

# The Rainbow Journal



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*Email:*

[rainbowjournal@live.com](mailto:rainbowjournal@live.com)

*Link to Search for God Lessons:*

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## FROM THE EDITOR

What I have found from reading books on spiritual matters written by people who come from different backgrounds and cultures is that while the form of their writings may be very different the underlining messages all seem to have a similar vein. In particular our oneness with each other and God and concerning the commandment given by Jesus that we love one another. "For the entire law is fulfilled in keeping this one command: 'Love your neighbour as yourself.'" BDA ΩΩΩ

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### A GOD OF THIS GOLDEN AGE

Earlier this Sunday morning I turned on the TV and heard the tail end of a sermon by a pastor in which he described how we, as Christians, should make a stand for "our God."

To me, the reference to "our God" immediately suggests that there other gods and our one is separate from the others. Underlying what the pastor said is our misconception of what God is. Each of us must have our own ideas and many of us have built a portrait based on ancient religious texts - for Christians this would be the Bible, and what we have been taught by church leaders.

In his book, *The God Delusion*, atheist Richard Dawkins writes a scathing rendition of God as he sees Him in the Old Testament. Dawkins says: "The God of the Old Testament is arguably the most unpleasant character in all fiction: jealous and proud of it; a petty, unjust, unforgiving control-freak; a vindictive, bloodthirsty ethnic cleanser; a misogynistic, homophobic, racist, infanticidal, genocidal, filicidal, pestilential, megalomaniacal, sadomasochistic, capriciously malevolent bully." Perhaps a slightly harsh judgement but some of the claims are certainly supported by Bible text. His sentiments are echoed by atheist Charles Templeton who states: "The God of the Old Testament is utterly unlike the God believed in by most practising Christians . . . His justice is, by modern standards, outrageous . . . He is biased, querulous, vindictive, and jealous of his

prerogatives."

Before we condemn these critics for their statements let us look at just a few of the many Bible passages most uncomplimentary of God's behaviour. Read Joshua 8:1-30 where Joshua followed direct instructions and supervision from God: "*Twelve thousand men and women fell that day - all the people of Ai. For Joshua did not draw back the hand that held out his javelin until he had destroyed all who lived in Ai. But Israel did carry off for themselves the livestock and plunder of this city, as the Lord had instructed Joshua.*"

Also in the book of Joshua God instructed Joshua to attack the Amorites:

*"Joshua took them by surprise. The Lord threw them into confusion before Israel, so Joshua and the Israelites defeated them completely at Gibeon. Israel pursued them along the road going up to Beth Horon and cut them down all the way to Azekah and Makkedah. As they fled before Israel on the road down from Beth Horon to Azekah, the Lord hurled large hailstones down on them, and more of them died from the hail than were killed by the swords of the Israelites."*

One of the largest slaughters by God is found in II Chronicles there is a report that *half a million* men of Israel slaughtered by the army of King Abijah of Judah who "God smote."

Watch out when God gets angry! "*And Israel joined himself unto*

*Baalpeor: and the anger of the Lord was kindled against Israel. And the Lord said unto Moses, "Take all the heads of the people and hang them up before the Lord against the sun, that the fierce anger of the Lord may be turned away from Israel."* -Numbers 25:3-4

Then there was the great massacre of the of innocents:

*"And it came to pass, that at midnight the Lord smote all the firstborn in the land of Egypt, from the firstborn of Pharaoh that sat on his throne unto the firstborn of the captive that was in the dungeon; and all the firstborn of cattle. And Pharaoh rose up in the night, he, and all his servants, and all the Egyptians; and there was a great cry in Egypt; for there was not a house where there was not one dead."* - Exodus 12:29-30

God wanted to see children 'bashed to pieces' and women raped: *"Every one that is found shall be thrust through; and every one that is joined unto them shall fall by the sword. Their children also shall be dashed to pieces before their eyes; their houses shall be spoiled, and their wives ravished."* - Isaiah 13:15-16

Evidently God has a thing about sex outside of marriage. In fact he is so serious that when a woman gets married: *"If the charge (of not being a virgin ) is true and no proof of the young woman's virginity can be found, she shall be brought to the door of her father's house and there the men of her town shall stone her to death."* Deuteronomy 22:20-21

If this is the petty, jealous deity who picks and chooses those of us who he supports and if this is the god that we wish to emulate then no wonder the world is in such a terrible state that we witness today.

