



The Rainbow Journal June 2008

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TO OUR READERS

Welcome to all of you as we reach the middle of another very eventful year. A special welcome to our new readers and a reminder that back issues of the Journal can be obtained by contacting the editor.

In this issue we have re-introduced a section on health as this formed a large part of the Edgar Cayce readings and many of us have, or are close to people with, health issues. As always we would appreciate your feedback and/or articles and letters for inclusion in future issues. *Brian Alderson OOO†*

WHICH CHURCH?

For most of us, when we come across the word 'Yoga' we picture people doing exercises, twisting and contorting their bodies into all sorts of odd positions. However, there is far more to Yoga than these workouts, for Yoga is a philosophical science of transformation. The original object of Yoga was to experience self-realisation and to discover our full potential and purpose in life. Yoga is an extremely old philosophy, pre-dating both the Hindu and Buddhist religions but is not in itself a religion. In the Yogic philosophy we have three bodies, namely the physical, the subtle or astral and the spiritual.

The object of Yoga is the integration of the self, the three bodies and thus gain self-realisation. According to ancient texts there are eight 'limbs' of Yoga. Through the eight 'limbs' one can attain the goal of perfection, and expand the knowledge of ones microcosmic connection to the wisdom of the greater macrocosmic matrix of life. They are in fact eight different paths leading to the same objective and adherents can choose any one or more of these paths because, it is claimed, when carried through to completion, any one of them will lead to the same end.

In simple terms these eight paths are:

Bhakti Yoga – the path of devotion through ritual and service

Dyhana Yoga – the path of contemplation and meditation

Jnana Yoga – the path through study of higher truths and laws

Mantra Yoga – the path through the use of sacred words, chants, sounds and vibrations.

Yantra Yoga – the use of visual forms of mantra, sacred art as a focus of mind.

Kriya Yoga - disciplinary action by performing specific purification practices of body/mind via the breath to remove energy blocks and tension

Hatha Yoga – the practice of asanas and breathing exercises

Kundalini Yoga – through mind/breath fusion the awakening of the kundalini energy raising it up the spinal cord.

In examining these different paths, one will note the great differences in the ways one can use to reach the same end. One may question why there were these different limbs, these very different ways of reaching the same goal. The answer is most likely in the truth that we are all different and respond differently to external and internal stimuli. Therefore, these ancient disciples were given a choice that would best suit their personalities. For the devotees of eastern philosophy and religions one or more of these paths may be the best choice but what about those of us today who are steeped in the Christian culture and beliefs?



When we observe the Christian community we will notice the large number of Christian denominations and the various orders and organisations. While they all come under the umbrella of 'Christian', they vary greatly in their internal conduct and the emphasis on the different elements of Christian worship. Some denominations emphasise the adherence to established rituals and service formats. Some churches are intricately adorned with statues and paintings with religious themes, having choral singing of long-standing hymns as a central part of their services. The Salvation Army puts an emphasis on service to the less fortunate. Some denominations enforce strict moral conduct on their members.

Others emphasise prayer and meditation, having simple services with the minimum of ritual, held in buildings devoid of embellishment of any sort. Some denominations, notably the Catholics, have various orders of nuns, monks, sisterhoods and brotherhoods. We can now perceive that, just as the adherents to Yoga those ages ago had a choice in the path they could take in search of self-

realisation, we too have a choice within the Christian traditions. Edgar Cayce was once asked what was the right Church for one to attend. His answer was that there was no 'right church', as it was more of a question of what we could give to the church we attended than what we could get out of it.

As one member of our study group put it "Cayce addressed this by saying we needed to get involved in a church and look at connecting with the people no matter how difficult, as a kind of life practice to learn to love."

FROM THE EDGAR CAYCE READINGS

(Q) What church should I regularly attend?

(A) Let that be within the heart. Remember, the church is really within self. As to where you carry the church for its service depends upon the environs in which there is the finding of the better activity. 674-3

(Q) Would it help my practice to attend a church? If so, which one?

