



The Rainbow Journal

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FROM THE EDITOR

Dear Readers,

At times I wonder why I produce the Rainbow Journal and distribute it. Having such a limited circulation it will never make me famous but, on reflection, I believe I am just driven to do so. We have our guides in this life who work undercover to inspire us to do what is good for us and in my case, hopefully, gives my readers a short break from the troubles of the day, to reflect on matters of a more spiritual nature.

There is also the added joy for me in receiving the occasional email from readers that add to the motivation. - *Brian Alderson* - ΩΩΩ

A MATTER OF FAITH

The word 'faith' is difficult to define because it is a mixture of internal feelings, beliefs and knowledge. The meaning of faith is partly explained by using synonyms for it, such as the words trust, hope, belief and confidence. The word is mostly used in connection with religion, and in fact the words 'faith' and 'religion' have been used interchangeably such as in the sentence "She is of the Catholic faith." Perhaps the best definition of faith is found in the Bible - Hebrews 11:1 "Now faith is the substance of things hoped for, the evidence of things not seen"

Some people say that faith is different from reason or even opposes it, but that is not quite correct. What is true about faith is that faith concerns matters which cannot be proven by physical evidence. For example many Christians claim that the Bible is the written word of God, but this cannot be proven. No matter how many people believe this or how much reason we may apply to the argument as to whether God actually wrote the Bible (and for that matter whether God exists in the first place) we can never come up with the truth based on reason alone.

When using logic one must begin with certain assumptions. Logic or reason is then applied to these assumptions and conclusions and beliefs are the result. We may say that we have faith in the fact that the aircraft we are about to board will be safe to fly in. This steel tube will be propelled some five miles above the ground where the temperature outside the tube will be around 50 degrees below zero and travel at over 500 hundred miles per hour defying gravity. So we say that we have faith that the aircraft will deliver us safely to our destination. However this is not the faith that the Bible message is alluding to because we base our reliance on the safety of the aircraft on our understanding of physics and evidence which comes through our five senses.

The Search for God study book describes faith as ". . . an attribute of the soul. It is the inner spiritual knowledge of the Creative Forces of the universe." This faith comes from our inner selves and expressed in the outer physical world. It is much more than just a belief for it must be expressed to be true. Many of us claim to be Christians and have faith in the messages given to us by Jesus. Perhaps the greatest and most important of these messages is that we are to love one another. If Christians followed this commandment one would think that Christians would stand out by our model, loving behaviour. Yet that is not

the case for when it comes to behaviour one can rarely tell the difference between the behaviour of Christians and non-believers. This suggests that the faith we claim to have is shallow, to say the least, because if we acted on the basis of our faith this faith would shine through for everyone to see.

On the other hand one must be on one's guard against what may be called 'blind faith' which is faith based purely on a source of authority or on the statements of some charismatic preacher. As a counter to any form of blind faith one should be open to investigating any teaching and to live by what is learnt and accepted, rather than believing in something simply because it is taught. We are reminded that Jesus gave sight to the blind. This was not only physical sight to the physically blind but spiritual sight to the spiritually blind. These were the people who could not see the spiritual truths found deep within themselves.

From the SFG book: "As we, as individuals, hold fast to our Ideal, we are building the basis for our faith. The higher the ideal we hold, the higher the concept of faith. The solution of mental problems is more important to man than physical, although this does not seem true to the average man lost in the twisted paths of materialism. Free the mind and the battle is almost won. Mental anguish is far greater than physical; for the mind can conquer physical pain, while it is necessary for the spiritual forces to aid the suffering mind. Look into self. Know that God is and that we are workers together with Him; that He is within each of us, ever supplying that sustaining faith sufficient to the needs of the day."