Patently many historical records concerning the above incidents do not

support what was described in the Bible. These books of the Old Testament were written by scribes who believed God was on their side and that outcomes of wars and calamitous events were by direct acts of God. When they won the battles it was God who destroyed the enemy but when the battles went against them it was because they had angered God in some way so God punished them as a result. Blaming God was also a way of removing responsibility for their own cruel and murderous acts, justifying these acts by declaring they were doing God's will. People today are still using this same, lame, justification.

Turning back to the Bible we may wonder how people who believe in the infallibility of the Bible can accept these verses as God inspired, or morally uplifting. If we believe these words as God inspired, then the killing of children and the raping of wives must also come as an inspiration from the Supreme Being.

When it comes to Christianity the Bible has been used to inflict enormous pain upon others and to endorse all kinds of evil. It has been used to hurt and even kill people. Specifically, it has been used to justify warfare, oppress women, condemn gays and lesbians, support slavery, and legitimate colonization, to name just a few of its troubling legacies. When the Bible is used for such evil ends, there is no mistaking the fact that something has gone terribly wrong. What is wrong is our beliefs motivating our actions.

It is our seemingly inability to imagine a God that is different from what for centuries we have led to believe, that is a root cause of all the strife we have witnessed in the world throughout history, right up to today.

Early Bible text in particular, can be, and is, interpreted in many ways. In the first book of the Bible, Genesis, it is

written "So God created man in his own image, in the image of God created he him; male and female created he them." Being the 'image' or 'likeness' may be interpreted simply that we were made to resemble God. Throughout the ages many have deduced that, as we are 'the image' of God then God is like us. In Michelangelo painting on the ceiling of the Sistine Chapel he pictured God as an old man with a beard. Definitely male and obviously old because he has been around for a very long time.

Cayce, like all great mystics and seers, knew that he could never describe in words this infinite and eternal being we call God. He did however offer a number of synonyms or attributes of God which give a very different depiction of God from that on the Sistine Chapel ceiling.

"For, we are joint heirs with that universal force we call God" 5755-2

"God is Law: that Law is Love.

"Love one another and thus fulfil the law of God, for God is love." 524-1

"God is life" 5733-1

". . . for God is life, light, and immortality." 254-55

Let us start with the fact that God is life itself. The book *Conversations With God* adequately describes life:

*"Life has no shape, no form and no gender. It has no colour, no fragrance and no size. Life is in fact all shapes, all forms, all colours, fragrances and sizes. Life is both genders as well as that which is genderless. Life is the all, everything and life is the No Thing from which everything has emerged and is to emerge.*

*"There is nothing life creates that is not life itself. All that we see, and everything around us is life expressing itself. Life is everything. Life runs in and through everything.*

*"You are life expressed. And life is you, expressing itself as you. Everybody*

*else is life expressed. There is no one, not a single human being, who is not an expression of life. Even those who you consider the most evil, the worst among you are expressions of life."*

When we see that Life is the only Thing there is, then we will see that Love is the only Thing there is also. And so, too, will we see that about God. For Life, Love and God are the same thing. These words are interchangeable. You can change any one of them for any other in virtually any sentence without altering the meaning or reducing comprehension. Indeed we will expand it.

*"Love is patient, love is kind, it is not envious. Love does not brag, it is not puffed up. It is not rude, it is not self-serving, it is not easily angered or resentful. It is not glad about injustice, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things."* (I Corinthians 13:4-7) This is the God that Jesus was attempting to portray by the example he set before us in the way he lived. A God that is not to be feared but a God that loves us and who we can love by loving life and our fellows.

So how are those of us who are Christians treat the Bible? Certainly not by 'throwing out the baby with the bath water.' Rather see it as one of the greatest inspiration books on spiritual matters ever written. Not to be taken literally as the direct word of God but by seeking for inspiration behind the messages. Such as:

*"For I am convinced that neither death, nor life, nor angels, nor heavenly rulers, nor things that are present, nor things to come, nor powers, nor height, nor depth, nor anything else in creation will be able to separate us from the love of God in Christ Jesus our Lord." - (Romans 8:38-39)*

*"Therefore we do not despair, but even if our physical body is wearing away, our inner person is being*

renewed day by day. For our momentary, light suffering is producing for us an eternal weight of glory far beyond all comparison because we are not looking at what can be seen but at what cannot be seen. For what can be seen is temporary, but what cannot be seen is eternal." (II Corinthians 4:16-18)

And from the Edgar Cayce readings:

"Read (the Bible) to be wise. Study it to understand. Live it to know that the Christ walks through it with you. For, as He gave, in righteousness may you know those things that have been preserved from the foundations of the worlds in your own experience. For these are told there in the manners of those that recorded them their own environment. What will you write today that will be as the words of life to your

brothers in the ages to come? For, He has given, you have been called - and you have a work to do." 262-60 (Addressed to the first Search for God study group).

