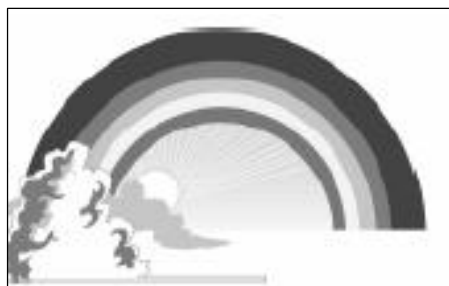


Journal of the Edgar Cayce Society of New Zealand



The Rainbow Journal

March/April 2008

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The Rainbow Journal

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ECSNZ NEWS

In January this year the editor and organisor of ECSNZ moved to Adelaide, South Australia, to be with his family there. Until such time as a New Zealand replacement takes over the helm on the New Zealand society Brian will continue to act on behalf of the society. He will also continue to produce the Rainbow Journal and discussions are now underway with Edgar Cayce Australia to combine the Journal with an ECA newsletter when it is hoped we will have more input from our readers. More details will follow in our next issue. ???'

TO OUR READERS

Welcome to our second edition for 2008. In this issue we start off with an article on *Understanding Karma*, which looks at some of the aspects of the Law of Karma. In the article *What Do You Believe* we consider that it is not so much what we believe that is important but how we apply our beliefs in our daily lives. The next article is on a very different vein – *Automobiles, 21st Century Dinosaurs* - where we question why we are still using the internal combustion engine, a 'dinosaur', to power our motor vehicles when alternative, non-polluting power sources are now available. The next article *Sin and Evil* takes a fresh look at sin and evil in this modern age. The brief article *To Those Who Grieve* is take from the Aquarian Gospel and is a letter from Jesus to his mother following the death of his father. Finally we continue with Chapter three of the book “Christ in You.”

As with all the article these are all based on the thoughts and opinions of the editor and are not meant to instruct our readers but rather to offer you food for thought. Your comments, opinions and contributions are welcome.

I wish you pleasant reading and as always welcome any feedback. *Brian Alderson*

UNDERSTANDING KARMA

Many of us, when we were young, were taught that we have this one single life on earth. Sometime after our deaths there will be a 'judgement day' when we will be called to account for our conduct during this single life and depending on the verdict we would spend eternity either in heaven or hell. This system seemed so utterly unjust to me as I could not understand how a person could be eternally punished for sins committed over a short lifespan on earth, or why, just because a person got a judgement day passmark, that person would spend eternity living blissfully in heaven.

As we got older many of us looked to alternative religions and philosophies and would have stumbled across the Eastern principle of reincarnation. Some of the early books on the life and works of Edgar Cayce dealt with this concept, such as the best seller “Many Mansions” by Gina Cerminara, which convinced many of us of the validity of this doctrine and that we all came under the Law of Karma. What was written was that Karma was essentially about natural justice which spanned over more than one lifetime so that death itself was not a punishment nor was it an escape from justice.

When we refer to karma we often think of only the bad things that happen to us, presumably the result of past errors and wrongdoings. While this may be true in part this does not cover the full dimension of karma. The Law of Karma is equivalent to the physical law of 'cause and effect' or 'action and reaction' which states that every act has a resulting effect or reaction. Thus if one puts a hand in a fire one will experience pain and suffering – a simple cause and effect and one would not conclude that the suffering was a punishment from God but a natural result of pain caused by the heat from the fire.

If we commit an act of cruelty, if we deliberately cause harm to someone this will come back to haunt us irrespective of whether we have been brought to account under our human laws. Similarly if we do good deeds and unselfishly serve others these acts will come back to us, perhaps by us receiving help from an unexpected source when we are in need. So the law of cause and effect applies to every action – good and bad - and the law should never be thought of as punishment but rather the effects of actions so that good deeds will result in good results and bad deeds will result in bad results. As Saint Paul aptly put it 'Don't be deceived. God is not mocked, for whatever a man sows, that he will also reap.' Sow good seeds and good crops mature, sow bad seeds and bad things spring up.

The main difference between the physical and spiritual laws is that with the physical law the effects of action follow either immediately



or within close proximity to the actions or causes whereas with the spiritual law the results are not confined to the dimension of time so that they can manifest themselves over many lifetimes.