"Open my eyes that I may see glimpses of truth Thou hast for me;
Place in my hands the wonderful key that shall unclasp and set me free.
Silently now I wait for Thee, Ready, my God, Thy will to see;
Open my eyes, illumine me, Spirit Divine!" - *Christian Hymn*

FROM THE EDGAR CAYCE READINGS

"But know each soul must find its way back to its God. Be as the leader gave of old, "Others may do as they may, but as for me – I will serve the living God." Not the God of any people, of any individual, but the living God – that is personal to those that seek to know Him as a personal God. . . So may the entity, with the spirit of God through the power of the Christ Consciousness, come to know – in every thing, in every act – that love that may pass all understandings. For, to others it may be as a myth, as a dream, as a thing to be hoped for, but to this body, to this entity, to this soul, who has tasted of the joys of the personal contact with those influences within the soul, it may come to be His power working within." 255-12 BDA ΩΩΩ

RACISM AND ITS TWO SIBLINGS

It is surprising how easily racism in some people can raise its ugly head. Following the recent coronavirus outbreak in China there have been a number of reported cases here of Chinese people being verbally abused and told to "Go back to China!" One such incident was reported by a doctor of Chinese origin who was born here. Proving the utter ignorance of these racists. Below is a reprint of an article I wrote in 2012 of this subject. Following it is a reprint of article downloaded from the internet on racism and genetics.

When considering racism, those of us of an older generation will have a better understanding of it compared with the younger people because we were brought up at a time when racism was openly practised. Up until a few decades ago there was racial segregation in the U.S. and apartheid in South Africa. At the end of WW2 stories emerged of the atrocities committed during the war by the Nazis who considered non 'Aryan' races to be inferior to their own.

Here in New Zealand there was a poll tax levied on Chinese residents for some 63 years until it was finally repealed at the end of WW2, while next door in Australia the government had a 'white Australia' immigration policy. Many other European colonies were subject to racism with the colonial rulers considering the indigenous people inferior to Europeans and calling them the 'white man's burden'. Aristotle believed that slavery was justified by the inferior rationality of the slaves. They were therefore fitted by nature to be ruled. That is why Colonialists ruled over 'native' populations around the world.

During my early school years I was taught racism. At that time New Zealand was still part of the British Empire and I was a British subject. We were taught that Colonialism was good because it brought civilisation to the 'natives' in the colonies. People living in Asian and African countries were considered backward even though their civilisations were in some cases thousands of years older than our own.

In the years following WW2 there have been mass migrations around the world so that many of the former European colonies now have diverse ethnic populations. Latest statistics in the USA disclose that nearly 1 in 4 Americans are non-European.

In New Zealand since the 1960s there have been large migrations from the Pacific Islands and in recent years from the South Asia and China as well as refugees from East Africa and smaller groups from almost every country in the world. Auckland in particular is a multi-cultural society with nearly half the population being non-European. A consequence of the more diverse ethnicity in young people is that they are growing up together and accepting each other as fellow equal humans, at least as far as ethnicity is concerned.

Nowadays when one pictures a racist one may imagine a white male skinhead with tattoos on his body - possibly including a swastika - and openly attacking people belonging to ethnic groups other than his own. While only the more serious cases of racist activities come to our attention many people harbour a certain amount of racism in considering one's superiority over people of any other race or ethnic group.

When one believes that his or her own ethnic group is in some way naturally superior to some other or other groups then that person is expressing racism even if it is only to a minor degree. I suspect that we all have a little of this feeling of either superiority or that we are more entitled than newer residents.

Racism has twin siblings - nationalism and sectarianism. These three are based on our ego thinking that we are in some way superior to others. With racism it is because of our race is superior, with nationalism because the spot on the planet where we happen to have been born makes us better than people in other countries and sectarianism because the religion we were born into or

adopted is superior to other religions. Add to one of these isms human greed and selfishness and we get the main causes of human conflict and wars.