And from the book Christ In You:

"Your Bible has become to you THE Book, but I would also have you know that God has inspired men and woman with power to reveal, in our own time, even greater things, and ever fresh unfoldings from the heart of life. Above all things we want you to have the open vision today, for greater things are coming, and God is doing wonders among you. Rejoice in the new revelation, abounding in hope. The new will reveal the old to you afresh. Have no doubts. Launch out into the deeps of God, and fear not." BDA ΩΩΩ

## FORM AND CONTENT

In art in particular there is a clear division between form and content. The term *form* refers to the work's style, techniques and media used, and how the elements of design are implemented. *Content*, on the other hand, refers to a work's essence, the message being portrayed or what the creator is attempting to communicate through art.

Form also plays a great part in literature which can be divided into two broad categories, fiction and non-fiction, and sometimes it becomes difficult to distinguish between the two. An example being the parables as told by Jesus and recorded in the New Testament. The stories may be made up but there are truths concealed in the content. An illustration being the parable of the Good Samaritan. During the time of Jesus, Samaritans were generally looked down upon by the Jews as being inferior or 'half-breeds'.

The story goes like this: While a man was travelling along the road he was

robbed and beaten and left for dead on the side of the road. Both a Jewish priest and a Levite, respected people in their communities, ignored the man but it was a Samaritan who came to the injured man's assistance. In all probability this event never actually happened yet there is a message behind the story, content inside the form, that may be seen as true. The form was the tale woven around a central message while the content was the central message itself, the important part.

Great value has been put on the Bible because many claim that it was written, or at least dictated, by God Himself. That being the case who could possibly challenge its contents? Perhaps, when scholars query what's in the Bible, it is not so much the contents that is being questioned but the form in which it is presented. When it comes to Bible literature the form may be seen as the wording and the way the words have been put together. Some parts of the

Bible are purely written records of events as they were seen by the recorder so that there is no underlying spiritual message except that the writer may have brought God into the episode being recorded. This is particularly true in some of the chapters of the early books of the Bible. The 'god' part is where the writer claimed that God ordered His followers to do certain things, even kill enemies. This is no different from what is happening in modern times when those involved in war believe that God is on their side and their actions are in accord with God's will. As long as we accept the form in which the Bible appears to us today as the "gospel truth" then there will exist conflict, human separation and wars. We must examine and research the what is behind the form, the content to see if it holds up to scientific evidence and truth. If it does not then we should ignore it and follow the guide deep within each of us.

*"The only judgement involved is the Holy Spirit's one division into two categories; one of love, and the other the call for love. You cannot safely make this division, for you are much too confused either to recognise love, or to believe that everything else is nothing but a call for love. You are too bound to form, and not to content. What you consider content is not content at all. It is merely form, and nothing else. For you do not respond to what a brother really offers*

*you, but only to the particular perception of his offering by which the ego judges it." (The Course in Miracles)*

Perhaps we should also add a further element as the *messenger*. Which is more important, the painting or the painter? The message or the messenger? If I were to paint something of my own creation on a canvas and put my work up for sale I would be lucky if the sale price of the paintings would cover the cost of the materials used. However if my name happened to be Picasso then no matter what was on the canvas the painting could likely fetch millions of dollars. Clear evidence that we may pay much greater value on the author or painter than we do to the message or painting. And so it is with religion. If the source claims to be God Himself with the text written through one of His chosen prophets then the text would be considered utterly priceless and sacred. However if the messenger cannot, or does not, claim to be such a prophet then no matter how intensely profound the content of the message may be it may simply be ignored.

So before we judge a message look behind the form in which it is presented and the appearance of the messenger and see if it resonates within us, for after all we are all One and therefore all created by the same Source. BDA ΩΩΩ

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## THE VEIL

All of us brought up in the Christian tradition would have heard of the 'fall of man' when Adam was driven out of the Garden of Eden where man had previously enjoyed direct communication with his Creator. From the Cayce readings we read that this was not a singular event of God evicting Adam from Eden but rather the result of man, over a long period of time, using free will to experiment with matter and

ending up being caught up in it. In the process we began to distance ourselves from God which was like a veil gradually forming over our spiritual eyes, thickening in time to a point where we became blind to things spiritual.

The veil came about because we ended up associating ourselves with our physical bodies, ignoring the spiritual source that contains our bodies. Instead there is now a veil that we have raised up

by using our free will. The ability to access God still exists, but this is not something many of us consider we wish to achieve and therefore we cling instead to the religious activities behind the veil. Rather than enter into the presence of God, we remain at a safe and secure distance. We grow content to just attend a church and perhaps read the Bible on a daily basis. Yet the thought of entering into the transforming presence of the living God frightens us. And so we hold to ritual and devices in an attempt to have God believe our love for Him, and perhaps even to demonstrate to ourselves the belief of our love for Him. And all of this being done from a distance.

