



The Rainbow Journal

August 2008

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To Our Readers

Welcome to all of you to our Rainbow Journal, August edition. As mentioned before, the articles written by the author represent the author's own opinion and are therefore open to

question. They are not written to instruct but rather to foster independent thinking. As always your comments would be welcome.
Brian Alderson OMM

Know Thyself – The Seven Centers

In a number of readings Edgar Cayce gave detailed interpretations of the meanings behind the Book of Revelations, which is attributed to the disciple John and by far the most difficult book in the Bible for Christians and bible scholars to comprehend and understand. The Book of Revelations is full of symbolism with the number seven being used constantly to apply to the various symbols. For example the seven churches, the seven spirits, the seven golden candlesticks, the seven seals, the seven angels, etc.

According to the readings the sevens refer specifically to the seven power-centers or chakras of the human body, the places in the body where the spirit energy of the person's life meets and connects with their endocrine system and their glandular system. These chakras were referred to in the Vedas, which are the oldest recorded traditions in India, written some 2000 years BC, and were purportedly composed largely by the Aryans, who were said to have entered India on chariots.

The original meaning of the word chakra as "wheel" refers to the chariot wheels of the invading Aryans. The word was also a metaphor for the sun, which "traverses the world like the triumphant chariot of a ruler" and denotes the eternal cycle of time, or wheel of time. In this way, it represents celestial order and balance.

Each one of the seven cities of the Revelation represents one of the seven chakras of the human body and the process of hearing the trumpets, opening the seals, the visitations by seven angels refer to the opening of the chakra system and attaining an elevated

consciousness or "enlightenment."

The Russian mystic Gurdjieff (commonly referred to as "G"), through the writings of his pupil Ouspensky in his book 'Search of the Miraculous' and other works, had a somewhat different conception of these chakras. G proclaimed that we possess not one mind but seven, although he sometimes referred to them as 'centers.' However the description and purpose of these minds appear to differ only in part from those attributes of the chakras.

The following is a table with an approximate comparison between the chakras and the centers, or minds, as proclaimed by Gurdjieff.

Chakras	Gurdjieff Minds
Gonads – Sex Center	Sex – Groin
Leydig – Naval	Instinctive – Abdomen
Adrenal – Solar Plexis	Moving – Spinal Chord
Thymus – Heart	Emotional – Solar Plexis
Thyroid – Throat	Intellectual – Head
Pineal – Crown	Higher Emotional – Head
Pituitary – Third Eye	Higher Intellectual – Head

(Cayce differs in his position of the sixth and seventh chakras from the Veda traditions by putting the third Eye as the highest center.)

Although the centers, or minds, are shown as being located in certain parts of the body they are said to be scattered throughout the body with the maximum concentration, or 'centers of gravity', as G put it, being located in specific areas. G claimed that the number of minds they possessed could classify all living creatures. The lowest creatures such as worms had only moving and instinctive centers while man was the only creature equipped with the intellectual centers.

G gave the following description and purpose of the minds:

1. *Instinctive Mind*: A primal mind found in all animals and claimed to control all the physiological functions of the body, such as the process of digestion and breathing. There exists a native intelligence which looks after the marvellous working of our bodies, the complicated chemical processes carried out in our internal laboratories to regulate our growth, to undergo body repair work and the mobilisation of defences against hostile micro-organisms. G suggested that intelligence not only resides in the brain but in the living tissues of our bodies. Modern psychologists would claim that this is part of the subconscious.

2. *Sex Mind*. This center is said not only to control the reproductive system but is also the center that controls great energy that can be diverted to other centers and can be used for constructive or destructive purposes.

3. *Moving Center*. The mind that controls our physical movements. While the intellectual mind may help us to learn to do things, such as learning to walk or to drive a car, once the activity has been mastered the moving center would take over control of the activity so that no further conscious thought would be needed. Thus it is the mind of habits. Again psychologists nowadays would claim this is part of the subconscious.