While racism is becoming less prevalent, nationalism and sectarianism are currently still major problems which we need to address if we are to make a better, peaceful world for future generations. How can we achieve this? Put simply we are to obey the commandments as given by Jesus in Matthew 22:36-40 - That we are to love God and our neighbour as ourselves. Why are these two laws so important? Because: *“On these two commandments hang all the law and the prophets.”* All laws, whether they deal with human relationship, human rights and responsibilities, international law and even spiritual law all come under these two commandments as stated by Jesus for we cannot love others and at the same time feel superior to them.

In the Cayce readings we are reminded that we all have a purpose in this life which is to have a spiritual influence on this physical plane.

FROM THE EDGAR CAYCE READINGS

“The spirit is the life. Then each phase of the experience of the entity must be of the spiritual import in its very nature, if it is to live, to be the fulfilling of its purpose – to bring peace and harmony, for which purpose it is in existence! It must be constructive in the very nature and the very desires, without thought of self being the one glorified in or by same! Rather the glory is to the influence or force that prompts same!” 1579-1

For there is only the one ideal in human relationships, and that is as that given by Him who is the way, the truth, the light: “Love thy neighbour as thyself.”

1598-1 BDA ΩΩΩ

A NOVEL APPROACH TO FACING RACISM: REINCARNATION AND GENETICS

Paranormal evidence points to the fact of reincarnation. Near-death experiences, reputable psychics and mediums, the seer Edgar Cayce, out-of-body experiences, electronic voice phenomena, past life regressions in psychotherapy, and instrumental trans-communication together combine to show that most human beings have lived multiple lives on earth – some estimates suggest in the neighbourhood of 85-100.

Given this figure, and given the fact that the American “brand” of slavery stretched over 400 years, with the kidnapping from Africa of approximately 388,000 people and their subsequent descendants, what is the likelihood that most whites now living in the US (or who have lived in the US for the past few generations) lived at least one past life as a slave? If today’s white Americans knew that they had lived and suffered as a person owned by another person (or people), and if they could tap into the emotions and hardships of that existence, would it not have a bearing on their thinking about African Americans and racism?

Since racism affects other groups of Americans as well, we can also postulate that at least some of us of all backgrounds lived past lives as Asians, Native Americans, Latinos and others. Because powerless, oppressed peoples far

outnumbered rulers throughout human existence, the mathematical likelihood is much higher that we were among the oppressed than the rulers.

Reincarnation and the law of karma go together, according to the paranormal evidence. The law of karma – that is, the law of cause and effect – states that all of our misdeeds must be put right, whether in a current life or another one. This has major implications:

- If we were a slave owner and mistreated a slave in a past life, our behaviours must be made right.
- If I was oppressed in China centuries ago, would I not want justice for myself and my family? Perhaps in my current life, I am in a privileged and powerful position over others – which is my chance to exercise that power for the benefit of those with less power.

Switching gears, but still keeping our eyes on racism in the US, there is the very scientific field of genetics. DNA research has moved so quickly in the past decade that it is now possible to trace our ancestry back 200 years, or six generations. *Research now shows that the average African American has 24 percent of European ancestry.* (PBS series, *Finding Your Roots.*) While this high percentage does not often come as a surprise to African Americans, since it is common knowledge that white slave holders were known to impregnate their female slaves, it should be a wake-up call to those of us who are white: we are, in many ways, distant cousins of our black neighbours. We are kin.

What is even more startling, however, is that the reverse situation, especially in the American South, is also true. The most recent DNA data shows that 4 percent of whites have at least 1 percent or more of African ancestry; this is known as “hidden African ancestry.” How many ostensibly “white” Americans walking around today would be classified as “black” under the insidious Jim Crow-era “one-drop rule”? Judging by the last US Census - 7,872,702!

The work of Kasia Bryc, a Harvard Medical School researcher, stated: “Southern states with the highest African American populations tended to have the highest percentages of hidden African ancestry. In South Carolina at least 13 percent of self-identified whites have 1 percent or more African ancestry, while in Louisiana the number is a little more than 12 percent. In Georgia and Alabama the number is about 9 percent.”

