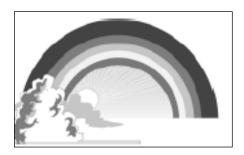
Journal on Personal and Spiritual Development



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FROM THE EDITOR

As the year moves on we seem to be witnessing more and more the effects of global warming. There is hardly a country in the world that has not been subject to extremes in weather. In New Zealand we are experiencing the edges of a storm caused by a low pressure zone that is bigger than Australia. Worse, two weeks ago one of our major cities, Christchurch, suffered from an earthquake measuring 7.1 on the Richtor scale. Miraculously, no one was killed.

These events are just items on the

news - until they strike us — and then they can be life changing. When they come to us we must live through them the best we can, but for others we are not to fear the future. "Let perfect love, perfect confidence, perfect faith cast out fear." 5030-1

I would like to take this opportunity to offer special thanks to my friend Mira in Australia for encouraging me to carry on producing this Journal. Brian Alderson $\Omega\Omega\Omega$

THE OPEN DOOR.

Early Jewish mystics believed that there are four levels of understanding when it comes to interpreting religious scriptures such as the Bible. The levels were, what they called, 'dimensions of meaning' symbolised by the measurements of length, breath, height and depth. These dimensions are referred to in the letter from Paul to the Ephesians (Ephesians 3:17-19):

"That Christ may dwell in your hearts by faith; that you, being rooted and grounded in love, may be able to comprehend with all saints what is the breadth, and length, and depth, and height; And to know the love of Christ, which passes knowledge, that you might be filled with all the fullness of God."

The levels were described as: Length: The simple literal translation of the text.

Breadth: The underlying meaning of the text, such the meaning behind a parable. Height: A deeper level of understanding based on the knowledge of metaphors and symbolism.

Depth: The deepest level of understanding – on a spiritual plane, usually obscured to all but those who have raised there consciousness to a

higher level when the author's innermost thoughts are revealed to the reader.

A typical passage which can be interpreted in a number of ways is found in Matthew 7:7: "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."

An explanation, which may be classed as a height, or level three interpretation of this phrase, is what is meant by an 'open door'. When the doors of a house are closed no one can enter the house. When the doors are closed in our minds knowledge cannot get in. Do we close the door to our minds? Unfortunately many of us do, and this is particularly prevalent in the case of our religious beliefs. Most of us have been brought up accepting the religion of our parents and our religious teachers. We generally do not question what has been taught to us and in fact we are deliberately discouraged from doing so. Those of us brought up in the Christian tradition are taught that all we need to know is contained in the Bible and we need not look elsewhere, unless it is to material that is in line with the doctrines of our particular Christian sect and does not challenge the Bible.

No doubt most of us at some time or other have had people at our door with a Bible under their arms doing what they believe they are charged to do: "Go into the world and preach the gospel to every creature." When one tries to question these people one finds that they are generally well versed in the contents of the Bible but are quite ignorant of religious matters outside of that. They expand no effort to knowledge on comparative religions, on theology in general, on philosophy or make any attempt to keep up with New Age literature. It appears that, in their understanding, knowledge of God started and ended with the Bible.

Those of us who are earnest seekers of the truth must always be wary of closing our minds. We may come across a guru, a teacher, or a book and feel that at last we have come across the truth. We must however always be mindful that no person, no book, no source can ever hold the whole truth. So we must ever keep the door to our minds open. And what is the Truth that we seek?

"That which, kept before your mental mind, your spiritual mind, will continue to develop you upward!" –Essay on Truth by Edgar Cayce

Finding the truth is a life long journey and to continue moving along the path requires us to keep the door of our mind open to new truths no matter where they may come from.

Should we go into a deeper meanings of the 'open door' we find that Edgar Cayce gave readings dedicated to this particular passage in scripture. The topic of the open door was selected for the study group and included in the SFG manual.

In the following readings he gave what was perhaps the highest level

meaning of this passage from the book of Matthew.

