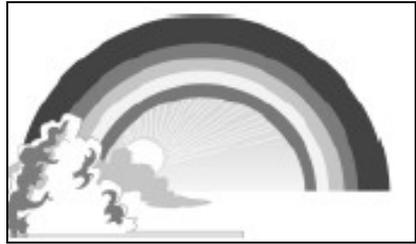


Journal on Personal and Spiritual Development



# The Rainbow Journal No. 58 – February 2013

## Contents

FROM THE EDITOR.....	2
BE YE HOLY .....	2
FINDING OUR LIFE'S MISSION .....	4
WHAT WOULD JESUS DO? .....	6
LIFE IS LIKE A CUP OF COFFEE .....	7
CHRIST IN YOU - HE GAVE HIMSELF .....	8
OUR CLOSING THOUGHT .....	9

*Journal of:*

**The Edgar Cayce Society of New Zealand**

Website:

[www.edgarcaycenewzealand.com](http://www.edgarcaycenewzealand.com)

Email:

[rainbowjournal@live.com](mailto:rainbowjournal@live.com)

Postal Address:

**Brian Alderson**

**Unit 5, 425 West Coast Road, Glen Eden, Auckland, 0602, New Zealand.**

Telephone:

**(09) 818 9552**

**FROM THE EDITOR**

Welcome to all of you, and new readers in particular, to the 58<sup>th</sup> edition of the Rainbow Journal. As mentioned a number of times 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 and discussion. As always your comments would be welcome. *Brian Alderson ΩΩΩ*

**BE YE HOLY**

Most of us would have heard of the syndrome known as Multiple Personality, or Dissociative Identity Disorder, more commonly referred to as Split Personality. Wikipedia describes this as "a mental disorder characterized by at least two distinct and relatively enduring identities or dissociated personality states that alternately control a person's behaviour." Older readers may recall the 1957 movie 'The Three Faces of Eve' based on a true story, dramatising this disorder. More recently an episode on the TV Dr Phil Show had a guest suffering from this same problem. If I recall correctly the guest had three personalities, one of which was what we may say as her normal, adult, personality, the second was her as a young child and the third was, what appeared to be a rather nasty person who wanted to do harm to personality number one. There was a suggestion that the disorder arose as a result of the woman being sexually abused as a child.

The cases of Multiple Personality or DID as described above are comparatively rare and extreme however all of us are inclined to display different personalities at different times. We put on different faces that we show the world. One personality is for family and loved ones. Another for friends and casual acquaintances while another for our bosses and one different again for those that serve us. These variations in

personality may be comparatively minor and express our varying attitudes towards people with who we come in contact.

While the changes of personality just mentioned display our attitudes in regard to our relationships with other people, changes in personality can also be caused by our changing moods, emotions and thoughts throughout the day. Anyone who has had a night of heavy drinking and suffered the consequences next day will understand how our concepts and attitudes change under different circumstances. During the night we happily consume volumes of liquor, with completely disregard for the consequences. It is only in the morning as we awake to a hangover facing the results of excessive drinking, our sober selves say "Never again!" Yet in time our resolve is forgotten and we once again have a night of unrestrained drinking, and repeat the cycle. With some people the consuming of alcohol or drugs becomes frequent enough to cause them to become addicted, repeating the cycle over and over with the one personality consuming the substance then the other suffering remorse when the exhilarating effects have worn off.

With substance abusers we can understand that the cause of the addiction is the result of our bodies reacting to the chemicals in the drugs or alcohol which causes a craving for more

and the suffering from withdrawal symptoms when the cravings are not satisfied. However many people suffer from addictions which are not related to consumption of any substances that could cause chemical reactions in our bodies. These behavioural addictions include gambling, sex, pornography, computer games, shopping, to name just a few. In fact people can become addicted to almost any behaviour. These addictions appear to be caused by changes in our brains behaviour over time with the result that we do not seem to be able to control our urges at a conscious level. We resolve to give up the addiction but then our resolve seems to disappear when confronted with this compulsive need.