Let’s now bring these three threads together:

- It is highly likely that many current US citizens were enslaved Africans or other oppressed persons in a previous life. It behooves us to think *and feel* that lifelong pain and trauma, since it may actually have been our own pain.
- Most African Americans alive today have nearly one-quarter European blood in their DNA.
- Over 7 million Americans who consider themselves white have at least 1 percent African blood in their DNA. The vast majority of those whites live in the states that had the highest percentage of slaves before and during the Civil War.

Here is where ethics, politics and theology converge. The Golden Rule, “Do unto others as you would have others do unto you,” comes into

vivid clarity – why would we want to harm, devalue, torture, kill, lynch or discriminate against someone who was either *myself* or *my ancestor*? The bottom line, as the best of the world’s religions teach, is that **WE ARE ALL ONE**, no matter how we look at it.

To reach our fullest potential as individuals and as a nation, our personal ethical behaviour and the laws and cultural practices in the US must mesh with that truth. Racism and other types of oppression are not only ethically abhorrent but counter to our own best interests. Fighting racism is not some kind of “special interest political correctness,” as a certain segment of our population maintains, but an ethical and political imperative for the betterment not only of our beloved country but of our very selves. - <https://www.wisdomwordspff.org>
5/2/2016 - ΩΩΩ

I THINK THEREFORE I AM?

The statement 'I think therefore I am' was made by the philosopher Decartes in the 17th century and became a primal component of Western philosophy. The basis for this premise is that the act of thinking proves we exists. One may wonder, however, what happens when we stop thinking. Do we cease to exist during that time? Try it and see what happens. Actually it can be quite difficult to cease thinking for more than a few seconds at a time but one will note that one feels just as alive during these short thoughtless periods as when one is thinking and as one observes one's thoughts we will find that they come and go, often with a seemingly will of their own and that we are just as much alive and conscious when we are not thinking as when we think.

Hearing voices is sometimes considered as a sign of mental illness. Although I have never had this experience it is assumed that the voices would be 'heard' as if someone is talking to us except that the origin of the voice is within one's head. I suppose the only difference between these head voices and our thoughts is that we do not hear our thoughts - yet they are just as real as if someone was speaking to us. Science has yet to satisfactorily answer the question of how we think but there is no doubt that our thoughts are separate from us - they come and go. Sometimes we control them and sometimes we don't.

It is only some of the time that are our thoughts directed by us, such as when we are trying to solve a problem or absorbed in some creative activity. At other times they just seem to pop into our heads from nowhere.

As an example on random thoughts, occasionally, when I get bored or tired of what I am doing, I play card games on my computer to relax. The games only require a limited amount of concentration so very little conscious thinking is directed to the games. What I have noticed at these times is that my thoughts, of their own volition, will take off in any direction with their content dealing with the strangest things. I have observed these thoughts as a bystander – quite separate from these thoughts that are passing by. What can be deduced from this is that much of our thinking is from a part of our brain that is not consciously controlled by our will.

Sometimes our thinking is guided by our emotions and we respond based on these emotions. An example of emotional response is in the case when in anger people will lash out violently or say nasty things and later, when calmed down, think up justifying causes for the anger. It is only after we have had time to reflect on our behaviour that we feel tinges of regret, and then justify our actions by rationalising them. On the surface, to us, the reasons we offer ourselves sound logical and plausible but our friends and associates may see through them as a sophisticated way of making excuses.

While it is through our thinking as well as our inherent creative ability that we have moulded the world we live in today and have all but tamed our environment, it is through our thoughts that we have also created divisiveness, conflict, wars and great suffering throughout the world. Therefore we must ask ourselves how can we change so that we can create a world where all these negative situations no longer keep occurring? An answer, which on the surface may seem obvious, is to change the way we think, but that is easier said than done. Much of the problem arises from our misconception of who we really are and what we believe. Through our thoughts we have created our 'self image'. The second of the Ten Commandments is: "Thou shalt not make unto thee any graven image", yet that is exactly what we have done in creating our egos. We have thought up images of who we are - beings separate from our creator and each other. We have forgotten that we were created in *His* image – not our own.