(A) This is rather irreverent, my son. For, to be sure, to do good that good may come from same is well. But to question self - If there is the answering from within, that due reverence to the spiritual forces would arise from your service and your activity with an organised service, then through such and from such must come, of course, the greater ability, opportunity, to be of service to your fellow man. It would be well, if the promptings come from within. If the promptings come that such may be used as a steppingstone for your own self alone, not so well; for your heart and soul cannot be in same if it be for material gain alone! 657-3

THE SOUND OF MUSIC

In the opening words of the first chapter of the Bible, portraying day one of creation, "God said, "Let there be light," and there was light. God saw the light, and saw that it was good." The gospel of John describes the beginning in a different vein: "In the beginning was the Word, and the Word was with God, and the Word was God."

If we were to take the meaning of 'the Word' to be sound then we have the descriptions of the beginnings as light and sound. These are the two ethereal energies that have no material substance in themselves, but are basically vibrations. One way to describe these two energies is life and movement because we humans depend on them for our very existence. Without light there is no life and without the vibrations of movement there is no sounds, no life. Our senses can only pick up a very limited range of the frequencies of these energies and within that range we have built up our material world. If our senses worked on different frequencies then we would be living in different worlds, perhaps different dimensions.

One of the main applications of sound in our animal kingdom is for communications. Animals omit sounds through their voices or other means and fellow creatures pick up these sounds through their ears. The combinations and patterns of sounds used for communication is called language and we humans have the richest languages in the animal kingdom. Through the sophistication of our languages we have been able to disseminate knowledge throughout our species.

A different application for sound is to create music, but have we seriously thought about what is music? A broad definition of the mechanics of music may be "a series of sound vibrations that give pleasure." But we know that music is far more than that, yet it is very difficult to explain. Have we also considered that it is virtually impossible to describe in words a piece of classical music? Listen to a piece of instrumental music and then try to describe it. The best one can do perhaps is to describe the mental pictures that come to mind as the music is playing.

My personal description of classical music is "God talking" for I imagine that if God spoke to us he would not use words of our day to day language, which are interpreted by the left, logical, side of our brains. He would communicate to us through the right, intuitive, side. Music can have a deep effect and change our emotions. It can make us feel happy or sad, it can make us want to spring to action or join a march to war or help to put us to sleep. It can do far more than that because it has been demonstrated that it can effect the growth of plants and increase the volume of milk from cows being milked. For humans it is claimed that the right music can heal the body, strengthen the mind and unlock our creative spirit. In the book "The "Mozart Effect" by Don

Campbell the following are some of the claimed beneficial effects of music:

- ◆ Stimulate learning and memory
- ◆ Plays a beneficial role in the treatment of strokes, dementia, head injuries and chronic pain.
- ◆ Reduce the number of seizures in those suffering from epilepsy.
- ◆ Help lower blood pressure.
- ◆ Successfully assists treatment in substance abuse, migraines, anxiety and dyslexia.
- ◆ Helps in the treatment of listening problems, autism, attention deficit disorder, learning disabilities and other sensory processing disorders.
- ◆ Strengthens concentration capabilities and boosts creativity among people of all ages.

Edgar Cayce also proclaimed the power of this cosmic energy *“For it alone may span the distance between the sublime and the ridiculous, between spirit and body, mind and soul. Thus may it lift individuals in their hopes or it may be used to arouse the passions of the animal in the individual”* 3253-2

From the Edgar Cayce Readings

Reading given to woman concerning her relationship to her music teacher (harp):

The one aided the other and turned her towards that which purified in the vibrations of music, or the harp, and thus brought not only harmony to the soul but peace to the mental forces of each. 275-40

Music should be a part of each soul's development. 2780-3

For music is of the soul, and one may become mind and soul-sick for music, or soul and mind-sick from certain kinds of music. 5401-1

(Q) Is it advisable for the body to study music, or any other subject, or would it tax her mind and strength so as to retard her improvement?

(A) Study of music would assist, for there is much music in the make-up of the body, and those vibrations of music would assist the body in regaining sight and use of sound forces, which is seconded to the vision, see? 4531-2

So the entity may in the application of self in the present become as one who may write, as one who may direct, as one who may play the character of music (that is gradually coming into recognition) through which HEALING may be brought even to diseased as well as dis-eased bodies.

