einstein's Theory of Relativity also postulated that energy and matter are interchangeable in accordance with his famous formula of $E=mc^2$. In other words, matter could be considered as simply slowed down or crystallised energy and as such the human body is nothing more than a complex energy field.

This insight provides a framework enabling one to begin to understand the esoteric concept that the observable universe (including the human body) is made up of multi-dimensional energy fields and provides a scientific context to the human energy fields or auras surrounding human bodies observed by so many people. It also provides a context to the widespread rediscovery and acceptance of a host of 'new age' concepts pertaining to a holistic view universe in which everything is interconnected, and the health thereof. - *Based on Barbara Brennan's 'Hands of Light'*

THE WORRY TREE

Paresh, an Indian carpenter I once hired to help me restore my old farmhouse had just finished a difficult and hard first day on the job. A flat tyre on his lorry made him lose an hour of work, his electric saw packed in, and now his ancient pickup truck refused to start. While I drove him home, Paresh sat in stony, thoughtful silence.

On arriving, Paresh, in the way of all Indian gentlefolk, invited me in to meet his family. As we walked toward the front door, he paused briefly at a small tree, touching the tips of the branches with both hands.

When opening the door to his home, he underwent an amazing transformation. His tanned face

wreathed in smiles and he hugged his two small children and gave his wife a kiss.

After a cup of tea, he walked me to my car. We passed the tree and my curiosity got the better of me. I asked him about what I had seen him do earlier.

'Oh, that's my trouble tree,' Paresh replied. 'I know I can't help having troubles on the job, but one thing for sure, troubles don't belong in the house with my wife and the children. So I just hang them on the tree every night when I come home. Then in the morning I pick them up again. Funny thing is', he smiled winningly, 'when I come out in the morning to pick them up, there aren't nearly as many as I remember hanging up the night before. ΩΩΩ'

HEALTH

TWO CAYCE REMEDIES

Among the best-known remedies mentioned in the "readings" of Edgar Cayce (1877-1945), America's most famous clairvoyant, are Castor Oil and a unique substance called "Glycothymoline." With osteopathy, massage, enhanced spiritual awareness, and mental changes, the "oil of the castor plant" and "Glyco" lie at the heart of Cayce's approach to health and healing.

What can we say generally about Edgar Cayce's approach to healing? Today we routinely acknowledge the interdependence of spiritual, mental, emotional, and physical factors in the treatment of illness. Fear, depression, resentment, anger, lack of spiritual faith or focus, environmental toxins, and poor diet have their debilitating effect, and may combine to bring us down.

Nearly two thirds of the 14,256 readings that Cayce gave are medical in focus. These and the "life" readings tell us that "mind is the builder," and that it is one's best friend or worst enemy. There we find physical diagnosis, and observations about life, society, global events, and the universe.

Such insights occur in the readings that mention Castor Oil and Glycothymoline. Cayce always specified treatments most effective for the individual seeking his help, and recognized that a complex of factors influenced the success of a remedy. If you have, he said, "a castor oil consciousness," then use castor oil!

Sometimes Cayce cautioned that for castor oil, for instance, to be effective, one would have to undergo spiritual and psychological transformation. Many people benefited from the same or similar remedies, but different people also required treatments unique to their condition, which might seem identical to others on superficial observation,

compared with the glimpse into the universal the sleeping Cayce provided. Today we can appreciate this synergistic understanding of disease and illness, health and healing.

Central in Cayce's "psychic diagnoses" is the importance of balancing, harmonizing, and relaxing the entire system. Critical to this end are restoring proper elimination, and quieting inflammation and irritation. We now know very well that prolonged failure to do any of these may result in heart disease, cancer, or stroke, and other maladies to which we are subject.

The process of elimination in the human body is carried out at many levels and points: skin, blood, lungs, liver, kidneys, heart, and bowel. It is open to interference or debilitation anywhere along the line. Our ability to "keep it moving through the system" quickly suffers from pervasive stress, fear, anxiety, ongoing resentment, and anger.

