



The Rainbow Journal

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Contents

TO OUR READERS.....	2
SPIRITUAL EQUALITY.....	2
KEEPING POSITIVE	4
BEING A VICTIM	6
THE DEW DROP	7
CHRIST IN YOU – CHAPTER 23	8
LAUGHTER – THE BEST MEDICINE	8
LETTERS	9
FROM HERE AND THERE.....	10
OUR CLOSING THOUGHT.....	11

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As a discipline I have endeavoured to produce the Journal monthly, however circumstances including a computer crash, moving house and delays in getting a new telephone connection have

all caused delays. Nevertheless this issue has now been distributed and as always I would appreciate any feedback, comments or article to include in the Journal. *Brian Alderson* ΩΩΩ

SPIRITUAL EQUALITY

When composing articles for the Journal I have generally avoided writing about myself and my personal experiences however I recently read that readers can relate more to these personal experiences than to read essays of a purely philosophical nature. That being the case I am writing this article in the style of a confession, the subject of which, I believe, our older readers in particular can relate to.

I was born in New Zealand a year before the outbreak of the Second World War and was raised and lived in an Auckland suburb until I was twenty. My father was born in England, although he migrated to New Zealand when he was only four while my mother, also of English heritage, was New Zealand born. So together with the vast majority of people living in Auckland at the time I was of European stock and England was considered to be the 'motherland' and the 'home country.' My first passport confirmed my status as a British subject – part of the great British Empire.

New Zealand was a very peaceful country but there were a number of prevailing underlying prejudices embedded in our British culture. These included animosity between Protestants and Catholics, an element of racism, examples of which was the pole tax levied only on Chinese residents and discrimination against Maori in bars and other places. There was discrimination against women socially and

economically.

At school we were taught that the British were of a superior race and our role in the world was something like 'the white man's burden', a duty to colonise the world, to bring civilisation and Christianity to the natives in the various colonies. In our public school history lessons we were led to believe our presence in the various colonies was welcomed although there were some bad people in these colonies bent on stirring up trouble, hence military action was often needed to maintain law and order. I can still remember a lesson in which the teacher described how badly British troops were treated by Indians in an incident in 1756 known as the 'Black Hole of Calcutta' in which many British soldiers were purported to have died from suffocation in the hands of cruel Indian rebels.

This early education left me with the belief that I, being of English descent, was somehow superior, or better, than people of other races and ethnic origins, and even to people of European countries. Because of the war, Germans and their allies were very bad people, what would now be called, people belonging to an 'evil empire.'

The belief in ethnic superiority was with me through much of my life, despite the fact that I lived a great portion of my adult life in the Pacific Islands and married a Polynesian lady. It was only in the late 1980s when my reading became

more extensive that I began to learn the truth about my British ancestors and what actually went on in British Colonies. For example I learnt that there was doubt whether the incident of the Black Hole of Calcutta ever occurred and that the British troops had built a fort in Calcutta for the purpose of protecting British East India Company interests and trade in that city even though the British had no legal right to be there.

Through a Dutch colleague I learnt that the term 'concentration camp' was first used by the British during the Boer War when they operated concentration camps in South Africa. According to *Wikipedia* it is estimated that some 26,000 women and children died in these camps in the hands of the British.

Concerning the Indian colony I learnt through the movie 'Gandhi' that in the incident in 1919 known as the 'Amritsar Massacre' British troops, without warning, opened fire on a group of protesters resulting in around 500 unarmed civilian men, women and children being killed and over 1,000 wounded. So my belief in at least the moral superiority of the British - myself included - changed.

However it was not until I learnt about reincarnation and the nature of human souls that I became aware of the underlying equality of the human soul. We have lived many lives before, sometimes as male, sometimes as female, sometimes with black skin, sometimes with brown or white skin, sometimes in lives of opulence and sometimes in poverty, sometimes in positions of great power over others and sometimes in servitude or even slavery. With this understanding and the knowledge that we find ourselves in the bodies we now possess to experience more of life, I questioned how could I possibly have consider myself in any way superior to

other people who are taking the same life's journey as me? They may be going along very different paths and are here to experience very different things than I am but I could no longer justify considering one human as being 'better' than another. Of course I realise there are great differences between us as individuals in this life, attaching ourselves to different national and ethnic groups and finding ourselves in varying social and economic circumstances, but these are just differences in our material world while spiritually I realised that we are all equal creations from the one source - sisters and brothers of the one human race. Accepting the basic equality of all human beings has changed my attitudes when dealing with others.