"For, remember, He has promised, 'I will stand at the door and knock, whosoever opens I will enter and live with Him.' What is the reference here? Spiritualizing purposes, spiritualizing ideals; knowing and deciding in self what you would the direction opportunities in these varied fields of endeavour will open up before the entity - and thus bring about a harmonious expression of the spiritual forces latent and manifested the in entity's experience." 3198-1

"Know He has promised that if you ask, you shall receive. Be satisfied only then with the consciousness of His presence. Who? That in whom you have believed - that lives with you. Because 'If you will knock, I will open - for I stand at the door and knock.' If you will but open your tabernacle of consciousness to allow the holy to come in and sup with you, yes all the beauties of peace and harmony are yours; for they are the birthright of each soul. For the soul is the portion of the Maker that makes you individual, yet with the consciousness of being one with God, the Universe, the Love - that which is beauty and harmony." 987-4

"As to the preparation of selves, the application of that as has been given is the manner in which the individuals become the door for the entering in of that consciousness of the Master that presents the way, the manner of approach to the kingdom.

"Then, as He has given, 'I stand before the door and knock.' Who will open? Who, then, will become the door that will lead others to that knowledge, that appreciation of the oneness of the Son with the Father, which may be made manifest in the material world through the application of those attributes of the Son, of the Father, in the activities of the individual. Who, then, has learned to be truly cooperative one with another? Who has discerned self sufficient to know wherein self stands as in relationship with its fellow man? Who has set the ideal wholly in Him? Who magnifies the faith in the Father, in the Son, that it may be counted to them for righteousness? Who has virtue and

understanding, that they may magnify in their lives that fellowship which brings patience in the knowing of self to be growing in grace, in nurture and admonition of the Lord, day by day? He, then, it is that opens the door that He may come in and sup with him!" 262-28 BDA $\Omega\Omega\Omega$

THE MAN THEY DON'T WANT TO KNOW

Edgar Cayce must be the most publicised psychic in the world with over 300 books published dealing with his life and readings. The Association for Research and Enlightenment, formed during his lifetime, is still going strong after nearly 80 years in existence, yet Cayce is not a universally celebrated figure. Why is that?

In orthodox Christian circles he is, at best, regarded as a heretic and, at worst, considered as one who has been led astray by the devil and has led others astray by his teachings. Furthermore Biblical-Christian because of the language used in the readings, with numerous references to Christ, the readings have been rejected by other religions because they are seen as supporting Christianity. Atheists too have shunned his works, however in this case it is because of Edgar Cayce's religious background and beliefs. If Edgar Cayce has been rejected by religious and non-religious people alike who are left?

There are people, no doubt like many of our readers, who have been unsatisfied with what they have been taught about religion and are searching 'outside the square'. These are people who are seeking satisfactory answers to questions like: Who are we? Why are we here? Is there life after death? Is there a God?

In my case I had for years been unsatisfied with the traditional Christian answers to life's deepest questions, particularly on the concept of a single life after which we would face a judgment day and then spend eternity in either heaven or hell. To me this seemed so unjust. Why should people, born and great raised variation in a circumstances, often struggling just to obtain the bare necessities for survival, be subject to the same eternal judgment, given the circumstances of their lives in which they had no control?

It was the book "Many Mansions" by Gina Cerminara, which introduced me to Edgar Cayce and the strange way he delivered answers to questions put to him while he was under hypnosis. This was not a prophet sent by God to deliver some new revelation but an ordinary man who possessed a psychic ability enabling him to tap into source of knowledge that was hitherto unheard of by most of the world. However he was not the only person to have claimed to have this ability. Nor is the concept of the source of his information – the akashic records - something new. The word 'Akasha' comes from the ancient Indian Sanskrit language referring to the basis and essence of all material things: the smallest material element created from the astral world. It is believed that everything that has happened since the

beginning of time is stored in this ether and can be accessed by those possessing the right psychic abilities.

Mainstream Christianity has generally rejected anything to do with extra-sensory perception (ESP) believing that it to be the work of the devil, while science has always been sceptical of paranormal phenomena. On the matter of the akashic records, Wikipedia states: "So far, the only presented evidence of akashic records has been the claims of those who purport to gather information from them. These claims cannot be empirically tested, and thus are not deemed a serious matter of scientific inquiry."