4. *Emotional Mind*. Concerned with feelings rather than ideas. When we are controlled by our emotions these emotions, rather than our intelligence, determine our actions and, depending on the emotion and like the sex mind, will have either positive or negative results.

5. *Intellectual*. The instrument which is occupied with constructing theories and comparing one thing with another. When this mind is in control we use our reasoning and knowledge to reach logical deductions and act of these conclusions accordingly.

6. *Higher Emotional*. According to G the

higher emotional and intellectual minds are not active in, what he termed, 'ordinary people.' The best way to describe these higher emotions is as quoted in the Bible "... the fruits of the Spirit are love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance..."

7. *Higher Intellectual*. These would include higher mental abilities such as wisdom, insight, understanding and the ability of right judgement.

Both Cayce and G claimed that there was a need for the right balance between these centers. As G put it "A properly balanced man resembled a well-trained orchestra, in which one kind of instrument took the lead at one moment of the performance and another instrument at another, each making its contribution to the symphony being played."

Problems arise when one center attempts to do the work of another. For example, there are occasions when our actions should be based on feeling (emotional center) rather than on thought (intellect center) and other occasions when emotions should give way to reason. Arguments often replace feelings in the first instance and emotions were liable to interfere with reason in the second instance. G claimed that this resulted in disharmony between the centers and was due to the absence of a conductor with the consequence that the musicians quarrelled with one another.

G stated that we should study to know ourselves and one way to do this was by self-observation when we should take note of our thoughts, emotions and sensations at the moment they occur and categorise them as to which center they belonged to. He claimed this would be a long and difficult process but the results would be worth the efforts.

Once we had gained skills in observing the working of the various centers we could begin to look for examples of centers attempting to do the work of another center or interfering with the functioning of another center. Thus we would become more focussed and

consistent in our thoughts and actions.

The readings by Edgar Cayce on the Chakras and the philosophy of G concerning our mind centers may appear to be at odds yet perhaps they each express in their own way the same non-physical part of our make-up.

An excellent book on the workings of our chakras as detailed in the Edgar Cayce readings is titled "Edgar Cayce on the Revelation" by John van Auken (available at the Edgar Cayce Australia bookstore). The book "In Search of the Miraculous" is also recommended for those interested in alternative viewpoints.

From the Edgar Cayce Readings:

Then as He gave, study to Know Thyself, the inner self; what motivates self in this or that activity! 1167-2

First know thyself and thy relationships to Creative Forces. 1224-1

First, know thyself. Analyze thyself. Find thy ideals, mentally, materially. 2869-1

Know thyself; know what is the motivative influence in thy life that prompts thee to act in this or that manner toward thy fellow man; for as ye do it unto these, the least of thy brethren, so ye do it unto thy God. 774-5

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Our Dominion Over Animals

Oneness is one of the chief metaphysical concepts declared by Edgar Cayce in his readings. In fact he stated that Oneness should be the first lesson we study for six months in our search for God. He referred to oneness as in relation to science and religious convictions, oneness of God, oneness of our relationship with each other and the world and oneness with life itself.

While we can intellectually accept this concept and *believe* in the truth behind it, few of us have ever *experienced* this oneness. This experience, being part of the experience of enlightenment, is not like a light that switches on within us and remains on for the rest of our lives but is usually a fleeting occurrence, lasting very briefly, but the memory of it can remain fresh within us forever.

Perhaps the closest many of us we have ever got to the oneness experience is in the love of those closest to us, in our special human relationships. This experience can also take place with our relationship to our distant cousins in the animal kingdom.

Our most common relationships with these creatures are usually restricted to a few domestic pets such as cats and dogs, but the scope of animal species with which we can have a close connection appears to be

limitless. This seems to confirm the biblical statement that we have dominion over the animal kingdom. We are masters over all animals from the largest to the smallest and including sea creatures such as dolphins.

The only barrier holding us back from an harmonious relationship with all the animals is instinct of fear. Animals and us humans have the instinctive emotion of fear that produces a rapid response of 'fight or flight' when we encounter anything unfamiliar and potentially dangerous or threatening.

