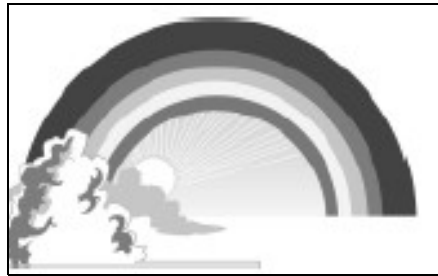


Journal on Personal and Spiritual Development



# The Rainbow Journal

## No. 31 - April 2010

### Contents

TO OUR READERS.....	2
ON BEING AN INDIVIDUAL .....	2
BELIEVING VERSUS KNOWING.....	3
WHAT THE BIBLE REALLY MEANT.....	8
BOOK REVIEW.....	9
DREAMS.....	10
CHRIST IN YOU – CHAPTER 18 .....	11
LAUGHTER – THE BEST MEDICINE .....	12
OUR CLOSING THOUGHT.....	12

*In Association With:*

**Edgar Cayce Australia and  
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## FROM THE EDITOR

It seems that we are no sooner looking forward to Christmas that we are well into the new year. As the scientist as well as philosophers state time is relative and as we grow time gets faster and faster.

In our last issue we introduced a Readers Forum with the suggested first topic of dreams. There were a number of people responding offering to attempt

interpretations of dreams but only a couple of dreams submitted. Since then only one reader submitted a dream and offered his own, excellent, interpretation. This is included under the title "Dreams." We will leave the forum open should any reader wish to submit a dream with or without an interpretation. *Brian Alderson* ΩΩΩ

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## ON BEING AN INDIVIDUAL

The word individual is made up from the prefix *in*, meaning not, and *divide*, meaning separate into parts. Therefore when using the word when referring to humans the person is a single entity who cannot be broken down into parts, for she cannot be divided. She is a not fragmented but a *whole* being. In a spiritual sense it goes further than that by stating that an individual is a complete person not corrupted but complete, HOLY.

The extent of our individuality lies in our relationship to the world around us. For it is us, through our actions, who have created the world as it is today. It is us, together with our parents and grandparents, who have created it, with the brutality, the wars, the injustice, the sorrow, and the tears. It is our creation. And how, one may ask, can we be held responsible? It is because we are not acting as individuals but as fragmented human beings driven in various directions by our various parts, our various loyalties, commitments and beliefs.

When we take the effort to analyse and identify ourselves we reveal how segmented is our current make-up, not the complete undivided whole we sometimes assume we are. We realise how inconsistent we are in our thoughts

and actions.

What religion are we? Most of us would reply that we are Christian – *as against* a Hindu, or Muslim, or Jew or Buddhist or Shinto. Not a unique human being created in the image of God but a member of one of the fragmented religions of the world. Enquiring further we may ask what denomination do we belong to. We may class ourselves as Baptists or Anglicans or whatever - one of the estimated *thousands* of Christian sects operating in the world today. So we have divided ourselves not only into membership of one of the world's many religions but also into one of the fragmented sects falling under the umbrella of Christianity. We are not alone in this fragmentation, as all major religions have broken down over time into separate sects.

What about our nationality? Do we swear allegiance to *our* country as against the rest of the world? What makes us different because we live on a particular spot on the globe? Are we not, by identifying ourselves with a nation, Australians, Chinese, Americans, Russians, etc., responsible for the results of these divisions? Are we not responsible for the wars caused by nationalism?

Then we can consider our political

loyalties. Most of us either directly or indirectly align ourselves with one particular political party. Our political systems are based on various political parties each of which attempt to get sufficient votes to rule our country. With our vote we support one of the participants in this system. Often Western politics are characterised by 'opposing', infighting, political manoeuvring, back-stabbing, name calling, muck-raking and corrupt practices. This is the system we have created and now support. While we may claim that it is a better system than communism or dictatorship we still have a long way to go if we are to come up with a cooperative form of government working for the long term good of the people. As we are fragmented, so is our government.

When it comes to being open we would rather discuss abstract subjects about which we know little, than face reality of our responsibility for everything that is going on. This is really a vitally important question that is troubling the whole world, not the petty scandals about the goings on of celebrities but the direction in which the whole world is moving. What is the

relationship of a human being with the world which exists today? If I am corrupt, I am part of that world. If I call myself a Christian, I am part of that world. If I support national sovereignty, I am part of that world. Because there are corrupt politicians, the people who are in politics who want to hold their positions, the power that let them get that way is our responsibility. So we are the world and the world is us. Whether we like it or not.