What appears to be a common element in all these addictions and repeated negative behaviours is two or more personalities at work. There are the normal rational adults who are concerned about their health and welfare, who uses reason to conclude that the addiction is harmful. We realise that it causes disruption and conflict in nearly all areas of our lives - relationships, finances, health, personal well-being and self esteem. We therefore desire to end the addiction. Then some trigger causes the second personality to emerge who ignores all rational thought and judgement and once again we proceed to binge on the addiction.

Psychologists offer various explanations as to why some people show addictive, anti-social and criminal behaviour. One such explanation is that different areas of the brain are responsible for various functions and when these areas are damaged or compromised by injury, drug use or following consistent patterns of negative activity the result will be internal conflict and destructive behaviour.

Anyone who has or knows someone else who has suffered from addictions understands that it can be difficult to deal with and in the more severe cases may need specialist, outside intervention to cure. However for most of us there is just a problem with inner conflicts because of competing wants and desires and having different attitudes depending on situations and the people who we are relating to. We are putting on different faces in different circumstances, and thus displaying different personalities even if the differences are only minor. In this respect we can say that our personalities, while not 'split', are 'fractured'. Our personalities are not whole and integrated. How do we get over these lapses in judgements?

We have all come across the word 'holy' many times and associated it with religion and God. So to be 'holy' one would expect to be pious and devout. Something holy is something that is sacred or having some spiritual quality. Yet the term 'holy' at the time of the King James version of the Bible the word was derived from the Old English word *hāl* meaning 'whole' and used to mean sound, healthy, entire or complete. In his Letter to the Corinthians the apostle Paul wrote: "Be of one mind". This is generally interpreted as meaning that Christians should be united in their beliefs and thoughts. It can also mean that each individual should also be of one mind, not seemingly many minds which compete with each other.

Our negative behavioural lapses are the result of us not being of 'one mind'. The different parts of our brains are competing so that once the addictive urge surfaces reasoning and rational judgement seem to completely disappeared. One repeated piece of advice found throughout the Edgar Cayce readings is that we are to set down our

ideals. As described by Herbert Puryear an ideal is a standard by which one lives. "The ideal gives us a sense of stability, guidance and orientation, as well as a criterion for judgements." For many the ideal may be Jesus Christ so that when we are tempted or find ourselves in a situation where there is conflict we are to ask ourselves "What would Jesus do in this situation?" and the answer will come to us.

The other tool to develop an integrated 'whole' personality is to practice mindfulness which is a state of active, open attention on the present. When we are mindful, we observe our thoughts and feelings from the perspective of an observer. We can then ask ourselves: "Why do I have this urge to drink [gamble], [watch pornography]?" We are not judging ourselves but simply trying to establish what is behind our thoughts and feelings. By becoming more aware of these

thoughts, emotions and body sensations, from moment to moment, we give ourselves the possibility of greater freedom to choose rather than just follow our impulses and the the same old habits that may have caused problems in the past.

So by setting down our ideals as standards to live by and practising mindfulness we will become single-minded and obey the commandment "Be Ye Holy."

FROM THE EDGAR CAYCE READINGS

*"Know, as you analyse yourself, these are unalterable truths: God is, and to Him first you owe all allegiance. Or you work with or against that divine within. Not that you separate God and become as a servant, but as the Master so often indicated "I and the Father are one, I am your brother, you are co-creators with God. Be ye holy, even as your Father in heaven is holy." 5104-2 BDA ΩΩΩ*

## FINDING OUR LIFE'S MISSION

It is said that we each have our own set of talents, our own specific mission and our own particular place in this world. If that is the case and God wants us to do what we were placed here for why is it so hard for us to figure what our actual mission is and even if we have an idea of it how do we accomplish it? When we look around us we find that most people are not even prepared to discuss this subject. They seem to go through their whole lives seemingly not being the least bit conscious that there is a reason for them to be here let alone that they are meant to carry out some assignment. "To ask most people about their mission in life or even send them down that track is like shouting in Esperanto at your deaf auntie."<sup>1</sup>

If there is in fact a God why does He not tell us straight out what we are supposed to do? It would make life so much easier if he would just point out to us at least the direction for us to follow.