Thus when animals confront something or someone that produces this fear the response is either an attack if it is felt that the object of fear can be overcome or to escape as quickly as possible from the scene. Obviously this fear is by and large justified because many animals are predators which feed on other animals that they could overpower and kill. In this respect man must be the most feared animal of all for he has the ability and to kill every other animal no matter how large and we sometimes do this killing for sheer entertainment.

This barrier of fear can be broken by our display of love, or mutual respect, rather than aggression. We have witnessed many instances when humans have bonded, or at

least coexisted, with feral and fierce animals such as the larger members of the feline family, and bears.

One recently widely reported case of coexisting with wild grizzly and brown bears concerns 70 year old Charlie Vandergaw who once hunted bears, but for the last 20 years has spent his summers living with them. As reported "Over the summers, he has seen eight generations of bears come and go and knows most of them by the names he has given them. He says he has a special connection to the bears, that he is obsessed with touching them and that, in particular, he is mesmerised by grizzlies."

Another most extraordinary case of bonding comes from Cambodia. As reported: "When a six-year-old boy in Kandal Provice, Cambodia, was just a couple of months old, a snake came to his home. The snake has been with the boy ever since. The two have been growing together.

When the snake first arrived, it was a measly 20 inches (50cm) long. Now it comes in at a stunning 19 feet (6 meters), dwarfing his little friend, who says he loves the python 'like a sister.' His mother believes it has brought luck to her family. The snake is bathed, fed and even prayed to, sometimes." There is video footage of the boy riding on the back of the monstrous python as it slithers along the ground.

My own strange encounter with an animal, a bird, occurred many years ago when I was living with a family in the Pacific Islands. The head of the house, Kurt, was an animal lover who kept a menagerie of many animals and birds. Once a very young bull-bull chick, which is a small nuisance bird which grows to about the size of a sparrow, fell from its nest and would have died had Kurt not rescued it.

He nursed it by giving it drops of water and small balls of bread at the end of a matchstick. As it grew it was kept in a cage inside the house and it would be let out at mealtime when the bull-bull would make a general nuisance of itself hopping around the

table and helping itself to bits of food. One mealtime the bird hopped onto my shoulder, rubbed its head on my earlobe and chirped sweet sounds into my ear.

This experience left me very moved as I wondered how the bird knew where my ears were (for my ears certainly do not look like the bird's ears). Further, what were the secret messages it was attempting to communicate to me by whispering into my ear? Whatever it was it left me with a brief but very intense feeling of a common bond between us, a type of union or 'oneness'.

The relationship between man and animals is a very mixed one. We have captured and raised them for food, used them as beasts of burden to cultivate the land and transport our goods. We have used them for experiments causing them immeasurable suffering and even killed them in the name of sport.

Through our actions we have been eliminating entire animal species in ever-increasing numbers. Yet through the animal kingdom we have a great opportunity to experience the unity, the oneness, of all life.

There is a special kinship between them and us because we all owe our existence to the one source. Thus, as we show love and respect to these animals we also show love and respect to their source and this may lead us closer to the oneness experience.

From the Edgar Cayce Readings:

(Q) *Just where does this body's duty lie towards animals in this incarnation?*

(A) *The ability to control and to show that close affection that may exist between the human mind, as controlling through the manners in which the entity is efficient, and to bring to the attention of others how animals - in their various spheres - are dependent upon their owners, or those who contact same, as to what their activities may be to the benefit of man; for, as was given in the beginning, "Be ye fruitful; multiply, and subdue the earth."*

Make all that was made, making that - then - as an example of, or completing as it were - the promise that is given to man, that he may be one with, one of, the creative forces in the universe, by the manner in which he may use those various abilities through his experiences in a material world; and as all of earth's creation is a form or manifestation of the love as is shown forth to those things that

may be one-with the Creator, so may the love that may been seen between those of the lower order, or those in their development in a material plane, so may this entity show to others, to the animal kingdom, that as has been received, as may be given by self, by the entity, in their behalf. 2076-3

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The Beauty of the Edgar Cayce Readings

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

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

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

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

A number of scholars have dedicated a great deal of their time examining the records related to the particular subject they were researching and have published their findings. Consequently, for the general inquirer, it is

more practical to read these publications rather than attempt to extract information directly from the readings. However now that the entire readings are available on a disc this CD can be a very useful tool in exploring a particular topic.