Irritation and inflammation seem to be the inaugural stage of heart disease and cancer, and take root in us when we harbor destructive emotions. Tension or confusion about our direction in life, insecurity, apprehension or depression about our effectiveness in life can all weaken and poison us.

Many people argue that these debilitating patterns are endemic to modern life. Bad air quality, neighborhood noise, pollution from automobiles and industry, caffeine overload, and cell-phone distraction on the road stem from and aggravate stress. As did Cayce, we counsel people about their physical condition, and its energetic, mental, and spiritual dimension.

Castor Oil is called the Palma Christi, or "palm of Christ." Many cultures through many centuries have

credited it with miraculous healing powers. Dr. McGarey reports that in his clinical practice, no single remedy has surpassed castor oil in treating so broad a range of disorders, "from appendicitis to scleroderma...pain syndromes, slipped discs, hyperactivity, tumors, tinnitus, nausea, etc." (p.46)

Castor oil can be applied locally, in drops on the problem area, taken orally, or used in packs. Many years ago, I dissolved a large cyst on my shoulder by massaging castor oil into it that a doctor said would have to be surgically removed. After a month, the cyst dissolved into loose grit, and disappeared.

Dr. McGarey cites the case of his own son, whose serious puncture wound healed in a few days; pain from the wound, he reports, stopped immediately after a castor oil pack was applied. In my personal experience, castor oil packs have stopped a bleeding kidney, and helped to cure ulcerative colitis.

No one really knows how or why castor oil works. It appears to normalize the lymph flow in the body, thus aiding in waste disposal (elimination). Particularly when applied in warm packs, castor oil serves to remove toxins directly from the area of the body treated, and to reduce if not eliminate inflammation and irritation. Who has swallowed a tablespoon of castor oil and not noticed its stimulating and soothing effect on the bowel?

Now classic studies document toxic overload as fundamental in the destruction of human life, physical and otherwise. *Toxemia Explained: There Is Only One Disease and You Have It!* by J.H. Tilden, M.D., and *Food Is Your Best Medicine*, by Henry G. Bieler, M.D. attest to the importance of proper diet (which changes depending on time, condition, and place), and proper elimination - with its multi-level ramifications.

Previously in these pages I have

said that the physical body itself is a hologram, and stands in a holographic relationship with the entire universe. When we are tense and preoccupied, our bodies, vision, and understanding constrict and grow myopic. The interconnectedness of everything in us and in the universe fades from view. Thus traditions of meditation the world over laud the value of relaxation in enhancing health and awareness.

Especially when applied in warm packs, castor oil has a profoundly relaxing effect on the entire system. It is common for a person struggling with insomnia and generalized stress to fall asleep when using a castor oil pack. Emotionally, when one settles into using a pack, the pack, I would say, actually feels kind and compassionate. The Palma Christi indeed!

The manufacturer of Glycothymoline says that its formula has remained unchanged since Cayce's day. This unique red liquid consists of water, Glycerin, 4% SD Alcohol 37, Sodium Borate, Sodium Benzoate, Sodium Bicarbonate, Carmine, Sodium Salicylate, Eucalyptol, Menthol, Pine Oil, Thymol, Methyl Salicylate. It is rather pleasantly aromatic.

The present-day label describes Glycothymoline as a "Mouthwash and Gargle," for which we can use it full-strength. However, the original label for Glycothymoline describes it as a "Treatment for Mucosity." This reflects more accurately its broad range of applications.

