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## THE JOURNEY OF CREATIVE THINKING

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How can this life be made to count towards the higher goal of the Soul mind? The answer, we think will be found in the following extracts, discovered in delight as we immersed our thinking in the Cayce Readings at the A. R. E. Headquarters. For if man cannot explore, enact and then live by that principle of mercy which is the law of his temporary sojourn into materiality, then his sojourn is frustrated and negated.

"Show mercy. Be merciful. This is the Law. For through God we may, in mercy, find mercy - as we show patience, truth, justice, loving kindness to our fellow man." 262-65

"God gives no soul more than it can meet . . . Call and He will hear! Fear only that which will destroy body and soul, rather than what will destroy body alone . . . Cayce, let others know that the Lord walks with thee." 417-B-7

The Readings deepen and enlarge our concept of tranquility and steadfastness:

"... into a three dimensional world man comes, regardless of - or because of - free will; *totally unstable*. The human equation is always to be reckoned with ... In the process of perfecting himself he must ever be out of equilibrium. The very friction and the very obstacles he meets engender growth or the lack of it; the expansion of

his thinking, or oblivion to the true purpose of his life." 274-L-2

"Remember ever: the little leaven you do, day by day, leavens the whole lot. Do not say one thing and do another!" 254-87

"Use things that happen, as steppingstones. Even a stumblingblock may be a steppingstone. Say, 'Others may do as they may; as for me and my house, we will serve the living God'" 3350-L-1

From the Bhagavad-Gita (Isherwood-Prabhavanada edition) one finds corroborative thought: "Bodies are said to die, but that which possess the body is eternal . . . It cannot be limited or destroyed .. You and I, Arjuna, have lived many lives.

"Therefore I will tell you:

Be humble, be harmless,

Have no pretensions

Serve your father

In true obedience,

Keeping the mind

And the body in cleanliness,

Tranquil and steadfast,

Master of ego ...

Free of self ...

Strive without ceasing

To know the Atman (God)."

**AKASHA**

As we continue the research as what is known as the clairvoyant investigations we find mention of "The

Place of Records ... a place, yet anywhere! The information for individuals comes from some source, into some form, to be interpreted by the experience of the seeker (Edgar Cayce).” 2072-L-2

“These impressions are made on time and space, by means of what the entity has done about the Law of cause and Effect.” 5244-L

“These records are written on the ether, by the activity of the mental-emotional self.” 3605-L-1

“They are made upon time-space by physical-mental action.” 5260-L-1

This medium of the ether, holding the permanent atoms of man's physical, mental and emotional bodies, insures his continuity in time and space, and is known as Akasha.

"What the entity builds into the Akashic records relates to the mental, as the cinema relates to the physical world. Hence by turning to (finding the record of) the time, place and period of any entity, it can be learned that each lifetime of man is the sum total of all previous incarnated selves.” 275-L-3

“Upon each entity, therefore lies the responsibility for the place (in progress) where he is.” 3350-L-1

“It is well said, "To every entity, the shadow you cast indicates what manner of man or woman you are.”” 5245-L-1

### **Psychosomatics**

In studying the Edgar Cayce records from the psychosomatic viewpoint, we share some of the many references found, along with quotations from other writers. The readings continually point out an outline of self-discipline which *in some lifetime* the entity needs to follow. Whether in this or in some other life, the pilgrim must enter the path of creative thinking – or resume it. The first step may be an

awareness of how the mind emotion (psyche) works harmony or disharmony upon the body (soma). “Crucify pride,” the readings say, “Know that hate brings only confusion.” If the heart is to be eased, good will must emanate from the heart.