One of the main contentious themes in the Cavce readings was the claim that we are indestructible souls who have reincarnated on earth many times in the past and will most likely spend many more lives in this world. Orthodox Christianity rejects this model as it appears to directly contradict statements in the Bible on which Christian doctrine is based. For example Hebrews 9:27 states "And as it is appointed unto men once to die, but after this the judgment..." To the contrary the readings left no doubt that, according to Edgar Cayce's source, we have lived many lives on earth and that these past lives affect the conditions and circumstances we find ourselves in this life.

When we take a circumspect look at challenges to statements made in the Bible and sacred religious documents we find that religious adherents customarily support the written statement, often ignoring rational thinking, no matter how great the evidence is against the accuracy of the statement. This is a reason why there has always been a conflict between science and religion. Whereas scientific facts are based on

experience and observation and change over time as new evidence is produced, religious tenets once written tend to be fixed and unbending.

It is part of our human nature to take a defensive position when we feel our beliefs are being challenged. This is particularly true when there are the slightest doubts in our beliefs. If we have beliefs on certain matters which we feel are important to us we will defend them with all the evidence we can find agreeing with our position. However we will ignore any evidence which tends to contradict these beliefs. An example is the arguments put forward for and against reincarnation. Those supporting the theory of reincarnation will quote all the references in the Bible that appear to support the theory but will ignore other statements such as the one quoted above. While those opposed to the theory will do the opposite – quoting all the Bible passages that indicate we have only a single life on earth and ignoring statements suggesting reincarnation. It is this intransigency that causes so much strife between people of differing religions and beliefs.

What, then, are we to believe if we are keeping an open mind? In matters like the concept of reincarnation we should look for all the evidence available relating to it. We should not be afraid to read material from authors that reject reincarnation and to examine evidence tending to refute the theory. In the end it is up to each individual to draw his or her own conclusions. We should also consider how important these beliefs are in our lives because if they have no effect on our attitudes and the way we live they cannot be of any great significance. In my case the acceptance of reincarnation has change my outlook on many things and in particular my understanding of natural justice. Under the law of reincarnation and karma we will all eventually have to face ourselves and account for our actions.

In a talk given by Edgar Cayce many years ago on what is truth he defined truth as: That which, kept before your mental mind, your spiritual mind, will continue to develop you upward.

When we study Cayce's readings we find that they offer answers to the questions we have been asking ourselves:

Who are we? "All souls were created at the same time. In essence we are spiritual beings. God is Spirit and we were created in the image of God."

Why are we here? We are here to work out our relationship to God and to our fellow humans.

How do we achieve this? First by working out what are our ideals: "Study then, first, to know what is your ideal, -physically, mentally, spiritually; the ideal relationship of God to man, of man to God; the ideal relationship of home, of

neighbour, of friend, of foe. These are not as to what others should be, but your relationship in each of these phases of man's experience."

Note that what we believe is not the most important issue: "It doesn't matter as to what we may claim we believe. What is really worth while is what does that which we believe make in our lives? What change, what difference, does a belief make that may come into your life? ... What is an individual's belief in those things that have come into his life that have changed his attitude toward his fellow man, or towards his God? This is important."

While the legacy Edgar Cayce has left us has not as yet changed the world, his readings have sown the seeds for the awakening of our understanding of our true identity and in time may be the basis for a faith that can embrace all people and all religions and will change the way we treat each other. $BDA \Omega\Omega\Omega$

THE POWER OF A SMILE

We all desire to be happy but we so often get caught up in mundane activities that we forget how to be happy. When we are in the presence of many adults, say in a supermarket or walking down a busy street in a bus or train have we noticed all the sombre faces of those around us? However what a difference there is being amongst a group of young children, say in a school playground or at a child's birthday party. No alcohol present but there is so much noise and expressions of happiness. Why are these children so happy? We should seek answers to this question. Jesus said that we need to be like these children if we are to enter the kingdom heaven. "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these." and again "Assuredly, I say to

you, whoever does not receive the kingdom of God as a little child will by no means enter it."

