



A Community of Souls: “The Edgar Cayce Legacy”

By Henry Reed, PhD

When Edgar Cayce said that “psychic is of the soul,” he imagined that our getting in touch with the psychic part of ourselves would have us welcoming back our soul into awareness. That’s what seems to happen at A.R.E.’s longest-running headquarters conference, *The Edgar Cayce Legacy*. What else can explain why people pay to return to this same conference and repeat it year after year? Mr. Cayce is known to have predicted that the “psychic” would draw people to the work, but it would be the “spirituality” that would keep them coming. I believe the secret of the success of the *Legacy* conference is that we’ve found the spirituality in the psychic and it leads to a grand community of souls—a type of get-together not typically imagined but highly rewarding.

Recently, I published an invited essay in the peer-reviewed, professional journal *ReVision: A Journal of Consciousness and Transformation*, describing how I used Edgar Cayce’s ideas about laboratory ESP research to develop some of the most dramatic psychic experiments currently pursued. I encourage you to read the technical details online (a reprint of the professional article is on the *Venture Inward* page at EdgarCayce.org/members), but here I’ll share enough to give a better idea of how the *Legacy* conference has made the necessary breakthroughs to match Edgar Cayce’s idealism. It’s his idealism that gives the *Legacy* its power and creates the spiritual value that people gain from the conference training.

Hugh Lynn Cayce made an important contribution to the creation of that program by noticing and singling out Carol Ann Liaros as someone of special talent. He arranged for her to serve as a subject in several ongoing research projects involving testing psychics. In several books published in the late 1960s and early 1970s (such as *Superlearning*, by Sheila Ostrander and Lynn Schroeder) one can find mention of her by name and how well she functioned in these experiments. When she speaks of her “90-plus percent accuracy,” such statements are based upon results reported to her in these experiments. Besides having experience in the scientific testing of psychics, Carol Ann also devel-

oped an intense curiosity about her process, how she “gets the information.” Keeping a journal record of her observations led to insights that shape her unique way of training people to recognize their psychic experiences and to use them.

Chosen to complement Carol Ann, I had been developing a unique process in dreaming that allowed most everyone to experience a psychic dream, as Mark Thurston had since confirmed in his doctoral dissertation. This special dream exercise came out of work with children at A.R.E. Camp and was aided by the work of Robert Van de Castle, a professor at the University of Virginia who was a documented psychic dreamer. In this experiment—actually a spiritual healing exercise—a group of people donate their dreams to help a stranger in distress concerning an unrevealed issue. The “Dream Helper Ceremony,” as we call it, provided the first instance of a psychic exercise that expressed the spiritual idealism of Edgar Cayce, making it both safe and productive for anyone to participate. It also reaffirms Mr. Cayce’s favoring the small group as the ideal context for psychic development. This dream experiment also spawned a unique methodology, now called the Intuitive Heart Discovery Process. These exercises provide participants with practical demonstrations of Cayce’s dictum, “it’s all within.”

It’s been 15 years now that the two of us, sometimes called the “odd couple,” have been teaching *The Edgar Cayce Legacy*. Carol Ann serves up the best of the traditional parapsychological approaches to psychic development and its understanding. She has made a major contribution to the acceptance of psychic functioning by emphasizing its constructive applications, such as her teaching remote viewing to blind children to help them navigate their environment. I present the “transpersonal”

dimension of the psychic, the visionary and mystical aspects, and Mr. Cayce’s suggestions regarding how aesthetic and meditative approaches can stimulate the most valuable inspirations and profound intuitions.

Another dimension of insight unique to the *Legacy* conferences comes from professional psychics we’ve hired to provide readings for the participants. The selection of these psychics represents another breakthrough with regard to A.R.E.’s heritage of doing research with such talented individuals. Every few years, Carol Ann and I “audition” a large list of professional psychics whom A.R.E. members have nominated as being particularly helpful. It’s worth knowing how we conduct these auditions, because it grounds our vision of service through psychic information. Rather than “test” these folks to determine if they are “really psychic,” we ask them to give a reading to me and to Carol Ann regarding personal questions of genuine need, to see if they can be *really helpful*. Following Cayce’s admonition that the best information comes when the need is real, Carol Ann and I each developed a set of meaningful personal questions concerning actual issues we were facing in our lives. Carol Ann would receive her reading from the psychic candidate over the telephone, whereas I submitted my questions each sealed in an envelope, and the psychic read them “blind.” This dual-track method provided us a good sample of readings in a standardized, comparative context that made it perfectly clear to us who were those psychics who were really helpful. When we compared our ratings, we found that we were in almost perfect agreement as to

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which ones we should invite. In a lengthy article appearing in *First for Women*, the reporter noted our innovation with regard to choosing psychics and wanted folks to know that using recommendations from others was probably the best route. We were very pleased to find that our novel method for selecting psychics had such practical implications. The professional psychics serve both as role models and guidance counselors as they demonstrate giving a reading to the participants. Receiving readings from two different psychics, the participant also has the learning experience of correlating the two sources of information, as Mr. Cayce advised.