In the decades following WWII prejudices prevalent in New Zealand when I was young have all but disappeared. There is now generally harmony between the various Christian sects and following the very large numbers of post-war immigrants into New Zealand predominantly from the Pacific Islands, India and China, Auckland has become an ethnic and cultural melting pot, so young people today may find it difficult to understand the prejudices I referred to in the past. Women are now close to reaching equality with men to the degree than at one point in recent years our Prime Minister, Governor General, Chief Justice and CEO of one of New Zealand's largest companies (Telecom) were all women.

However we as a country, mainly because of political alliances, are aligned with countries that are constantly at war around the world. As I have accepted the basic equality of all humans I find it more and more difficult to justify the killing of our spiritual brothers and sisters under the vague justification of

national security, protecting our own or the defence of democracy.

Although the Cayce readings emphasise the oneness of all life I believe that this is something we have to experience to fully accept and understand and this oneness is something that I have yet to experience. However I believe that the accepting of the basic spiritual equality of all humanity is a step in the right direction. The belief that we were *all* made in the image of God is a religious teaching referring to the spiritual side of us. On our physical side science has demonstrated that all humans are

related. Perhaps our relatives in far away countries are very distant cousins but nevertheless we are all connected.

“Know that Life is God; Life in self then is God. Then the use of God in its relationships to others is to do to others what you would have others do to you, or have your God do to you! For as you do it unto others you are doing it to the God in yourself! Thus you are by example as well as precept making for the true relationships to Creative Forces that may aid you from without to the influence or force of God within yourself.” 1436-3 BDA. ΩΩΩ

KEEPING POSITIVE

There have been a multitude of books written about how to maintain positive thinking and attitudes. Perhaps one of the most well know of these is the one written by Norman Vincent Peale with the title 'The Power of Positive Thinking.' Peale was a Methodist minister who applied Christian principles to everyday problems and claimed that positive thinking was just another name for faith. Edgar Cayce, in his readings referred to the power of our thoughts with the oft repeated statement that “Thoughts are things, and mind is the builder.”

So all of us are probably familiar with the idea of keeping our thoughts positive because they can produce many beneficial results. Modern day living causes many stressful situations and keeping positive can reduce this stress. With reduced stress and worries we tend to have more energy, helping us to achieve our goals. Keeping positive is very beneficial with regards to the people with whom we have relationships because people prefer to be around

positive people. Furthermore a positive state of mind creates positive emotions which in turn create positive lifestyles so we can choose to be happy rather than feeling down and depressed.

So while we may be aware that we should keep our thoughts positive we often forget to do this and let our minds dwell on feelings of guilt over past actions and fears over what may happen in the future. When we are aware that messages are negative and come from a source that we can avoid we can consciously block them but the problem is that often we are not consciously aware of the negativity of the information we are receiving through our eyes and ears, especially when the negative messages are subtle, constant and often repeated.

When I first visited Samoa in 1960 I stayed for a short time in an outback village where the residents were all very poor by our standards. They had minimal material possessions and survived on a subsistence economy, their food coming from what they could procure from the nearby sea and the surrounding

bushland, yet they were all very happy people. One of the main reasons given for this constant state of happiness was that their daily lives had very little drama. Although misfortunes occur in one form or another, when considering their whole lives, these tragic events were few and there were usually long periods, often years, between them. These village people only had to deal with events that directly affected them. They had no radios, no television or newspapers so bad news travelled slowly, often not at all. Because of their isolation they knew nothing of floods, earthquakes, suicide bombings, major accidents involving many deaths and other disasters around the world. They heard no news of world conflicts and wars, or of world wide economic recessions or depressions.

We, on the other hand, living in the modern world filled with the latest technology with instant communications not only are faced with our own problems, similar to those of the Samoan village people, but we are also being constantly bombarded with negative messages of disasters and tragedies from every country on earth with accidents and misfortunes from even the remotest parts of the world brought to our living rooms via our television sets. My niece fittingly refers to the evening TV news as the 'morgue report.' TV and newspaper main news items seem to concentrate on disasters, fatal road accidents, violent crimes, often involving sexual assaults, and murders, reminding us how much we are in danger from many directions both from local and foreign sources. News full of gloom and doom. Furthermore the frequent television ads contain negative messages and health warnings of how we are at risk from diseases by not taking the right food supplements or from the results of smoking and drinking. If that were not

enough many of the television peak viewing time entertainment programs are devoted to stories involving gruesome crimes and murder. Events most of us would rarely, if ever, encounter in our own lives. Look at programs like 'Bones', 'CSI' and 'Criminal Intent' and notice that hardly anyone in these stories seems to be able to crack a smile, let alone laugh, and some episodes can only be described as being downright morbid.