Sickness & Sin

One concept of karma which could be misunderstood is in the premise that, as Cayce stated, "... all illness is sin manifested..." We could conclude from this that sick and diseased people are sinful people and presumably the more sick, diseased or crippled they are the more sinful they are. Conversely we could assume that people with good health and great physiques are virtuous and untainted by sin. Again sometimes this may be the case however to come to this conclusion would be looking from the physical rather than the spiritual aspect. We would be reaching conclusions based on our senses rather than spiritual insights.

Sometimes we do things that are extremely negative, one may say 'evil.' We may proceed along a path that leads away from the light as we become 'slaves to sin.' As Cayce would state we would have 'lost spiritually.' The wrong thoughts and actions may be of such magnitude that we would not be in a position to withstand the consequences were we to face them in our current spiritual state. Therefore the consequences may be delayed until such time as we have built up sufficient spiritual strength to meet ourselves. In the meantime we may be born into an environment where the challenges are such that we have an opportunity to spiritually progress despite the baggage of past deeds we carry with us. So it may not be until a number of future lifetimes later that we will eventually be faced with these past unresolved issues. A number of cases in the Cayce files refer to karma delayed for some time. In one case the entity was once living in Rome and was a spectator at the arena where Christians were led in to face hungry lions. She laughed at the injury received by one of the Christians who was being mauled and as a result of this scorn, many generations later at the age of 36, she contracted polio and was crippled. The readings stated that this was a karmic result of her scorn so many hundreds of years earlier.

It is quite possible, in fact probable, that those amongst us who were born with severe physical handicaps or diseases are in fact spiritually advanced to the point that they are able to meet these great physical challenges. Have we all not witnessed people with crippling handicaps who seem to possess a strength of spirit far above the norm? So the crippled beggar sitting on the street corner may be a spiritual giant who is meeting his final challenges on earth while the smartly dressed businessman who looks down on the beggar as he strides by is, in comparison with the beggar, a spiritual infant.

Positive Karma

Because the majority of Cayce's clients were people seeking help over illness and physical problems the readings dealt mostly with the negative karma facing these people however there are readings in which he stated that physical beauty, talents and unusual abilities in the present life were the result of past deeds and efforts. An example of this was the instance in which the reading gave a Karmic reason for beauty. This is the case of a striking New York model whose unusually beautiful hands brought her much in demand for advertisements promoting nail polish, hand lotion, and jewellery where hands would be featured in the advertisements. The karmic cause for her gift of beauty was found in the immediately preceding incarnation, when she was a recluse in an English convent. Her life had been spent in performing menial and distasteful tasks with her hands. She did them with such a dedicated spirit of selflessness and service that her consecration of spirit was transmuted into the unusual beauty of her person and of her hands.

Thus we should keep in mind that no effort is ever wasted, no good deed or unselfish kind act is ever lost, so that no matter how old we are or what circumstances we are in we always have opportunities to build the right karma. We are today the result of our previous actions and what we will be tomorrow is determined by what we do today.

From the Edgar Cayce Readings

In the beginning all [souls](#) were as a unity to the God-Force. As you added or subtracted that which was in keeping with God's purpose, you added or subtracted from the blessings you might be conscious of in materiality. Thus [karma](#) is built. And the law is perfect - what you sow, you reap. 3660-1

There are physical disturbances that are a part of the entity's [karma](#). They are for lessons for those responsible for the body, if you will accept it. If you let it harden thee, you miss the opportunity of knowing that He is the resurrection, He is the truth and life. 3391-1

If there is the desire, there may be used the influences that we might suggest - though these will not heal, or

remove causes. For, as has been indicated often, causes may be [karma](#). [Karma](#) is cause often of so called hereditary conditions. Then indeed does the [soul](#) inherit that it has built in its experience with its fellow man in material relationships. 3313-1

This - find it in self. Know, so long as we feel there is [karma](#), it is cause and effect. But in righteousness we may be justified before the Throne; thus we may pass from cause and effect, or [karma](#), to that of grace.