“Until there is love of God there can be little or no development, either in the material or the spiritual world. Are you despitely used? If you do not have love, nothing avails.” 3645-D-2

“To get even is a dangerous thing. To hold the desire in the mind, even is worse.” 262-L-2

“You shall hold no malice.” 262-65

It is a step forward on the Journey when one realizes that hate does not dissolve hate but increases it. As you think, so you become. Many are overly concerned with the injustices of life. To these the readings say:

“Do not consider so much what others do for you, or to you. Consider rather what you will do for and toward others” 288-P-5

“Consider what you can do for others, not what they can do for you. Face fear at any level, as something to be erased.” 293-L-1

P. D. Ouspensky in *The Psychology of Man's Possible Evolution* says:

“Emotions are a terrible phenomenon occupying an enormous place in our lives. Many lives are regulated, controlled, and in the end ruined, by emotion. Negative emotions do not play any useful part in our lives. They do not help our orientation . . . do not guide us in any sensible manner . . . They spoil all our pleasure, make life a burden to us and very effectively prevent our development, because there is nothing more mechanical in our life than negative emotions.”

Dr. Sigmund Freud states the ease against negative emotions thus:

"Where does the present condition of humanity come from? The incredible savagery going on in a so-called civilized world all stems from beings, and their mental condition. All destruction is man made by simple, God-fearing people"

Dr. Ashley-Montague, in *The Direction of Human Development*, concludes:

"To be human is to be in danger. . . Man needs to love and to be loved. . . it should enter all of our human relationships. Human nature is good; it is our present human *nurture* that is lacking. Our social customs have done violence to this view of development."

John Donne, the 15th Century philosopher, puts it this way: "No man is an island entire to himself."

From the cup holding much of the Ancient Wisdom, we find theosophical corroboration also: "Love is one manifestation of that divine source which creates and maintains the universe, and which also manifests as light, electricity, magnetism and gravity."

### **Creative Viewpoint in Readings**

In all of the Cayce readings, the reality of man's creative spirit was uncovered and emphasized, leaving no doubt in the minds of those who obtained them that each one was indeed fearfully and wonderfully different! When man is unaware of his potential being and his hidden latency, he must learn (or re-learn) his relationship with the Divine within. Otherwise his vision will be clouded as to the reasons for the events befalling him on his life's sojourn. He must seek earnestly for recollection of his oneness with Divine Creativity.

"The mind of God embraces the One Total Life Energy, with its ... portions in all forms and stages of development toward self consciousness. .. For God-mind is Creative Energy. The closer man's mind approaches the division between soul and spirit, the closer man comes to that Infinite Source which guides personal actions day by day." 3744

On this Journey of Creative Thinking, direction and encouragement are constantly needed. This very encouragement to keep trying was found - and is still found - in the Edgar Cayce readings.

"Be not fainthearted because failure seems to be in your way, or self falters. Remember the question, 'How many times shall I forgive? Seven times? Yes, seventy times seven.'" It is not how I faltered, but did I seek His face again" 281-7

"Keep on, Pray often. Live right" 281-9

"These were brought upon self by the activities of self. Use your God-given power of creative thinking, for that is the builder." 9360-L

"All experiences come to an entity through acts committed in this or other lifetimes - there are debts to be adjusted, or lessons to help further expansion, for intelligent handling of personal affairs. In such adjusting, 'Do unto others ever seventy-times seven', and faint not in the doing." 1892

All of the readings stressed the understanding of self, in its personal and creative journey back to the Higher Self and its Creator. None knew better than Edgar Cayce the slowness and reluctance of the material man to re-link his personality with that greater self, "Find that harmony within," one reading says. "Find that serenity which is within. It cannot be created around self until the

entity has it within." 9297-L-1

But the readings added something of great importance to the journey. Peace, serenity and harmony within, Cayce added, " ... can be found only by helping others to help themselves. Be good, even to those who are . . . ugly in their relationship with their fellow man, with themselves and their Maker." (#2070) "For the evil we find in others is but a reflection of what is within. When you find fault with others, you magnify that in yourself. The judgment you mete is measured to you again." (5266-L-1)

It pays to think soberly about this; And furthermore to give serious consideration to the meaning of the continuity of life: a natural law of the universe, consisting of seasonal manifestations in materiality and everlastingly recurrent rest times. What, then is the meaning of the place where we are - people with whom we are associated - the harmonies and disharmonies we encounter?