What detracts from us being real individuals is our attachment to things mundane, things of this earth. However there is hope because bit by bit we can become true individuals and face to who we really are. Not fragmented, corrupted egos but part of the ONE life, the ONE world, the ONE God. In the readings Edgar Cayce refers to the individual as an entity. When asked what was an entity he described it as: "... the COMPLETE individual, including the physical body and conscious mind; the spiritual or astral body and the subconscious mind; and the soul, *a unit of God* individualized." Elsewhere: "Each individual does not have a soul, he IS a soul." *BDA ΩΩΩ*

## BELIEVING VERSUS KNOWING

Is there any difference between believing and knowing? Over the centuries philosophers have pondered over this very question with men like Plato having arguments and discourses on the subject. They came up with hazy statements such as 'knowledge is justified true belief.' However, to us, if we consider something as true then we believe it whether or not others think our belief is justified. Conversely, if we do not hold that something is true we will not believe it even if others claim there is justification for believing it.

Knowing in a general sense can be defined as 'believing that certain facts are true.' We gather these facts from the time we are born through our interaction with our environment and through our experiences in life. We also gather many beliefs from those we look to as authoritative, e.g. parents, teachers, religious leaders, 'experts', celebrities, and from books. Unless we are scientists or the facts are important to us we do not generally attempt to substantiate them. The accumulation of these beliefs and facts are collectively

called 'knowledge.'

From the spiritual standpoint knowing has a different meaning which is that knowing comes from within while believing comes from without. This can be a little confusing as while knowledge may be considered as the accumulation of facts gathered from sources outside of us, and we may believe this knowledge, we do not *know* that the knowledge is true. To act on our beliefs would require faith. For example, we may believe that flying in an airplane is safe but we do not *know* for sure that the flight we are on will not crash. We require faith in the safety on the aircraft and the abilities of the pilots for us to board the plane. Similarly, if we are sick we do not *know* that the medicine prescribed to us, or the operation we undergo will make us better but we put our faith in the medicines and doctors that treat us.

This is the same with our religious beliefs. We are taught about the life and works of Jesus (or other spiritual leaders or prophets depending on our particular religion). We are taught about how we should conduct our lives, how we should treat our neighbours and what happens to us when we die but for most of us at least, we do not *know* that these things are true. We are instructed to have faith in the beliefs. In the absence of certainty in the truth of our beliefs, this faith is necessary for us to act on our beliefs.

There are however those amongst us who *know* the truth. A classic example in history of one who knew the truth was Paul of Taurus. Paul was a Pharisee and a Roman citizen. For much of his life not only did he not believe that Jesus was from God but for a time he tried to wipe out the new Christian sect by rounding up and persecuting the followers of Jesus. That is until one day when he had a spiritual experience on the road to Damascus. That experience

caused a total transformation in his philosophy and lifestyle. Following his experience he *knew* who Jesus was, referring to him as the "Son of God." In an instant Paul had knowledge of spiritual matters far beyond that of all the other converts of the time. Where did he get this knowledge? It certainly was not from the mouth of Jesus (although he did see the risen Christ in his vision) nor was it from his upbringing or from the teachings of others. This knowledge came with the awakening of the divine nature within. It was from within himself.

Many people throughout history have experienced this awakening or enlightenment as the Buddhists call it. These were deeply spiritual people who at some point in their lives had an overwhelming religious experience similar to that of Paul of Taurus. However in recent times there are increasing numbers of people with no religious background or inclination who have had what is called near death experiences (NDE) that affected them deeply and changed their lives. These NDEs are events whereby people, through illness, accident, or other causes have for a time become clinically dead and through the miracle of modern medical science have been resuscitated. During the brief period when they were 'dead' they went through these life changing experiences.

There are literally thousands, of recorded cases of these NDEs. The experiences these people underwent varied considerably but the outcomes were always very similar. They had completely changed their outlook on life and had a strong desire to help fellow human beings. The following are just two of the many recorded cases:

"Before his near-death experience, Rev Howard Storm, a Professor of Art at

Northern Kentucky University, was not a very pleasant man. He was an avowed atheist and was hostile to every form of religion and those who practiced it. He often would use rage to control everyone around him and he didn't find joy in anything. Anything that wasn't seen, touched, or felt, he had no faith in. He knew with certainty that the material world was the full extent of everything that was. He considered all belief systems associated with religion to be fantasies for people to deceive themselves with. Beyond what science said, there was nothing else.