There may be the vibrations by chords and characters of music in which there may be assistance brought not only to the mentally deficient, the mentally twisted, the mentally unbalanced, but to even those who have characters of natures of fevers - in which there are humors within the body itself! 949-12

The entity was among those that were of the hill country about the land of Bethlehem when there were the shepherds that heard the voices, the halleluiahs proclaiming to them the birth of their King,In the experience there came that great overshadowing desire within the entity to become attuned, as it were, to the heavenly song, the heavenly music, the vibrations as it were of the spheres when all nature proclaimed the joyous event into the experience of man! 1487-1

THE SIN OF INTEREST – REVISITED

Our March 2007 issue included an article under the heading “The Sin of Interest.” The article examined the charging of interest from a moral and religious standpoint. It was argued that the imposition of interest resulted in a form of economic slavery whereby the poor worked for the rich, not only to repay money owed, but to pay the interest as well. Many of us who have accumulated debts and mortgages surrender our earnings for a good portion of our working lives to our creditors. As one distressed debtor put it *“Why should I pay for two houses to buy one?”*

Up to a few decades ago loan interest rates for the full terms of the loans were fixed at the time the loans was negotiated. Nowadays interest rates are variable and change at the lender banks discretion at intervals throughout the term of the loan. This can result in windfalls for the lenders

when they increase interest rates but we are now witnessing the extreme hardships to borrowers who no longer are able to meet the increases in repayments.

Mentioned in the article was the fact that over the last few decades the banking and financing industries had been deregulated. This was related to the drive for the globalisation of businesses and banks, to make it easier for large corporations to expand their activities multi-nationally. The outcome of the deregulation of banks was that there were no longer controls on the amount of interest that could be charged by lending institutions or on the type and extent of their activities. Once controls were removed small local banks throughout the world, many of which were mutual savings banks contributing to a competitive market, were swallowed up by the world's largest banks.

At the time the article was written there was no indication of the impending collapse of the home mortgage market and in the intervening period we have witnessed the phenomena of thousands of people being evicted from their homes because of their inability to keep up with repayments. This crisis started in the United States and spread to other countries around the world as economic conditions changed and interest rates increased.

As we witness the slowing economies and the beginnings of recession or downturn in economies in many countries we must be wondering what are the causes of this situation. Are our governments unable to foresee these situations and are they incapable of correcting them? Or do our governments have little influence over our economies because a few multinational banks have control over our money supply and therefore are able to manipulate the economies?

In New Zealand it is common knowledge that all the major banks are owned by their larger Australian counterparts but it is perhaps not so well known to Australians that the controlling shareholdings in the main Australia banks are in turn owned by foreign corporations. In fact, there are few countries in the world that can boast that their main banks are owned by the people of those countries. Who, then, owns all these banks? That is a very good question and as an educational exercise everyone who has a bank account should try to find out who are the people that actually have the controlling shares in the banks they patronise. To have control of large companies with many shareholders often only a 30% to 40% stake is required so it will be interesting to find out who has this stake. Often you will find that there are only three or four top shareholders that have this control and they are under the name of other companies. One must therefore dig deeper to find out who controls the companies with the shareholdings and so on to see if we can finally get to the people behind the company names.



Most of us do however have the confidence that at least our Central or Reserve banks are the issuing authorities for our currencies, and therefore are in command of our money supply. We believe they are owned by us through our governments. What has probably been one of the world's best kept secrets for the past 95 years is that the Federal Reserve Bank of America, the issue authority for the U.S. currency is, in fact, privately owned. The control of the money of the wealthiest country in the world is in the hands of a few powerful bankers! Some people have argued that at least the United States government has control over the Federal Reserve because the president appoints its head and that is proof that it is indeed part of the government. It is true that the president does present his choice to the Congress for approval but that choice comes from a list of candidates supplied to him by the Federal Reserve!