We cannot reason our way out of our present predicaments because our individual reasoning is based on our beliefs which are part of our egos. We need to change our consciousness's so that they are in tune with our Creator's. A path in helping us in accomplishing this is through prayer and meditation. Prayer comes from our hearts rather than our brains and in meditation we divest ourselves of our mundane thoughts to become more in tune with the Creative Forces within us. When we become aware that we can control our thoughts and resulting attitudes we will begin to become more compassionate and when we no longer allow negative thoughts to be directed towards others we will know we are on the right path.

From The Edgar Cayce Readings

"Man was made in the image of his Creator, with the abilities to choose for himself. Would you make yourself as one of the animals and be led about by the will of the wind? or will you stand upright and act like one of the sons of God?" 349-6

"Store up in your heart the more perfect image of what you would worship in your God. Know that all of your fellow men have that image within themselves; that in each there is that image. Seek to magnify that which is good. Forget the shortcomings of those who are weary and heavy-laden, by easing their burdens here and there. For the Lord loves those that love His erring children." 254-101 BDA ΩΩΩ



WHAT THE BIBLE REALLY MEANT

Those of us who have read and attempted to study the Bible must have been confused at times at the seemingly contradictions in some of the statements made by the authors. In particular we have read that “God is Love”, yet we have also read of supposed attribute of God which seem to conflict with our understanding of what love is. Such terms as “fear God”, “vengeance is Mine”, “death of the sinner” and many references to God's punishment do not seem to relate to a loving God. So what are we to believe?

The Edgar Cayce readings confirm the statement that “God is Love” and offer considerable help in our understanding of much of the theology relating to Jesus the Christ. They state that we are immortal souls which cannot be destroyed and live on after the death of the body, coming to earth in successive incarnations. They do not however address many of these contradictions over Biblical statements and particularly those made by Jesus himself. In this respect we find in the text portion of the book “A Course in Miracles” (ACIM), purportedly dictated by Jesus himself, some clarifications on a number of these confusing passages. The following are some phrases found in the New Testament which are clarified in the ACIM text.

Matt 16:26 *“What profits a man if he gains the whole world and loses his own soul?”* Here it is suggested that we can actually lose our souls, thus being no more. However the phrase is clarified thus: “If you listen to the wrong voice you have lost sight of your soul. You cannot lose it, but you can not know it. It is therefore “lost” to you until you choose right.”

Luke 11:14 *“Lead us not into temptation”*. This is part of the Lord's Prayer which we are prompted to repeat often. But we must question why we would need to ask God *not* to lead us into temptation, suggesting that He may or does. This statement is explained as meaning: “Recognize your errors and choose to abandon them by following my guidance.” and “A guide does not control but he does direct, leaving it up to you to follow.”

Gala 6:7 *“God is not mocked”*. One scholar suggests that it means “God does not suffer Himself to be imposed on by empty words: He will judge according to works.” However the ACIM interpretation is quite different. “...it is not a warning but a reassurance. God would be mocked if any of his creations lacked holiness. The creation is whole, and the mark of wholeness is holiness. Miracles are affirmations of Sonship, which is a state of completion and abundance.”

Eccl 12:13 *“Fear God and keep His commandments”* has nothing to do with fear for it means “Know God and accept His certainty.”

Luke 6:37 *“Judge not that you be not judged,”* The suggestion here is that we may be judged. However ACIM points out that our loving God never judges. Instead the saying means “that if you judge the reality of others you will be unable to avoid judging your own. The choice to judge rather than to know is the cause of the loss of peace.” In other words we will be judging ourselves when we judge.

Matth 24:35 *“Heaven and earth shall pass away”* Suggests the end of the world, however it means “that they will not continue to exist as separate states.

My word, (the word of the Christ) which is the resurrection and the life, shall not pass away because life is eternal. You are the work of God, and his work is wholly lovable and wholly loving. This is how a man must think of himself in his heart, because this is what he is.”