We are a people hidden behind veils. We hide ourselves behind veils that protect us from becoming vulnerable in relationships. We hide behind veils that provide to us security from the world, our friends our family and our neighbours.

Many of us may refer to these veils as masks. They keep us from being seen for who we are, and enable us to look upon others through self edifying glasses.

We have allowed the veil to grow to a point that our love for God has turned into fear so we felt that the veil would keep us safe from His perceived wrath. Even as we are afraid to be truly known by others, we are also afraid of being fully known by God. We are afraid that He will look at our inward selves and see what we are ashamed to reveal to Him so that when He sees what is there, He will turn away and have nothing else to do with us.

By seeking within we may pierce the veil and if we try hard enough perhaps remove it all together so that we no longer have to fear God's wrath. We no longer have to be afraid of God fully knowing who we are. We will no longer have to be a people who dwell behind the veil. *BDA ΩΩΩ*

## THE LOTUS PHILOSOPHY

One of the vital problems of today is the finding of a religion that will fit in with the age of reason which is challenging the old age of faith. Any philosophy or religion if destined to be universal and readily acceptable must be based on scientific truth, must appeal to common sense, and must be free from any dogmas. To do a thing because you are told or taught to do so or because others do it, is to do it mechanically with a hesitating and fettered mind, but to do it because it appeals to your common sense or because you know why you are doing it, is to do the same thing intelligently with a free mind. This is the age of reason which is the highest product of our evolution. Many scientific men turn agnostic to the belief in God because He does not measure to their yardstick. They forget one thing, however, that they can measure physical things with physical means, but Divine

and abstract things must be measured with a mind clear, unbiased and impartial. It is necessary to use a powerful microscope to see the millions of microbes in a drop of water that are invisible to the naked eye, and so to know the reality of the Divine knowledge one must concentrate with a clear mind in deep meditation which acts like a microscope.

When I was young, about 21 or 22 years of age, in India, I came in contact with a Yogi who took a kindly interest in me - took a fancy to me, and I became his disciple. The Yogis do not take any money. They expect devotion and sincerity from the disciple. I was prepared to do that and I was accepted. For six or seven years I worked under him in doing my daily work or anything of the kind, how to concentrate the mind, how to meditate, and those kinds of things. I completed that training.

Then in 1896 the bubonic plague broke out in Bombay, my home town. It was a very infectious, contagious disease, so terrible and so contagious that even parents would leave their children affected by the plague and run away for the sake of their lives; that has actually happened. So when the plague broke out, I was in Bombay. The people did not know what to do. You would find hardly anybody in the town either night or day.

Then my Yogi friend told me, "Here boy, here is one challenge to prove to the public the power of faith in yourself, the power of mind over body. Go and work with those plague-stricken people." I worked with the plague for two and a half years every day, six or seven hours every day, in hospitals, in camps, in close contact with plague-stricken patients - did not take any medicine, did not have any inoculation. My life was considered in the danger zone. My faith in that science, Yogi Philosophy, made my mind confident that I was doing God's work, doing my duty as a citizen of Bombay without receiving any money and so no harm shall come to me. For two and a half years I did not take the plague, which was very catching and dangerous. Why? Because I had confidence in myself and concentration, meditation and prayer. Then you are safe, no disease can come to you, no matter how dangerous.

In 1899 I left the plague work and went to England as the pioneer inventor and scientist of India. Now, you will ask me how to adapt the eastern methods to western minds. It is hard because the western mind is trained in a different way, in a materialistic way. You are taught that the "Lamb of God has cleansed you from all sin." It has given to the western mind an easy pardoning of sins. The eastern mind says, "But you are responsible for your deeds and no one can save you but your own redemption and recompenses." The eastern mind is

careful because no one is going to die for his sins. When these truths are not given you at an early age, it is different. Therefore, it is very difficult to get to these points. How to adapt eastern mind to western mind? Teach young children the art of breathing - another thing the western mind should do is meditate. The art of breathing and meditation. To illustrate: If a big bass drum is being beaten at the same time a violin is being played softly, you hear the drum, but the music is drowned out by the noise of the drum. Both are all right in their place. So it is with the inner voice. You cannot hear it unless all else is stilled. Practise meditating ten minutes daily - go in secret where you are not disturbed, quietly try to hear the very faint inner voice. When you begin to hear the inner voice, and become more and more spiritualised, then you forget material things.