So, here we are trying to keep our thoughts positive while through the news media and our TV sets we are being confronted with this continual stream of negativity. The answer of course is relatively simple – avoid watching the news and be very selective in what TV programs we watch. One may argue that we need to watch the news to keep ourselves up to date in what is going on around us, but on reflection we will realise that we rarely get news that has any direct bearing on our lives apart from upsetting us. Furthermore if we study the format of the TV news we will find that it follows a standard pattern, designed more to be entertaining than to be a source of knowledge. The news hour starts with major local crimes and accidents usually involving death, then international news of about more calamities with suicide bombings, war deaths, crime and accidents, then political news, sport, and weather after which the hour is ended with some trivial bit of news, presumably included to cheer us up after all the news of gloom and doom. The media editors around the world decide for us what news is worth broadcasting, presumably working on the principle that 'good news is no news.'

While it is up to each of us as individuals to decide whether or not we watch TV and what programs we select, we should all be aware that constant

exposure to negative messages, prevalent in the news, advertisements and many entertainment programs can effect or emotions and cause unnecessary stress.

“As to negative influences or forces, rather should the body maintain from the mental attitude a positive state throughout. For Mind as the builder will work with that the bodily functions to are given to act upon.... So with the mind of the body, as related to its habits, as related to its relations with things, as related to peoples and activities of

various natures, it acts upon that in whatever environ or that expediency that is set or held before it (the mind) as the ideal, see? Hence these changes from the morbid to more of the joyous happiness create, brings about in the experience of some individual unable to do for itself, some happy experience each day, and you will find the greater optimistic outlook, the greater constructive influence in the experience.” 642-2 BDA. ΩΩΩ

BEING A VICTIM

I am sure anyone who regularly watches the TV news will have witnessed an item similar to this: Outside a courthouse after the sentencing of a man convicted of manslaughter for killing a teenage girl in a road accident while under the influence of alcohol. The perpetrator was given a two year gaol sentence. A news reporter is interviewing the parents of the deceased girl. The father makes a statement: “Justice has not been done. The killer has only a two year sentence after which he will be free, while we, the victims, have been given a life sentence of suffering because our daughter has been taken away from us.”

What is striking about the parent’s statement is that he regards himself as a victim of the accident. In an Oxford Dictionary there are two main definitions of the word 'victim'. The first is 'a person injured or destroyed' while the second is 'a person who has come to feel helpless and passive in the face of misfortune.' While perhaps only a minority of us have become victims in the sense of the first definition, that is, one who has been physically or mentally injured as a result of a crime or an accident inflicted on us, most of us at one time or another have felt like victims because we have suffered

as the result of actions by other people, through acts directed at those close to us.

Note that while the definition suggests that the person directly involved in the act would be regarded as the only victim the other definition '*person who has come to feel helpless and passive in the face of misfortune*' would suggest anyone who experiences suffering, either mental or physical as a result of an action is a victim.

From this we can perhaps describe victims in two categories. The first being the person or persons directly involved in the action causing harm e.g. the person injured or killed in an accident. The second category can involve a very broad range of people who, in some way or other, are connected to the first category of victims and therefore regard themselves as victims as well because they are suffering even though the suffering is only of an emotional nature.

The people in the first category have no choice over the matter; they are victims (as the dictionary describes the word) however they themselves may decide to accept that bad things happen in life. The people in the second category, what we may call 'emotional victims' definitely have a choice because they can

decide whether or not to regard themselves as victims. Of course they may suffer immensely from the loss of, or injuries inflicted on, a loved one but that alone does not make a victim because we all suffer from loss at some time or other which could be construed to mean that we are all victims!

One of the key elements of being an victim is the allocation of blame. Someone has to be responsible for our suffering. It is not enough to accept that bad things happen in life. We may blame ourselves, our past, our family, our partner, our job, our circumstances or a host of other things for the misfortune we are facing. If we are then, by definition, we are choosing to identify ourselves as victims.

We should keep in mind that while we may not be able to control the thoughts or actions of those around us, we can control how we respond. We need to declare to ourselves that we are

survivors. No one can keep us down unless we allow them to. It takes a conscious effort to decide to stop wearing the label of victim, but somewhere inside us we know there is a happy, functioning, vibrant person just waiting to break free. It just takes some thought and perseverance.