“*Last Judgment*”. There are a number of passages in the Bible which allude to a day when there will be a “last” or final judgment on all of us. The ACIM puts a very different rendering of what this means: “The term “Last Judgment” is frightening not only because it has been projected onto God, but also because of the association of “last” with death. This is an outstanding example of upside-down perception. If the meaning of the Last Judgment is objectively examined, it is quite apparent that it is really the doorway to life. No one who lives in fear is really alive. Your own last judgment cannot be directed toward yourself, because you are not your own creation. You can, however, apply it meaningfully and at any time to everything you have made, and retain in your memory only what is creative and good. This is what your right-mindedness cannot but dictate.”

Matth 11:30 “*My yoke is easy*” Suggests that following Jesus is an easy sacrifice. But in ACIM “Remember that “yoke” means “join together,” and “burden” means “message. “Let us restate “My yoke is easy and my burden light” in this way; “Let us join together, for my message is light.”

Luke 23:34 “*Father forgive them for they know not what they do*” Is a request for the Father to forgive sins suggesting judgment but we are reminded that God does not judge. “Miracle-minded forgiveness is only correction. It has no element of judgment at all. The statement in no way evaluates what they did. It is an appeal to God to heal their minds. There is no reference to the outcome of the error. That does not matter.”

Matth 18:3 “*Except you become as little children*” means “that unless you fully recognize your complete dependence on God, you cannot know the real power of the Son in his true relationship with the Father. The specialness of God’s Sons does not stem from exclusion but from inclusion. All my brothers are special. If they believe they are deprived of anything, their perception becomes distorted. When this occurs the whole family of God, or the Sonship, is impaired in its relationships.”

Matt 22:14 “*Many are called but few are chosen*”. ACIM claims that the statement should read “All are called but few choose to listen.” and “Therefore, they do not choose right. The “chosen ones” are merely those who choose right sooner. Right minds can do this now, and they will find rest unto their souls. God knows you only in peace, and this is your reality.”

John 3:16 “*For God so loved the world that he gave his only begotten son, that whosoever believes in him should not perish but have everlasting life*” This statements suggests that God sacrificed His only son so that the people who believed in Him would live for eternity. ACIM gives an odd twist to the statement, for it states it “needs only one slight correction to be meaningful in this context; “He gave **it to** his only begotten son.” The meaning of “it” is not quite clear but suggests that it is the element of time – time for us to repair our relationship with God.

According to ACIM “the lamb of God” has also been misinterpreted, suggesting that Jesus the Christ was sent as a sacrifice – “the sacrificial lamb.” Again we find in ACIM a very different meaning. “I have been correctly referred to as “the lamb of God who takes away the sins of the world,” but those who represent the lamb as blood-stained do not understand the meaning of the symbol. Correctly understood, it is a very simple symbol that speaks of my innocence. The lion and the lamb lying down together symbolize that strength and innocence are not in conflict, but naturally live in peace. “Blessed are the pure in heart for they shall see God” is another way of saying the same thing. A pure mind knows the truth and this is its strength. It does not confuse destruction with innocence because it associates innocence with strength, not with weakness.”

On the question of sacrifice ACIM states “Sacrifice is a notion totally unknown to God. It arises solely from fear, and frightened people can be vicious. Sacrificing in any way is a violation of my injunction that you should be merciful even as your Father in Heaven is merciful. It has been hard for many Christians to realize that this applies to them. Good teachers never terrorise their students. To terrorise is to attack, and this results in rejection of what the teacher offers. The result is learning failure.”