Consider Mahatma Gandhi - a frail man, not weighing ninety pounds. The secret of his powers lies in the fact that he hears the inner voice of conscience. He is sixty-four years old. I am sixty-seven. He is an old man, hardly much vitality left. When Gandhi decided to go on his twenty-one day fast, I told my American friends one thing, "If you will look at the reports two or three days before Mahatma Gandhi went into the fast you will find that he did not go into the fast of his own volition. The inner voice told him to go into the fast for his people. He could not refuse. He is not doing anything off-hand, but following the inner voice of God and consequently he is sure to come out of the fast triumphantly." And so he did!

I don't think the western mind believes very much in the law of destiny and duty. Many people think that as you go to college and take a degree you are assured of a successful life. Why are there so few successes? Law of karma. The



western people should learn that there are certain things which are predestined and you are to go through those things whether you like it or whether you don't like it, but it is your duty to do the thing to the best of your ability. The western mind has to learn that philosophy of karma - that there is a previous life, a present life, and a future life.

Suppose you have about \$5000 and you want to take a trip from here to California. You go to a tourist agent and ask him, "Well, I want to take a trip to California. I want the trip to last one year and to visit these different places." He presents you with a program. You go to Washington for two or three days, go to Chicago and stay there for three weeks, and then you start on your further journey. You can't change this course, which is similar to destiny. But you have a certain freedom. We should not think that we are perfectly helpless. Here is the plan of destiny: Begin from here. Go to Washington - three days in Washington, do such and such things at Washington; that is also in the plan. But how to do those things, how to spend the time, how to mix with people, is up to you. That has nothing to do with the plan. There is one scope for your freedom of action.

An actor may be presenting the part of a king; another actor may be presenting the part of a page boy, but that page boy can do his part with more alacrity than the man who plays the part of the king. It isn't the part - it is how you play it that matters. That is the freedom that you have. Supposing that I spend three days in Washington. Maybe I will

do some nasty things. How to do it is up to me. That is my duty. How you do the duty is building the karma for the next incarnation.

The western mind has to learn that there is such a thing as conscience. Conscience never goes wrong; conscience never deceives us. You say something tells you you shouldn't do such a thing, or that such a thing is wrong, or you have a "hunch". What is that something or "hunch"? It is your conscience. The inner voice of conscience, not outside of you, but inside. If you will learn to hear the inner voice of conscience, you will never do wrong. If your conscience tells you such and such a thing is right, no matter what others think, that is right. It is your own conscience that condemns or condones you. The western mind has yet to learn the effect of conscience.

Do not fear God, but love God. Fear conscience. Do not fear Death, but fear conscience. The next race, the 6th race, is coming on earth and will not be fooled. It will be a matter-of-fact race. It will not believe in blind faith, but in scientific facts and demand a new religion of love, freedom from dogmas and misunderstanding.

I believe the time will come when the east and west will not be separate. "East is east and west is west," but when united they stand for the best! - *By Sunkar A. Bisey (An Indian scientist and inventor who was a great admirer of Edgar Cayce. He manufactured an atomic iodine compound for medical use called Beslin which was often proscribed by Cayce).*  
ΩΩΩ



## LIFE IS ENERGY

Everything in life is energy. There is nothing -- absolutely nothing -- that is *not* energy. Everything vibrates with this energy, and the number of vibrations, or wave patterns, within a given period of time is called the "frequency" with which the energy fluctuates. Energy is always fluctuating. *Always*. That is, energy never remains static. If energy were to ever remain static, everything would suddenly stand still. The physical world would simply stop, as in the freeze frame of the movie. In that moment life would end.

Life, then, could be defined as movement. When movement stops, life stops. We have nothing to worry about, however, because *movement never stops*. It is built into the system. It is the system. This information is more than esoteric data. It has some practical implications that may have escaped you. It has applications in day-to-day living that could change your life in remarkable ways.

For instance, ever notice how energy flows? Energy never remains at Straight Up Zero. If there was such a thing as an Energy-O-Meter, you would see that the needle is always moving. And the meter is very sensitive. *Very* sensitive. You would see the needle swing wildly to the left or right of Dead Center with the slightest fluctuation in the vibe.

"Dead Center" would be an apt description of the moment when the needle is pointing straight up. That would mean there is Zero Fluctuation of the energy, hence no movement, hence no life. That would, indeed, be *dead* center!