We are reminded that the kingdom of heaven Jesus is referring to is not a place but a state of consciousness. "Thus, as individuals become aware of these activities, the kingdom of heaven is within." Cayce also stated that the only way to be happy is to create happiness in the lives of others. "Then, only those who make happiness in the lives and the experiences of others may indeed know what it is to be happy." 262-108

Those of us who have had children and grandchildren know that, while these children may bring all sorts of pain, exasperations and heartaches, they have also brought us much happiness, and the way they have done this is by radiating there own happiness through their expressions – especially with smiles and laughter.

Last week I had an experience with expressed happiness as I was taking a bus trip. As the bus stopped to pick up passengers I noted a boy, about two years old who was holding the hand of his father as he entered the bus. What struck me was his beaming smile almost laughing. I was sitting on the front seat and heard him say 'hello' to the bus driver as he entered – not once, but over and over again, regardless of the fact that the driver ignored the boy. The word 'hello' must have been repeated twenty times accompanied by a smile despite the boy being ignored. I was fortunate to catch his eve as he walked passed me. He beamed his wonderful smile in my direction and I returned it with one of my own. This short exchange of happiness made my day!

"As you look into the face of some child, see the smile of hope that you have lost at times. Then bring to someone a smile again, where you have seen the tear start. The smile is as that look which the Master gave Peter, and he went out and wept - for he found himself. So may you, as you bring - by your look, into the faces of others - that conviction of the love of the Christ as shown in Jesus the man." 3578-1

A smile is a powerful weapon we all possess which can exert great influence on those around us yet so many of us seem reluctant to use it.

"It is certainly true that when you smile the world smiles with you, when you weep you weep alone - that is, if you are weeping because of self-pity. Usually when we smile, really smile, we are giving something of ourselves in joy and happiness to others. When we are self-pitying, complaining, blue and discouraged, we are not only making

ourselves miserable but we are adding destructive influences that are hard on all those who come in contact with us." 262-111

As to the power of a smile one (unknown) author wrote:

"A smile costs nothing but gives much. It enriches those who receive without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that he cannot get along without it and none is so poor that he cannot be made rich by it. Yet a smile cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as he who has no more to give."

It does not matter what circumstances we find ourselves in a smile will always add an element of goodwill. It is an acknowledgement that we are all brothers and sisters and need each other. The following are some more of Cayce's statements on the power of, and necessity for, smiles:

"Keep the beauty you have in your smile, in your eyes, in your voice, for all, that there may be awakened in the hearts of many the knowledge of the peace - of the Prince of Peace - abiding in your soul." 410-2

"Turn then to those things within. Know the law and then apply it daily. Not by some great thing. Smile often. Speak gently. Speak kindly. Go out of the way to do a kind deed, and you will find that He will walk closer with you, and your life, your purpose will become a glorious thing in this experience." 3376-2

"Though you may be spoken of harshly, smile - smile! For it is upon the river of Life that smiles are made. Not grins! No Cheshire cat activities bring other than those that are of the earth, of such natures that create in the minds and the experiences those things that becomes repulsive. But the smile of understanding cheers on the hearts of those who are discouraged, who are disheartened." 281-30

"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 just use them!" 361-9 **BDA** $\Omega\Omega\Omega$

THEY WONT LET ME IN

It was a beautiful Sunday morning. People were filling the church to its full capacity! As they entered, each was given a bulletin filled with announcements, topic of today's sermon, what songs they would sing and who to pray for.

At the end of the line stood an older man. His clothes were filthy and vou could tell that he had not bathed in His face was covered days. whiskers, for he had not shaved for a very long time. When he reached the usher, he removed his tattered old brown hat in respect. His hair was long, dirty, and a tangled mess. He had no shoes on his feet, and wore only soiled black socks to cover the sores upon his feet. The Usher looked at him turning up his nose at the old man and said, "Uh, I'm sorry sir, but I'm afraid we can't let you in. You will distract the congregation and we don't allow anyone to disrupt our service. I'm afraid you'll have to leave."