New books dealing with the Cayce material are continually becoming available and the current estimates indicate that there are now around a dozen biographies and more than 400 titles in circulation that relate to the various aspects of Cayce's life and works.

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

1. Physical or health readings. By far the majority of the readings come under this category and were in response to requests for help in seeking treatment for a wide range of health issues.
2. Life readings. In these reading Cayce described the client's present physical, emotional and mental condition in terms of their relationship to the client's past life experience. Often Cayce would describe the client's life in long gone civilisations such as ancient Egypt and Atlantis.
3. Dreams and dream interpretation. Edgar Cayce encouraged everyone to interpret and use his or her own dreams in day-to-day life. He claimed that in dreams people could receive valuable insight into their own lives and that the insight was always of use to the dreamer.
4. Philosophy, reincarnation and spiritual development. Probably the most

fascinating of all the readings. These covered such subjects as reincarnation, karma, the origin and destiny of humanity, meditation, prayer and universal laws.

5. Miscellaneous. Other Readings are miscellaneous subject matter that does not fit into an above category. The subject matter included everything from missing persons, buried treasure, readings given to a spiritual development group, psychic abilities, auras, prophecy, structure of reality, crystals to name just a few.

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

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

Cayce's references to the Christ, the Christ consciousness and the Mind of Christ have little to do with the personality known as Jesus. Cayce revealed that Jesus became the Christ - a full manifestation of the Christ consciousness. However this is only one of the many names given to the superconscious mind for it is called by many names in the many different religions. Some of these names are: Buddha consciousness, Christ consciousness, the Collective Mind, the Universal Mind, the Collective Unconsciousness, the Holy Spirit, Brahman, God, the Clear White Light, Allah, Higher Self, etc.

If Cayce had been brought up in a different culture with a different religion no doubt the terminology he used would be quite different although the basic messages he gave would be the same.

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

From the Edgar Cayce Readings:

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

Keep the ways before thee that are good. The Lord is your shepherd, if you will let Him guide. If you confuse yourself because of what others say, then you have not the courage of your conviction. Smile and the world will smile with you; frown and they all turn away. From whence comes the smile, even though the heart is heavy? From GOOD, the ALL-GOOD, which is - as ye know - GOD!

Think of how you would like to be treated! Then treat the other fellow that same way! Cultivate that, and you will build a personality that may be not surpassed by any! Just meet everyone as you would like them to

meet you! In meeting a friend, a foe, an employer, a teacher, a minister, do not think of their position but rather that you -as an emissary of the Lord of Lords - are meeting yourself! This is what is meant by "and your neighbour as yourself."

In such a manner, in such a mien, may one build a smile that will make the whole world glad; a handshake that will make the whole world happy. These are not trite; these are truth! Apply them! For they are not as sayings but are practical, applicable experiences for YOU - if you will but use them!

Then smile, be joyous, be glad! For the day of the Lord is at hand. Who is your

Lord? Who is your God? Self? Or Him in Whom you live and move and have your being - that is ALL in All, God the Father, the Love - the great Hope, the Great Patience?

(Q) Do I still need to unfold in an individual way before helping others in any definite way?

(A) In helping, in giving out to others may the unfoldment come; not in those things that would become as evil spoken of, but in little acts of kindness, little words here and there - for little by little, line upon line, precept upon precept, does one gain in self, and add to others.

Money, Wealth And Heaven

For Christians in particular, two statements in the Bible concerning money and wealth have caused much debate and unease. The first is the statement found in 1 Timothy 6:10 that reads "the love of money is the root of all evil."