"When ... an emotional reaction to a person or a situation is marked or violent - *out of proportion to the present circumstances* - then there is a debt to be paid. Peace must somehow be brought into the bitter places!" 274-L-2

"Companionship is never by chance! Look for agreement, minimize difficulties ... For what gain is there if you love only those who love you? ... These may be your weaknesses." 987-MS-1

"Thus the same groups are drawn together again and again, by attraction, to help iron out difficulties and make for development in the many phases." 903-2

### **The Balance Wheel Within**

The Kingdom is indeed within: Heaven lies around us. If we do not experience some sort of "Heaven-ness"

in our day of living, there just won't be any at all. We take Heaven with us wherever we go; and that is only that portion of it we have acquired. It lies with the mercy of forgiveness: the self-discipline of doing unto others; and the sacrifice of pride.

The epitome of self-integration, then, lies in acknowledgment of the deeper, more rewarding things of life and in the search for them. This is not dependence, but free will. It is the independence of looking and finding for oneself the good, the true, the beautiful.

"Within the entity is the power to know. Our need is to apply the knowledge outwardly. There are unlearned lessons in our present experience. There are challenges of opportunity we have not yet noted nor availed ourselves of" 7406-L-1

"Mind, the active force ... the spark or image of the Maker ... is the factor governing the contention between the physical body and the soul; between the soul and spirit within the individual; that which reasons from the impressions of the five senses. We see this in action, rather than the mind itself." 3744

The following statement by Katherine Hillwood Poore adds to one's understanding of the explanation in the readings:

"Material life is a high hurdle to be taken; but must be taken, transmuted and transformed into the life immortal. Only the universal viewpoint renders material life endurable and understandable. Each man carries his own reward or punishment, his glory or his doom, depending on his discernment... Each inquiring mind ... is given just as much truth as it can digest and absorb, and in the guise in which it is able to receive it. And man is thus carried on to the next step to be taken."

Reformation along this

evolutionary path - unfoldment of mind, the builder, the potential born with each entity and his heavenly treasure - these are the tools which the self has come into earth's schoolroom to develop. His progress is toward loss of the self-centered concept and toward more universal vision.

Repeatedly, until he walked through God's Other Door, Edgar Cayce brought relief to the suffering, to the confused and the despairing; and also (let us not forget) to the *doubting* seekers for mental-emotional health. These could not yet even imagine that their thinking might play a role in their ill health. It was difficult for them to believe that self-analysis and discipline of physical - emotional - mental habits would do what medicine had not been able to accomplish!

"Know that there is within self all healing which may be accomplished. All healing must come from the divine ... all forces must come from one source, and the applications are merely to stimulate the atoms of the body . . . As you give to others, not hating them, so may you have the more. For God is love." #4021-P-1

"Thoughts, or thinking then show mind is the builder. Thoughts are things and may be miracles or crimes." 364-S-1

### **No Effort is Lost**

The Cayce readings emphasize the method of slow growth and maturing, of patient effort. All re-acquaint the seeker with basic Biblical philosophy. For the Bible is the greatest psychosomatic reference available to humanity. The Son of Man who lived through the Garden of Gethsemane understood that man would always be swayed by love or hate. In the friction between them and in control and understanding of them lie the building, the destroying and the rebuilding - the eternal process of

returning to our real stature.

The readings point out that the very persistence of negative emotions is an important factor in our learning the lessons needed. And no persistent, consistent effort towards adjusting the self to its Creative Balance is ever lost! Every effort is another steppingstone.

"God withholds nothing from those who serve Him. Remember that, believe it, know it!" 2525-P-5

"Smile - even when you are cross. Even though it takes the hide off!" 1005-P-15

One is admonished, then, to find the cause or reason for thoughts and emotions. The next step is to do something about these, so that harmony and equilibrium may be more and more manifest in action.

And achievement of any measure of harmony involves others. Equilibrium is not something one can accomplish alone. Attention gradually becomes focused upon the greater Universal Law of Oneness: oneness of the self within and without; oneness of man with his brother; oneness of all with God. The Fatherhood of God is synonymous with the brotherhood of man, for all come from one source and are God's children.