Now, why I am bringing this all up here? Your energy in every single moment is either moving towards something or away from it. It is either attracting or repelling. It is either pulling something closer or pushing it farther away. Within the phenomenon known as Space, "moving toward"

something or "pulling" something closer is the same thing. It is the experience of shortening the space between two objects (or, in fact, two experiences). The way you *think* about a thing attracts it or repels it. That's because what you want is energy moving in one direction or the other. We call these "to and fro" energies "love" and "fear". Those are names of actual human emotions, but, in truth, they are simply our ways of describing *E-motions* -- that is, *energy-in-motion*.

Again...energy is always in motion. It's either moving toward something or away from it. It cannot do both and it cannot do neither. It is eternally doing one or the other. The swings of the meter to the left and the right of Dead Center are necessary, and part of the normal function of life. The fluctuation must occur, and so this business of moving toward something or away from it is not a question of "good" and "bad". One thing is not "better" than the other. It is just what "is".

That is important to understand. Otherwise, we might get into our judgements about it. The trick with regard to energy is to learn how to regulate it so that you can control the ebb and flow. You are actually controlling the ebb and flow right now, but you may not be doing it consciously. Regulating energy is about conscious creation of the ebb and flow. It is about conscious attenuation of the vibration. It is about adjusting the frequency of your energy *on purpose*.

Because the needle on the Energy-O-Meter is so very sensitive, the slightest, tiniest, most minute fluctuation in your personal energy causes the reading to vary massively from one moment to the next. Even from one milli-second to the next. So we have this needle swinging wildly from left to right past zero, which is at center. The needle is never at

Straight Up Zero except when it passes through Zero Point on its way left or right.

Now, with regard to any person, place, or thing in your life, ask yourself this question: On this day, am I moving towards this, or away from it? *This will help explain why your relationship with your Significant Other is going the way it is going.* Are you experiencing greater closeness or greater distance? Are you experiencing an increase in the energy's intensity, or a decrease?

More important, is the next remark you were going to make, or the next thing you are going to do, likely to swing the needle to the left or to the right? Is it getting warmer or is it getting colder in the environment of your heart? What is the "temperature" of your present interaction? To what "degree" do you see it changing the mood of the moment? To what extent will this shift to the left or the right of centre affect the long term balance within the system?

These are interesting things to think about just before opening our mouths to say something to another. These are fascinating things to explore just before taking some action or making some choice, be it large or small, in the day-to-day process of our living. Is this action drawing me closer to, or pushing me further away from, my loved one? Are these words pulling that Special Other just a tiny bit further in, or moving that Special Other just a tiny bit further away? Which way is this sensitive meter pointing?

Of course, it can't always be at a +10. Sometimes it's going to be at -2 or -3. You can't have "up" without "down". You can't have "left" without "right". You

can't have "cold" without "warm". *You have to have the fluctuation.* The fluctuation is good. It is necessary. It is, as we have said, part of the process. But here's something that most people don't understand about that process: You can control it. You can regulate it. Indeed, you are doing so in every moment. It is simply a question of whether you know what you are doing.

When you know what you are doing, it is called Conscious creation. Conscious creation is the deliberate construction of energy patterns in a particular frequency of fluctuation. To put this simply, it is the sending out of "good vibes" deliberately and intentionally. It is the activation of the choice to attract rather than repel, to move toward rather than away, to pull in rather than push out.

Is this what you were doing with the last thing that you said to the person with whom you want to feel closer? Read the last e-mail that you sent to that person. Do you think that it is swinging the needle to the right or to the left of Point Zero?

It's just a question...

(The above was a message delivered by Neal Donald Walsch in 2007, although I have just recently come across it. What he states is scientifically correct in that all that exists is made up of pure energy. What struck me was that while the form of the message is very different from those delivered from other spiritual sources the underlying meaning is the same. As Cayce said "*For today there is set before thee good and evil, life and death, choose thou.*")

Will you swing the needle to the right or left? - ΩΩΩ



## THE TRINITY

One of the most difficult tenets of Christianity for us to understand is that of the Holy Trinity. The Bible states that the Father is God, that Jesus the Christ is God, and that the Holy Spirit is God. These three together comprise the Holy Trinity. The Bible also states that there is only one God. So the dilemma: three or one?

The words 'Holy Trinity' are never used in the Bible, while the main reference to this three-in-one may be found in Matthew 28:19: *"Go ye therefore, and teach all nations, baptising them in the name of the Father, and of the Son, and of the Holy Ghost"*. In I John 5-7 we find: *"For there are three that bear record in heaven, the Father, the Word, and the Holy Ghost: and these three are one."* Note here the second part of the trinity being the 'word' which John earlier described as referring to Jesus the Christ: *"And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father), full of grace and truth."*

We may never truly grasp the principle of the Holy Trinity described in the Bible but perhaps we can gain some understanding by looking elsewhere for answers. An oft quoted statement in the Edgar Cayce readings is the we are composed of three elements - spirit, mind and body. *" . . . for the spirit is life; the mind is the builder; the physical is the result."* These 'elements', for want of a better word, are states of energy and contained in the one body.