“At the age of 38, Howard Storm, following a perforation of the stomach, his heart stopped beating and he experienced something he would never forget. His life was so immensely changed after his near-death experience that he resigned as a professor and devoted his time to attending the United Theological Seminary to become a United Church of Christ minister and an author<sup>1</sup>.”

The second is of Daniel Rosenblit as told in his words:

“In my younger days, before I died and was blessed by God with another chance to live again, I used to ridicule people who were zealous in religions that were foreign to my own, Jewish, religion; and it's not like I was a religious person at that time either! In essence, I believed that nearly all religious people were weak-minded and that religion was their crutch. Yet, this was just a part of the great deception I was living under at the time!

“But all that changed in 1978 when, after weeks of failing health, I died and was forced to face the music. While physically dead, I was shown true reality for the first time. It as a reality from God's perspective. During that

reality, I was blessed with a priceless grace. I was tutored by God Himself and what He taught me was the 'Spirit of the Law.' As the Bible states, 'The letter kills, but the spirit gives life!' I returned from bodily death and from my private tutoring session with God and was given a calling. My calling is this: Foremost, I am to practice the holy way taught by the Lord. Only as I was in the process of practicing this holy way, was I allowed by God to share what constitutes true religion to my neighbour! It is hypocrisy if one doesn't practice what they preach. Such hypocrisy is as a vile stench before our righteous Creator. Today more than ever, Bible-believing Christians need to learn how to follow the 'Spirit of the Law' rather than just being disciples of the 'Letter of the Law' as most unknowingly are!

“Please consider this: The bottom line is that even if there was no heaven or hell, I'd still want to walk the spiritual path. Why? Because I say to you that there is nothing preferable to do in life than becoming the best person than you can become! Nothing!! This is what it means to become like Jesus<sup>2</sup>”

All these people - Paul of Taurus, those through meditation experiencing enlightenment and those who experienced NDEs - had changed lives following their brief experiences after which they *knew* the truth. It was not simply a matter of believing they had experienced something but a firm self-justified knowledge of what was the truth.

Few of us are likely to experience a NDE or that single flash of enlightenment, however there is hope for us because all the prophets sent to us, all the religions that appeared were meant for us, those who have not yet experienced that divine awakening

<sup>1</sup> *Descent into Death* by Rev. Howard Storm

<sup>2</sup> <http://www.near-death.com/rosenblit.html>

within. And throughout our journey we are to have faith in the fact that the Christ is with us all the way.

Edgar Cayce, through his readings, did not directly address the issue of believing as against knowing but the wording of some of the readings is suggestive of the fact that he considered knowing as coming from within ones heart and he obviously considered there was a difference between believing and knowing as he often put the two words together.

#### FROM THE EDGAR CAYCE READINGS

*Read, too, that as He has given in His promises, that "If you ask in my name, **believing** in your heart, this shall be done in your experience," **knowing** that in patience you wait on the Lord that He may make you aware of that as He would guide and direct you in the ways you should go. And many will call you blessed.*

439-2

*As to how to make the material success, first make it mentally. For if there are not the visions of the help that you give, and **knowing** and **believing** in what you are doing, then you have chosen the wrong field. 1537-1*

*The purpose of the entity in the earth, is that it may know itself, also to be itself, and yet at one with the Creative Forces, fulfilling those purposes for which the entity comes into the earth; accepting, **believing, knowing** then thy relationship to that Creative Force. 3508-01*

*(Q) What is the cause of my fear and how may I overcome it?*

*(A) By seeing the ridiculous and yet the funny side of every experience.*

***Knowing** and **believing** in whom you have trusted, in the Lord; for without that consciousness of the indwelling, little may ever be accomplished. 5302-1 BDA ΩΩΩ*

### What the Bible Really Meant

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

The Edgar Cayce readings confirm the statement that "God is Love" and offer considerable help in our understanding of much of the theology relating to Jesus the Christ. They state that we are immortal souls which cannot be destroyed and live on after the death

of the body, coming to earth in successive incarnations. They do not however address many of these contradictions over Biblical statements and particularly those made by Jesus himself. In this respect we find in the text portion of the book "A Course in Miracles" (ACIM), purportedly dictated by Jesus himself, some clarifications on a number of these confusing passages. The following are some phrases found in the New Testament which are clarified in the ACIM text.