The name then was Eloise White. Yet the entity in the latter portion of its experience gained, for it came in contact with some of those who had suffered through the destruction of those lands now called Chicago or Dearborn. These brought a stabilizing of self, in the understanding that with what measure you mete it is measured to you again. It is the law of cause and effect, and is thus called [karma](#). It is also the law of grace, of mercy, for if you would have mercy you must show mercy. If you would have peace it must be first within self, and you must be peaceful and create peace wherever you go, with whomever you contact, and not dissension 2987-1. ? ? ?

WHAT DO YOU BELIEVE?

All religions have their particular beliefs, their creeds which are statements, or confessions, of what we believe as members of that particular religion. This may be a simple statement such as in Judaism "Hear O Israel, the Lord is our God, the Lord is One" or the declarations by Muslims "There is no [god](#) but [Allah](#), and [Muhammad](#) is His [prophet](#)" or the more definitive creeds in Christianity such as the Nicene or Apostles creeds. Some Christian denominations reject creeds as such but they all have the minimal creed in the belief of the existence of a god as creator.



All Christians most likely believe at least some of the facts contained in the Nicene creed concerning the birth, life and death of Jesus, however those in other religions, Jews, Muslims, Buddhists, Hindus, etc. probably do not believe a single one of them. Before we condemn the followers of other religions for this non-belief we should ask ourselves whether the belief in particular facts concerning Jesus and our religion are important to us and whether they make any difference to our lives. Also we should consider whether these facts are worthy of arguing or even fighting over. We should considered why we argue at all over religion for most likely the simple reason is that we like to prove that we are "right" and our antagonists are "wrong." Since most people feel very strongly about religion for one reason or another there seems to be more intense fights over religion than over most other matters. What adds fuel to the fights over religion is that there is generally no real way to prove who is right or wrong with each party referring to their own religious texts or doctrines. For example, those who claim that the Bible "proves" that their religion is "right" generally base their claim on the Bible itself which is like the argument put forward by the man who claimed he was god. "I am god and because god is infallible and cannot err then that proves that I am indeed god!"

Perhaps rather than devote time and energy into either pursuing the validity of these facts or defending those that we believe we should ask ourselves what effect these beliefs have on our lives. Do these beliefs determine the way we act and conduct ourselves when dealing with lifes situations? Are we better people because of our beliefs?

One of the sayings of Jesus is the statement "whoever lives by believing *in* me will never die." (John 11:26). Note that he did not say "believe me" but "believe *in* me." To believe someone is to believe what that person has said but to believe in someone is to believe in what they stand for. Thus it is not the historical facts that are the true foundations of Christianity but the essentials of what Jesus stood for. These he summed up in what he called the greatest commandments: "The most important one is this: 'Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbour as yourself.' There is no commandment greater than these." (Mark 12:19).

Edgar Cayce addressed the question of beliefs in a reading given to the A.R.E study group in the Easter of 1940. Note the phrase referring to facts as being "in the hearts and minds of those here."

From the Edgar Cayce Readings

In giving that as might be significant in the experiences of those present, it is well that there be considered those conditions which exist in the world of thought, as well as in the political and economic situations throughout the world, - if there is to be a practical application of the significance of the

resurrection of Jesus, the Christ. The life, the death, the resurrection of Jesus are as facts, in the hearts and minds of those here. The resurrection of Jesus, the Christ, is a significant fact to each individual **only according to how he applies same**, as it is significant to him, in his daily life, experience and conversation with his fellow man.

Then, in a material world, - a world of hate, of divided opinions, - what is the course that you each will pursue, in relationships to your fellow men? Is it the course outlined by the tenets, the principles which He, the Teacher of teachers gave as respecting the manner of life, of activity, that you each would give in your dealings and relationships with your fellow men? We know, and only need to be reminded, that the whole law is in Him. For, as He gave that which is the basis, the principle, of the intent and desire and purpose which should prompt our activity, so we in our own world, - as we live, as we speak, as we pray, - are to let it be in that tempo, in that way and manner which was prompted by Him, as He taught His disciples how to pray.