Perhaps the American people today see no harm in this. However previous leaders of that country have uttered grave concerns of the dangers in handing control over the country's money to private interests. Some 200 years ago Thomas Jefferson warned *"If the American people ever allowed the banks to control the issuing of their currency, the banks and corporations that will grow up around them will deprive the people of all property until their children will wake up homeless on the continent their fathers occupied."* Despite warnings, in 1913 President Woodrow Wilson signed the Federal Reserve Act handing control of the U.S. currency over to private banks. A few years later he wrote *"I am a most unhappy man. I have unwittingly ruined my country. A great industrial nation is controlled by its system of credit. Our system of credit is concentrated."*

The growth of the nation, therefore, and all our activities are in the hands of a few men. We have come to be one of the worst ruled, one of the most completely controlled and dominated Governments in the civilized world. No longer a Government by free opinion, no longer a Government by conviction and the vote of the majority, but a Government by the opinion and duress of a small group of dominant men.” Henry Ford once commented “It is well that the people of the nation do not understand our banking and monetary system, for if they did, I believe there would be a revolution before tomorrow morning.”

Each of us must feel completely helpless as compared to the immense wealth and power a few wealthy bankers have, that is so great that they can control the economies of our countries and therefore our individual livelihoods and standards of living. However we must at least be awake to the reality of what is going on and not just rely on what we are told through the media. We are not to be complacent for as Plato said so long ago “*Complacent ignorance is the most lethal sickness of the soul.*” Edgar Cayce stated “*The great enemy of truth, of the nature of God and man, is ignorance. The great enemy of man is his own selfishness. Ignorance and selfishness go hand in hand for if we were not ignorant of the effects of selfishness it is unthinkable that we should be so selfish.*”

What gives these banks such wealth and consequent power is their unrestrained prerogative to charge interest and we have taken for granted that this interest charging is a necessary part of our economic activity. That is not so, for the sole purpose of interest is to make those with surplus money wealthier. When we have a lawnmower and our neighbour needs to borrow it, would we charge our neighbour interest on the value of the lawnmower for the time he borrowed it even though we did not need it at the time? Why is money so different? It is not, and the charge is morally unjustifiable.

The problem is not so much the uncontrolled greed of individuals but the greed in the name of corporations or companies. Companies are separate legal identities but they are amoral – they have no innate sense of moral justice and ethics. These virtues are only found in humans who do possess a sense of right or wrong. Unfortunately the stockholders and directors of these corporations are led by the left side, the rational analytical side, of the brain with the result that the profit motive becomes the sole focus of the organisation. If these people had given more attention to the right side, the intuitive holistic side, of their brains they perhaps may have avoided what we are now witnessing in the world economies. For as Jesus has stated and repeated many times in the Cayce readings we are “our brothers keepers.”

ABORTION

Since its legalisation in a number of western countries, abortion has become a very controversial subject arousing people’s emotions with most people holding very strong views, either for or against it. Our beliefs on the matter could be based on religious or moral grounds or from personal experience. Some of those opposing abortion have gone to extreme lengths in their campaigns to have the practice stopped. Actions taken by these extremists include murders, assaults, bombings, and threats of sending letters containing anthrax - typical acts of terrorists.

When following the political election campaigns in the U.S. we can see that the stand candidates have on this controversial subject could influence voters in their choice on polling day. Even judges being nominated for the Supreme Court are quizzed on their position on abortion when their qualifications for office are being considered. This would indicate how seriously many people consider the subject. In this article we are not about to put forward a case for or against abortion, as we do not consider this is the place to argue this very controversial issue. We do however wish to point out what appears to be hypocrisy in the attitude of many of the spokespeople on abortion.

There are two aspects to this, apparently hypocritical attitudes these people display over abortion. The first is the opposition under the pretext of ‘the sanctity of life.’ We could consider this attitude admirable if these people were like those Jain monks who hold life so sacred that they sweep in front of themselves and are careful where they walk in case they would stand on and kill a tiny insect. Even if they held that this sanctity of life as only applying to our fellow humans we could understand, although not necessarily support, their viewpoints. However, when these people

who are so vocal over the sanctity of a unborn fetus are completely silent over the killing of adults we can only surmise that they must be hypocrites for surely the life of an adult is just as sacred as that of an unborn child. Yet, when it comes to such matters as capital punishment or the sending of soldiers overseas to kill other people these spokespeople are silent. If one believes in the sanctity of life one must accept that *all* human life is sacred, therefore one cannot pick and chose whose life is sacred and whose is not. We cannot say that the lives of our friends, neighbours are sacred while the lives of our enemies and those who are caught committing crimes are not – that's hypocrisy!