For starters this is an overstatement for we witness much evil in the world that has nothing to do with money so the statement should more correctly read "*much* evil." While most of us will not admit to loving money we will all probably agree that we like it very much and we would like to have a lot of it. The consequence is that when we do come into possession of a significant amount of money we often have feelings of guilt. We may have concerns that we do not deserve the money particularly as we witness the great poverty surrounding us.

Also it can be questioned whether it is only the rich who are tempted to evil. As one woman ironically put it in a letter to Edgar Cayce "If money is the root of all evil and I haven't any money I ought to be a very good woman. Am I?"

The association of the love of money with evil is most likely due to the fact that money is related to power and that the more money

one has the more power one can wield. As the saying goes "power corrupts" so the more money we have and the more power we can exercise as a consequence the greater chances that we will be corrupted. Because one would need a lot of money to wield power to any great extent most of us will not have to worry in this respect. As quoted from a letter written by EC "It is the love of money that is evil not its use.

The best should come to those that know in Him how to use money in the common safe guarding of man, for I am persuaded that there is nothing that can separate us from the love of God but ourselves."

The second Bible statement is the one found in Matthew 10:25 that reads "It is easier for a rope to pass through the eye of a needle than for a rich man to enter heaven." (While most Bible translations use the word "camel" some Bible scholars claim that this is a mistranslation with the correct translation being "rope." The latter translation seems to make much more sense.)

When it is assumed that heaven is a place we go to after we die if we are judged good enough we can assume that the rich will not qualify and will end up with their money in

hell for the rest of eternity. However Cayce pointed out that heaven is not a place but a state of consciousness. Wealth tends to make us concentrate on material things and “relegates the spiritual purpose ... to second place.”

From the Edgar Cayce Readings:

For, when a soul becomes so encumbered with the material things, the mental and spiritual are relegated to the background too often. Or, as was expressed by Him, “How hard indeed for a rich man to enter the kingdom of heaven.” Yet the kingdom of heaven is within, and the desire for material things - as the desire for pleasures of material things - relegates the spiritual purpose and desires too often to secondary place in the

experience of souls. Do not let this become a part of your own experience. 585-12

For each soul grows to the awareness, or to heaven - not go to heaven but grow to heaven, that is within the consciousness of each soul to attain if it applies self and meets often in the temple of the living God within the individual entity. 3605-1

He (Jesus) declared that the kingdom of heaven is within each individual entity's consciousness, to be attained, to be aware of – through meditating upon the fact that God is the Father of every soul. 357-13 BDA 000¼

More on Interest

In our “Letters from Readers” we have included two responses to the articles on interest. While I do not wish to labour on the topic I would like to clarify a couple of points. The first is that interest is a *two way street*.

One of the reasons why we pay so much in interest when we borrow money is that depositors of money in banks and financial institutions demand interest on their deposits. Therefore when lending money these institutions must cover the depositors interest as well as their own costs and profits. If depositors were content with only receiving back what they deposited then the interest on loans would be reduced accordingly.

The second matter is the difference between investing and lending. When one lends money the *ownership of the money remains with the lender* and thus has a hold over the borrower until the money is repaid. When money is invested in stocks, bonds etc. the investor *parts with his or her money* and is given shares or bonds in exchange.

With the deregulation of the financial industry (which, together with globalisation, is the major reason for the current world financial crisis) the way goods and services are sold on credit has changed considerably.

In New Zealand a few decades ago the sale of the more expensive items for the average household and cars was by way of hire purchase agreements. Under these agreements the item was hired to the buyer for a regular payment on the understanding that when the total sale price of the merchandise was paid the ownership of the goods would transfer from the seller to the buyer. Thus if the purchaser defaulted in repayments the seller would take repossession of the goods after which the buyer would be under no further financial obligations.

Nowadays the seller arranges a loan between the buyer and a lender (often a third party) for the price of the goods with the goods used as security. The buyer is then obligated to the lender rather than the seller to pay the loan.

On default of repayments the lender would take possession of the goods and resell them with the proceeds going towards the loan. The borrower would still be liable for any balance owing on the loan after taking into account the resale proceeds. Thus the buyer would not only lose the item purchased and the money paid towards the loan but would still owe, often substantial, amounts to the lender.