Everything we see is simply energy vibrating at different frequencies and the unseen is simply energy vibrating at such a rate that it can no longer be visible to the naked eye. A classic example of three states of matter is water. It is the amount of heat energy in water that determines the speed in which the water molecules

move. Heated sufficiently water becomes steam and invisible. What we may see and believe to be steam is actually steam cooling and condensed into tiny water droplets. Water is the middle state, and it is in this condition that it is of the most useful to us. Cool it enough and we have solid matter – ice.

Notwithstanding the above we perceive the world as one of polarity or opposites. We see the world where things are one of two opposites. The duality is prevalent in everything we do, see and hear. We see black and white, day and night, positive and negative, good and bad, fear and love and so on. One of the best examples of duality is in the workings of our computers, or more correctly the language in which the programs that control the computers is written. Computers run on electricity which is directed through printed circuits to perform different functions. The direction the electricity flows is managed by switches which can be either 'off' or 'on'. Only two possible states which are represented in binary language as '0' and '1'.

Living in this world of duality we may wonder where a third element fits. Although we have considered the two states in dualism there is also the third state which means it is not one or the other. The states of hot and cold are relative to each other. The third state is when something is considered neither hot nor cold, it would be around the middle of the two. It is the same with other extremes, there is always somewhere between the two that implies it is neither of them. A basic tenet of Buddhism is called the 'Middle Way' being the path between two extremes, close to Aristotle's idea of the "golden mean" whereby "every virtue is a mean between two extremes, each of which is a vice." So in reality this world of dualism

is in fact a world of three states – two extremes and a middle state.

Computer programmers came upon the problem of dualism when they found that at certain points in a program the switch is neither on or off but is waiting for a choice to be made. The way they got around this problem was to create the 'null' state. Perhaps this nearest simply definition of null is that it is in 'limbo' or an intermediate state or condition between two choices. Perhaps another description of this state is 'now' – not the past which we can record and recollect, not the future which we can anticipate, but the ever present now - this eternal instant that can only be experienced, never examined. The present can never be examined simply because when we begin to examine, what is being examined has already past, it is no longer now, the present. And the future will never exist because as soon as it arrives it is no longer the future.

Physicist have this same problem when attempting to examine the behaviour of particles. They sometimes behave as fixed objects, and other times behave more like waves. Even weirder than this: when scientists look at a quantum particle, it behaves like a particle. When they're not looking, it suddenly starts acting like a wave. The

main difference between quantum mechanical behaviour and classical behaviour is that quantum systems can exist in several states, several realities at the same time. I admit that I do not understand this but suspect it relates to the principles of the Trinity. Three in one, or three states in one. So it depends on which state one is in, or if we are or not observing that determines what the result would be.

Edgar Cayce described the relationship between humanity and God. He stated that we actually have three different dimensions of human awareness: the conscious mind (personality), the subconscious mind (soul) and the super-conscious mind (spirit). He said that an important goal in everyone's life is to awaken our super-conscious mind to attain what Cayce called at-one-ment with God. (This is the atonement that is a constant message in A Course in Miracles).

So we may gather from the above that the Holy Trinity may be seen as an analogy or metaphor for a number of words used today. The Biblical Father, Son and Holy Ghost of the Bible could be Spirit, Mind and Body referred to by Cayce or our three states of consciousness. *BDA ΩΩΩ*

## FROM HERE AND THERE

### EXPRESSING AND EXPERIENCING THE DIVINE

Listen to no human being who declares himself or herself separate or apart from the rest of humanity, or claims to be higher or better or holier than the rest of humanity by declaring themselves to be "more than" or "greater than" others, or to be the messiah, or the saviour, or the only true parents of humanity, or the only true prophet, or any other such exalted thing, run from them as fast as you can.

Yet if men declare themselves to be

messengers of God even as you are messengers of God, and saviours even as you are saviours, and holy even as you are holy then listen to them carefully, for they will not tell you to follow *them*, but to follow the God who lives within you.

For it is within your heart and within your soul and within the deepest reaches of your own mind that Divinity resides, and it is there in which it will be found, and only there in which it can in

purity and in truth, and through no other person, place, or thing.

Divinity realised through any other person, place or thing is Divinity by Projection. You are witnessing all around you in the outer world the expression of Divinity but that is not the same as *experience* of Divinity.