In the search for answers it is interesting to study the lives of fellow animals cohabitating on earth with us. One thing most of them have in common (excluding our pets) is that they struggle throughout their lives just to survive yet show no signs of being unhappy because of this or that they have a grudge against God because He made their lives difficult. Perhaps then the first lesson we must learn is that it is just a part of life to struggle. This is suggested in a phrase in the early part of the Bible: "By the sweat of your brow you will eat your food until

<sup>1</sup> Andrew Halfacre -

<http://firstknowwhatyouwant.com/archives/190>

you return to the ground.”<sup>2</sup>

Not only are we to work and sweat to obtain the necessities of life, we must also strive to find our place and mission. Jesus did not say that we would be told our mission, he said “Seek and you will find.” We must actively search deep within ourselves to get to know our particular make-up and what we have to offer the world we live in.

Another answer may be in the fact that we have been given freedom. We are not God's slaves or puppets here to do His bidding, we are His children who are free to think and do what we want. We can choose to spend our lives steered by every whim and passing desires or we can choose to learn more about ourselves, search for God, and find out if there is in fact a meaning for us behind this life on earth. We usually refer to this quest as our spiritual journey.

Because we have different talents, natures, physical environments and backgrounds what we need to decide for ourselves is how best to use our talents in accomplishing our mission.

We may also consider that our mission in life will most likely not be any major accomplishment like restoring peace in some trouble area of the world or feeding a multitude of poor people or becoming a leader in some particular field. It may simply be to be the best person we can be and set ourselves up as an example for others to follow. This is what Jesus did. His life was a model life that have influenced people around the world for over two thousand years.

Perhaps the simplest way to find our mission is to ask God for help and direction. While we are free to do as we wish when we ask our Father for help he will surely give it. God will direct our steps to the location where our mission

lies; He'll orchestrate the circumstances to ensure that we have the position and tools to execute our mission. The challenge is to seize the moment and utilize every opportunity we have to do more good. When we will find ourselves in a specific place and situation, that itself is the greatest indication that there is something for us to accomplish there.

Sometimes it is specifically the tasks that we find most difficult to carry out in which we need to place the most effort. Because true achievement only comes through challenge, there will be many more obstacles and challenges placed in our path when a particular assignment is the one that we, specifically, need to accomplish.

Keep in mind that when we decide to start working on our mission in life that mission starts *now*. Not some time in the future, once we have become successful in our career or amassed a fortune that we can use to help the needy. Our mission is to be of service in one form or another. We can do that in our job as a checkout operator, a housewife, an accountant, company executive, property manager or whatever. FROM THE EDGAR CAYCE READINGS

*(Q) What is the mission of the entity in this experience?*

*(A) That the glory of the Father in the Son may be the more magnified in the lives of those the entity meets. 1521-2*

*Show thyself worthy of acceptability to Him who will guide you in your daily paths, in your daily choice; as in teaching, as in ministering, as in giving those gentle and kindly words. Not some great deed, not some great mission - but the greatest of missions; just being kind! 1129-2*

*What, then, you ask, has been the mission of this entity, this soul, in this experience? That, with that which has gone before, there may be given the*

<sup>2</sup> Genesis 3:19 NIV

opportunity as to what the soul would do about that it knows is in accordance with, in keeping with, what His injunctions have ever been to His fellow man; that you make your paths straight, that you do to your fellow man as you would have your fellow man do to you; love the Lord your God, eschewing evil, keeping the heart joyous in the service and in the tasks that are set before you day by day, doing with a might in the Lord that your hands find to do. For His ways have ever been that you grow in the grace and in the knowledge and in the understanding of the Lord and His ways. Not that you rest idly by when there is work to do, but just being kind, just being patient, just being long-suffering with those who would err according to your own conscience, yet in your own life, in your own dealings with such you show forth that love, that patience that He has shown with the sons of men since He has called into being bodies - physically - that are known in the material world that these may furnish a channel through which those things that are known and accepted as being the

qualifications of a spiritual life may find manifestations, and thus bring forth their fruits, their meats, ready for repentance. 442-3

(Q) What is my specific mission and objective in this material incarnation?