Healing emotional wounds takes time. Each of us must progress at our own speed. We need to keep reminding ourselves that other people have made it through even the most horrific of circumstances and became better people for it. We must focus on our positives and leave the negative thought patterns behind. By letting go of thoughts of being a victim and instead becoming a survivor, we are taking control of our own life. We will learn to have faith in ourself and our strengths. As long as we continue to focus on rising above, we will achieve our goals. *BDA. ΩΩΩ*

THE DEW DROP

As the sun rose, a dew drop became aware of its surroundings. There it sat on a leaf, catching the sunlight and throwing it back out. Proud of its simple beauty, it was very content. Around it were other dew drops, some on the same leaf and some on other leaves round about. The dew drop was sure that it was the best, the most special dew drop of them all. Ah, it was good to be a dew drop. The wind rose and the plant began to shake, tipping the leaf. Terror gripped the dew drop as gravity pulled it towards the edge of the leaf, towards the unknown. Why? Why was this happening? Things were comfortable. Things were safe. Why did they have to change? Why? Why?

The dew drop reached the edge of the leaf. It was terrified, certain that it

would be smashed into a thousand pieces below, sure that this was the end. The day had only just begun and the end had come so quickly. It seemed so unfair. It seemed so meaningless. It tried desperately to do whatever it could to cling to the leaf, but it was no use.

Finally, it let go, surrendering to the pull of gravity. Down, down it fell. Below there seemed to be a mirror. A reflection of itself seemed to be coming up to meet the dew drop. Closer and closer they came together until finally...

And then the fear transformed into deep joy as the tiny dew drop merged with the vastness that was the pond. Now the dew drop was no more, but it was not destroyed.

It had become one with the whole. *Peter Hughes ΩΩΩ*

CHRIST IN YOU

Twenty-First Lesson The Central Life is Love

I see you are theorising: never do this, but let the truth unfold gradually and without suggestion from outside. To make conclusions is to close the avenue and separate truth from itself. Nothing outside can ever help you or reveal anything until it finds its answer in yourself.

What is space? You are learning on the physical plane something of the rapidity of thought transference. Have you ever asked yourself what is between you and the mind you would influence? Positive thought knows nothing of distance. It cannot be broken or interfered with. There is nothing that can touch its current, for there really is no distance. The only necessity is the condition of receptivity. Simple good thought, sent out without any special direction, is caught up in the stream of good and helps all. Nothing is lost in the thought world. Space is a false and wrong idea, belonging to separation. Let your

hearts and minds rest undisturbed in the thought of the omnipresence of God, until even in the flesh, you may come to realise that there is no space or distance, for you dwell in God and there is absolutely nothing outside God.

The sense mind would cloud or hide the vision, but NOW you are in "the secret place of the most High." "The tabernacle of God is with men." In all your afflictions he is made to suffer. Even as the rivers flow out and refresh the earth, gaining fresh life and power as they do their work of purification, even so bring into the outer life the unseen spiritual substance. Use every opportunity to live that which you know, and let your lives flow out and bless every brother and sister. We long to see your divisions swept away by the ocean of love welling up in human hearts and lives. *From the book "Christ in You" - Anonymous ΩΩΩ*

LAUGHTER – THE BEST MEDICINE

FUNERALS

According to most studies, people's number one fear is public speaking. Number two is death. Death is number two! This means to the average person, if you go to a funeral, you're better off in the casket than doing the eulogy. --*Jerry Seinfeld*

EPITAPH

In a cemetery in England: "Remember man, as you walk by, / As you are now, so once was I. / As I am now, you soon will be. / Prepare yourself and follow me." To which someone replied by

writing on the tombstone: "To follow you I'll not consent / Until I know which way you went."

PROOF OF GOD

If there were no God, there would be no atheists.

END OF THE WORLD

From time to time, as we all know, a sect appears in our midst announcing that the world will very soon come to an end. Generally, by some slight confusion or miscalculation, it is the sect that comes to an end.

LONG DISTANCE CALL

Gallagher opened the morning newspaper and was dumbfounded to read in the obituary column that he had died. He quickly phoned his best friend Finney. "Did you see the paper?" asked Gallagher. "They say I died!!" "Yes, I saw it!" replied Finney, "Where are ya callin' from?"

CHILDRENS CONCESSIONS

A little child in church for the first time, watched as the ushers passed the offering plates. When they neared the pew where he sat, the youngster piped up so that everyone could hear: "Don't pay for me Daddy, I'm under five." ΩΩΩ

LETTERS

Hello Brian,

Particularly I want to thank you for the article Getting Understanding in the latest Rainbow Journal. I ordered the book Living the Life Your Soul Intended over the internet which arrived today. At times I feel like such a novice on the spiritual path but take comfort in the truth that it is all about evolution.

Though I don't particularly care for the mass marketing by the author I am finding the work of Colin Tipping very helpful in my own healings and evolution. He is the author of Radical Forgiveness in case you are unfamiliar with him.