Dr. Reilly's *Handbook* notes Glycothymoline packs for a host of problems: "Adhesions, arthritis, bronchitis, cataracts, catarrh (nasal), cold congestion, cystitis, cysts, epilepsy, eyes, glands, goiter, hay fever, migraine, herpes simplex, injuries, intestines, kidneys, lesions, paralysis, Parkinson's disease, pelvic disorders (over 40 cases),

ptomaine poisoning, sciatica, sinusitis, subluxations, throat, tonsillitis, toxemia, tumors." (p. 359)

Germs, we know, thrive in an acid environment. Glycothymoline alkalizes the body, raising its pH or hydrogen ion concentration slightly over 7.0. It reduces inflammation and irritation in the mucus

membranes throughout the body. It has been used for vaginal douches and the last stage of colonic irrigation, where it tones and cleanses the membranes. While it is not quite so memorialized, like Castor Oil, Glycothymoline is a valuable treatment for a wide array of human ills. - *James R. Harris, Ph.D.* - ΩΩΩ

LAUGHTER – THE BEST MEDICINE

I was walking across a bridge one day and I saw a man standing on a ledge, about to jump off. So I ran over and said, "Stop! Don't do it!" "Why shouldn't I?" he said. "Well, there's so much to live for." "Like what?" "Well, are you religious?" He said yes. I said, "Me too! Are you Christian or Buddhist?" "Christian." "Me too! Are you Catholic or Protestant?" "Protestant." "Me too! Are you Episcopalian or Baptist?"

"Baptist." "Wow, me too! Are you Baptist Church of God or are you Reformed Baptist Church of God?" "Reformed Baptist Church of God." "Me too. Are you Reformed Baptist Church of God, Reformation of 1789 or Reformed Baptist Church of God, 1915?" He said, "Reformed Baptist Church of God, Reformation of 1915." I said, "Die, heretic scum!!" And pushed him off the bridge. ΩΩΩ

CHRIST IN YOU

Part 1 **Twenty-Seventh Lesson - "The Death of mortal Man - Renunciation"**

Oh, the inexpressible joy of vision! There is nothing higher or more satisfying. You shall know how to speak and heal in proportion as you live up to the highest within you.

Renunciation implies a complete and deliberate stand for truth, abandoning all else. It is the step which, once taken, opens up before you the Christ existence. It is not, as supposed, the giving up of wealth, position, and friends, to become poor and desolate; it is rather withdrawal from submission and obedience to the prince of this world – the creation of mortal sense – that you may deliberately follow the Christ in every thought, renouncing all other rights over you. This renunciation becomes acquisition. You lay down in order to take

up, but with a great difference.

Hitherto life has seemed a vast arena, where some are winners and some losers, where all who can fight may win, where the battle is to the strong. In this great game of life man gives all to win all, that he may become greater than all; for him there is nothing beyond. This plane is of the senses. It is the plane of death and finality. The forces of the sense plane control him, and that which has happened to him is worse than death. It is the loss of individuality.

The spiritual man has failed to develop in that form, and must seek another. Thus the mortal has not become the immortalised, and is known no more. This is true, and we tell it in order that you may understand the real meaning of

the death of the sinner. The preservation of your individuality depends upon yourself – that you become the creation of God, a perfect man, a perfect woman, depends on your coming definitely to the place of renunciation, which is for you the beginning of life. I am come that you may have life, says Christ, and not death.

You possess nothing of the sense world. You are a spiritual being, sent out from God to do His work and will. The material plane is your place of action, and your work commences with the dawning consciousness of God. Your scriptures are full of the teaching; Jesus has gone every step of the way for your guidance. There are pathfinders in your midst today. Follow ME, says Christ, and the spiritual and real man renounces all, to follow the King.

How we love your earth! How we long to lift you into true life, but the great and eternal law stands forever. No man can walk along this path, until he has

made the renunciation of his own will, by this choice man proves to man his right to divinity. To enter into truth, he renounces all that the world can give. You are on the spiritual plane to bring the kingdom of heaven into unity with the earth, that we may all be one. Thus you see how important it is to live every moment in the only real. We hope to teach you much; as you enter in, you must be full of that confidence which is the offspring of truth.

At present you are to conquer the fleshy body, ruling in love, but always ruling. There is a beautiful work before you. Jesus said: “The Prince of this world cometh and has nothing in Me.” These were words of life and power. These may be your words too, so that nothing can touch you, hidden in God, doing His work and willing His will. You may reach the place where you no longer hear two voices, but only one – that of the living Christ. - 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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