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

It is therefore "lost" to you until you choose right."

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

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

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

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

Matth 24:35 "*Heaven and earth shall pass away*" Suggests the end of the world, however it means "that they will not continue to exist as separate states. My word, (the word of the Christ) which

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

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

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

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

reference to the outcome of the error. That does not matter.”

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

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

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

According to ACIM “the lamb of God” has also been misinterpreted, suggesting that Jesus the Christ was sent as a sacrifice – “the sacrificial lamb.” Again we find in ACIM a very different meaning. “I have been correctly referred

to as “the lamb of God who takes away the sins of the world,” but those who represent the lamb as blood-stained do not understand the meaning of the symbol. Correctly understood, it is a very simple symbol that speaks of my innocence. The lion and the lamb lying down together symbolize that strength and innocence are not in conflict, but naturally live in peace. “Blessed are the pure in heart for they shall see God” is another way of saying the same thing. A pure mind knows the truth and this is its strength. It does not confuse destruction with innocence because it associates innocence with strength, not with weakness.”

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

“The statement “Vengeance is mine, says the Lord” is a misperception by which one assigns his own “evil” past to God. The “evil” past has nothing to do with God. He did not create it and He does not maintain it. God does not believe in retribution. His Mind does not create that way. He does not hold your “evil” deeds against you. Is it likely that He would hold them against me? Be very sure that you recognise how utterly impossible this assumption is, and how entirely it arises from projection. This kind of error is responsible for a host of related errors, including the belief that God rejected Adam and forced him out

of the Garden of Eden. It is also why you may believe from time to time that I am misdirecting you. I have made every effort to use words that are almost impossible to distort, but it is always possible to twist symbols around if you wish."

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

"Do not make the pathetic error of "clinging to the old rugged cross." The

only message of the crucifixion is that you can overcome the cross. Until then you are free to crucify yourself as often as you choose. This is not the gospel I intended to offer you. We have another journey to undertake, and if you will read these lessons carefully they will help prepare you to undertake it."

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

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

#### **From The Readings:**

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

## **BOOK REVIEW**

### **THE POWER OF NOW - ECKHART TOLL**

*"Coincidence is God's way of remaining anonymous." – Albert Einstein*

In our last issue of the Journal we included an article with the title "Living in the Now". The theme of the article alluded to the fact that most of our suffering is caused by our thoughts which dwell on the past causing negative emotions such as guilt, shame, regret,

remorse, etc. and negative thoughts that dwell on the future that attract emotions of fear, anxiety, apprehension, worry, distress and dread. It was suggested that the way to overcome these emotions was to try to avoid these negative thoughts by focussing on the present –

the now.

Some two weeks after the Journal was published I was looking for an inspirational book as a gift and came across "The Power of Now" by Eckhart Tolle. I was so taken in with the book that I procured an extra copy for myself. As I started reading it I realised that the theme of the book was the same as my article alluded to except that the book emphasised that it was our thoughts that control us, rather than the other way

round, and that the secret of overcoming suffering was by living in the now.

This is a wonderful, enlightening book. As one commentator stated:

"This book offers us a wonderful gift, but we must have the courage to seize it. I encourage you to accept this gift. I believe our very survival on this planet is dependent on the inner journey that Eckhart Tolle is urging us to take."

—Bill Carpenter, Businessman and Fellow Spiritual Seeker ΩΩΩ

## DREAMS

### FROM A READER

One of the most instructive dreams I have had so far was experienced many years ago. My marriage had failed dramatically. An ongoing bitterness and court fight over access and associated problems was damaging everyone badly.

Years later, after grappling with this tragedy, I had a dream.

I was driving along a road in a Mini Minor and not paying much attention when, before me, there was the trailer of a semi trailer blocking the road completely. Slamming on the brakes I narrowly missed slamming into it. I got out of the car and walked to the front of the trailer to find it was attached to another trailer. I continued walking till I found the truck part and I reefered open the door of the prime mover to find the driver's seat empty. That was the dream.

At that time (coincidentally?) a friend introduced me to Gestalt Analysis by Fritz Perls. His basic theory was that all parts of such a dream are an aspect of the dreamer. Just as important was the idea that the dreamer could play the role of the parts of the dream and have them give answers. So it went like this:

-To the first trailer in the road.