I have sent the man who forwarded this to me copies of two of the Rainbow Journals for which he thanked me but didn't give any particulars.

Bless you for the work that you continue doing.

Namaste,
Bill

Thanks for your comments. Each of us is on our own particular journey so and our quest and interests vary greatly. That is why some people and books have so much appeal to some people and not to others. I had not heard of Colin Tipping so looked him up on the internet. His writings seem very interesting so I will investigate further.

Dear Brian,

Thanks for the latest issue of the Rainbow Journal. I routinely find them interesting and valuable. Regarding the article titled, "The Man They Don't Want to Know", I would like to point out that both the Liberal Catholic Church and the Theosophical Society have an accepting view towards the ideas expressed in the readings of Edgar Cayce. For my dissertation for my Diploma of Religious Studies with the Liberal Catholic Institute of Studies, I compared the readings of Edgar Cayce with Liberal Catholic thought and found around a dozen areas of commonality. I have also given a talk to the Theosophical Society in Canberra where I have discussed the psychic findings of Edgar Cayce and at least two of his contemporaries: Charles Leadbeater and Rudolf Steiner. The talk got a good reception.

I would not regard the Liberal Catholic Church as being too unorthodox or too far away from being considered mainstream Christianity. There's one in Auckland if you want to check it out (and haven't already done so).

Keep up the good work. God Bless,
Rev Dr Greg Connolly.

In the article 'The Man They Don't Want to Know' the word orthodox was used with the meaning "conforming to the Christian faith as represented in the creeds of the early church." In some of

the mainstream churches, e.g. Roman Catholic, Anglican, Presbyterian and Baptist there are certain specified doctrines which people are expected to believe if there are to be members of these churches. In particular is the belief in the authority of the Bible as being the word of God, which is not expected to be challenged (even though many of the statements in the Bible are open to different interpretations).

I had not previously heard of the Liberal Catholic Church so after reading this letter I looked it up on the internet and found some interesting details. Firstly the word 'catholic' in the name has been used in the sense of universal rather than being related to the Roman Catholic Church and 'liberal' is self-descriptive. Also under the title 'teachings' in the Liberal Catholic Church website is the statement: "The Liberal Catholic Church has as one of its basic tenets freedom of thought." This is so important in this new Age, but unfortunately is not a precept fostered in many Christian sects.

My main criticism of religions in general is that they are inclined to be divisive, as witnessed in the world around us today. Otherwise all religions have something to offer those that embrace the spiritual side of them.

Cayce was questioned about the true church:

(Q) Is the Roman Catholic Church the true Church founded by Jesus Christ through the Apostles?

(A) This would depend upon who was asking for such. As we would give here, the Church as founded by Jesus Christ was, is, the catholic church; but not the Roman Catholic Church! This has rather been added, as have most of those - in their activities - that call or classify themselves as churches. For, the true church is within you, as the Master, as the Christ gave himself: "I to you am the bridegroom - I to you am the church. The kingdom is within you!" Hence that which has been coordinated into the bodies in any activity is a representation of that which has gathered together for coordinating activity in whatever field; but are mostly man made. 452-7

(Q) In what church should the entity be taught?

(A) There's only one church! 1990-3

(Q) Should I affiliate with any particular church organisation?

(A) A particular church organisation is well. For it centers the mind. But don't get the idea that you have the whole cheese. 3350-1 BDA - Editor

FROM HERE AND THERE

It's not what you do once in a while, it's what you do day in and day out that makes the difference. -- Jenny Craig

Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.

We ask ourselves, Who am I to be

brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God.

Your playing small does not serve the world.

There is nothing enlightened about shrinking so that other people won't feel insecure around you.

We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us.

It's not just in some of us; it's in everyone.

And as we let our own light shine, we unconsciously give other people permission to do the same.

As we are liberated from our own fear, our presence automatically liberates others.

-- Marianne Williamson

The greatest achievement was at first and for a time a dream. The oak sleeps in the acorn, the bird waits in the egg, and in the highest vision of the soul a waking angel stirs. Dreams are the seedlings of realities.

-- James Allen

The longer I live, the more I realize the impact of attitude on life. Attitude to me, is more important than facts. It is more

important than past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, gifted ability, or skill. It will make or break a company, a church, a home.

The remarkable thing is we have a choice everyday regarding the attitude we will embrace from that day. We cannot change our past, we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing that we can do is play on the one string that we have and this string is, Attitude. I am convinced that life is ten percent what happens to me and ninety percent how I react to it. And so it is with you....We are in charge of our Attitudes.

-- Charles Swindoll

OUR CLOSING THOUGHT

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

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

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