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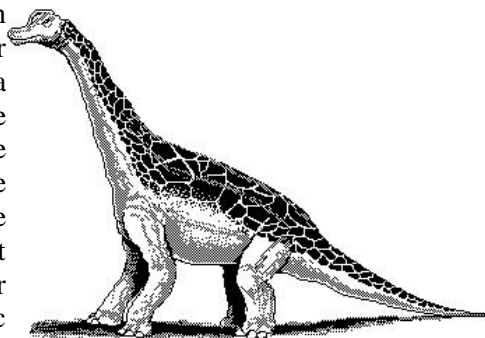
AUTOMOBILES - 21st CENTURY DINOSAURS

In its July 17, 1995, Australia edition, Time magazine rounded up a list of future technologies that would change the world as we know it. In doing so, they made the following prediction: "The first company to design an affordable car that doesn't foul the atmosphere will race past its competitors." Not only was Time totally wrong in saying this, but it's quite probable that their misstatement was an intentional lie. The simple fact is that the technology to create an "affordable car that doesn't foul the atmosphere" has been known for most of the last century. It's just that the oil companies, who cannot make money from such vehicles, will not allow the public to have them. - Christopher Bird – Energy Suppression.

We cannot get past the fact that the auto manufacturers do not exist to serve the public but their prime objective is to provide maximum profits for their shareholders. To get an idea on what extent an auto manufacturer would go to maximise these profits, in the 1920s auto maker General Motors began a covert campaign to undermine the popular rail-based public transit systems that were dominant in and around the country's bustling urban areas. At the time only one in 10 Americans owned cars and most people travelled by trolley and tramcars. Within three decades, General Motors, with help from other corporations involved in the auto and oil industries succeeded in decimating the nation's trolley systems. This scandal, later to be known as 'the Great Streetcar Scandal,' resulted in court proceedings but by the time its perpetrators were identified and penalised, its intended result had already been achieved. GM was fined \$5,000 and each executive was ordered to pay a fine of \$1¹.

Recently the documentary film "Who Killed the Electric Car" was released which examined the various factors resulting in the demise of the short-lived electric powered automobiles which were introduced onto Californian roads in the late 1990's. The production of these cars was in response to Californian legislation aimed at curbing air pollution from automobiles exhaust emissions. The mandate specified that by 1998 2% of all new cars sold by the seven major auto manufacturers in the State of California were to meet zero emission standards, with the percentage rising to 10% by 2003.

In response to the mandate auto manufacturers began production of small numbers of electric powered vehicles however these vehicles were only available to selected consumers under a lease program which kept the ownership of the vehicles in the manufacturers hands and at the end of the lease the vehicles were to be surrendered back to the auto makers. In the meantime the manufacturers together with the oil companies challenged the clean air legislation by suing the State of California and as a result the government backed down and repealed the legislation after which the manufacturers promptly withdrew all the electric vehicles off the road.



This documentary was quite a surprise to many of us who had not previously heard of these electric vehicles although for a long time many of us have been puzzled as to why, in this age of rapid technological advancement, the costly, expensive, inefficient, air polluting internal combustion engine (ICE), these

¹ Wikipedia – *The Great American Streetcar Scandal*

dinosaurs, were still being used as the power source for automobiles. With the exception of the auto industry, in all areas of technology and engineering new inventions and innovations are constantly being introduced and made available to the public yet the auto industry's Research & Development department seems to have been in a state of suspended animation since the ICE appeared on the roads some 120 years ago. The engine still remains virtually the same as its original design and only minor changes have been made to the basic engine concept.

Of most concern is the fact that fuel efficiency has improved little over the last 80 years or more and statistics would suggest that for some car makes efficiency has recently worsened. My first motor car was a 1938 English Morris with a four cylinder engine. The highway fuel efficiency was rated as 37.5 mpg (U.S. Gallon)². This was efficiency in 1938. Compare the latest statistics³ for 4 cylinder petrol cars (MPG U.S. Highway efficiency):

<u>Make</u>	<u>Model</u>	<u>1938</u>	<u>1985</u>	<u>2008</u>
Morris	Eight	37.5		
Ford	Escort/Focus		39	35
Chevrolet	Nova/Aveo		34	35
Honda	Civic		39	36
Nissan	Cenera/Versa		35	33
Toyota	Carolla		33	37

While some variations in economy will be accounted for by engine capacity and power however one cannot get past the fact that at the very best there has been minimal overall improvement in fuel efficiency for decades. One must wonder what is really going on within the auto industry and the attitude of politicians particularly nowadays with the iminant threats from air pollution and global warming. A recent press release (December 2007) stated that U.S. president Bush signed a bill to improve vehicle fuel efficiency in the U.S. raising the fuel efficiency standard to *35 miles per gallon by 2020!* To accomplish this perhaps we should go back to using pre-second world war vehicles!