The second aspect relates to the fact that the bearing of children is a responsibility given by God only to women. Only women experience the nine months of pregnancy, the tremendous pains during actual birth and the ecstasy of bringing a new life into the world. Only women can find themselves in the position of facing the prospect of having an abortion. While men may be responsible for placing women in this unenviable position it is women who have to face the consequences. Why then are the most vocal people preaching against abortion predominantly men? Surely, it should be the ones who are directly effected who should be the decision-makers on this matter.

Then to be fair and just on the matter, if there are to be ballots on whether or not abortion should be legal and under what circumstances abortions are to be legally performed then the decision making should be confined to women – and let us men be silent for a change! **OOBB**

FROM HERE AND THERE

Starting the Day

Begin each day by telling yourself: Today I shall be meeting with interference, ingratitude, insolence, disloyalty, ill-will, and selfishness – all of them due to the offenders' ignorance of what is good and evil. But for my part I have long perceived the nature of good and its nobility, the nature of evil and its meanness, and also the nature of the culprit himself, who is my brother (not in the physical sense, but as a fellow-creature similarly endowed with reason and a share of the divine); therefore none of those things can injure me, for nobody can implicate me in what is degrading. Neither can I be angry with my brother or fall foul of him, for he and I were born to work together, like a man's two hands, feet, or eyelids, or like the upper and lower rows of his teeth. To obstruct each other is against Nature's law – and what is irritation or aversion but a form of obstruction? *Marcus Aurelius circa AD175.*

Time to Act

Think of your many years of procrastination; how the gods have repeatedly granted you further periods of grace, of which you have taken no advantage. It is time now to realise the nature of the universe to which you belong, and of what controlling power whose offspring you are; and to understand that your time has a limit set to it. Use it, then, to advance your enlightenment; or it will be gone, and never in your power again. *Marcus Aurelius circa AD175.*

On Patience

Endeavour to be patient in bearing with other men's faults and infirmities whatever they may be, for you yourself also have many things which have need to be borne with by others. If you can not make of your own self what you desire, how shall you be able to fashion another to your own liking? We are ready to see others made perfect, and yet we do not amend our own shortcomings.

We will that others be straitly corrected, but we will not be corrected ourselves. The freedom of others displeases us, but we are dissatisfied that our own wishes shall be denied us. We desire rules to be made restraining others, but by no means will we suffer ourselves to be restrained. Thus therefore does it plainly appear how seldom we weigh our neighbour in the same balance with ourselves. If all men were perfect, what then should we have to suffer from others for God?

Imitations of Christ - Thomas Kempis OOO@

HEALTH

The Humble Lettuce

One of the most recommended vegetables in the readings, lettuce supplies us with vitamins A, C, and folic acid, plus potassium and iron. Because it is rich in chlorophyll, it helps with our body's detoxification. In *Nourishing the Body Temple*, author Simone Gabbay states that "Lettuce of the deep-green variety, such as romaine, escarole, curly endive, or leaf lettuce, is preferable to head lettuce like iceberg, which contains fewer vitamins and minerals."

In giving dietary advice to a seven year-old girl, one reading stated: "Of course, lettuce should ever be in the diet of *everyone*, for it exhumes that which prevents infectious forces for *any* developing body." (1179-1) A number of vegetables, due to their highly alkalizing effect in the body, help immunise against contagious diseases for those who eat them regularly; perhaps this is what the reading was referring to as preventing "infectious forces." Another interesting note on this vegetable: One three-year-old girl bothered with pinworms was told: "These will be eliminated if there will be taken rather regularly some lettuce [as well as green raw vegetables, raw carrots, and raw fruit] ...induce the body to eat lettuce and celery and carrots—even a small amount. One leaf of lettuce will destroy a thousand worms." (2015-10)

Further information on lettuce's nutritional value was offered in this reading: "Plenty of lettuce should always be eaten by most *every* body; for this supplies an effluvium in the blood stream itself that is a destructive force to *most* of those influences that attack the blood stream. It's a purifier." (404-6) ~~OOO~~

CHRIST IN YOU

Fifth Lesson - The Truth of Being

Commentary:

One of the key messages in this lesson is "The only things that really helped you to a higher knowledge of God have come from within." It is implying that all knowledge is within us for we are part of the oneness of all life. What books and teachers do is to arouse and make us aware of this, often hidden, knowledge.