“The statement “Vengeance is mine, says the Lord” is a misperception by which one assigns his own “evil” past to God. The “evil” past has nothing to do with God. He did not create it and He does not maintain it. God does not believe in retribution. His Mind does not create that way. He does not hold your “evil” deeds against you. Is it likely that He would hold them against me? Be very sure that you recognise how utterly impossible this assumption is, and how entirely it arises from projection. This kind of error is responsible for a host of related errors, including the belief that God rejected Adam and forced him out of the Garden of Eden. It is also why you may believe from time to time that I am misdirecting you. I have made every effort to use words that are almost impossible to distort, but it is always possible to twist symbols around if you wish.”

In the ACIM Jesus pointed out “two glaring examples of upside down thinking in the New Testament – the whole Gospel of which is only the message of love.” He claims that, because the Apostles felt guilty over the death of Jesus, they quoted Jesus as saying “I come not to bring peace but a sword.” Which he said was the exact opposite of everything Jesus taught. The second example was that of Jesus’ reaction to Judas Iscariot as described by the Apostles. As quoted in ACIM “They could not have believed that I could not have said, “Betrayest thou the Son of Man with a kiss?” unless I believed in betrayal. The whole message of the crucifixion was simply that I did NOT. The “punishment” which I am said to have called forth upon Judas was a similar reversal. Judas was my brother and a Son of God, as much a part of the Sonship as myself. Was it likely that I would condemn him when I was ready to demonstrate that condemnation is impossible?”

“Do not make the pathetic error of “clinging to the old rugged cross.” The only message of the crucifixion is that you can overcome the cross. Until then you are free to crucify yourself as often as you choose. This is not the gospel I

intended to offer you. We have another journey to undertake, and if you will read these lessons carefully they will help prepare you to undertake it.”

“It is hard to understand what “The Kingdom of Heaven is within you” really means. This is because it is not understandable to the ego, which interprets it as if something outside is inside, and this does not mean anything. The word “within” is unnecessary. The Kingdom of Heaven is you. What else but you did the Creator create, and what else but you is his kingdom? This is the whole message which in its totality transcends the sum of its parts.”

We note from the above reinterpretations that takes away any suggestion that God has anything less than total, unconditional love for us all. He does not judge, He does not punish, He does not seek vengeance or revenge, for none of these could be any part of a God who loves without question, our God, our Father who is love.

From The Cayce Readings:

For, remember, - He is God of love, for He IS love. He is God of joy, for He IS joy; a God of happiness, for He IS happiness! 2403-1 BDA ΩΩΩ

THE WISDOM OF EDGAR CAYCE

ON THE MIND AND SOUL

For the very fact that you find yourself conscious of being alive, of being capable of suffering disappointments, capable of being aware of missing something within your own experience in the present – disappointed in people, disillusioned with your own family – should make you aware that God is mindful of you and that you have forgotten God.

Then in your spiritual life, in your spiritual purpose lies the answer to your problems, physical, mental, material, spiritual. For when you have set your own house in order, regardless of what others may say, begin to read first the 19th of Exodus and the 5th verse, and see in whom you may trust, where your mind and your soul may find rest. Consider what spirit, what purpose, what desire must occupy your mind. 1506-1

ON CHOICE AND WILL

Yes, your Lord, your God, shows you this day by day in His dealings with your fellow man, to show those promises that have been made sure in the experiences of those that seek. For He gives good and evil to all, and you choose through the will your relationships – as to whether they shall be for self-exaltation, self-glorification, self-indulgence, self-gratification, or for the love of life, of truth, of hope, of honour, of virtue, of patience, of brotherly love. You yourselves show forth these in the manner, the way you deal with your fellow man! 254-91

ON APPLICATION

Then as you have held, as you have applied what you have learnt, so does the ability come to be of that help, that aid to those who are stumbling – some blindly, some gropingly, some discouraged, some overanxious, some overzealous of their own peculiar twist or turn; yet all seeking, seeking the light.

But He is the light, as you have seen in your experience – yes in your experiences through the earth you, too, have seen the light and lost your way.

And even as He put on flesh that He, too, might know the ways of the flesh, of the desires, of the urges that have wrought in the experiences of men that blindness of self-glory, self-indulgence or self-aggrandizement that has led many astray, even with the forces of Divine at times working through them.