There have been many books and articles written which claim that numerous innovative inventions concerning energy production and fuel efficiency have been deliberately suppressed. The authors claimed that the usual method of suppression was the buying of the patents for the inventions by interested parties and in some cases it was claimed that the inventors died under mysterious circumstances or simply disappeared. Whatever means was used the results were the same – no more was ever heard of these inventions. Many of us have remained sceptical of such claims but it recent years, with mounting evidence of such suppressions, it has been more and more difficult to ignore the claims. Perhaps many of the inventions were impractical but it is hard to believe that no one in the last century has been able to come up with either significant ways to improve the fuel efficiency of ICEs or any alternative type of engine to replace them.

It has been known for many decades that the use of ICEs is the major cause of air pollution in our cities and we have become increasingly aware of the effect this pollution is having on our climate. Yet the auto manufacturers in league with the oil industry stubbornly refuse to make any significant move towards producing pollution free vehicles.

There are a number of reasons why the auto makers seem to be obsessed with the inefficient ICE. Firstly evidence suggests (as in the case of the Great Streetcar Scandal) that the auto makers work in cooperation with the oil industry to ensure demand for oil is not diminished. Secondly engine and related replacement parts form a major part of the auto makers revenues. Alternative engines such as the electric motor, have far fewer parts than ICEs to wear out so they would be less profitable for the automakers. For example the following systems and parts for ICEs would not be required for electric vehicles: gearbox (rarely used in electric vehicles), clutch, distributors, spark plugs, air filters, oil filters, coolant and vacuum hoses, injectors, carburettors, engine bearings, pistons, connecting rods, crankshafts, valves, valve springs, valve guides, camshafts, cambelts, pushrods, rocker arms, oil pumps, fuel pumps, water pumps, radiators and exhaust systems. Most of these parts wear out over time creating a demand for replacement parts, a major source of the auto makers revenues, and results in the obsolescence of the average motor vehicles within 10 to 15 years.

. What has all this got to do with Edgar Cayce? Very little really, except that through the readings he

² Wikipedia – *Morris Eight*

³ U.S. Department of Energy - *Fuel Efficiency Guide*

consistently stated that selfishness is the sin of the world today. This vice has been with us through the centuries but what has changed is the opportunity for those with wealth and in the position of power to maximise the rewards of this selfishness and greed through those businesses that provide the goods and services for our modern society. As these corporations increase in size and wealth so does their power so that they can exert great influence over our governments and our very lifestyle. We on earth are facing a critical time with climate change brought on in part by the very people who are resisting any attempts to produce non-polluting motor vehicles. Therefore we as concerned citizens must demand of our local and national representatives that they take the necessary action to force the auto industry to produce what the modern world demands of them. We do have the power to change the world if we only unite and make our voices heard.

FROM THE EDGAR CAYCE READINGS

For each [soul](#) through the material or three-dimensional plane has the opportunity to manifest all phases of virtue or vice. The whole sin, ever, is selfishness - or its children. ?r?r?r

SIN AND EVIL

Many of us who attended church and bible classes on Sundays as youngsters will have got the impression that sin and pleasure were pretty well synonymous. Anything that was pleasurable appeared to be sinful. This particularly applied to anything to do with sex and one got the feeling that God did not like sex but it was the only way He could find to keep up the population of the earth (particularly, if we go by the Old Testament, He was consistently ordering His followers to kill off His many human enemies). Furthermore any infringements of Church rules were also sinful and the number of these rules depended on the particular denomination so that in some cases dancing, not going to Church on Sunday, wearing make-up and lipstick (for girls that is, not me!) were all considered sins. This constant emphasis on sin by church leaders and preachers appeared to be with the object of instilling fear amongst the congregation, fear of the consequences of our many sins carried out by an angry, vengeful God who would vent His anger on us.

Nowadays, with the falloff of Church attendance and the decline in the Church's influence the notion of sin has lost its popularity and many Christians now disagree with the concept of sin as disobedience to Church doctrine and rules and commandments that do not deal directly with our moral behaviour. For example many Christians do not consider working on a Sunday as a sin despite the fact that there is a commandment expressly forbidding such work.