Whatever the race, the color or the creed, each has a contribution to make which is so valuable, so unique, that it is and ever will be a part of mankind's heritage, and the promise of man's maturity.

Living by, and for oneself alone is a violation of the Law of One. All the case histories found in the records studied show lifetimes of action and interaction one with the other - and not by chance. For the universal laws are taught by means of actual experience in differences: through another color of skin, another race, another creed. These become as steppingstones. When man

opens his consciousness to virtue in all, often temporarily hidden, he is then following a golden rule.

Such were the seeds poured through the soul of Edgar Cayce into the heart of his brother. When the soul was ready, the seed took hold. It often fell on unprepared ground, for it seemed unreasonable and impractical to some that they should do good to those who despitefully used them. That "unreasonable" actions may be curative factors in their own health and happiness often was incomprehensible. Nevertheless, the readings repeated it over and over again, for even a little thinking upon these laws helps one to become better. Meditation on them would become the exercise of purification, the preparation for healing.

"You find disagreement in the present? These you may correct, just by keeping quiet. Not by saying, 'I'll forgive' ... but by acting as if these did not exist! There's quite a variation in the two." 5255

"For nothing happens by chance. What you may keep is just what you give away – in advice, counsel, the manner of your own life; it is patience, brotherly love, gentleness, kindness." 5259

### **Basic Need of Everyone**

Many of those who have gone through God's Other Door were guided and strengthened by what Edgar Cayce found to be their own particular need. That the reading's recurrent theme was so constantly "think, meditate upon" these things, shows that everyone has a deep, basic need for secure foundations of reality. Thus countless people who now read and search in the records are encouraged; confidence flows into them; zeal becomes their watchword.

"Man has intellect ... has ability to reason and make comparisons. His reactions through the senses have all

these gifts, plus free will. What a soul dwells upon, it tends to become. This is an immutable law: Mind is the Builder!" 3744

"To be in tune with that law which brings the soul into being is to become spiritualized in its activity. If it dwells upon material thing, it becomes material. Therefore the law breaks the materialist; it frustrates him; intensifies his search deeper into the sensuous. Hence it has been given, 'Thy will, O God, be my desire. Let the desire of mind and body be Thy will, O Father, in my earth experience.' Basic truths seem revolutionary and evolutionary to some minds, but *are basic* to those who have experienced them." 262-71

"To all; be patient, As will be seen, my children, there has been appointed one who may aid you in your future lessons, and he will be your teacher, the guide sent through the power of your own desire" 262

"Just keep trying, in the attitudes of daily living, so that the entity may be guided in its choice of that which is the greater benefit. Not for self alone, but for a contribution towards making the world a better place in which to live." 5248-L-1

"Be slow in judgment. Promise God, 'I will do my best.'" 262-72

### **SOME QUESTIONS AND ANSWERS FROM THE READINGS**

Q. How can I obtain relief from resentment and bitterness?

A. *As you forgive, you are forgiven, As you love, so are you loved. As you resent, so are you resented. This is law –physical, mental and spiritual! Then chuck it out of your life. Let the love of God so fill your mind and body that there is no resentment.*

Q. In the present situation, what can

I do to bring in more harmony? Is the situation chiefly my fault? If so, how can I improve it and where am I to blame?

*A. Who is blameless? Only those who blame no one for anything that exists, or has existed or may exist. Only by creating hope, life, understanding and harmony does one become blameless. As you understand well, those who would be loved must show themselves lovely. Those who would have friends must be a friend . . . Condemn no one.*

Q. What particular sins are blocking my spiritual progress?

*A. Not sin, but doubt and fear. Let not your heart be troubled, nor let it be afraid as long as you are conscious of your effort. Know that there is no great thing any soul can do – just here a little . . . there a little ... telling, doing and being what you understand your Lord would have you do. And each day is the opportunity. As you take the first step, the next one is shown you. #2600-MS-1*

<p><b>NOTE:</b> This is a REPRINT of a former monthly publication of the Association for Research and Enlightenment, Inc.</p>
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