Text:

There is nothing in life you need fear. You will become sure that you are safe at all times and in every place. This realisation will reveal to you how much you have understood of the truth of being. Nothing can effect your real individuality. We want these lessons to help you to enter into your own now. It is wrong to hope and expect grace only at some future time.

Realise that spirit is omnipotent, omnipresent, omniscient. What is there to wait for? Let me state here – spirit cannot be less than the greatest. You have been trying to make statements from without. Let all your affirmations come from within, suggested only be the inward voice. Let every other sound and sense be silent before it. Let this spiritual highest YOU take possession of your mortal body. The only things that really helped you to a higher knowledge of God have come from within. You must be faithful and true to the Word that speaks. Thoughts are the outbreathings of this Word, the first cause of all. We can only help you to help yourself. Remember all through these lessons that nothing helps from without unless it receives recognition from within. The spirit is always revealing Christ, the whole and complete Saviour in you, the hope of glory and gloriousness. Your entire will, thought, and brain and led by this holy, invisible guide into knowledge of all truth. The moments of healing and growth have been when all the unquiet voices of the senses were hushed and silenced, when all personalities had ceased to touch you, when you had learnt to be still. Then God spoke in His Holy Temple. Oh, that you would rest from your false thinking and BE!

Your present phrase is a training ground, and you can do there what would be out of place and difficult here – just as it would be difficult for you to learn the lessons of childhood when you are adult. Many loved ones who dwelt with you in the flesh have entered into the larger sphere to watch and pray with you. Listen to Christ Jesus and divine Man, and you will understand that His words are for you and have new meanings. That you may have life in all its fullness, that your bodies may be perfectly whole, that you may be safe from harm and accident, that the worst enemy may be conquered, even death itself, before you reach the thin veil which divides us: all this and more will be revealed to you, for all the works of God are "very good."

Tonight, when you rest, do not allow the senses to suggest weakness or weariness; instead, allow your spiritual atmosphere within and without to enfold and invigorate you, until you are conscious of spiritual conquest

before you sleep. Your whole body will be renewed by this holy baptism, and your awakening in the morning will be a triumph and a joy. The effect of this is a sweet cleansing of mind and body. So much is done during the hours of sleep and darkness. We pray that you may truly say: "Awake or asleep, I am still with Thee." Cease from worry. **OOO**

FROM OUR READERS

GOD'S HOUSE

I've found the house where God lives:
He lives above the sea.
I watch the angels there at night
As they hover quietly.

I see the light from God's own eyes
That shines down on the shore.
I watch the clouds all gather 'round
To peek through heaven's door.
I hear the sea in symphony
'Neath its Maker's mighty gaze.
I almost touch the angels' wings
As they fly above the waves.

So come with me tonight, my friend,
As I sit beside the sea,
For there, you'll be as close to God
As a human soul can be.

WE SPEAK OF OUR GREATNESS

We speak of our greatness, we speak of our deeds.
We plant in the springtime, we pull up the weeds.
We harvest in autumn. But Who made the seeds?
God made the seeds.

We look at our doings with arrogant eyes.
We sail an ocean no matter its size.
We fly in our rockets. But Who made the skies?
God made the skies.

We speak of a world with no worry or strife,
But brother hates sister and husband hates wife.
We hurt and we murder, but Who gave us life?
God gave us life.

In all of our greatness there's no one who tries
To turn to the One Who will comfort their cries.
And as we go wandering, Who looks down and sighs?
God looks down and sighs.

Amber C. Greene **OOÖü**

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 **OOÖ,**