So in this modern age of rapid change perhaps we should have a fresh look at what we mean by 'sin,' also its relationship to evil. A start would be to look up the meaning and origin of the word as it was used in the Bible. What we find is the Greek word that was used for sin in the New Testament, 'hamartia', meant 'to miss the mark' or 'to miss the target' as in archery. This meaning could furnish us with a different concept of sin and it would tie in with the principle of *ideals* as emphasised in the Cayce readings. We all have our ideals, whether we are consciously aware of them or not, and whenever we have fallen short of these ideals, 'missed the mark' or failed to meet our potential we have sinned. This is a constant problem for all of us for we are constantly falling short of our ideals in our relationship to those around us. It is so easy to fall into the trap of taking offence, of criticising others, of letting our feelings get hurt and at the same time it is hard for us to acknowledge that our words and actions have hurt others. This is sin. It causes us unhappiness and suffering but fortunately, if we recognise our sins and try to correct our shortcomings we do not build up negative karma (nor do we make God angry!)

Evil is different from sin for it is *deliberately* taking a path away from God. As Cayce stated it is *rebellion*. "*Hence that force which rebelled in the unseen forces (or in spirit) that came into activity, was that influence which has been called Satan, the Devil, the Serpent; they are One. That of REBELLION! Hence, when man in any activity rebels against the influences of good he harkens to the influence of evil rather than the influence of good.*" 262-52. Evil acts are deliberate acts which are aimed at hurting and killing others. When the intent is to inflict harm, or to kill, or to enforce our will on others these acts are *always* evil. Shooting people, suicide bombing people or dropping bombs on people, torturing, confining people without just cause are *always* evil acts and no sweet words from the seducer will change this. No good outcome will ever result from evil.

This is a lesson that has been taught from the beginning yet mankind is yet to learn – that good will *never* come from evil. "*Think not to do evil that GOOD may arise from same and that the evil will not rise within thine own [heart](#).*" 257-20. Evil is ignoring the commandment 'Do unto others as you would have

others do unto you' but rather 'Do the evil to them before they get a chance to do it to us.' As father John Hardon in his article on temptation stated "The devil trains his followers to seduce not just people or cities, but whole nations." So while we as individuals may not be directly involved with the destruction and killing of others we must be careful not to be misled by the seducer. This is the one who would have us believe that the laws of God do not apply to us, but only to our enemies, and that physical power and might is all that is required to overcome our enemies. He makes us believe that we as individuals, will not be held accountable for the evil being committed in the names of our nations as we stand by in silent approval.

The other lesson that Jesus taught, and we have still to learn, is that evil can only be overcome by good. This can be extremely hard for us to grasp as the desire to strike out, sometimes violently, when we feel threatened seems to be instinctive and our logic tells us to get the better of, and to overcome, our enemies. Also it is in our nature to seek revenge when we consider we have been wronged. We even quote the Bible verse 'An eye for an eye' to justify our acts. Our TV action stories constantly reinforce this concept where we see that justice has been done when the villains have been destroyed.

But this is not the way which Jesus would have us behave. He said that we are all one (that is the whole human race) under God. God loves us all and we are all equal under His law. Included in the **all** are not only our loved ones, our friends, our countrymen and allies but also our enemies. The **all** includes those that would rile against us, call us names and threaten us. Furthermore in the words of Cayce "What has been given as the truest of all that has ever been written in Scripture? 'God does not will that **any soul** should perish!'" The way of Jesus, which is the way of the law of love, is for us to always respond to these threats and intimidations with love. Not an easy course but the way of the Cross was never meant to be easy and this is the only way we can defeat evil.