Never confuse expression with experience. A beautiful flower is an expression of Divinity, yet only when you

**HOLY BOOKS**

When questioned as to what authority do we base our belief in God the answer will inevitably be *our* Holy Book which would most likely be the Bible, the Koran, The Vedas or Torah, depending on which religious faith we follow.

No matter which Holy Books we look to for this authority they all have one thing in common. That is they are all based on very old manuscripts. The oldest going back to perhaps 1600 BCE or earlier, while the latest – the Koran written in the seventh century AD.

While there are many differences

see, feel, smell and touch the beautiful flower *that is You* can you know and experience Divinity.

Outer expression can lead to inner experience, but it can never substitute for it. Yet when inner experience leads to outer expression, the circle is complete – and this is the purpose of Life, and the function of the World, and the entire universe as well. - *The New Revelations, Neale Donald Walsche.*

between these scriptures (and even numerous contradictions within some of the texts) they all carry a common message. The Vedas put it this way: “The essence of all the Vedas and Sastras can be summed up in one sentence: The Atma that resides in all beings and in you is one only.” The message of oneness of God with humanity. There are other core messages in all these religions but followers of them get so caught up in the peripheral content of these Holy Books that these central messages are set aside. - *H.J. Ryder ΩΩΩ*

## CHRIST IN YOU

### PART II THIRD LESSON

#### Mind and Its Possibilities

Every condition of mind always brings about an outward manifestation even on the sense plane, and the separate self has power over its own environment. Thus, we will say, you think, you act, you become. Man is constantly clothing himself with his thoughts, but these truths are familiar to you, and I want to lead you to the higher possibilities of the mind that is supreme in truth; the only mind, the mind of Christ. The Psalmist groping after the great truth, cries out: “Why art thou so heavy, O my soul? For I will yet praise Him Who is the health of my countenance and my God.”

Around you are people in a condition of sickness, imperfection, and

want, some of them Christians, as regards the following of the personal Jesus, but they have not made the great discovery of the indwelling Lord. There is no state of ignorance too low for the renewal of life and health. Those who through off the body prematurely are just as culpable as suicides, and ignorance is not counted as innocence, since the light is in all men at some time or other the knowledge comes. I am speaking now only to readers of this book. You have no right to allow sin and death to reign in your mortal bodies.

The vital question for you is – How to become alive to the mind of Christ and dead to the mind of sense? Let me here

say that you have passed from death into life spiritually, but your work is less than half done if you have not conquered death in your body of flesh. You are clothed in the flesh that you may manifest God, and you fail seriously if you allow anything to hide or blur the outer garment, which should manifest wholeness and love.

You thought your body must suffer and die. Still every thought and be receptive to Christ's thought. He said, I am come that they might have full, rich, abundant life. Wherever Jesus went, disease dissolved into nothingness; at His touch wholeness sprang up. Your body should be willingly laid down when you have learnt life's lessons, and when you are ready for the interior life. You will not escape the ills of the flesh even when you kill your present body, if you have failed to obtain your earth experience; for the soul has failed to use its faculties, to acquire, to obtain some divine law, and therefore loses an opportunity to express divinity, the true purpose on incarnation. There is no finer school for this experience, which we set out to gain, than this earth life. We must enter into the Christ consciousness if we would express the body of wholeness.

Since the mind is the seat of pain, do you not see that unless you have the mind of Christ you cannot acquire it by freedom from the body of flesh alone? It is more difficult to conquer on the plane of spirit; in fact, you will long to come

back. Just where you are is the place to learn; therefore we who love you come to help you at your present stage, not only for your sake, but in order that the great Self, of which we are a part, may not be ignorantly hidden.

Begin by opposing self suggestion. You are not born to suffer and decay, but are here for a purpose. There is a reason for your place in the great plan of life, and no one else can do your work. Reject the suggestion that you have difficult circumstances, that your environment makes triumph impossible. These very conditions can be made steps of ascent; you can begin now to readjust your life. Every sense suggestion must be reasonably and carefully dealt with, not ignorantly denied, or it will crop up again and again. Therefore answer with patience and sweet reasonableness. You will find that this is the opportunity for the higher Self to speak. Many join with us, as you read these words, in prayer and strong encouragement that you fail not. Begin as we suggest, in the simplest way, to realise that it is God that works in you to will and to do.

We hope to continue the teachings of the possibilities of mind in future lessons, and our next lesson will be "Personality." I am taking this subject because you must carefully and daily, even hourly, as you count time, follow the suggestions given, always remembering Christ in you, the Lord of all. ΩΩΩ



CREATING FROM CLAY  
~ WITH GOD

And do yourself a favor - never, never give your creations free will!

## 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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