"Hey! What are you doing stuck across the road like that? You nearly killed me!"

T: "Don't attack me I am stuck to the trailer in front. Go talk to it."

-To the next trailer, "What is going on here? Who is in charge of this dangerous situation?"

T2 "Don't blame me I got dragged in here by the prime mover."

Opening the door of the truck found it empty of a driver.

End of dream.

Now Perls said we can still continue the drama by using our imagination and make up the finale. So I imagined myself finding the driver sitting on a log a few metres from the truck and I vented my fright and fear on to him.

He said, "Listen. I have tried every thing I possibly can to reverse this situation but it is impossible to reverse. As far as I am concerned you can build a bridge over it, tunnel under it, go around it or whatever you like. As far as I am concerned I quit!"

I realized the dream told me that at a deep level I had to let go of the shame, fear, grief, anger, self

justification, depersonalizing of the wife etc, and get on with a new life. And I did. Paul, Australia ΩΩΩ

## CHRIST IN YOU

### Eighteenth Lesson

#### **Idea – The Expressed Image**

Sunday was a day of great joy to me. The seventh day has a deep meaning for your planet. There is a correspondence to your Sunday with us, for the seventh day is the Sabbath of the Lord. Real prayer is a great attraction to us; deep earnestness is the open door for its answer. It attracts by its magnetism, the fullness of its need. In our last lesson I told you that the place of creation in the individual, the spiritual ground for the projection of thought from the divine innermost, was the imagination.

Our next consideration is IDEA. First, the eternal mind; secondly, the thought; thirdly and lastly, the outcome of both is the idea, that which is to become manifest in the outermost plane of being.

What are your ideas for the most part? Are they only and entirely the outcome of divine thought? Do they express the living Christ? I want to make clear to you the omnipotence of the divine man, and the reality of the God idea. Try and stand with me as you read this, and look out upon the earth plane. You will be filled with a longing desire to fulfil all the law, even as Jesus did. The end is from the beginning – God, the end of all separation. The great love will leave the ninety and nine to bring in the remaining one, for all shall be in the

kingdom of our Lord Christ.

God's idea for your world and for you is perfection and nothing less. There are many who have passed from your earth still clinging to the false idea that matter is substance, the result of long ages of sense belief. Good spirits often reverent and noble, they still live on the material plane; it is to them real. They like to see their thoughts expressed on the material plane. This is a hindrance too them, all ignorance is, as they cannot unfold to the higher experience.

Give more time to quiet, that you may have the reflection of God upon the mirror of your imagination, that you too may become God's idea, for he has said; "Be ye holy." The growth of this perfect idea has become manifest in us. As you wait upon God a great under-work is going on, and afterwards it bears fruit.

Close the door of your closet against the suggestion of the senses, that God's idea may manifest in your body, for "if your eyes be single, they whole body shall be full of light." A full stream of rich life pulsates through the heart which is at one with God. This is the healing touch, no longer is the vital stream of the universe separate, it delights to pour itself out through its own God-given channels. ΩΩΩ

## LAUGHTER – THE BEST MEDICINE

A Sunday School teacher asked her class, "Does anyone here know what we mean by sins of omission?" A small girl replied: "Aren't those the sins we should have committed, but didn't?"

A father was reading Bible stories to his young son. He read, "The man named Lot was warned to take his wife and flee out of the city, but his wife looked back and was turned to salt." His son asked, "What happened to the flea?"

On the first day of school,

the Kindergarten teacher said, "If anyone has to go to the bathroom, hold up two fingers." A little voice from the back of the room asked, "How will that help?"

A three-year-old boy went with his dad to see a litter of kittens. On returning home, he breathlessly informed his mother, "There were two boy kittens and two girl kittens." "How did you know?" his mother asked. "Daddy picked them up and looked underneath," he replied. "I think it's printed on the bottom." ΩΩΩ

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### OUR CLOSING THOUGHT

"What is it all about then? 'You shall love the Lord your God with all your heart, your soul, your mind, your body, and your neighbour as yourself.' The rest of all the theories that may be concocted by man are nothing, if these are just lived. Love your neighbour as yourself in the

associations day by day, preferring as did the Christ who died on the cross rather than preferring the world be his without a struggle. Know, then, that as He had His cross, so have you. May you take it with a smile. You can, if you will let Him bear it with you. Do it!"  
3976-29 ΩΩΩ