(A) As to the specific mission, this has been dwelt upon at some length. As to what is the purpose, this is determined within self, by the choice as may be made. For until there is the choice, this may not be told. For there is in truth, as has often been given, there is ever set before you day by day life, death; good, evil; choose.

The activities of an individual entity through any given experience are to make the paths straight. Where there have been the misapplication, misconception of the activities of Creative Forces in an individual experience, then it is the correcting of same. For each soul is the image of the Creator, with the abilities for the use of the purposes within its own opportunities and abilities to become a companion with, a co-worker with, the Whole. 877-22 BDA ΩΩΩ

## WHAT WOULD JESUS DO?

The Edgar Cayce readings remind us many times that we are to set our ideals on the physical, mental and spiritual levels. For Christians an obvious spiritual ideal is Jesus who became the Christ. Furthermore the example set by Jesus is one that all can follow irrespective of our religious affiliations: "For the Master, Jesus, even the Christ, is the pattern for every man in the earth, whether he be Gentile or Jew, Parthenian or Greek. For all have the pattern, whether they call on that name or not." 3528-1

Most Christians would say that

they follow Jesus, but how many of us simply confine our devotion and allegiance to the times when we are at Church and during our short prayer sessions? Who considers the pattern that Jesus set in making everyday decisions, in our business dealings, in our thoughts and deeds and when we are confronted with conflict and adversity? Do we think of Jesus when we are faced with temptation to fiddle our tax returns or to speak disparagingly of someone?

Imagine Jesus being alive today and walking amongst us. What religion would he adhere to? Most likely the

religion that he was brought up in. Remember that Jesus was a Jew and never renounced that religion. He did question the way religious leaders followed the letter rather than the spirit of the law but he never renounced the Jewish faith. "Don't think that I came to destroy the law or the prophets. I didn't come to destroy, but to fulfil." (Matthew 5:17) No doubt he would take the same attitude today. When it comes to what version of the Bible Jesus would support he would probably repeat what Edgar Cayce said: *"There have been many versions of that which was purposed to have been written, and has been changed from all of those versions - but remember that the whole gospel of Jesus Christ is: "You shall love the Lord you God with all your mind, your heart and your body; and your neighbour as yourself." Do this and you shall have eternal life. The rest of the book is trying to describe that. It is the same in any language, in any version."* 2072-14

Then one may ask what political views would Jesus hold and which political party would he give his allegiance to? Would he be a Republican, a Democrat or even a Communist? No doubt most of us would agree that he would not support any political party for the simple reason that these parties, by their very nature, are divisive. They divide people between supporters and the opposition, whereas as Jesus taught that we are all one.

What sort of work would Jesus do to pay his way in this world? Would he

become a soldier to defend the particular country he happened to live in or would he work in the arms industry making weapons designed to kill those perceived to be his enemies? Most likely he would not pursue any particular career for he would know that God would provide him with all his needs and whatever work he did get involved in he would do the work with the spirit of helping and serving his fellow men.

If then we are going to make Jesus our spiritual ideal we must embrace what he stood for in every area of our lives and above else follow his commandment that we love one another. When confronted with any form of conflict, discord or temptation ask oneself: What would Jesus do in this situation? And when we communicate with people around us say to ourselves "How would Jesus see this person?"