This is a common scam nowadays where car dealers in particular will sell cars to buyers, targeting those on low income and often with

a poor credit history, only to have the items repossessed shortly afterwards leaving the buyer without the goods and deep in debt.

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Christ In You

Continuing the book "Christ in You" published by an anonymous author just over one hundred years ago. It appears that the book was written by automatic writing or with the use of a medium as the narrator is seems to be a discarnate spirit. (The full text in Word format is available on request).

Note than the advice is similar to that given by Cayce through his readings in that you should "begin with your immediate circle."

Sixth Lesson **God All In All**

Already you are entering into a wider understanding. There are many who have gone on, yet in ignorance of much with which you are familiar. So far we have clearly stated the first fact – Who are we? Indestructible spiritual beings. The living knowledge of this alters your whole mental attitude towards sin, sickness and death. Now we approach with reverence and humility our next consideration – Why am I?

The whole answer is contained in one sentence: You are because God is; but as man is blinded by false sense, I will endeavour to speak from your own standpoint. In the place where you are, there is work of the highest importance to be done, and no one else can do your work. God has brought you to this time and place in order to carry our perfect laws. You may never be known to the world, but your work shall stand for ever. By your own indwelling spiritual forces you will spiritualise and make real the plane of shadow and confusion. Working from the same spiritual standpoint, there will be no separation between us and you. In reality there is no division. Your world sense of fear is the only barrier between us. This is a falsity, and belongs to ignorance and chaos.

You are just where you are for the doing of God's work. Hold an attitude of receptivity of heart and mind.

All the good around you exists forever, and can never change or be lost. It is spoiled to you, because your eyes have opened to good and bad. The good is the only real. The kingdom of heaven is like unto leaven, working from the very heart of God the Creator. Your work the angels might envy, for in so far as you are true to your unlimited and spiritual nature, you are creative.

We earnestly watch and pray for the coming of the Kingdom of Heaven upon earth. It will be the awakening from shadow to substance, from confusion to order, from weakness to power – but, above all else, to the wholeness or unity of life.

Realise that your work is the highest, work that you have undertaken to do from the beginning. I would here recommend that you begin with your immediate circle, as the very next step must be the right one. See and know only the good in those nearest to you. Speak to them, recognising the highest self. Your trust shall beget in them new hope. In every detail of your life know only the good, which in very truth is the only real. Do not be cast down by appearances, but rather maintain an attitude of steadfast hope to all who seem to be at a low stage of development, seeing always the goal to which they also shall attain; work with everything that makes for good.

Your reason for being on the earth now is to help on this very work. There are helpers all around you. God is love incarnate. Peace in your hearts and lives now. Behold, I make all things new.

From Our Readers

Brian,

I just read the latest edition of The Rainbow Journal and enjoyed it as usual. I liked the idea that love your enemies means 'respect them'. That is a little easier than loving them in an unconditional way as it might be impossible to ignore some of the things that have happened re that person. But you can respect them as a child of God and their right to 'be'. After all God sees all and deals with all of us as is needed anyway.

I also was struck by the article on interest and how we should view it. Personally I was brought up to watch and hoard every penny. My Father in fact has a lot of money, but it has been gained by hoarding and refusing to spend any of it either for good or ill. One of my tasks as an adult has been to try to find a healthier way of viewing money in general. The one which resonates with me the most is to think of it as a kind of energy. Energy gets stuck if it isn't used properly, and actually will damn up the flow causing all kinds of problems. So it is important to use money in a wise way.

While I still have problems when it comes to giving money away in various ways, I have found that the one that works best for me is to give with no strings attached. So if I did lend money I would do it with no interest at all. Sometimes I have given money with no expectation of getting it back. When I do put strings on the money I find myself getting very angry when the one who was loaned the money can't pay it back and then the relationship becomes all about the money. My sense of justice must kick in and if it is violated then I just get mad. If however, I lend or give without any expectations I can truly let go of the outcome and leave it in God's hands. Even though I might struggle with myself before going on a limb like that, when I can do it I find myself more open towards people, whereas lending with restraints actually closes me up somehow. I think lending without restraints is more a matter of the heart and that is why it works better for me at least.