Given the multidimensional opportunities provided by *The Edgar Cayce Legacy*, what is the impact upon the participants? At the beginning of this article, I mentioned that many folks return to this conference year after year at their own expense to share in the experience and lend their perspective that comes from applying these training exercises in their lives. I'm referring to the "Wayshowers," a growing group of over 200 "graduates" of our entire training program. These folks are not "psychic" in the professional sense. Instead, their claim to fame is that they've actually used the training to make their lives better. In the application of the training, these folks became aware that they were learning to operate together in an intuitive fashion, creating a community of souls helping one another evolve spiritually. People who are not familiar with the *Legacy* conferences often assume that folks at the conference are learning how to become psychics and give readings; whereas what is actually going on is that, through the medium of psychic awareness and intuition, they are forging spiritual bonds and moving toward Cayce's ideal of oneness. That concept takes on added significance today as Lynne McTaggart, the author who made such a splash with *The Intention Experiment*, has come out with a new book, *The Bond*, which describes the many different dimensions on which all of creation is interconnected (see her article in the Summer 2011 *Venture Inward Newsletter*, available online at EdgarCayce.org/members).

When people begin to interact, not at the verbal and sensory level, but at the intuitive and spiritual level, there are many unforeseen discoveries. For one thing, the universal human needs to be seen,

Questions and Answers

with John Van Auken

Q: Which Bible verses did Edgar Cayce recommend reading for inspiration?
—Doug, e-mail question

A: Cayce recommended the Gospel of John, Chapters 14-17. He said to read these words as if they were being directed to us *personally* from Jesus. In these chapters Jesus explains that He is returning to the Father to prepare a place for us, that where He is there we may be also. He will return to us and bring us to where He is. He also tells us that we know where He is going and the way. Like Philip, we might reply: "Lord, we do not know where You are going, how can we know the Way?" But as He told Philip: If we have known Him, then we know the Way, for He is the Way, the Truth, and the Light. Jesus also promises that while He is gone, He will pray to our Father to send the Holy Spirit, the Spirit of Truth, to comfort and enlighten us,

bringing all things to our remembrance.

Jesus explains that our heavenly Father loves us. In these chapters Jesus uses the wonderful metaphor of a grape vine: He calls on us to abide in Him as the branch abides on the vine and receives its nourishment. He explains that the Father is vine husbandman and prunes us that we may bear more fruit. This is also where Jesus gives us that noble commandment: *Love one another*. He instructs us to ask of Him, and He will give to us from His heavenly condition. He tells us that though our journey may be challenging, as was His journey, our tears will eventually be wiped away in joy. In the last of these chapters Jesus prays to the heavenly Father to bless us, protect us, and guide us. When these chapters are read as if Jesus were speaking directly to us, they are inspiring and strengthening.

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to be heard, to be validated, and especially to be recognized at a soul level, are met at the *Legacy* conference to a degree far beyond expectations. As Edgar Cayce indicates, the Creator has these same needs and desires our companionship to meet those needs. Although some of our intuitive training provides guidance to help us *get ahead* in the world, much of it provides guidance for how to *get into harmony* with the world. Although most folks have their curiosity satisfied at our conferences about whether or not they can have a "psychic experience," the more powerful result is a deepening of essential self-trust that provides a tangible basis for feeling oneself to be an individual yet one with All. It is a profound result, one that is better shared and validated among the participants themselves, one of those "you gotta be there" type of experiences. *The Edgar Cayce Legacy* is a celebration of the directly shared experience of our oneness with all life. Loving one another as oneself is a snap when you actually experience the other person as yourself. All the talk and writing about spirituality, about oneness, and about our souls' mission, etc., is but so much verbiage, whereas through intuitive and psychic awareness, participants have

the shared experience of these ideas, and learn how to interact and help one another at a soul level. It is through such application of intuitive awareness that we reach the true goals that Edgar Cayce found the Creator had in mind for us.

The Edgar Cayce Legacy conference returns to Virginia Beach October 19-23. Visit EdgarCayce.org/conferences or call 888-273-0020 for details.

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Henry Reed, PhD, will mentor the online eGroup *Developing Your Psychic Ability*, September 21-October 18. Visit EdgarCayce.org/egroups for details.

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