From the Edgar Cayce Readings

To do wrong never will make good come of it, though it may make money and means and false promises may induce; but the end thereof is DEATH! Death not only to a successful business, death to the better self, death to all the influences and forces. For how has it been reckoned? Good is like a leaven that eventually leaveneth the whole lump. How is evil? Usually smeared on as some kinds of paints that cover and yet - How did He put it? - are as a whitened sepulchre, beautiful to look at but inwardly full of dead men's bones! So are the relationships with individuals. You cannot whitewash that which is in import and intent evil and have good come from same. 257-182

Hence, when man in any activity rebels against the influences of good he harkens to the influence of evil rather than the influence of good. 262-52

God calls on every individual to act for themselves; even as of old, "there is set before thee good and evil. Choose". Not that the response comes from any source save from within. 254-55

Evil is rebellion. Good is the Son of Life, of Light, of Truth; and the Son of Light, of Life, of Truth, came into physical being to demonstrate and show and lead the way for man's ascent to the power of good over evil in a material world. 262-52

7



T GRIEVE

Are you familiar with the AQUARIAN GOSPEL by Levi Dowling? It is a most remarkable book, and you should try to look into it some time.⁴ I would like to quote a very beautiful passage from it to you.

It is in chapter 30, which describes a scene in India when Jesus received word of the death of his father. Jesus "bowed his head in silent thought, and then he wrote; of what he wrote this is the sum:

"My mother, noblest of all woman kind; a man just from my native land has brought me word that father is no more in flesh, and that you grieve, and are disconsolate. My mother, all is well; is well for father and is well for you. His work in this earth-round is done, and it is nobly done. In all the walks of life men cannot

⁴ Copies are available in electronic format by contacting us.

charge him with deceit, dishonesty, or wrong intent...

Why should you weep? Tears cannot conquer grief. There is no power in grief to mend a broken [heart](#). The plane of grief is idleness; the busy [soul](#) can never grieve; it has no time for grief. When grief comes trooping through the [heart](#), just lose yourself; [plunge](#) deep into the ministry of love, and grief is not. Yours is ministry of love, and all the world is calling out for love.

Then let the past go with the past; rise from the cares of carnal things and give your life for those who live. And if you lose your life in serving life you will be sure to find it in the morning sun, the evening dews, the song of bird, in flowers, and in the stars of night. In just a little while your problems of this earth-round will be solved; and when your sums are all worked out it will be pleasure unalloyed for you to enter wider fields of usefulness, to solve the greater problems of the [soul](#). Strive, then, to be content, and I will come to you some day and bring you richer gifts than gold or precious stones." ?&?}?}

CHRIST IN YOU - CHAPTER THREE

Christ is Life

Continuing the commentary on the book 'Christ in You'⁵

Commentary:

The emphasis is on the necessity for meditation - 'times of quiet.' These are the times when we think about the Kingdom of Heaven, which has previously been defined as a higher state of consciousness. As the Bible states "be still and know that I AM God." It is during these periods of meditation that we energise ourselves, when the breath of life renews each particle of the body.

Our future is determined by what we do *now*, by our present thoughts and actions, and in this regard it is important to keep our thoughts positive. We reminded that the evolution of our spirits is through the material which is the reason why we are here. Meditation is an important element in our spiritual growth and it should be a daily discipline. While the results of meditation are subtle they are 'pregnant with results' for meditation improves our judgement, our understanding and insight. Eventually the results will be displayed in our physical bodies through 'perfect circulation of the blood.'

Love is our nourishment which can only be gained by giving it.

Original text:

Christ in You

Part 1 Third Lesson

Christ is Life:

The voice of spirit is far-reaching. It is the expression of omnipresence, and is both near and far. It knows nothing of space, but for the present we must deal with beginnings. Perhaps it would be as well to help you at your present stage of unfoldment. It is absolutely necessary that you should have times of quiet, that you should come out from the business of life for a part of each day. If you were to wait in silence, holding the attitude of growth and steady development, thinking above all else of the kingdom of God – your condition should not be one of strain or blank nothingness, avoid both these extremes – the result would be of the highest value to yourself and to all around you.

Hold in your heart, the true place of understanding, a stillness, which is alive, like the heart of a rose. The God powers within you would assert themselves; crooked things would become straight, rough places plain. All smallness and discord quietly but surely would drop away and have no longer any power. To spirit stagnation is impossible. The creative energy is constant activity within. All outside energy is waste and hindrance. As you quietly wait upon God, the breath of life renews each particle of the body by its silent, orderly activity.