FROM THE EDGAR CAYCE READINGS

*"There is set an example, and by that example should one ever measure one's efforts as related to God or man; for He, being both God and man, can be truly the example for men to pattern their activities, their going in, their coming out."* 311-5

*". . . know that your Redeemer has made the way clear, that if you will follow in not only His precepts but His example your life will become as joyous as He has promised in the service for Him and His activities in the earth."* 262-60 BDA ΩΩΩ

---

## LIFE IS LIKE A CUP OF COFFEE

A group of alumni, highly established in their careers, got together to visit their old university professor. Conversation soon turned into complaints about stress in work and life.

Offering his guests coffee, the professor went to the kitchen and returned with a large pot of coffee and an assortment of cups - porcelain, plastic, glass, crystal, some plain looking, some expensive,

some exquisite - telling them to help themselves to the coffee.

When all the students had a cup of coffee in hand, the professor said: "If you noticed, all the nice looking expensive cups have been taken up, leaving behind the plain and cheap ones. While it is normal for you to want only the best for yourselves, that is the source of your problems and stress.

"Be assured that the cup itself adds no quality to the coffee. In most cases it is just more expensive and in some cases even hides what we drink. What all of you really wanted was coffee, not the cup, but you consciously went for the best

cups... And then you began eyeing each other's cups.

"Now consider this: Life is the coffee; the jobs, money and position in society are the cups. They are just tools to hold and contain Life, and the type of cup we have does not define, nor change the quality of life we live.

"Sometimes, by concentrating only on the cup, we fail to enjoy the coffee. Savour the coffee, not the cups! The happiest people don't have the best of everything. They just make the best of everything. Live simply. Love generously. Care deeply. Speak kindly." - *Author Unknown. ΩΩΩ*

## CHRIST IN YOU

### PART III

#### NINETH LESSON

#### He Gave Himself

As you unfold in the consciousness of God, many inexplicable things become clear. One is the purifying process of pain. It is safer and grander to suffer, because, rightly viewed, it is sure to perfect the soul. Have you not sometimes felt the shallowness and the emptiness of joy? I tell you that it is impossible to know true joy – the heights of joy – until you have corresponding depths of pain. This is the process called "the refiner's fire." It is cleansing; it is good, and not evil. True joy – the joy of Heaven – should saturate the whole being, and touch the inner consciousness with a sense of its eternity, its everlastingness; and the suffering has prepared a place that joy may enter in. Learn the wisdom in these words: "As sorrowful, yet always rejoicing."

Now I would show you the difference between necessary suffering and useless pain, which is disorder; likewise between true joy and transient false joy. Divine humanity can attain the throne of the universe only by the way of

the Cross. This is the way of sacrifice. Do not too hurriedly dismiss the pearl in the old orthodox teaching; it serves its day and generation most efficiently. When man thought of himself as a separate and outside unit, only this teaching could help his unfoldment, so thank God for the ladder of dead creeds – dead selves. But now the divine man is arising; He has burst the old bottles; the new wine of life cries out for space and freedom, as the sap does in the tree. Beware, for there is your danger; the suffering begins, which shall make the path by cleansing and burning up all that hinders the uprising of the divine in earth, air, and sea. The Son of God is come, and your very experience of pain and suffering are the heralds of His approach.

There is much more to be revealed to you, but we leave these messages with you to help you to live and express the highest within you, knowing that Christ will perfect that which concerns Him, and ye are Christ's, and Christ is God's. End. ΩΩΩ

*This is the final chapter of the book 'Christ in You' which has been reprinted one chapter at a time in the Journal over the last five years. The book was written by an anonymous author just over one hundred years ago. The contents suggest that the text was received by psychic means, possibly*

*automatic writing, and its concepts are very much in line with the readings of Edgar Cayce.*

*Should any reader wish to have a copy of this book, which I have in word format, please contact me. BDA ΩΩΩ*

---

## LOVE




---

## 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

*This is a free publication for on-line readers with no advertising. Please let us know if you would like to add any of your friends to our distribution list.*