The old man looked down at himself and with a puzzled look on his face, he placed his old brown hat back upon his head and turned to leave. He was sad as he loved to hear the choir sing praises to the Lord. He loved to watch the little children get up in front of the church to sing their little songs. He carried in his pocket a small worn out

Bible and loved to see if the minister preached a passage from the Bible that he had underlined. But he was respectful, and didn't want to cause any commotion, so he hung down his head and walked back down the steps of the big brick church.

He sat down on the brick wall near the edge of the church yard and strained to listen through closed doors and windows to the singing going on in the church. Oh how he wished he could be inside with all the others.

A few minutes had passed by when all of a sudden a younger man came up behind him and sat down near him. He asked the old man what he was doing? He answered, "I was going to go to church today, but they thought I was to filthy, my clothes to old and worn, and they were afraid I would disrupt their service.

Sorry, I didn't introduce myself. My name is George." The two men shook hands, and George couldn't help but notice that this man had long hair like his. He wore a piece of cloth draped over his body tied with a royal purple sash. He had sandals on his feet, now covered with dust and dirt.

The stranger touched George's shoulder, and said: "George, don't feel

bad because they won't let you in. My name is Jesus, and I've been trying to get into this same church for years -- they won't let me in either." – Unknown $Author \Omega\Omega\Omega$

FROM HERE AND THERE

Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumoured by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it. ~*Buddha*

My religion is simple, my religion is kindness. --Dalai Llama

I was once asked why I don't participate in anti-war demonstrations. I said that I will never do that, but as soon as you have a pro-peace rally, I'll be there. - *Mother Teresa*

A life spent making mistakes is not only more honourable, but more useful than a life spent doing nothing. - *George Bernard Shaw*

Words have the power to both destroy and heal. When words are both

true and kind, they can change our world. –Buddha

No theory of physics that deals only with physics will ever explain physics. I believe that as we go on trying to understand the universe, we are at the same time trying to understand man. Today I think we are beginning to suspect that man is not a tiny cog that doesn't really make much difference to the running of the huge machine, but rather that there is a much more intimate tie between man and the universe than we heretofore suspected...the physical world is in some deep sense tied to the human being. -Dr.John A Wheeler

Let your heart be glad and joyous that you are counted worthy to be a bearer of truth and life to your fellow man. For as you seek to make manifest what you have gained in your search, strength and understanding goes with you. Bear one another's burdens. Make your life an open light to those that would seek to know the truth. For the truth will indeed make you free, if you will follow in the way the Lord has opened. For a light must shine out to the seeking world, and you may light the way. *Edgar Cayce 705-1* $\Omega\Omega\Omega$

CHRIST IN YOU

Twenty-Second Lesson

"My Thoughts are Towards You"

I suppose if people only knew the true value of thought they would be amazed to find that every thought is as powerful as a deed, and in many cases far more effective than any word or weapon. Yes, it is your innermost and highest thought that makes you; always remembering that thought is the consciousness of the absolute will. You are judged by what you are, and not what you seem to be. The judgement bar is the innermost of yourself. It is the judgement bar of God, and when our actions are tested there, the voice will cast into outer darkness that which is not of itself.

Thank God, you may enrich the kingdom of heaven, for many, many times the voice says, "Come, ye blessed of my Father." Yea, truly our thoughts do enter Heaven. You will find your treasure where your heart is – with God. In very truth a man's treasure is the continual outpouring of God's thought, and I tell you that God is enriched by your cooperation. Let His thought be your thought, and say in the spirit of prayer; "The Father and I are one."

Do I seem to repeat platitudes? Hear them again in the moments of your sacred consecration, until the Christ within is the only voice, till all that is unreal and shadowy has passed away, even as the melted snow. I am glad to meet you on the spiritual plane. You need to thank God for this. In the very place where you are, if you could only see, you would find your own. I can voice your prayer - "Lord, that I may receive my sight." You know the answer. Jesus Christ left every detail to you, and to the spiritually-minded I say: His words are spirit. They are life. I would say to all: Pray without ceasing the life prayer. Live in God in the smallest detail. Do not think the results vou see are the only results; there is not one good word that fruitless. Believe this and have courage. The very desire to help, if really unselfish and pure, is immediate help.