For the Spirit is willing, the flesh is weak. And the strength, the influence, the force and power, is by that trust, that faith in Him. *1301-1*

ON THOUGHTS AND FEELINGS

Never so act, in any manner, in any inclination, that there may ever be an experience of regret within yourself.

Let the moves and the discourteousness, the unkindness, all come from the other.

Better to be abased and have the peace within . . . act ever in the way you would like to be acted toward. No matter what others say, or even do, do as you would be done by; and then the peace that has been promised is indeed your own.

ON THE CHURCH

The church is within yourself and not in any pope nor preacher, nor in any building but in self! For your body is indeed the temple of the living God, and the Christ becomes a personal companion in mind and in body; dependent upon the personality and individuality of the entity as it makes practical application of the tenets and truths that are expressed. *5125-1*

ON MATERIALITY

In materiality we find some advance faster, some grow stronger, some become weaklings. Until there is redemption through the acceptance of the law (or love of God, as manifested through the Channel or the Way), there can be little or no development in a material or spiritual plane. But all must pass under the rod, even as He – who entered into materiality. *5749-3*

ON SELF AND OTHERS

Faults in others are first reflected in self. When such conditions arise in the experience of an entity, there should be first those considerations of that in self that has produced such a reflection, so that the God shining through any activity is lost sight of by self in the fellow man; especially one that is seeking for the spiritual activities in a material plane, and he that would gain the world and lose self's own soul has lost all. *452-3*

ON THE SOURCE

You are part and parcel of a universal consciousness or God – and thus all that is within the universal consciousness, or the universal awareness; as the stars, the planets, the sun, the moon. Do you rule them or they rule you? They were made for your own use, as an individual – yes – that is the part, the thought your Maker, your Father-God thinks of you.

For you are as a corpuscle in the body of God; thus a co-creator with Him, in what you think, in what you do. And you change each soul you contact, literally or mentally – insofar as you, as an individual entity, are a witness for or against your Lord, your God. This is the literal application, yes the spiritual way of man, of this entity in the earth; endowed, yes, with material attributes that to others may appear as a non-entity. Yet no soul may come in contact with the

entity without being changed, either in body, in mind or in purpose. And purpose is, of course, of the soul. 2794-3

FROM HERE AND THERE

OUR GREATEST FEAR

Our greatest fear is not that we are inadequate, but that we are powerful beyond measure. It is our light, not our darkness, that frightens us. Ask ourselves, Who am I to be brilliant, gorgeous, handsome, talented and fabulous?

Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you.

We were born to make manifest the glory of God within us. It is not just in some; it is in everyone. And, as we let our own light shine, we consciously give other people permission to do the same.

As we are liberated from our fear, our presence automatically liberates others. - *Attributed to Nelson Mandela.*

TRUE LOVE HAS NO OPPOSITES

One may consider hate or perhaps fear as the opposite of love and if that is true then love does have an opposite. Where the confusion rises is what we believe is love. Perhaps to give an example by the statement we may give the analogy of energy. What is the opposite of energy? One person said that matter was the opposite of energy but that is incorrect. Matter is just energy in a different form, just as ice and steam are just water in different states.

There is no opposite of love. In a way it is a form of energy – a divine energy that is of God. - *Eckhart Tolle.*

INDIVIDUAL RELIGIONS DON'T HOLD THE WHOLE TRUTH ABOUT GOD

The followers of many of the world's so called "mainline" religions will tell you that everything you need is in the doctrines and dogmas of their particular faith. It's a complete road map, and all we have to do is follow it. It's the surest path to our salvation. Indeed, say some, it is the only path.

Yet that path has not brought humanity to its salvation, but rather, to its knees. It is time now to do something that we have not been willing to do. It is time to question the prior assumption. - *Neale Donald Walsch – The Holy Experience.* - ΩΩΩ



LOVE



OUR CLOSING THOUGHT

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

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