We are not able to tell you of future events, but we can indicate their trend, for each individual makes the future by the thoughts and acts of the present. You are today the result of your

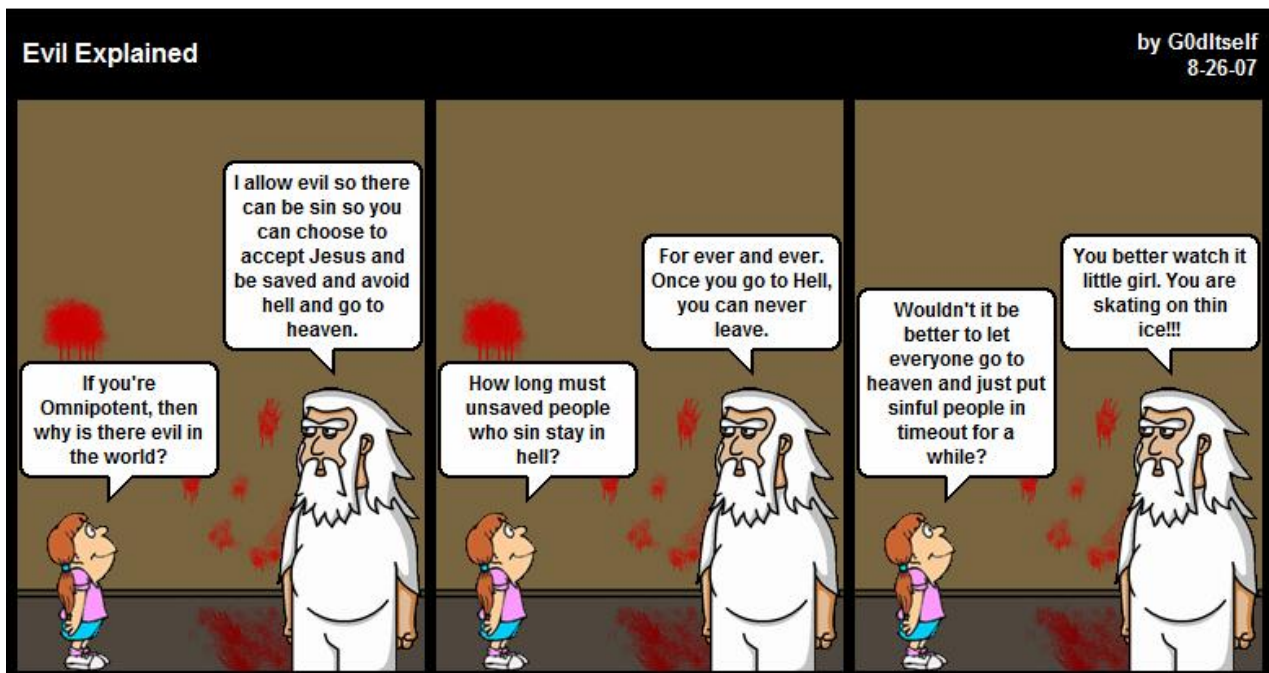
⁵ Available in electronic format by contacting the editor.

past. You may be hopeful, as your present thought will be fully realised in the future day. Hold the positive attitude in all that you undertake for spiritual development, knowing that God never fails. This holds you above the sense plane, and you immediately function from the spiritual, substantial, and only real. All must be finished before the Christhood of the race is complete – complete, unselfish, impersonal. Loving God and loving man, all may enter into unity. The evolution of spirit through the material is the work of creation. It is God that works in you now. Rejoice that you have this knowledge, and give the utmost for the highest. Live in spirit, breathe and walk in the innermost heart of yourself.

I want you to give some part of the day to this silent growth, thus bringing poise and balance into your whole being. I repeat this as it is so necessary, so pregnant with results. First, you will be conscious of good sound judgement, a better understanding of your neighbour, and clear insight. Afterwards, the result in your body will be realised, for in the silence the heart of flesh will have become one with the heart of spirit; and thus you bring about perfect circulation of the blood.

You can understand how highly important this is when I tell you that the brain is fed by the spirit; a finer element has become ruler over the grosser, and the spirit of the living God breathes through the outer body of flesh. I am making this clear in order to emphasise the necessity for quiet. Later, you will not need this, as you will command at all times and in all places, heeding neither environment nor discord.

Do not seek love – give it. This is nourishment. Will you give ear to this? Take what is your right from your Father. He who brought you to this very moment of your lives is speaking in your hearts. Awake thou that sleepest. Christ shall give thee light. ?â'?



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 ?â'•?