I have come along your path, and I would help you to know the golden, the priceless boon of right and holy living. Pause! Consider well the command until it comes from your own heart. "Be ye holy, for I am holy." As you prayerfully express this, you will stand renewed, re-

created, alive to the possibilities of God within. There are moments when we breathe the same air. You know them. Follow the spiritual understanding only. You now have victory over the less real, through the Christ of God.

The human race is God's eternal son. I want you to reach the highest bliss possible to you on earth, and in the flesh; that is, to hear the voice from heaven say: "This is my beloved, in whom I am well pleased."

Study the life of Jesus, and the veil will be removed more and more, until the sublime sacrifice is revealed in all its greatness, the offering up of all to save all, and so to make the union of man with God complete. Do you not see the greatness of surrender? What possess is of no value until it is given for the whole, for we are One in Him and not separate from the universal life; it is the basis or ground of all. You are maimed and hurt because of sin and suffering in your brother man, and again and again must the Son of Man be crucified until the great at-one-ment with God takes place.

Your work is to co-operate with God, existing only and drawing only from the real, the spiritual, that you may be trees of healing, that you may outbreathe God. Even as in the natural body you breathe to live, so also you must take deep breaths from the spiritual centre, that your whole being may be invigorated and revitalised. So much is in your own hands.

I must remind you that regret or sadness hinders the forgiveness of God. God blots out the sins of the past by a fresh inflow of everlasting love. He only asks for your need of Him that He may fill to overflowing with Himself.

Watch and pray. Again – watch. From the book "Christ in You" – Anonymous $\Omega\Omega\Omega$

LAUGHTER - THE BEST MEDICINE

GENEALOGY

A little girl asked her mother, "How did the human race appear?" The mother answered, "God made Adam and Eve and they had children and so was all mankind made." Two days later the girl asked her father the same question. The father answered, "Many years ago there were monkeys from which the human race evolved." The confused girl returned to her mother and said, "Mom, how is it possible that you told me the human race was created by God, and Dad said they developed from monkeys?" The mother answered, "Well, dear, it is very simple: I told you about my side of the family and your father told you about his."

THE MONK

A new monk arrives at the old Italian monastery for his celibate life of shared poverty and prayer, and is assigned to help the other monks in copying the old texts by hand. He notices, however, that they are copying from copies, not the original manuscripts. So, the new monk goes to the head monk to ask him about this, pointing out that if there were an error in the first copy, that error would be continued in all of the subsequent copies. The head monk says, "We have been copying from the copies for centuries, but you make a good point, my son." So, he goes down into the cellar with one of the copies to check it against the original. Hours go by and nobody sees him. So, one of the monks goes downstairs to look for him. Hearing sobbing coming from the back of the cellar, he finds the old monk leaning over one of the original books crying, and muttering between tears: "There's an R! There's an R!" He

asks the old monk what's wrong, and in a choked voice came the reply, "The original word isn't "celibate" but "celebrate."

GOD CREATES EVERYONE

A little girl was sitting on her grandfather's lap as he read her a bedtime story. From time to time, she would take her eyes off the book and reach up to touch his wrinkled cheek. She was alternately stroking her own cheek, then his again. Finally she spoke up, "Grandpa, did God make you?" "Yes, sweetheart," he answered, "God made me a long time ago".

"Oh," she paused, "Grandpa, did God make me too?"

"Yes, indeed, honey," he said, "God made you just a little while ago." Feeling their respective faces again, she observed, "God's getting better at it, isn't he?"

FORGOTTEN?

A pious Irishman who had reached the age of 105 suddenly stopped going to church. Alarmed by the old fellow's absence after so many years of faithful attendance Father O'Neil went to see him. He found him in excellent health, so the father asked, "How come after all these years we don't see you at mass anymore?"

The old man looked around and lowered his voice. I'll tell you, father," he whispered. "When I got to be 90 I expected God to take me any day. But then I got to be 95, then 100, then 105. So I figured that God is very busy and must have forgotten about me... and I don't want to remind Him."

$\Omega\Omega\Omega$

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 $\Omega\Omega\Omega$

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