Of course you would never get the professional money lenders to see this, although the idea of giving their profit back to them when you sell a house might be an interesting one. Business partners share profits according to the percentage they put into the enterprise after all. I suspect though that the greedy lenders will stick to getting their pound of flesh via the high interest rates to be on the safe side. I never thought of them as being a kind of economic slave owner before, but of course in a way that is right on.

Sylvia (USA)

Brian,

I really loved the July issue. The children's letters to God were hilarious. And the information on coconut oil was thought-provoking. Does that mean there's hope for those of us who like food high in saturated fat? I know, I'm reaching....I always appreciate reminders that if we focus on the spiritual, physical needs will be taken care of. It is so true! How much better I feel when I've spent time helping someone else, as opposed to how I feel when I dwell on what I "think" my problems are. It isn't something that can be explained. It isn't something you can convince anyone of. I guess all you can do is say, "If you don't believe it, try it yourself and see!"

As far as interest goes, personally, I'm glad that there is money-lending, because otherwise I could not have bought property as soon as I was able to. If I had had to pay rent, I would not have been able to save up to buy property. As it was, I was able to buy it and move in immediately because I was able to get a loan. Even though I can't currently live in my house, the low mortgage payments as opposed to higher rent payments enabled me to save money, so I was able to buy the RV I live in now without a mortgage. I don't know, maybe it's easier being single. I know it's a lot harder when there are several mouths to feed. The only thing I'm sure of is that I personally benefitted from being able to borrow money. I

didn't feel that the interest I was charged was out of line.

There may be something I'm not seeing. Probably is, since I've been told more than once that I don't have a head for business!

Anyway, I enjoy being able to think about it all and try to see issues in new ways.

Thank you! Nancy D (USA)

OOOx

Laughter – The Best Medicine

One should be careful and proof read before sending out newsletters. These are actual clippings from church newspapers:

- Barbara remains in the hospital and needs blood donors for more transfusions. She is also having trouble sleeping and requests tapes of Pastor Jack's sermons.
- Bertha Belch, a missionary from Africa will be speaking tonight at James Memorial Church in Avondale. Come tonight and hear Bertha Belch all the way from Africa.
- Don't let worry kill you, let the church help.
- Eight new choir robes are currently needed, due to the addition of several new members and to the deterioration of some older ones.
- For those of you who have children and don't know it, we have a nursery downstairs.
- Bruce Grey and Coleen Dean were married on October 24 in the church. So ends a friendship that began in their school days.
- Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Don't forget your husbands.
- Miss Nancy Richards sang, "I will not pass this way again," giving obvious pleasure to the congregation.
- Next Sunday a special collection will be taken to defray the cost of the new carpet. All those wishing to do something on the carpet should come forward and do so.
- Please place your donation in the envelope along with the deceased person(s) you want remembered.
- Remember in prayer the many who are sick of our church and community.

- The Associate Minister unveiled the church's new tithing campaign slogan last Sunday: "I Upped My Pledge - Up Yours."
- The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.
- This evening at 7 P.M. there will be a hymn sing in the park across from the Church. Bring a blanket and come prepared to sin.
- The pastor will preach his farewell message, after which the choir will sing, "Break Forth Into Joy."
- The Rev. Williams spoke briefly, much to the delight of his audience.
- The rosebud on the altar this morning is to announce the birth of John Brian Carter, the son of Rev. and Mrs. Julius Carter.
- The sermon this morning: "Jesus Walks on the Water." The sermon tonight: "Searching for Jesus."
- The service will close with Little Drops of Water. One of the ladies will start quietly and the rest of the congregation will join in.
- This being Easter Sunday, we will ask Mrs. Lewis to come forward and lay an egg on the altar.
- Tuesday at 4 PM there will be an ice cream social. All ladies giving milk will please come early.
- Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance. OOO1

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 OOO~